

Historical, Philosophical, Legal and Staff Problems of Physical Culture and Sports

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PECULIARITIES OF TEACHING PHYSICAL EDUCATION AND SPORTS SPECIALISTS IN RECREATIONAL ACTIVITIES IN POLAND

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Abstract

Nowadays in Ukraine there is a public need for specialists in physical education and sports who are capable of recreational activities, which are extremely important for promoting healthy lifestyles, preventing diseases and increasing the level of motor activity of different social groups of the population. The personality of a specialist in recreational activities is one of the most important factors in attracting people to rational motor activity. Critical understanding of the key issues of the Polish experience in training such specialists will serve the needs for the development of the national physical culture and sport. The main trends of preparation of future physical education and sports specialists for recreational activities in Poland are determined and analyzed. Theoretical methods of research were used: analysis, synthesis, generalization, systematization, specification, comparison and forecasting. The comparison of normative principles of employment of physical education and sports specialists in Ukraine and Poland allowed establishing their similarity. In Ukraine, the training of such specialists is carried out in the framework of specializations and educational programs of specialties «Secondary education (physical culture)» and «Physical culture and sports»; in Poland, respectively, within the specialization in the areas of «Physical education» and «Tourism and Recreation». Polish educational standards are described in terms of the list of knowledge, skills and competences necessary for recreational activities. The list of specialties and specializations for qualification of fitness instructor and motor recreation is determined. Examples of their implementation by Polish institutions of higher education are presented, the list of which is determined taking into account the requirements of the labor market and the opportunities available for the training of such personnel. The above qualifications can also be obtained at courses or postgraduate studies of Polish higher education institutions. The most widespread specialization within the specialty «Motor recreation»: Aquafitness; Fitness – strength exercises; Fitness – modern types of gymnastics; Correctional motor activity.

Key words: future specialists in physical education and sports, recreational activities, approaches of training, specialty and specialization, motor recreation.

Наталія Белікова, Світлана Індика. Особливості підготовки майбутніх фахівців з фізичного виховання та спорту до рекреаційно оздоровчої діяльності у Польщі. Нині в Україні існує суспільна необхідність у фахівцях із фізичного виховання та спорту, здатних виконувати рекреаційно-оздоровчу діяльність, що вкрай важливо для пропаганди здорового способу життя, профілактики захворювань і підвищення рівня рухової активності різних верств населення. Особистість фахівця з рекреаційно-оздоровчої діяльності є одним із найважливіших факторів залучення населення до раціональної рухової активності. Критичне осмислення ключових аспектів польського досвіду підготовки таких фахівців слугуватиме потребам розвитку національної галузі фізичної культури й спорту. Визначено та проаналізовано основні тенденції підготовки майбутніх фахівців з фізичного виховання та спорту до рекреаційно-оздоровчої діяльності в Польщі. Використано теоретичні методи дослідження: аналіз, синтез, узагальнення, систематизацію, конкретизацію, порівняння та прогнозування. Порівняння нормативних засад працевлаштування фахівців із фізичного виховання та спорту в Україні й Польщі дав змогу встановити їх подібність. В Україні підготовка таких фахівців здійснюється розрізнено в межах спеціалізацій та освітніх програм спеціальностей «Середня освіта (фізична

культура)» та «Фізична культура і спорт»; у Польщі – відповідно, у межах спеціалізацій за напрямками «Фізичне виховання» і «Туризм та рекреація». Схарактеризовано Польські освітні стандарти в частині переліку знань, умінь і компетентностей, необхідних для виконання рекреаційно-оздоровчої діяльності. Визначено перелік спеціальностей і спеціалізацій для набуття кваліфікації інструктора фітнесу й рухової рекреації. Наведено приклади їх реалізації польськими закладами вищої освіти, перелік яких визначено з урахуванням вимог ринку праці та наявних можливостей для підготовки таких кадрів. Названу вище кваліфікацію можна здобути також на курсах або післядипломних студіях польських закладів вищої освіти. Найбільш розповсюджені спеціалізації в межах спеціальності «Рухова рекреація»: Аквафітнес; Фітнес – силові вправи; Фітнес – сучасні види гімнастики; Корекційна рухова активність.

Ключові слова: майбутні фахівці з фізичного виховання та спорту, рекреаційно-оздоровча діяльність, напрям підготовки, спеціальність і спеціалізація, рухова рекреація.

Наталья Беликова, Светлана Индыка. Особенности подготовки будущих специалистов по физическому воспитанию и спорту к рекреационно-оздоровительной деятельности в Польше. Сейчас в Украине существует общественная необходимость в специалистах по физическому воспитанию и спорту, способных осуществлять рекреационно-оздоровительную деятельность, что есть крайне важным для пропаганды здорового образа жизни, профилактики заболеваний и повышения уровня двигательной активности различных слоев населения. Личность специалиста по рекреационно-оздоровительной деятельности является одним из важнейших факторов привлечения населения к рациональной двигательной активности. Критическое осмысление ключевых аспектов польского опыта подготовки таких специалистов будет служить потребностям развития национальной отрасли физической культуры и спорта. Определены и проанализированы основные тенденции подготовки будущих специалистов по физическому воспитанию и спорту к рекреационно-оздоровительной деятельности в Польше. Использованы теоретические методы исследования: анализ, синтез, обобщение, систематизация, конкретизация, сравнение и прогнозирование. Сравнение нормативных основ трудоустройства специалистов по физическому воспитанию и спорту в Украине и Польше позволило установить их сходство. В Украине подготовка таких специалистов осуществляется разрозненно в пределах специализаций и образовательных программ специальностей «Среднее образование (физическая культура)» и «Физическая культура и спорт»; в Польше, соответственно, в пределах специализаций по направлениям «Физическое воспитание» и «Туризм и рекреация». Охарактеризованы Польские образовательные стандарты в части перечня знаний, умений и компетенций, необходимых для осуществления рекреационно-оздоровительной деятельности. Определен перечень специальностей и специализаций для приобретения квалификации инструктора фитнеса и двигательной рекреации. Приведены примеры их реализации польскими вузами, перечень которых определяется с учетом требований рынка труда и имеющихся возможностей для подготовки таких кадров. Названную кваліфікацію можна отримати також на курсах або післядипломних студіях польських вищих навчальних закладів. Найбільш розповсюджені спеціалізації в рамках спеціальності «Двигательная рекреация»: Аквафитнес; Фитнес – силовые упражнения; Фитнес – современные виды гимнастики; Коррекционная двигательная активность.

Ключевые слова: будущие специалисты по физическому воспитанию и спорту, рекреационно-оздоровительная деятельность, направление подготовки, специальность и специализация, двигательная рекреация.

Research problem stating and its significance. Globalization makes it vital to implement a common European policy in the sphere of training of skilled high school staff. Studying the international experience of training specialists requires a critical analysis of the educational systems achievements of the foreign countries. Their adaptation to national needs will enable the implementation of positive trends in higher education institutions in Ukraine.

In recent decades the paradigm of education in the sphere of fitness and recreation has changed significantly throughout the world, due to the orientation towards a fundamentally new understanding of the essence of physical recreation and its role in the educational system [1]. At the same time, in Ukraine there is a public need for specialists in physical education and sports who are able to carry out recreational activities, which is extremely important for promoting healthy lifestyles, preventing diseases and increasing the level of motor activity of different social groups of the population [2; 4; 6]. Therefore, there is a need to determine the key aspects and trends of training specialists in recreational activities in foreign countries, whose critical reflection will serve the needs of the the above-mentioned branch in Ukraine .

An analysis of recent research on this problem testifies that in Ukraine there are some current problems related to the training of future specialists in physical education and sports for active recreational activities. Various aspects of the preparation of such specialists are covered in the writings of national (O. Blagyi, M. Vasylenko, M. Danyevych, M. Dutchak, V. Levytskyi, etc.) and foreign (C. Bouchard, T. Wolanska, etc.) scientists. Problems of recreation, tourism and tourist-sports training in higher educational

institutions of physical culture were studied by O. Zhdanova, V. Zholdak, L. Zanevska, T. Krutsevych, E. Prystupa, and others. According to O. Andreeva, the development and theoretical substantiation of approaches to the selection and structuring of the content and program and methodological provision of the training process for the training of future specialists in recreational activities are required [1]. The lack of systematic studies of foreign experience in the training of such specialists led to the choice of research topic; the country is chosen for the reasons of close social and economic contacts that have developed historically.

The purpose of research: to identify and analyze the main trends in the training of future specialists in physical education and sports for recreational activities in Poland.

The objectives of the research are:

1. To compare the normative principles of employment in the sphere of study in Ukraine and Poland.
2. To explore the special aspects of the training of future specialists in physical education and sports for recreational activities in Ukraine and Poland.
3. To describe the Polish educational standards as part of knowledge, skills and competences necessary for recreational activities; determine the specialty and specialization for obtaining the qualification of fitness instructor and motor recreation.

The following theoretical methods of the research were used: analysis, synthesis, generalization, systematization, specification, comparison and forecasting.

Research results. Discussion. Recreational motor activity is characterized by dynamism, diversity of forms, prospects, versatility of their use, oriented to the maximum satisfaction of human needs. According to O. Andreeva's interpretation, recreational activity is a process of human interaction with the environment with the help of which the human achieve a conscious goal, which appeared as a result of the need for active rest, satisfaction, recreation, restoration of physical and spiritual forces at a free or specially definite time, which stimulates motor and social activity and creates optimal conditions for creative expression of personality [1]. Specific means and methods of recreation, including elements of interests and entertainment, include: physical exercises of low intensity, motor games, tourism, idemotoric motor activity, etc.

Personality of a specialist in recreational activities is one of the most important factors of attracting people to rational motor activity. According to the National Classifier of Ukraine DK 009: 2010 "Classifier of Economic activities types", the specialist of the named profile, who is assigned to a professional group of "experts" and is placed in the section R: "Art, sport, entertainment and recreation" in subsection 93: "Activities in sports, organization of recreation and entertainment" is prepared to work on one or several types of economic activity. Among these activities: 93.11 -Function of sports facilities; 93.12 - Activities of sports clubs; 93.13 - Activities of fitness centers; 93.19 - Other activities in sports; 93.29 - Organizing of the other types of recreation and entertainment; 96.04 - Activities from the provision of physical comfort. A specialist in recreational activity may hold the primary positions according to the professional jobs titles of the National Classifier of Ukraine "Classifier of professions DK 003: 2010": 3414 - Specialist in organizing of leisure activities; 3414 - Instructor of health-sports tourism; 2213.2 - Recreational specialist; 2351.2 - Healthy Lifestyle Consultant; 2483.1 - Scientist in fitness and recreation.

The analysis of Internet information resources has revealed that Poland has a Polish classification of activities (Polska Klasyfikacja Działalności, 2007), which is similar to the National Classifier of Ukraine in the part of the list of activity types in the studied area. In particular, in the section R: "Activities related to culture, entertainments and recreation" (Działalność związana z kulturą, rozrywką i rekreacją), the following groups are defined in subsection 93: "Sports, entertainment and recreation activities" (Działalność sportowa, rozrywkowa i rekreacyjna) / classes: 93.11 - Activities of sports facilities (Działalność obiekt w sportowych); 93.12 - Activities of sports clubs (Działalność klub w sportowych); 93.13 - Activities of facilities that serve to improve physical conditions (Działalność obiekt w służących poprawie kondycji fizycznej); 93.19 - Other activities in sport (Pozostała działalność związana ze sportem); 93.29 - Other entertaining and recreational activities (Pozostała działalność rozrywkowa i rekreacyjna); 96.04 - Activities for the provision of services for the improvement of physical condition (Działalność usługowa związana z poprawą kondycji fizycznej) [7]. In the Polish classification of professions and occupations (Klasyfikacja zawodów i specjalności, 2014), the following professional groups of jobs, within which the specialists of recreational activities can work, are pointed out: 1431 - Sports, Recreation and Entertainment (Kierownicy do spraw sportu, rekreacji i rozrywki) and 3423 - Fitness and motor recreation instructors (Instruktorzy fitness i rekreacji ruchowej) [5].

It should be noted that the higher educational sport institutions began training of specialists in recreational activities in Ukraine when the specialty "Fitness and Recreation" was added to the list of Master's specialties, and which, in 2015, was removed due to a radical review of sports specialties.

Currently, the training of future specialists of physical education and sports for recreational activities is realized in the framework of specializations and educational programs of specialties 014 “Secondary education (physical culture)” and 017 “Physical culture and sports”.

In Poland, the training of specialists in recreational activities is accomplished in the course of “physical education”. The educational standard for the direction of training “Physical Education” (Standardy kształcenia dla kierunku studiów: Wychowanie fizyczne) states that the graduate, having completed the first degree, should be prepared for the popularization of health and physical activity, self-planning and implementation of physical activity to improve health, rest and physical harmony in educational and physical education and sports institutions. A graduate, having completed the second degree, should be prepared to work at institutions of physical culture; social and public organizations; research institutes [8].

The list of courses and the results of education that enable students to acquire the competencies required to conduct recreational activities is different. In particular, studying the discipline “Theory of Sport (Teoria sportu)”, students get acquainted with the organizational aspects of involving children and young people in mass sport and motor recreation. The student course “Individual and Team Sport (Sport indywidualny i zespołowy)” reveals the peculiarities of preparation and holding of sporting competitions and recreational activities in the field of individual and team sports. The student course “Special Physical Education (Wychowania fizyczne specjalne)” reveals the peculiarities of sport and recreation of disabled children and young people and allows students to acquire skills in the selection of content, forms, methods and means of motor activity in dysfunctional and integrated groups.

Educational outcomes in the student course of “physical education” include lists of knowledge, skills and competences necessary for the implementation of recreational activities (Table 1) [3].

Table 1

Description of the educational outcomes in the student course “Physical education”, the acquisition of which is necessary for the graduate to implement recreational activities

The educational outcomes	
1	2
Knowledge	<i>First degree</i>
	Knows the elementary terminology used in physical education, and understands the possibilities of its application in related student courses (sports, tourism and recreation, health recovery)
	Knows the technique of execution, safety and methods of training of selected individual sports and the principles of safe organization of these sports in the form of training sessions, sports and recreational activities
	Knows the technique of execution, methods of training of selected team sports and the principles of safe organization of these sports in the form of training sessions, competitions, sports and recreational activities
	<i>Second degree</i>
	Knows and understands the importance of recreational and sports activities in their free time; knows the basics of planning and organizing of excursions, hikes and camps; knows the place of tourism and recreation in physical education and training; knows the right principles of sports and recreation activities
	Knows the teaching technique and teaching methods of motor activity of selected individual and team sports and understands the specifics of conducting such classes with healthy and disabled people in groups of youth and adults; knows the procedure for preparing and conducting sports and recreational activities in the field of individual and team sports
Understands and diagnoses lifestyle and selected models of recreational and creative behavior of a person and understands cultural peculiarities of needs and problems of individuals and social groups.	
Skills	<i>First degree</i>
	Can show the technique of implementation and the correct application of the prerequisites of selected individual sports in groups that differ in age and level of preparedness; score their special training; can safely organize and conduct classes on selected individual sports in the form of training sessions, sports and recreational activities
	specializes in motor skills in selected forms of physical activity (recreational, sports and aesthetic), in the areas of scientific research and scientific courses related to the chosen direction of study

1	2
	<i>II degree of study</i>
	It possesses the skills of rational programming of recreational and health opportunities for training and development of physical fitness of people of all ages; is capable of competently controlling the body's reactions when choosing rational loads, and then use them in developing educational projects for the protection and training of health
	Can organize according to the rules and conduct the main sports, tourist and recreational activities for children and adolescents, as well as adults with safety regulation maintaining
	Has skills in management and implementation of recreational, sports and aesthetic activities with different social groups
	Has specialized motor skills in the field of selected forms of physical activity (recreational, health, sports and aesthetics) in the branches of science and scientific disciplines related to the chosen direction of study
Competence	<i>I degree of study</i>
	Prepared for the role of a leisure animator, as well as for the joint preparation of educational programs for the organization of free human time (recreational)
	Chooses the behavior that is safe for life and health, acts as a promoter of recreational and health activities in the local environment
	<i>II degree of study</i>
	Prepared for independent professional activity, implements it systematically and professionally, can manage large groups when performing complex professional tasks of recreational nature

The training of future specialists in physical education in Poland is carried out in state and private higher education institutions (academies of physical education, faculties in usual and technical universities). Studying at the first stage studios usually lasts 3 years; second degree - 2 years. Graduates obtain a bachelor's degree (licencjata wychowania fizycznego) or a master's degree (magistra wychowania fizycznego) in physical education.

Specialties and specialization within the direction of training "Physical education" "the educational institution determines itself, taking into account labor market requirements and available opportunities for training such personnel. In particular, at the Józef Piłsudski University of Physical Education in Warsaw, in the studios of the first and second degrees you can get the following specialization of the instructor of motor recreation: Aquafitness (Aquafitness) ; Fitness - modern types of gymnastics (Fitness-nowoczesne formy gimnastyki). At the Academy of physical education and sport in Gdansk the following specializations are distinguished: Fitness - strength exercises (fitness – ćwiczenia siłowe); (kinezygerontoprofilaktyka); Correctional motor activity (Dostosowana aktywność ruchowa); Recreation animator (animator?w rekreacji). In many institutions of higher education in Poland, graduates are offered to consider completing the studies on the "Physical education", education in such related fields as "Tourism and Recreation", "Sport Management" or "Sports Journalism". It should be noted that the direction of "Tourism and recreation" in some Polish universities also includes the specialty "physical recreation". So, in Academy of physical education and sport in Gdansk named specialty includes a broad range of specializations (in addition to the above-mentioned): Fitness for pregnant women and after childbirth (Fitness – dla kobiet w ciąży I po porodzie); Sailing (Żeglarstwo jachtowe); Tennis (Tenis), etc.

Qualification of the instructor in motor activity can be obtained by the end of the course in higher educational institutions postgraduate studios, having received the corresponding certificate. For example, in the center of the teacher training of the Academy of physical education in Poznan the list of chosen specialization, instructor's motor activity includes: Fitness yoga; Bodybuilding; Dance; Scandinavian walking; Recreational badminton; Kayaking, etc.

Conclusions and perspectives of further research. Our research has revealed the main trends of the training of future specialists in physical education and sports for recreational activities in Poland:

1. The similarity of the National Classifier of Economic Activities Types of Ukraine with the Polish classification of activities in the part of the list of activities in the studied area was established.

2. In Ukraine, the training of future specialists in physical education and sports for recreational activities is carried out in the framework of specializations and educational programs of specialties 014 "Secondary education (physical culture)" and 017 "Physical culture and sports". In Poland, the

preparation of such specialists is carried out within the specialties and specializations in the areas of “Physical education” and “Tourism and Recreation”.

3. In Poland there is a standard of training for the direction “Physical education”, as well as educational standard “List of results of training for the direction “Physical education”. These documents provide a list of the knowledge, skills and competences of the graduates required for recreational activities.

4. List of specialties and specializations within the directions “Physical education” and “Tourism and recreation” polish educational institutions determine themselves, taking into account the requirements of the labor market and the opportunities available for the training of such people. Training in the specialty “Motor Recreation” includes a wide range of specializations and allows qualifying the fitness and motor recreation instructor as a broad and narrow profile. The above qualifications can also be obtained at courses or postgraduate studies of Polish higher education institutions.

The results of the analysis of the main trends in the training of future specialists of physical education and sport in recreation and fitness activities in Poland allow using the positive experience of this country for the development of national educational programs of training specialists in the specified profile.

It is planned to study the peculiarities of professional training of future specialists of physical education and sport in recreational activities in other European countries.

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