

FORMATION OF STUDENT PERSONALITY'S PHYSICAL CULTURE AS SUBJECT OF PROFESSIONAL FUNCTIONING

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Abstract. *Purpose:* generalization of experience of higher educational establishments' future specialists' professional training, oriented on formation of students' personalities' physical culture. *Material:* we questioned students (n=50) and institute teachers (n=30). *Results:* it was found that for increase of future specialists' professional fitness effectiveness it was important to consider orientation of educational process on formation of student personality's physical culture. Besides, it was noticed that professional fitness of future specialists is greatly influenced by implementation of modern technologies of formation of students' physical culture in educational-learning process. Physical education means, oriented on aesthetic are of great health related and recreation significance. *Conclusions:* educational process shall be oriented on support of active motor functioning, motivation for physical exercises' and healthy life style practicing.

Key words: physical culture, teaching, students, means, professional, training, innovation, management.

Introduction

Entering of Ukraine in European educational and scientific space is conditioned by reformation of higher education and rising of requirements to professionalism of higher educational establishments' graduates in conditions of market competition [9, c. 1]. It should be stressed that at the stage of modern society's development in educational system modernization of educational teaching process, directed at personality oriented teaching is going. In this case organization of future specialists' professional training acquires the character of dialogue, cooperation, joint creation. Alongside with health problems of young generation more attention is paid to professional training of HEE specialists, in which wide opportunities are open for student to prepare for successful realization.

In modern society physical culture is regarded as the process and result of human purposeful functioning, directed at formation of person's physical and spiritual nature. In educational system of young generation physical culture is a mean of social formation of future teachers, active development of their individual and professionally significant qualities [1, pg. 32]. That is why formation of student personality's physical culture is an important component of future specialists' preparation for professional functioning.

Perfection of educational system and personality's development in educational process in sphere of physical culture has been paid attention to by such scientists as: L.P. Arefyeva [1], O.Ye. Aftimichuk [3], S.I. Belykh [2], I.M. Bykhovskaya [8], T.Yu. Krutsevich [4], L.I. Lubysheva [8], Ye.V. Otravenko [5], T.T. Roters [3], E. J. Savko [3], V.I. Stoliarov [8], S.O. Sychov [9], N.Yu. Shumakova [3]. Among other researches we can distinguish the works, oriented on problems of students' motivation for independent training [11, 13], formation of positive attitude to own health [10, 20, 27, 28], social-psychological adaptation to new conditions of learning [14, 23], professional-applied orientation of classes [21, 24-26], increase of health indicators [12, 15-19, 22].

In spite of significant quantity of researches the problem of student personality's physical culture is an urgent one. There are unsolved problems of increase of future specialists' professional training effectiveness.

Purpose, tasks of the work, material and methods

The purpose of the research is to analyze scientific methodic literature on the topic of the research; to study advanced experience of future specialists' professional training, oriented on formation of student personality's physical culture.

Material and methods: the methods of the research are analysis and generalization of scientific-methodic literature, questioning of Luhansk Taras Shevchenko National University students. In questioning 20 students of economic and business institute and 30 1st year students of physical education and sports faculty participated.

Results of the research

Continuous education ensures constant progressing, perfection and creative renewal of a specialist during all his (her) life. Objective content of education is determined by social order as well as by the tasks, which are set by society for education. Subjective content is expressed in individual-personality's sense and is bases on principles of active, systemic, individual and differentiated approaches [2].

In opinion of many authors [1-9], one of after effects of scientific-technical progress is increase of knowledge volume of mankind. The category of mental labor persons includes students as well. Recent years, the flow of scientific information has significantly increased that requires its processing in short terms. Besides, application of different means of education is being expanded. All these result in intensification of HEE educational process and set increased requirements to professional training of future specialists in sphere of physical culture and management.

The sense of “*personality’s physical culture*” concept in context of future specialist’s professional training is regarded by us in the following way:

- Combination of demands, motives, knowledge, oriented on formation of sound, successful personality and physical perfectness;
- Formation of professionally important qualities;
- Training of motor skills;
- Ability to realize learning, scientific, motor, health related-physical culture and sport functioning for ensuring healthy life style;
- Teaching of mobilization, relaxation, body perfection techniques.

In such context there is a demand in radical changes of HEE physical education system on the base of understanding the sense, purpose, tasks and content of pedagogic process, functioning of physical culture instructors. It is caused by understanding the fact that physical education shall not be reduced to compensation of motor functioning deficit. Motor functioning deficit results in lack of individuality of educational process, averaging of requirements to students’ physical fitness. The ideas of personality’s progress, student with his (her) individual features as the highest value shall be in the base of educational system. With it physical education system shall create maximally favorable conditions for students’ complex development (spiritual, aesthetic, motor) for their conscious practicing healthy life style.

In modern conditions regular practicing of physical culture is undoubtedly an effective mean of health strengthening, diseases prophylaxis, increase of organism’s resistance. Besides, it is a mean of favorable influence on formation of young generation’s active life style, development of interest to social information, expansion of information contacts.

Analysis of economic and business students’ attitude to physical culture classes showed that physical exercises, as mean of workability increasing is used by insignificant quantity of students (27.4%). Only 23.8% of students attend optional “physical education” classes. For 32.3% of students, physical culture is not a component of personality’s general progress. The rest of students did not think about it.

In questioning of physical culture and sports faculty students we were interested in what means of physical education are preferred by them. The answers distributed in the following way. Girls prefer the following: fitness (35.2%), aerobics (28.6%), functional training (22.7%), health related gymnastic (12.5%), swimming (12.3%), sport dances (11.4%), badminton (10.9 %), light athletic (9.4%), volleyball (9.2%), hiking and orientation (8.2%). Boys prefer the following: bodybuilding (24.9 %), oriental martial arts (23.9 %), football (22.4 %), swimming (22.3%), light athletic (12.7 %), basketball (10.9%), ping pong (10.2%), street dances (8.1%), hiking and orientation (6.8%), handball (6.4%).

When questioning physical culture instructors we found that professional training of future specialists in marketing and management is influence to large extent by implementation of different innovative technologies of students’ physical culture formation in educational process. In this case aerobics, fitness, bodybuilding and so on are the means of physical and aesthetic education.

Let us compare opinions of students and teachers and see what means of physical education are preferred by students (see table 1).

Table 1. Comparative analysis of students’ attitude to and teachers’ opinions about physical education means

Rank place	Girls’ attitude to physical education means	Boys’ attitude to physical education means	Teachers’ opinion about physical education means
1	Fitness	Bodybuilding	Fitness, aerobics (girls)
2	Aerobics	Oriental martial arts	Power kinds (boys)
3	Functional training	Football	Game kinds
4	Health related gymnastic	Swimming	Health related gymnastic
5	Swimming	Light athletic	Functional training
6	Sport dances	Basketball	Oriental martial arts
7	Badminton	Ping pong	Light athletic
8	Light athletic	Street dances	Swimming
9	Volleyball	Hiking and orientation	Hiking and orientation
10	Hiking and orientation	Handball	Sport dances

As we can see in students’ answers the most popular and interesting were those kinds of physical exercises, which are aesthetically oriented: aerobics, fitness, bodybuilding, oriental martial arts. Thus, present time sets requirement to

implement interesting for students physical education means in educational process, as well as means, which facilitate formation of student personality's physical culture, oriented on interconnected physical and aesthetic training.

Observations over young specialists' social adaptation in working collective showed that the higher level of graduates' (providing they know foreign languages) physical culture-sport qualification facilitates better and more effective usage of their potentials in production activities.

In institute of physical education and sports in specialties "physical education", "human health", "physical rehabilitation", "Olympic and professional sports", "fitness and recreation" rather little class hour are allocated for foreign languages. Independent study of foreign languages does not attract students.

Studying this problem, employers pay special attention to high culture level and knowing of foreign languages (especially in management and marketing sphere).

Management is a system of rational managing of production activities, directed at achievement of planned results; it is a field of human knowledge, which helps to realize effective administration [5]. Innovative management is regarded by us as managing of innovative processes activity in physical culture – sport organization.

In opinion of many authors [3, 5, 6, 7], innovation is a final result of innovative activity. It is realized in the form of a new (perfected) product or technological process, or as new approach to rendering social-cultural services. It should be noted that spectrum of innovations in functioning of physical culture-sport organizations is rather various. It can be classified by different principles: technological parameters, type and degree of novelty, spheres of functioning and etc.

Discussion

Physical culture of higher educational establishments' students was researched through formation of future teachers' motivation for healthy life style and creation of the required educational medium in higher educational establishment. Such medium is directed at increase of students' interest in own health condition, student's development as personality, individuality, active subject of professional functioning.

Results of our research confirmed the data of other authors [2, 3, 4, 9], that achievement of high indicators in system of preparation of harmoniously developed specialists is impossible without scientific approach to organization of physical education at higher educational establishments. Humanistic, ethic and pedagogic ideas shall be in the base of such approach. Accordingly, humanistically oriented education shall not restrict personality's independence. Such education shall rest on internal, natural thirst of person for self-perfection and give him (her) opportunity of choice and independent solution of problems, connected with physical self-perfection.

For achievement of the above said it is necessary to change orientation of students' physical education, which is now oriented on physical training and physical fitness. Orientation of students' physical education shall imply formation of system of special knowledge, which would permit for students to consciously organize their life activity, to attach students to values of health related physical culture and recreation.

The results, received by us, also supplement our previous researches [5, 6, 7].

Conclusions

Analysis of theoretical researches and practical experience showed that formation of students' personality's physical culture, for them to be ready for creative interaction and successful self-realization envisages the following:

- 1) Its implementation in academic, scientific, health related-physical culture and sport functioning through independent choice of knowledge system:
 - Formation of moral, humanistic relations, development of pedagogic tact, mastering of administrative functions in sphere of physical culture and management;
 - Active participation in students' scientific practical conferences, Olympiads, competitions, master classes, forums, which create conditions for students' complex progress.
- 2) Teacher's and student's transition to technology of pedagogic cooperation for health strengthening, increase of workability. The system of curriculum, extra-curriculum and independent classes shall be oriented on the following:
 - Individualization and integral character of learning,
 - Proper mastering of foreign languages,
 - Implementation of modern informational and innovative technologies, means of health related physical culture and recreation.
- 3) Personal physical culture of a student is reflected in his (her) attitude to physical culture values. In this case main place is taken by active motor functioning, motivation for physical exercises' practicing and healthy life style. It was determined that the main methodological tools of personality's physical culture formation are physical education means, aesthetically oriented. They are the mechanisms of influence on inner essence of a man, his spirituality, emotionality, expressiveness. Such approach has great health related and recreation significance.

Conflict of interests

The author declares that there is no conflict of interests.

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