

## SALE LEISURE ACTIVITIES OF CHILDREN AND YOUTH IN OUT OF SCHOOL EDUCATIONAL ESTABLISHMENTS OF PHYSICAL CULTURE AND SPORTS DESTINATIONS

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**Annotation.** *Purpose:* To determine the role of extracurricular educational establishments of physical culture sports direction in providing leisure activities for children and youth. *Material:* The results of the analysis of the scientific and methodological literature, statistical reports of the Ministry of Youth and Sports of Ukraine, authorities of Physical Culture and Sport, authorities the Department of Education and Science. *Results:* Based on the analysis of statistical reports determined satisfactory condition and leisure activities in non-school educational establishments physical culture sports direction. This is confirmed by an increase in the number of pupils and students dealing all kinds of physical culture health improvement work. Also, the decline in the number of pupils and students classified for health reasons for the special medical group. *Conclusions:* Our data showed that extracurricular educational institutions physical culture sports direction have a place in leisure activities. They play an important role in motor activity, substantial leisure and healthy lifestyles for children and young people of our country.

**Keywords:** children, youth, health, leisure, out of school, educational, establishment.

### Introduction

As on to day, at comprehensive educational establishments there have been existed negative trends to worsening of children's and youth's health. With age quantity of pupils, studying in main physical culture groups is reducing and quantity of pupils – members of special health groups is increasing [2, 3, 6]. Way of life renders decisive influence on children's health as far as among teen-agers there exist risks of negative behavior (smoking, taking of alcohol and drugs) that greatly influence on general condition of health. For example, by results of sociological study "Attitude of Ukrainian youth to healthy life style" only 34% of children do morning exercises, 21% never practice walks before sleep, half of them (52%) sleep 8 hours. The received data witness about troublesome trend: many young people do not understand importance and purposefulness of physical loads, walks in the fresh air and full fledged sleep [4].

To day, for maintaining of children's and youth's proper health condition there shall be created conditions for physical culture or sports practicing, for active leisure. Extracurricular educational establishments of physical culture and sport orientation – commercial sport clubs, local public sport clubs, children-junior sport schools, sport circles and so on - become very important.

Analysis of scientific-methodic literature showed that for improvement of pupils' health condition and motion functioning it is necessary, besides physical culture lessons, to use re-creational forms of physical education and apply health related technologies, which include: gymnastic exercises before classes, short physical warming ups during lessons, physical exercises and outdoor games at big breaks, every day physical culture trainings in groups day care, independent trainings in extra-curriculum time, physical culture education at places of residence and etc. [3, 5, 9].

In scientific works the urgency of problem of children's and youth's motion activity's weakening is underlined as well as reduction of health condition. The authors connect it with the fact that studying youth have unconscious negative attitude to physical culture, including not understanding role and place of physical culture leisure in this process [1, 3, 5, 6-8, 10-13].

The present research has been conducted in the frames of realization of combined plan of scientific-research work in sphere of physical culture and sports for 2011-2015 "Paradigm of healthy life style in discourses of physical education and sports" (code 1.3), of complex scientific project for 2013-2014 "Theoretical methodic principles of formation of children and youth personality's physical culture as the basis of their health" (State registration number 0113U001205).

### Purpose, tasks of the work, material and methods

*The purpose of the research* is determination of role of extracurricular educational establishments of physical culture and sport orientation in ensuring of children's and youth's leisure activity.

*The tasks of the research:* 1. To analyze status of children's and youth's leisure activity in extracurricular educational establishments of physical culture and sports orientation. 2. To determine role of extracurricular educational establishments of physical culture and sports orientation in ensuring of children's and youth's leisure activity.

*Material and methods of the research:* for solution of the set tasks we used analysis of literature sources and documents, Internet materials, methods of mathematical statistics. In our work we present results of analysis of scientific-methodic literature and statistical reports of Ministry of youth and sports of Ukraine.

### Results of the researches and their discussion

Physical culture- sport leisure activity of children and youth ensures progressing of disciples' physical skills, required conditions for full fledged improvement of health, hardening, full rest, training physical culture and sports, preparing of sport reserve for Ukrainian combined teams, acquiring of motives for healthy life style. [Extracurricular educational establishments and local establishments/Ukrainian center of political management [Electronic resource]. - Address: <http://www.politik.org.ua/vid/bookscontent.php3?b-4&c=155>]. Solution of tasks of children's and youth's physical culture-sport leisure activity shall be ensured by extracurricular educational establishments of physical culture and sport orientation.

Results of analysis of statistical reports of Ministry of youth and sports of Ukraine as per form № 2-ФК for 2012-2013 witness that quantity of persons, practicing sports increased y 0.7% in 2013 and is 1280611 persons. [Report of Ministry of youth and sports of Ukraine by form № 2-ФК "Report of physical culture and sports" for 2012-2013: [electronic resource] // Official site of Ministry of youth and sports of Ukraine. Address: <http://www.kmu.gov.ua/sport/control/>.] (табл. 1).

Table 1

#### *Functioning of extracurricular educational establishments of physical culture and sport orientation in Ukraine*

Quantitative data:	2012	2013	+/- in respect to 2012	% in respect to 2012
Total quantity of practicing sports:	1271593	1280611	+9018	+0.7
From them:				
In children-junior sport schools, specialized children-junior sport schools of Olympic reserve	601993	607338	+5345	+0.9
In educational establishments of sport profile	5712	4729	-983	-17/2
In sport clubs	286871	291327	+4456	+1.6
Quantity of persons, who practice all kinds of health related physical culture, total	4876904	5100067	+223163	+4.6
Including:				
In comprehensive educational establishments	1496792	1520353	+23561	+1.6
In vocational educational establishments	123761	118051	-5710	-4.6
In higher educational establishments of 1 <sup>st</sup> and 2 <sup>nd</sup> accreditations	212437	226051	+13614	+6.4
In higher educational establishments of 3 <sup>rd</sup> and 4 <sup>th</sup> accreditations	348777	396646	+47869	+13,7
In local establishments at places of residence	827808	862589	+34781	+4.2
Quantity of local public children-junior sport clubs	891	878	-13	-1.5
Quantity of attendants of local-public children-junior sport clubs	94978	96556	+1578	+1.7
Quantity of pupils and students – members of special health groups, total	571827	523210	-48617	-8.5
Including:				
In comprehensive educational establishments	395274	361507	-33767	-8.5
In vocational educational establishments	33448	26878	-6570	-1.6
In higher educational establishments of 1 <sup>st</sup> and 2 <sup>nd</sup> accreditations	45781	46423	+642	+1.4
In higher educational establishments of 3 <sup>rd</sup> and 4 <sup>th</sup> accreditations	68951	60400	-8551	-12.4

Quantity of persons, who practice all kinds of health related physical culture, increased by 4.6% (see table 1) that witnesses about activation of physical culture – sports and health related work with children and youth in Ukraine. At the same time educational establishments of sport profile and vocational educational establishments have negative indicators of physical culture – sports and health related work: quantity of trainees reduced by 17.2% and 4.6% accordingly, there.

Total quantity of pupils and students – members of special health groups - decreased by 8.5% in 2013 (in comprehensive educational establishments – by 8.5%, in vocational educational establishments - by 19.6% and in higher educational establishments of 3<sup>rd</sup> and 4<sup>th</sup> accreditation's levels – by 12.4%). But in higher educational establishments of 1<sup>st</sup> and 2<sup>nd</sup> levels of accreditation the quantity of special health groups' members increased by 1.4% (see fig.1).

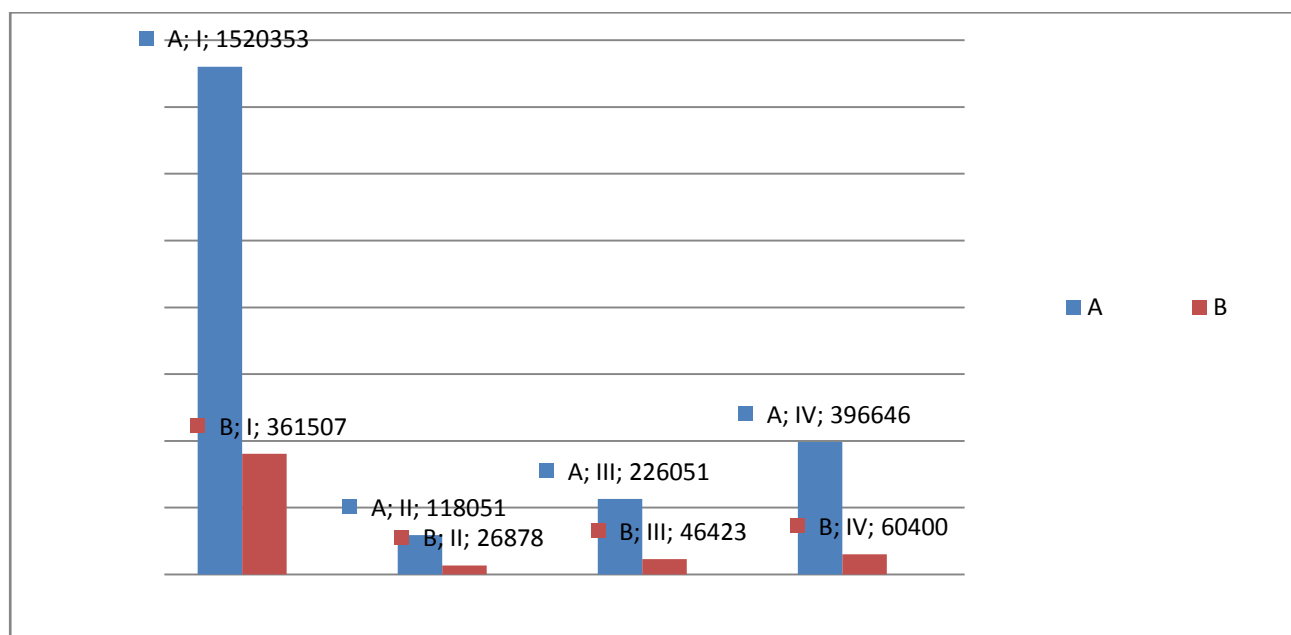


Fig.1. Correlation of quantity of persons, practicing all kinds of health related physical culture and quantity of special health groups' members:

A - Quantity of persons, practicing all kinds of health related physical culture; B - Quantity of pupils and students - special health groups; I – in comprehensive educational establishments; II – in vocational educational establishments; III –in higher educational establishments of 1<sup>st</sup> and 2<sup>nd</sup> levels of accreditation; IV - in higher educational establishments of 3<sup>rd</sup> and 4<sup>th</sup> levels of accreditation.

Analysis of statistical reports showed that in 2013 quantity of persons, who practice all kinds of health related physical culture, increased by 4.6%, including: quantity of children and teenagers of 6-18 years old age – by 2.4%, quantity of teenagers and youth of 19-35 years old age – by 5.3% (see table 2).

Table 2

<i>Health related physical culture work in Ukraine</i>			
Quantitative data:	2012	2013	+/-
quantity of persons, who practice all kinds of health related physical culture, total	4876904	5100067	+223163
Including:			
6-18 years old age	2255538	2309392	+53854
19-35 years old age	1519870	1599668	+79798

Therefore, it is necessary to pay more attention to propaganda of healthy life style at governmental level; to promote, with the help of SMI, involving of children and youth in motion functioning, healthy life style, full fledged leisure, formation of personality's physical culture.

### Conclusions:

1. 1 280 611 children and youth were involved in sport oriented leisure in extracurricular educational establishments in Ukraine in 2013. Quantity of persons, practicing all kinds of health related physical culture is 5 100 067. 9 656 persons attend local-public sport clubs. During 2013 quantity of pupils and students – members of special health groups – reduced by 48 617 persons. Functioning of extracurricular educational establishments renders positive influence on this indicator: quantity of persons, who practice all kinds of health related physical culture, increased by 23 561 persons, in local establishments – by 34 781 persons.

2. Results of conducted research witness that extracurricular educational establishments of physical culture-sport orientation play important role in leisure activity, in ensuring motion functioning and healthy life style of children and youth of our country.

*The prospects of further researches* imply study of new alternative approaches to ensuring of physical culture-sport leisure activity of children and youth.

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