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## **WAYS TO OPTIMIZE LAWFUL PREPARATION OF THE FUTURE PHYSICAL TRAINING SPECIALISTS AS THE PART OF PROFESSIONAL ACTIVITY**

*У статті дається короткий аналіз теоретичного матеріалу, який присвячений пошуку шляхам оптимізації правової підготовки майбутніх фахівців фізичної культури. Використовувався метод аналізу наукової літератури, нормативно-правової та навчально-методичної документації, що присвячена правому забезпеченню професійної діяльності фахівців фізичної культури. Дійшли висновку про те, що труднощі правової підготовки студентів факультетів фізичної культури у вищих закладах освіти зумовлені рівнем їх освіти.*

**Ключові слова:** оптимізація, правова підготовка, професійна діяльність, фахівець фізичної культури.

*В статье дается краткий анализ теоретического материала, который посвящен поиску путям оптимизации правовой подготовки будущих специалистов физической культуры. Использовался метод анализа научной литературы, нормативно-правовой и учебно-методической документации, посвященной правому обеспечению профессиональной деятельности специалистов физической культуры. Пришли к выводу о том, что трудности правовой подготовки студентов факультетов физической культуры в высших учебных заведениях обусловленные уровнем их образования.*

**Ключевые слова:** оптимизация, правовая подготовка, профессиональная деятельность, специалист физической культуры.

*This article provides a brief analysis of the theory, which is dedicated to finding ways of optimizing the legal training of future specialists of physical culture. The method of analysis of scientific literature, regulatory and methodological documentation that is dedicated to providing legal professional activity of physical culture. Concluded that the difficulties of legal training students of physical training in higher educational institutions due to their level of education.*

**Keywords:** optimization, legal training, professional activity, specialist physical education.

**Problem analysis of current research and publications.** Higher education is the foundation of human development and social progress, it guarantees individual development, promotes intellectual, spiritual and industrial potential of society. The development of the state, structural changes at the micro and macro levels should be in harmony with the modernization of education in order to meet the needs and aspirations of people, especially young people, to establish a new system of social values in the area of both public and private sectors [10].

For most countries with a high level of competitiveness of national economies is characterized by the transition from extensive use of human resources with low basic training to the intensive use of skilled labor, more flexible in the area of decision-making and the process of adapting to new technologies. The high-tech sectors is the prevailing tendency to increase in demand for highly qualified universal specialists who are not only specialized training, but also to successfully master business and management activities [11].

**The aim** – finding ways to optimize the legal training of future specialists of physical culture.

**Methods.** The method of analysis of scientific literature, regulatory and methodological documentation that is dedicated to providing legal professional activity of physical culture.

**Results and discussion.** The fact of the many challenges of the future, education is a prerequisite for human motion forward to the ideals of peace, freedom and social justice [5]. Such views are updated report of the Commission for Education of UNESCO, which highlighted the crucial role of education in personality development throughout its life and development of society.

These ideas permeate the documents of the Bologna process.

In Ukraine, as mentioned above, it is not actively in the process of formation of national law which covers the area of physical culture and sports. Problems content of higher education is now the object of attention of scientists, managers, teachers and the public. Today is urgent reform at the global and European experience in legal education policy, which requires different capabilities to meet the educational needs of the public, provide training future teachers, including specialists and physical education.

Education students at the faculty of physical education in higher education can be described as a complex, multistage process of communication between academic study curriculum and practical training. The combination of theoretical and practical training creates conditions for effective professional development [15] and professional reliability [13]. And any process during their initial formation objectively faces many factors hindering the solution of the problem of higher education – training students to master the future specialty with possible high level of professional competence. This leads experts to explore possibilities to optimize the process of professional training in higher education.

Optimization (from Lat. Best) – to maximize the expected benefit is most appropriate to certain conditions, task, purpose version of [14]. Physical education has the greatest potential to optimize the educational process: the availability of a wide and very important for human life range goals and objectives (health, education, educational, developmental), the presence of different forms of learning (time limit, extracurricular, extra-curricular, extracurricular), the availability of a wide range of and means “attractive sides” of implementation (from single to exercise a particular activity, such as tourism and natural history work) [14].

Optimization is a system of pedagogical activities covering the educational process in general, all the elements (objectives, content, forms, methods) and provides for the mandatory evaluation results on specific criteria [3].

Optimization of educational process in psychology explained as intellectual and volitional act of taking the most rational solution that consists of several stages.

By definition, U. S. Goncharenko: “Optimization of education – providing holistic educational process cycle that includes level of education of the student diagnosis and formulation of goals, planning and organization of the control and regulation of activity and relationship analysis of educational outcomes. Optimizing the learning process – the kind of learning management, providing optimal (best expedient in the circumstances) functioning educational system. Optimizing the learning process – the choice of optimal variant of the learning process in a particular teaching situation.

The main criteria for assessing the optimality of the learning process are the effectiveness and quality of solving educational problems; waste of time and effort of teachers and students on their achievements.

Optimizing the learning process involves: defining goals and objectives of education for each class; appropriateness of training its purpose and objectives; choice of forms of educational activities; rational combination of teaching methods; a plan of study section, themes and its implementation; analysis of the results and evaluation plan optimality “[4].

Elements of structure optimization of communication, which is schematically displayed as diagnostics planning – organization – Control – Analysis – correction [3], taken together

define methods for implementing future professional activity specialist. They can be divided into three groups:

1. Methods of organization and teaching and learning activities.
2. Methods of stimulating and motivating teaching and learning activities.
3. Methods of control and self-efficacy for teaching and learning activities [3].

Optimization of the educational process for students of the Faculty of Physical Education and Sport requires that the content and structure of the educational process provide: efficiently and solve educational, educational, developmental and health problems, according to modern requirements of society; maximum consideration of individual capabilities of students; goal without increasing the cost of time; compliance with the specific logistical and methodological conditions.

Taking this into account in the study we: a complex matched design practice, evaluation of results; choose the best option content of the educational process and its structure; optimized selection methods and forms of educational process, which allow to solve tasks; efficiently combined management and governance activities in the educational process; analyzed the results of the educational process and time spent on their achievements.

Legal training will be effective when focused approach to building educational process based on the laws and principles of learning, conscious and scientifically informed choice is best for a particular situation given design not only separate classes, and a single set of the overall learning process as an integrated system.

Briefly on the characteristics of individual factors that influence the quality proterychovo professionalization [4]: on the one hand, these factors may act as potential drivers that provide an adequate level of training; on the other – that they are the brakes, which are not always visible and the lack of attention causes production of professional “marriage.” Sometimes, missing one small lecture course, clearly developed requirements or usual instructions to eliminate the threat of release of “immature” specialists, which in the sphere of physical culture should put “barrier”.

Specialists of Physical Education should know the concept and have a correct understanding of moral and legal norms of behavior and a positive attitude to them, be convinced of the need to respect them.

The authors of scientific papers [8, 9] note the low level of legal training specialists non-legal professions that applies to graduates of physical education. Low level of awareness is particularly evident in their lack of understanding of the importance of human and professional responsibilities of physical training in the course of professional activity, ignorance ways and opportunities to protect their rights and duties. The main reasons for this phenomenon believe imperfection how to enhance awareness of the process of learning content and methods of legal education and legal education of future specialists of physical training that should take higher education.

Skills development – a process of professional self-understanding through the contents of future professional activity [8]. Activate professional legal training students should special theoretical and practical training in the study of subjects that reflect the content of the professional and legal activities. In the absence of such a discipline in universities of Ukraine-analog foreign version of “The legal basis of physical culture” [12] can be limited to temporary special course, which is necessary to develop the curriculum.

The university curriculum should be saturated not only special items for physical training, but also items from the basics right. It should be a means for combining and transprofesionalizatsiyi various professional fields. First you need to reach universal mastering basic theory and method chosen profession, professional enter the profession, work out your own experience, master the art of re-formation of professional consciousness of

students and only then experiment with educational programs related to the subject of cycles and professional specializations.

Most painful problem in this context – a practice because it is difficult to provide a sufficient number of hours that is programmed to practical problems. Its main objective is to improve the skills of students.

The problem is and staffing, which provides training in this field because, as rightly said V. Andruschenko [15] the quality of education, the relationship between quality staffing industry. However, it should be noted that they can not do anything without basic methodological support, part composition cycle general professional disciplines to “ensure faster professional growth” [15]. Answering the question – “Who are you? professionals to teach legal framework of physical training, “we believe that this training must be part of general professional disciplines specialty 12.00.02” Physical culture, physical education of different groups, “a specialized area of general legal training students. Note, though, that today there is a good response to this question.

The best solution to this problem is the development and implementation of the learning process of disciplines which would fully able to give the necessary legal knowledge of future specialists of physical culture, holding that they could efficiently resolve any legal situation.

If the teacher does not seek to establish integral legal thinking, his influence professional and legal consciousness of the student may consist spontaneously, out of touch with the software knowledge taught, since most study subjects unconsciously dominated by the kind of knowledge that they have acquired in previous studies or under the influence of the media and the environment [7].

To the acquired theoretical knowledge, practical skills and abilities effectively used in practice, you must also master the methods of their application by means of properly oriented thinking and legal identity. The image forming future career in teaching, and, like any complex social and mental education model professional activities – dynamic, that can not function in a unified and for all given form, and is constantly improving, changing. But the existence of this phenomenon as a professional sense of justice, is the need to reorient when changing professional status when, for example, sports thinking should be combined with legal.

Professional experts consciousness is seen as an integral characteristic of the content of the educational process and acts as a form of consciousness, which is the subject of display content and nature of a particular profession [1, 2, 6]. Foreign practice of training specialists for over half a century examines the evolution of the professional level requirements “from” mastering basic practical knowledge and skills of those involved in the production of spiritual and material values “to” building complex, integrative structures at the level of professional thinking and their respective orientation professional identity. Therefore, professional identity and samovyznachenist students of physical culture can be seen as a collection of educational, athletic, legal views. In this context, professional consciousness can be defined as a conscious man’s relation to chosen profession based on their own needs and abilities that motivated choice of the profession and the assimilation of the subject and professional values that are different from or similar to other specialties.

Our approach to the study of the phenomenon of professional reorientation of consciousness based on an understanding of professional self student has a certain style of legal consciousness formed by the environment, media or special education.

Broad understanding of reorienting professional consciousness of students to the legal type of thinking suggests this figure (style legal identity) as the main criterion for professional self. Its too low in population specialists and professionals lawyers can be considered the basis for the creation of special programs (courses, electives) professional legal training to ensure gradual professionalization of physical education students through the implementation of progressive perspectives of legal education.

In the formation of professional and legal consciousness as specific concepts appropriate to use a variety of teaching tools, the main of which is the solution of educational problems, solving a variety of situations, principles and rules of practice [13].

The task of higher education as a social institution is to promote professional fulfillment of an individual by teaching them a professionally aimed interaction with natural and social environment.

The urgent need to address deficiencies higher school requires conceptual improvement of education and professional training in the following areas:

- Formation of attitudes of future professionals to human social progress as a goal, not a product;

- Activation of the human capital in higher education and professional training based on the concept of harmonious development of man;

- Reform of higher education and professional training is strategic for quality assurance specialists;

- In the process of preparation depth proficiency and social responsibility in solving scientific and technological progress, social and cultural development [10].

### Conclusion

Difficulties legal training students of physical culture due to their level of education. Because most students need time to understand what the professional and legal thinking and legal identity. We are deeply convinced that such legal knowledge made it possible to choose the correct ways to achieve professional competence.

Thus, higher education institutions should streamline legal training and legal education of future specialists of physical culture.

**Prospects for future research** is to find new ways to optimize the amount of legal knowledge, professional and legal skills that are necessary for today's professionals the designated area; developing requirements for optimal selection of the content of legal disciplines for students. There is a need to design and optimal means and methods of legal training to improve professional activities.

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