

Use badminton as a means of motivation for physical culture and sport

Kroshka S. A.

Separated subdivision "Lisichanskiy Teachers College University of Luhansk"

Abstract. In the article attention is focused on the use of badminton sports game in the educational process of higher education. The essence of badminton as a means of motivation for physical training and sport students.

Keywords: badminton, motivation, college students, physical education.

Current socio-economic conditions make high demands to the level of physical development, disability and functional state of students. Traditional means of sport activities with students poorly meet modern requirements and need to be replaced more efficient.

The writings of educators and psychologists Methodological principles of study on motivation and motivational components of learning activities: V. Aseev, V. Vilyunas, V. Kovalyev, A. Leontiev, Marilyn B., P. Simonov, P. Jacobson, John. Atkinson, G. Hall, Maslow, X. Hekhausen.

Organizational-pedagogical and methodological basis of improvement of physical education of students in research are Dubogay A., T. Krutsevych, B. Shiyan; use different tools and sports in physical education was seen in studies M. Boreyko, L. Kharchenko, V.A. Shaulina, A. Tsos.

Badminton is a specific number of historical and pedagogical knowledge. One solution to the problem is to increase attention to physical education classes through badminton, search for new forms and means of training. One of the first to apply the analysis of the badminton B. Livshits, D. Rybakov, Y. Smirnov, M. Shtilman [6, 7, 8].

Pay attention to the development of badminton and its widespread implementation in practice of specialists V. Gusev, T. Krutsevych, N. Mykhalchuk, A. Shiyan.

In Lisichansk's Teachers College introduced Variadic module "Badminton" in physical education classes, as stated in the work programmes of physical education. Badminton is used outside not only in the classroom. The main objective – the preservation and promotion of health, development of physical and mental skills and motor abilities of students; enhance physical fitness, build knowledge, skills and healthy lifestyle, personal hygiene, body hardening, preventing injuries.

Course contents meet the main objective of the program and aims to build knowledge for effective use of skills badminton, improving the functionality of the organism, the acquisition of knowledge on the subject, raising interest in badminton lessons, building motivation in physical culture and sports.

Theoretical information provided to students at the beginning of classes in the form of brief explanation, and during rest periods as inform moment and during exercises in a practical context.

Physical training is an integral part of the class badminton. Exercises for development of the necessary physical qualities badminton mainly include preparatory and early parts of the main occupation. When selecting exercises should focus on the mobility of the hand and the shoulder joint, muscle strength hand and shoulder girdle, execution attacks and jumping exercises, running and moving in different ways, with acceleration and change of direction and speed running, speed of power frequency movements, coordination skills, agility and endurance [6, p. 13].

For students interested in achieving the best results and to raise the emotional lessons appropriate to use a set of exercises in game or competitive manner. Badminton is characterized by great emotion, high physical activity, requiring students to identify various physical qualities and motor action, because badminton is considered by experts as one of the most effective means, which favorably affects the body. Racquetball in the system of fitness classes are an effective means of formation of interest to physical training of students.

While studying the game of badminton with students must identify the most common, fundamental ways of creating motivation: top down – is in instilling the ideals of the samples, which should be training grounds. The second way – from the bottom up – is that the student turns adults into real different activities and so acquires experience of moral behavior. Nurturing motivation because badminton is a very effective and not used at the university.

An important part in shaping motivation for physical training and sports the children of students played their activities and, in particular, outside the classroom. The analysis of content extracurricular activities in forestry shows (30 survey respondents), that student participation in extra-curricular collective cases (sporting character) is systematic, constant and often participate in activities 53,0 % of respondents; not often, rarely – 36,0 % do not take part – 11,0 %.

The main condition for the successful solution of this problem, in our opinion, should be extracurricular forms of exercise, but it is necessary to form a new outlook in young people to change their views on the importance of physical training for the health and future life of each individual. Besides improving effect badminton accompanied by a change of environment, a variety of contingencies, causes positive emotions, pleasure, provides recreation. Initially, the classes with students more attention should be paid to improving orientation.

Classes can be built on two principal schemes:

- 1) learning the basics of badminton in physical education;
- 2) organization at gyms institutions specialized sections for the Study of badminton. With the right approach, it allows for several years in high schools prepare good athletes massive discharges.

However, to successfully create incentives for FC lessons and sports, to create organizational conditions. In Lisichansk's Teachers College created the conditions: material sports facilities for extra-curricular physical education with the focus on the elements of badminton; organization of the sports section.

Summarizing the above, we note that the assessment of the real state of extracurricular students with priority the elements of badminton allowed to define

goals, objectives, choose the content, forms and methods of working towards improving knowledge and skills of badminton.

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Информация об авторах:

Крошка Світлана Андріївна – викладач фізичного виховання вищої кваліфікаційної категорії, вчитель-методист, магістр з фізичного виховання ВП «ЛПК ЛНУ імені Тараса Шевченка»
E-mail: kroshka68@gmail.com

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