

# ТЕОРІЯ І МЕТОДИКА ПІДГОТОВКИ СПОРТСМЕНІВ

## JUSTIFICATION OF THEORETICAL AND METHODOLOGICAL SYSTEM OF STUDENTS SPORTS IN UKRAINE IN THE XXI CENTURY



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### Анотація

На основі вивчення особливостей діяльності та системи підготовки здійснено теоретико-методичне обґрунтування системи студентського спорту України у XXI столітті. Структура та зміст діяльності в студентському спорті України представлена двома рівнями – керівних та базових структур. До керівних структур відносяться державні та громадські організації, основна діяльність чи окремі установчі завдання яких передбачають проблематику студентського спорту. Базовий рівень представлений системою утворювальними елементами, зокрема змаганнями та вищим навчальним закладом, а також процесними структурами студентського спорту – спортивним клубом і навчально-тренувальним процесом.

**Ключові слова:** студентський спорт, діяльність, система підготовки, структура, зміст, умови.

### Аннотация

На основе изучения особенностей деятельности и системы подготовки осуществлено теоретико-методическое обоснование системы студенческого спорта Украины в XXI веке. Структура и содержание деятельности в студенческом спорте Украины представлена двумя уровнями – руководящих и базовых структур. К руководящим структурам относятся государственные и общественные организации, основная деятельность или отдельные учредительные задачи которых предусматривают проблематику студенческого спорта. Базовый уровень представлен системой образовательных элементов, в частности соревнованиями и высшим учебным заведением, а также процессными структурами студенческого спорта – спортивным клубом и учебно-тренировочным процессом.

**Ключевые слова:** студенческий спорт, деятельность, система подготовки, структура, содержание, условия.

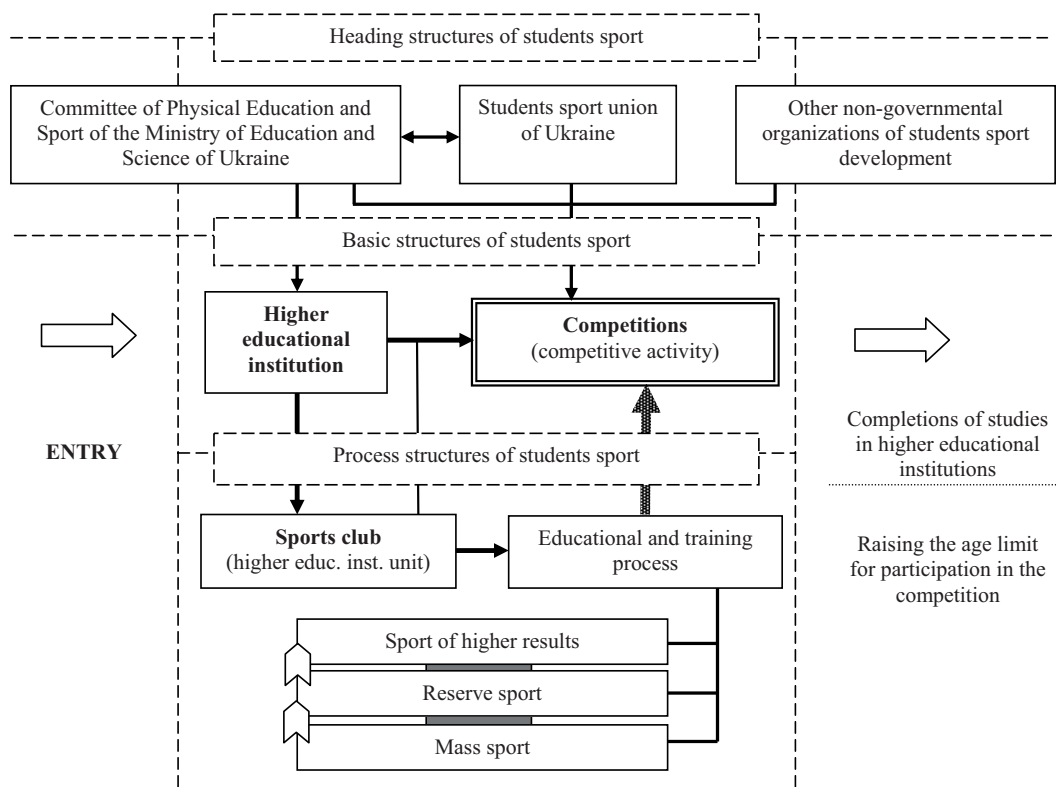
**Introduction.** Ukraine's policy regarding student sport is determined in the manner prescribed by national law and is designed to meet the needs of students in the physical development of the individual creating the conditions for full implementation of health promotion abilities, recreation, improvement of sports skills [1, 2, 6].

On international level efficiency and rationality of existence of students sport as a separate social practice is sufficiently justified [7, 8, 12, 13]. Activity of international organizations of students sport gives grounds to assert on the aggregate level to affirm about identified legal, organizational, economic and social bases of student sports development.

The fundamental objectives of student sport identified by a significant number of specialists in Ukraine and abroad include providing health care, implementation of disease prevention, support for students high efficiency, development of physical culture and sports strategy, organization of health promotion, the effectiveness of the system of continuous education and personal development [1, 5, 10, 11]. The above said along with a small number of studies aimed at students' sport of Ukraine research points to the relevance of our work.

**Objective:** based on features of





**Figure 1. Scheme of interaction of students' sport of Ukraine structures**

activity and training system to carry out theoretical and methodological justification of student sports system of Ukraine in the XXI century.

**Material & methods.** Theoretical analysis and synthesis of scientific and methodological literature, data of the Internet; analysis of documentary materials (regulations on the activities of the Committee of Physical Education and Sport of the Ministry of Education and Science of Ukraine, the regulations of the National Olympic Committee, non-governmental organizations

**Results and Discussion.** Student sports as social practice is not being realized by itself. It is in close interaction with the outside world which is determined by the exchange of information, corresponding of generalized activity direction, the relationship of internal structures of student sport with others which are outside the system of student sports and more.

In the process of solving the main objectives of our study we conducted

a systematic analysis of activity in student sport with the definition of various interactions of structures of different levels (Figure 1).

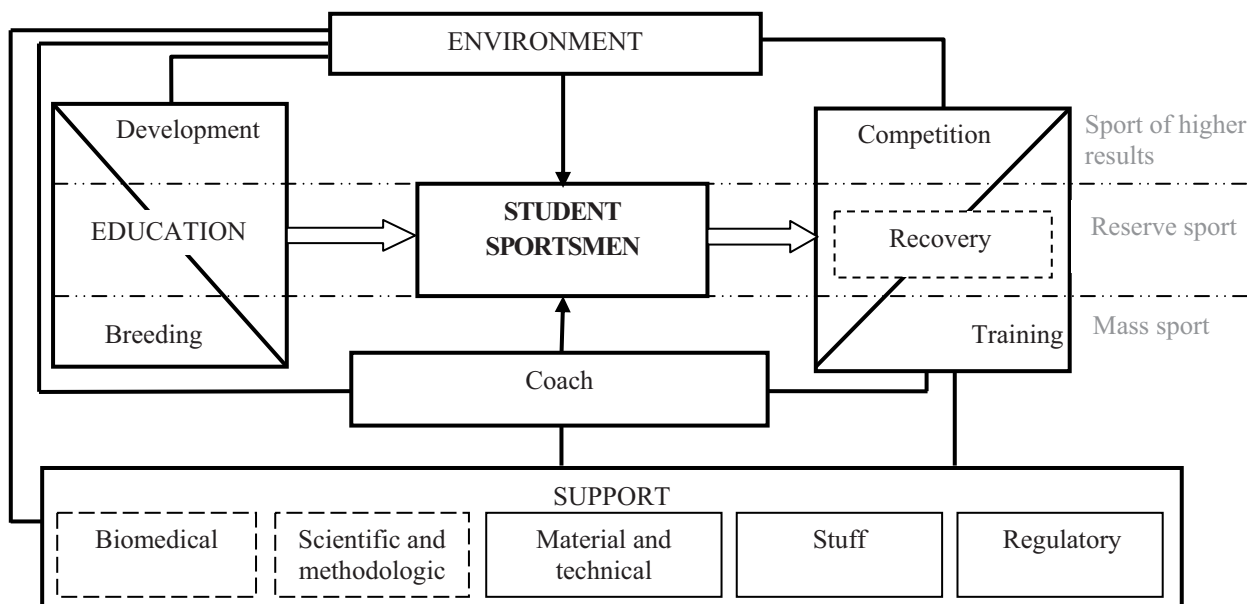
Considering the main focus of the research and orientation on the socio-economic and organizational conditions of Ukraine we found that there are two levels. The first is characterized by the governing bodies of student sports. Main student head organizations for today are sports governing Ukraine today can be determined the Committee of Physical Education and Sport of the Ministry of Education and Science of Ukraine and student sports union of Ukraine. In the first case this organizational structure has governmental subordination with a wide range of autonomy in its activity; the second is a non-governmental organization which makes its foundation for the development of student sports.

In addition to these organizations for activities within student sport can join other non-governmental institutions. Among them needed

is to determine the leading role of the National Olympic Committee, non-governmental organizations which are strategically focused on the implementation of tasks within the field of physical culture and sport, namely physical education and sport association "Dynamo", "Kolos" AIC Ukraine, "Ukraine", "Spartak" etc. Also, in this group of student sports structures head organization we put those student organizations that have in the statutes and priorities of their activity tasks related to student sport and/or physical education and sport activities with students.

Each of these elements of the head structures of students sport has an impact on the system. In the activity of the Committee of Physical Education and Sports are attended besides tasks related to student sports, the task of development of physical culture at other levels of education. For student sport union of Ukraine this activity is a system forming factor and exhausts all the





**Figure 2. Training system in students sport**

tasks set exclusively at students' level. For the National Olympic Committee of Ukraine the involvement and representation of participants on the competition among the students of such task cannot be considered, as it has more valuable strategic objectives including presentation of the main national team of Ukraine at international competitions that are included into International Olympic system. In most sports achieving the optimal level of training and maximum individual performance in competitive activity is at the period of study at the university in which sportsmen come to improve their social status outside sport. In this way NOC of Ukraine indirectly uses mechanisms to attract student sportsmen to their activities. Relationships of other non-governmental organizations of students' sports can be determined in a wide range.

Among the basic structures of student sports we determined higher educational institutions and competition (competitive activity). They are at our opinion are system forming factors of student sports. A classic for understanding of the role of sport in society advocates claim that systems forming factor

of sport is competition. However, taking into account the specifics of student sports attraction to it a clear-cut contingent of participants (student sportsmen) can be argued that higher educational institutions at level with competitions is such factor that gives grounds for a separation of social practice of student sports. Higher educational institutions generally and separately give the opportunity to study for a large number of people that after are joining to a particular social group of students. Actually among this group efficiently organized participation in competitive activity and purposeful training detects the presence of student sports. This is confirmed by a number of legal acts of Ukraine [7, 14] and a significant number of scientific and methodical works of specialist from Ukraine and abroad [2, 5, 11].

The specific features of student sport in comparison with other social practices of sport is that it is possible to get involved for person only if he entered one of the accreditation higher educational institutions and is in the status of subject of students sport student only until graduation. According to objective factors and official documents [7,

8, 9] is possible correction of time when subject of students sport gets beyond this activity. These options are tracked when a student sportsman has the right to participate in the competition representing his higher educational institution for one year after graduation; student sportsman has the right to continue studies at university (bachelor degree – master's degree – postgraduate course – doctorates); student sportsman has the right to take a break in education for a period of outlined by laws of Ukraine; student sportsman has the right to obtain a second higher education. In order to avoid abuse on the part of both universities and sportsmen in the system of student sports are developed protective mechanisms. The first concerns the need for an objective confirmation of the status of a student (graduate of this year) which also may be checked with a national database ONEDB and second is setting the age limit for participation in the competitions of student sport. Traditionally is accepted that the age of the student sportsmen on the date of the competition must not exceed 28 years, but in some cases (basketball) are trends that this limit should not exceed 25 years.



The basic structure of student sports as systems building factors for this social practice of sport in society also provoke the formation of process structures of student sports. Thus, competition provide systematic and targeted training of student sportsmen for participation in them and respectively is realized in educational and training process as part of training system in student sports. Taking into account the significant amount of scientific information and content of a number of regulatory documents indicate on the objective separation in the structure of student sports and in particular its process elements of several levels by target-effective activity of student sportsmen. This are levels of higher sport results, reserve sports and mass sports characteristics of which will be conducted below. Higher educational institutions as the basic structure of student sports is attached to the preparation of student sportsmen to competitions. This takes place by empowerment and creating conditions for implementation of tasks of training system to separate departments of higher educational institutions separate. Although, in the last decade is a pronounced a trend of sports clubs formation at higher educational institutions that are engaged in the full range of services for physical education and sport activities of students.

The review of head organization activity in students' sports of Ukraine indicates on the presence among them of close cooperation and coordination about development of specific for higher educational institutions practice of sports. To activity in students' sport can be engaged a large number of non-governmental organizations of different subordination and orientation that within its statutory work establish priorities on student sports.

Let us stop on more details about organizations represented at the head structures of student sports. At this level main for the development of the strategy takes work of

the committee of Physical Education and Sport of the Ministry of Education and Science of Ukraine. The main advantage for this organization is its membership within the Ministry of Education and Science of Ukraine. This allows responding effectively and coordinating the activities of the committee on the latest trends introduced by the main executive body of the country. Besides there is availability of governmental funding gives ability to head management in their activity to show independence from external influences. These impacts for public organizations are related with providing both financial and organizational aspects of the activity.

Activity of students sport union to a large extent on the basic tasks and rights is consistent with the activities of the Committee of Physical Education and Sport of the Ministry of Education and Science of Ukraine. The only distinctive difference is the subordination of the second to governmental structures and the relative independence of the first by belonging to non-governmental organizations. Also, the analysis of these two head organizations of students' sport of first level pointed at its additions and mutual control function. Main regulatory and program documents, rules and regulations of the national competitions before their introduction are checked, coordinated and approved only in the complementary work of these structures.

In the group of other non-governmental organizations of student sports development in our opinion one of the first places is occupied by Ukraine National Olympic Committee and sports federations. A similar situation is observed with sports federations. In the founding documents of each of them there are theses that under certain conditions can be implemented in student sport. In total non-governmental organizations and their activity we refer to the head structures conditionally. This group can singled out those

organizations which are directly related to physical culture and sport and those that have a wide range of tasks, among which is the direction of student sports.

For example we show some public organizations with a wide range of tasks with the presence among them those that are related to physical education and sport activities. Uzhgorod youth non-governmental organization "Students together" among their statutory tasks declares those that are relating to the field of physical education and sport namely the promotion of healthy lifestyles, physical education and sport; organization of entertainment for students; organizing and conducting of sports competitions and other cultural events. Non-governmental organization "Adrenaline" has defined its main objective as development and popularization of extreme sports, promotion of healthy lifestyles in Ukraine, as well as organizing cultural events. Lviv non-governmental organization "Sports Lviv" in the areas of its activities and implemented projects included the creation of the Internet website of Lviv sport with a full description of services and contact of relevant subjects of sports activities.

Separately let's pay attention to the sports club as lower part of students' sport of Ukraine. The main factor of this is that over the last decade increased interest for the establishment of independent structural units in higher educational institutions of different levels of accreditation Ukraine. Before this support of educational and training process and preparation for participation in national competitions was on lecturer of physical education and sports departments' in institutions of different levels of accreditation. It did not allow fully reconcile all components of students sportsmen training.

During the study we have first identified the components of sports clubs activity at higher educational institutions. Were determined the required components that must be



present in the work of sports clubs for the effective development of student sports, including organizational, legal, financial, informational. The elucidation of the features of functioning and support of sports clubs in Ukraine in higher educational institutions of various levels of accreditation and interpretation of these data gave grounds for separation organizational abilities of creation and functioning of sports clubs in the following directions [6, 8, 11, 13].

- non-governmental associations that operate separately from higher educational institutions, but their activity involve contingent of students from certain social status. Specialists that provide educational and training activity are employees;

- students associations engaged in organization and conduction of inside higher educational institutions sports and mass work among students in the presence of close cooperation of methodological content and assistance from departments of physical education and sport of relevant institutions;

- non-governmental associations of professors and students of the initiative group engaged in providing a range of services of educational and training, sporting and recreational activities.

- separate structural subdivisions with staff coaches who deal exclusively with educational and training activity and sport with highly skilled sportsmen;

- separate structural subdivisions with staff who are engaged in educational and training and sport activities. Sport work only with qualified and highly skilled sportsmen is conducted on a contractual basis with additional separation of functional responsibilities of employees.

Regardless of the specifics of sports club organization its main function is to organize a system of training of students sportsmen. This system also requires detailed examination. A classic example of the system of training is offered by

professors V. Keller and V. Platonov model [1]. Therefore, the system of training in student sport we considered based on its critical comparison with fundamental data (Figure 1).

We can confirm that the basis for creation of personalized subsystem in a classic way is a sportsman. However, unlike the conventional data in the training system sportsmen has certain social status, which probably has a more pronounced positioning. It means that without objective learning opportunities in higher educational institutions of Ukraine of level of accreditation he cannot get to the respective social system. As for the other component of personalized subsystems of sportsmen training system the coach is also available in certain features and contradictions. From one side, the coach as a mandatory element of sportsmen training system must ensure the quality of training process and conditions for achieving the best results in major competitions. On the other side, if case of student sports presence of a coach as persons with established functional responsibilities have additional tasks. Thus, for most variants of sports club work organization or other organization unit of student sport in higher educational institutions should always run the workload. This creates some contradictions in the work of the person who will provide training of students' sportsmen. For the general process of organizing of physical education and sport activities and training of student sportsmen to achieve highest athletic results have various meaningful and targeted directions.

Like any other system the training system in student sport must interact with the environment in which it was formed. The essential difference in this case is that the student sport as opposed to Olympic, professional or adaptive sport has interaction not with mega environment, but with the macro environment. This is because the student sport is aimed at a target audience of

students which significantly reduces interest in this practice of sports by other social groups. Therefore, into the activity within the student sport are involved only environment and in the case of Olympic, professional and adaptive sport is involved world society.

Justification of the training system in students sport has given us the reason to believe that the environment has an impact on a number of components and separate elements of this system. The environment has a direct impact on the organization of physical culture and sport activities and activities of institutions in this direction. Extensive impact on the environment also has influence on all the elements of support group, because they are directly related to the socio-economic conditions that emerged in the country. No doubt that the ability to attract qualified training experts from sport also is due to conditioning industry of major trends at national development. However, the main impact of the environment has on the individual of students' sportsmen who is shown in creation and sustainable of social demand on the result which he demonstrates in terms of specific competitions. Parallel the environment serves as a consumer of the product of training activity namely entertainment as a result from competitions at various levels.

For an objective presentation of training system in student sport should be described main (significant) differences in the structure and content compared to the classic version [1]. In the structure of training system in students' sports are available features associated with the involvement into the process subsystem (group of support) of two elements regulatory and staffing. The first is in the process of creating and maintaining in necessary needs structural organizations of the system of training in students sport by functional characteristics and by using orderly influence of legal and regulatory means. In contrast with a





significant number of legal grounds for the development of training system in Olympic sports for the students sport are present gaps that do not allow to fully supporting the process structures of student sports, especially sports clubs as lower part. Second is associated with the need of a range of actions to search, evaluate and establish qualified relationships with the subjects of student sport and their development and self-improvement, normalization of employment on temporary or permanent conditions.

Except new elements in this group we emphasize that the analysis of scientific and methodological literature indicated on conditionality of the implementation of components such of support group as biomedical and scientific and methodological support. Biomedical support in this social practice of sports is almost not conducted. Implementation of the biomedical support direction of sportsmen is the result of not purposeful activity in student sports, but is a result of the parallel sportsmen formation within the students sport and other practices (Olympic, professional, adaptive sports) through which is conducted appropriate support. About scientific and methodological support established a significant amount of specialists of physical culture and sports works, but they have local character and contain practical value only for sportsmen and teams training within higher educational institutions [1, 2, 3, 14]. Higher levels of the training process and competitive activity thus remain uncovered. The above said allows us to include the relevant departments in aggregate of actual directions of further development of students' sports in Ukraine. The last element of support group has most pronounced objective content, because the material and technical support is a criterion for determination of the condition of socio-economic conditions of different countries.

For the totality of elements that include education, breeding and development are found features

in conditions of training system in student sports. Objective factors associated with target-effective physical culture and sports activity of students during their studies in higher educational institutions of various levels of accreditation are three levels of their involvement into the training process and competitive activity (student sports of higher results, reserve and mass students' sports). In accordance with this was established that the ratio of training, breeding and development are different despite the fact of conventional tasks integrity of student sports. For mass students' sport is dominated task of accentuation on educational and training process. With higher levels of personal aspirations and needs of student this part is reduced and at the same time is increasing part aimed on development of sports skills. As a result at the highest level (student sports of higher results) which includes participation in international competitions, including the World Universiade the task of sportsmen training is minimized and to some mean formalized.

We should also separately review the element of education. Compared to classical notion of sportsmen training system [1, 6] in students sport education has much greater attention to its implementation. On our opinion, this element is one of the few that goes beyond his block and even the system as a whole. This is due to the fact that the main motives entering students' sportsmen to this social practice are the receiving of appropriate level of education. By itself, the training and competitive activity which mainly provides personal development does not provide education level that means that compensatory mechanisms of education devaluation are ineffective.

The same approach is used by us during review of another totality of the other elements (training, competition and recovery). With changing of students' motivation for classes of physical education

and sport activities, and increase of focus on the higher sport results in totality of these elements are changing relationships. Thus, for mass sports objectively in conditions of higher educational institutions dominate the amounts of educational and training activities and in some cases this involves participation in competitions at inside institutional level. At the level of reserve sports can be confirmed that training activity acquires the features of sustainability and should provide adequate needs for students' sportsmen. The level of competitions increases and increase demands for sportsmen training level. Definitely that is the maximum limit requirements for preparedness is at the level of higher results in student sport that involves participation in the most prestigious international competitions including the World Universiade. This level of educational and training sessions for students' sportsmen by target-effective direction is difficult to provide in conditions of higher educational institutions, because it involves the whole set of support group elements and the highest level of professional training of coaches and more. So, at this level students' sportsmen even by training amount are unable to follow in normalized educational process and they require institutions to create favorable conditions. Student sport of higher results must implement a significant request of its subjects in competitive activity that substantially change proportions aside the elements of competitions. For one more element of the group (recovery) in sportsmen training system in students sport is defined a contradictory place. On one hand, recovery is an essential element of sportsmen training system [1], but analysis of a significant array of data indicates that these question specialists paid very little attention. Based on practice of students sportsmen recovery after educational and training process and competitive activity at level of mass and reserve students sport is held on the



intuitive-empirical level of the subject of student sportsmen or coaches. At the level of students' sports of higher results attention to recovery element significantly increases that is conditioned by the search for reserves for increasing of competitive activity effectiveness.

Conclusion. Features of student sport in Ukraine are caused the present stage of development of specific socio-political, cultural, economic and legal characteristics. The structure and content of student sport in Ukraine is represented by a plurality of elements, the combination of which by main features represents for the basic properties of specific social system. It is represented by two levels: heading and basic structures. To heading structures are included governmental and non-governmental organizations whose main activities or individual constituent tasks which involve issues of student sports. Basic level is represented by systems forming elements including competitions and higher educational institutions, as well as process structures of student sports, such as sports club (relevant parts of higher education institutions) and educational and training process which is implemented on the main levels of target-effective activity of students sportsmen (mass, reserve sport and sports of higher results).

The system of sportsmen training in students sport has a considerable amount of common features with the classic presentation disclosed in fundamental works. Characteristic differences that were first justified in our research is complementation of the structure elements of support group, reorientation of separate elements (education, recovery, etc.), separation of physical education and sport activities classes' levels with students-sportsmen of by the

target-effective orientation.

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