

Technologies of Education in Physical Training

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MODEL OF STUDENTS SPORTS AND RECREATION ACTIVITY ORGANISATION IN THE CONDITIONS OF HIGHER EDUCATIONAL INSTITUTION

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Abstract

The state of the organization of students sports and recreation activity within the educational process in higher educational institution were investigated in this article, as well as its influence on dynamics of physical preparedness of students during studying was analyzed. **The aim of the study:** to study the sports and recreational needs of students and to develop a model of students sports and recreation activity organization in higher educational institutions. **Material and Methods of Research.** The research was attended by students of the first – fourth year of the Lesya Ukrainka Eastern European National University and Lutsk Technical National University. The total number of students who took part in the study – 192 people who were divided into control group that was engaged in a basic program, as well as experimental group, which was engaged in programs for selected sports. Express assessment of the students physical health level during an organizational and pedagogical experiment, was conducted according to the method of Professor G. L. Apanasenko. The obtained results are analyzed by commonly used methods of variation statistics. In the framework of organizational-pedagogical experiment, a model of organizational structure was created – an educational sports and recreation center. This center conducted classes with students on selected sports at extra-curricular time, connected the teaching and extra-curricular forms of occupations, conducted the promotion of sports and other activities. The center was aimed to increase the overall volume of motor activity of students. **The results of the study** of students physical preparedness indicators of both universities allowed to reveal the following: the initial level of physical preparedness of students in the first year is insufficient; the state of physical fitness of students in the course of study deteriorates, therefore it is important to provide organizational changes in the system of sports and recreation activities of students in higher education institutions. Organizational-pedagogical experiment results confirmed the expediency of creation of Educational Sports and Recreation Centers at Lesya Ukrainka East Ukrainian National University and Lutsk Technical National University. Attracting students to the classes of selected sports in extra-curricular time and the ability to continue them in the process of compulsory physical education classes in groups with a sports orientation played the role of a unifying link between the educational and extra-curricular forms of training as well as increased the volume of motor activity of students.

Key words: students, higher educational institution, educational process, model, sports and recreation activities, sports and recreation needs, physical training, motivation, motor activity.

Ніна Деделюк, Надія Ковальчук, Людмила Ващук, Олена Томашук, Володимир Санюк, Сергій Савчук. Модель організації спортивно-оздоровчої діяльності студентів вищих навчальних закладів. У статті на основі аналізу науково-методичної літератури досліджено стан організації спортивно-оздоровчої діяльності студентів вищих навчальних закладів в освітньому процесі та її вплив на динаміку фізичної підготовленості студентів упродовж навчання. **Мета дослідження** – вивчити спортивно-оздоровчі потреби студентів і розробити модель організації спортивно-оздоровчої діяльності студентів вищих навчальних закладів. **Матеріал і методи дослідження.** У дослідженні брали участь студенти першого–четвертого курсів Східноєвропейського національного університету імені Лесі Українки, Луцького технічного національного університету. Загальна кількість студентів, які взяли участь у дослідженні, – 192 особи. Вони склали

контрольну групу й займалися за базовою програмою, а також експериментальну, у якій займалися за програмами з обраних видів спорту. Експрес-оцінку рівня фізичного здоров'я студентів під час організаційно-педагогічного експерименту проводили за методикою професора Г. Л. Апанасенка. Отримані результати проаналізовано за допомогою загальноприйнятих методів варіаційної статистики. У межах організаційно-педагогічного експерименту утворено модель організаційної структури – навчальний спортивно-оздоровчий центр. Вій проводив зі студентами заняття з обраних видів спорту в позанавчальний час, здійснював зв'язок між навчальними та позанавчальними формами занять, проводив пропаганду занять видами спорту й інші види діяльності, які мали за мету підвищити загальний обсяг рухової активності студентів. **Результати дослідження** показників фізичної підготовленості студентів обох ВНЗ дали підставу виявити таке: вихідний рівень фізичної підготовленості студентів на першому курсі недостатній; стан фізичної підготовленості студентів протягом навчання погіршується, що зумовлює необхідність організаційних змін у системі спортивно-оздоровчої діяльності студентів в умовах вищого навчального закладу. Результати організаційно-педагогічного експерименту підтвердили доцільність утворення в Східноєвропейському національному університеті імені Лесі Українки та Луцькому технічному національному університеті навчального спортивно-оздоровчих центрів. Залучення студентів до занять обраними видами спорту в позанавчальний час і можливість їх продовжувати в процесі обов'язкових занять із фізичного виховання в групах зі спортивною спрямованістю відіграли роль об'єднуючої ланки між навчальними та позанавчальними формами занять і підвищили обсяги рухової активності студентів.

Ключові слова: студенти, вищий навчальний заклад, освітній процес, модель, спортивно-оздоровча діяльність, спортивно-оздоровчі потреби, фізична підготовка, мотивація, рухова активність.

Нина Деделюк, Надежда Ковальчук, Людмила Вашук, Елена Томащук, Владимир Санюк, Сергей Савчук. Модель организации спортивно-оздоровительной деятельности студентов высших учебных заведений. В статье на основе анализа научно-методической литературы исследуется состояние организации спортивно-оздоровительной деятельности студентов высших учебных заведений в образовательном процессе и ее влияние на динамику физической подготовленности студентов в течение обучения. **Цель исследования** – изучить спортивно-оздоровительные потребности студентов и разработать модель организации спортивно-оздоровительной деятельности студентов высших учебных заведений. **Материал и методы исследования.** В исследовании принимали участие студенты первого–четвертого курсов Восточноевропейского национального университета имени Леси Украинки, Луцкого национального технического университета. Общее количество студентов, принявших участие в исследовании, – 192 человека, которые составляли контрольную группу и занимались по базовой программе, и экспериментальную, в которой занимались по программам из выбранных видов спорта. Экспресс-оценка уровня физического здоровья студентов, во время организационно-педагогического эксперимента проводилась по методике профессора Г. Л. Апанасенко. Полученные результаты проанализированы с помощью общепринятых методов вариационной статистики. В рамках организационно-педагогического эксперимента образована модель организационной структуры – учебный спортивно-оздоровительный центр. Данный центр проводил занятия со студентами по выбранным видам спорта во внеурочное время, осуществлял связь между учебной и внеучебной формами занятий, проводил пропаганду занятий видами спорта и другие виды деятельности, которые имели целью повысить общий объем двигательной активности студентов. **Результаты исследования** показателей физической подготовленности студентов обеих вузов позволили выявить следующее: исходный уровень физической подготовленности студентов на первом курсе недостаточной; состояние физической подготовленности студентов в течение обучения ухудшается, что вызывает необходимость организационных изменений в системе спортивно-оздоровительной деятельности студентов в условиях высшего учебного заведения. Результаты организационно-педагогического эксперимента подтвердили целесообразность образования в Восточно национальном университете имени Леси Украинский и Луцком техническом национальном университете учебного спортивно-оздоровительных центров. Привлечение студентов к занятиям избранными видами спорта во внеучебное время и возможность их продолжать в процессе обязательных занятий по физическому воспитанию в группах со спортивной направленностью сыграли роль объединяющей звена между учебной и внеучебной формами занятий и повысили объемы двигательной активности студентов.

Ключевые слова: студенты, высшее учебное заведение, образовательный процесс, модель, спортивно-оздоровительная деятельность, спортивно-оздоровительные потребности, физическая подготовка, мотивация, двигательная активность.

Introduction. Within the target complex program “Physical education is the health of the nation” [2], in the direction of “Physical education and physical culture activity in teaching and educational” importance is a set of issues, targeted at increasing the volume of motor activity, improving the quality of educational process, forming the children and youth needs for health promotion by means of physical culture and sports. Physical education has to form intellectual and physical qualities of student personality, improve their physical and mental training on the principles of an individual approach and priority of health

improvement [1]. Physical education program approved by the Ministry of Education and Science of Ukraine to achieve the goal and problem of solving the issues of physical education of students has to ensure two interconnected substantial didactic components: compulsory and basic which forms the basis of physical culture of the personality of appropriate level of education (bachelor and master) and eclectic, based on the former component and complementing with the due regard to professional physical training, individual motives, interests and needs, state of health.

However, there is a tendency of deteriorating health conditions of students studying in higher educational institutions. Every year, practice indicates that, the number of the students who are engaged in special medical groups increases. Almost 90% of young people have deviations in health condition, and over 50% have an unsatisfactory physical fitness (O.D. Dubohai, V.I. Zavatskyi, Y.O. Korop, I.V. Potashniuk, G.Y. Ivanova, A.I. Drachuk).

Analysis of special literature (A.I. Drachuk, V.P. Krasnov, and others) testifies to the fact that, the existing organization of physical education in higher educational institutions is not sufficiently effective for assessing the level of physical fitness, health and the interest of the vast majority of students to physical exercises, which reflects the urgent need to develop new evidence-based ways of improvement of the organization of physical education for higher educational institutions.

The goal of the research: to study the sports and recreational needs of students and to develop a model of students sports and recreation activity organization in higher educational institutions.

Material and methods of research: The research was carried out among the students of the first – fourth year of the Lesya Ukrainka Eastern European National University and Lutsk Technical National University, referred for health reasons to the main medical group. The total number of students was 192 persons, among them 98 – girls and 94 – boys.

Sociological survey of students is among the students of the second, third and fourth years of study. The total number of questionnaires distributed among students was 310 copies. As it turned out that 277 of them were suitable for processing, which were filled by 126 boys and 131 girls.

A control group of students was set up. It was engaged in the basic program of general physical education and an experimental one that was engaged in sports programs. The control group was divided into two subgroups: one involved girls, the other involved boys. The experimental group was split into four subgroups. The first included volleyball players, the second - boys were engaged in athletic gymnastics, and the third – girls (volleyball players). The fourth group was made up by girls who were engaged in aerobics. Totally 192 persons have been involved in an experiment. Subgroups have been formed according to the same indicators of physical fitness assessment.

To implement the goals and objectives of the research, the following methods were used:

Analysis of methodological, legal, regulatory and policy framework, studying of works devoted to health issues of students, their motivation to systematic physical exercises, and the organizations of physical education.

Pedagogical testing included a complex of techniques for determining physical fitness of students, provided by the State program of physical education of students; the evaluation based on the results of seven control varieties of exercises which indicates the state of development of the students physical qualities:

The organizational-pedagogical experiment included two aspects: organizational – within which a new organizational structure has been created – Educational Sports and Health center. This center conducted classes with students on selected sports during extracurricular time, carried out a connection between educational and extra-curricular forms of activities, conducted advocacy of sports occupations for other activities, which aimed at increasing the total volume of motor activity of students.

Biomedical methods. Rapid assessment of the level of physical health of students, during an organizational and pedagogical experiment, was carried out by a technique offered by professor G.L. Apanasenko.

Simulation method. During the research, an organizational model of sports and recreation activities of students was developed, which provided construction of structure and the definition of the content of each structural subdivision.

Methods of mathematical statistics. The received results are analyzed by means of the standard methods of variation statistics with calculation of average sizes of separate indicators and a standard deviation. For statistical verification of hypotheses about validity of differences t – Student's criterion for related and unrelated samples was used; while checking the credibility the 5-% level of significance has been assumed as a basis.

Research results. Analyzing the dynamics of the indicators of the level of physical training during the studies, it can be noted that the drop of the number of students with high level of physical training more widespread among boys is in the second year of studies and among girls in the third. That is when the number of students with a high level of physical training is almost twice less.

During the first three years of studies there is a gradual decrease in the number of students with a higher average of level of physical training and in the fourth year there was a decrease in the indicated number it was almost twice as low.

Similar results were found among boys of the third year of study.

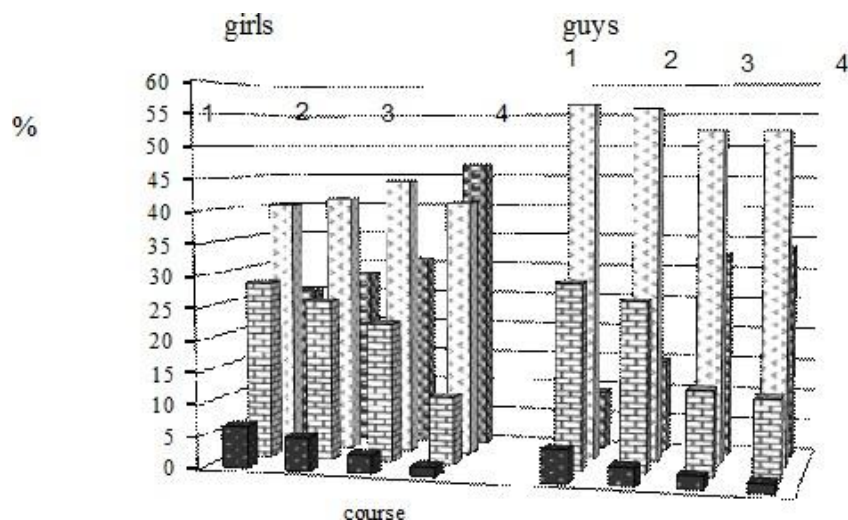


Fig. 1. Generalized distribution of students by the level of physical training the preparedness of students at differen years of studies (X , %)

During four years of studies, no significant changes were observed in the quantitative characteristics of student groups with average level of physical training. The number of young men with the given level of physical education to the fourth year gradually decreased by 4.1%. By the third year, we observe a gradual increase in the group of girls, their average level of physical training was detected by 3.8%. At the same time, in the fourth year the increasing trend has stopped. The number of girls with the given level of physical education decreased, returning to the indicators of the first year of study (Table 1).

The number of girls with a lower than average level of physical education in the first year, almost tripled, it exceeds the number of boys with a similar level of physical education. There is a gradual increase in the number of students of both genders with the given level of physical training during the four years of study. At the same time, the most significant replenishment of this group falls on the second and third courses. In the second year of study their number has almost doubled, and in the third year of study- tripled.

The results of the study of the dynamics of the level of physical education of students indicate its deterioration throughout the course of four years of study in a higher educational institution.

Consequently, the observation experiment conducted to study the level of physical education of students of Lesya Ukrainka Eastern European National University demonstrates the low level of development of physical qualities among boys and girls in the first year of study and its further deterioration during four years of study at a higher educational institution. In our opinion, the insufficient level of physical education and the lack of a tendency to increase it during the students' life are due to a low quality of physical education in the secondary and higher schools, the intensification of harmful habits in student years, the lack of a stable motivation for systematic training. It means there is the urgent need to change the traditional system of conducting lessons of physical education in higher education institutions.

The comparison of the answers to the questionnaire contained suggestions as to measures that, according to respondents, would contribute to improving the content of physical education. The respondents of both genders, first of all, offered to replace the traditional content of the classes. The second most important offer of the respondents is the need to introduce elective classes. The following young people's

suggestions are: replacement of academic teaching the with the electives and expanding the theoretical teaching proportion. Female respondents also suggest improving the conditions for conducting classes and increasing their number. The smallest number of respondents considers it necessary to conduct them in a more interesting way.

The generalization of respondents' answers concerning the efficient content of physical education at higher education institutions revealed that almost half of the respondents of both genders considered it appropriate to practice their favorite sport. About 20% of boys and girls want to do general physical training and various sports respectively. A small number of boys consider it efficient to be involved in professionally-applied physical training and various sports. A similar situation is observed by assessing the results of girls' poll at different years of study (Table 1).

Table 1

Respondents' suggestions on the efficient content of physical education at higher education institutions (%)

Year of studies	Gender	Answer variants					
		Different kinds of sports	One kind of sport	GPT	PAPT	Hard to reply	Other
Second	boys	14,7	37,3	18,7	14,7	10,7	3,9
	girls	15,2	40,0	18,9	8,8	11,4	5,7
Third	boys	12,8	41,0	15,4	12,9	11,5	6,4
	girls	18,2	45,1	15,8	4,9	12,2	3,8
Fourth	boys	14,4	42,1	20,0	15,7	6,0	1,8
	girls	21,2	46,3	13,2	8,7	8,0	2,6
General amount of answers	boys	14,0	40,1	18,0	14,4	9,4	4,1
	girls	18,2	43,8	16,0	7,5	10,5	4,0

The integrated approach to the organization of the process of physical education is based on the proposed model to improve the attendance rates (by 20.3 per cent), to reduce the missed classes due to illness (by 70.7 per cent), increasing the level of physical preparedness (by 21.5 per cent). The number of students with high level of physical education has increased and the number of students with lower than average level of physical training has decreased (by 14.9%) and the level of physical health (the number of students with higher level of physical health has increased (by 18 per cent) as compared to the average level and the number of students with low level of physical health decreased by 7 per cent.

During the organizational-pedagogical experiment the attitude of the students of the experimental and control groups to the new system of organization of the educational process on physical education and the level of satisfaction of their needs was analyzed. Besides we also analyzed the attitude to the creation of a new model of the organizational structure - the educational sports and health center, which consisted in the introduction of sports popular (among students) (volleyball, athletic gymnastics, aerobics) to compulsory physical education classes at the Lesya Ukrainka Eastern European National University and Lutsk Technical National University. This project allowed to optimize the motor activity of students by making changes in the organization of training sessions.

The research objectives did not require the distribution of student respondents among several experimental groups. We were interested in the results of the survey of the students which were engaged in physical education in the new system of organization of the educational process in comparison with the answers of students who continued to be engaged in traditional content. Therefore, the results of the survey are analyzed and compared in two groups of respondents: experimental and control.

At compulsory physical education classes, 76.6 per cent of students enjoy working in the framework of the new system of organization of classes. Not completely satisfied with such classes are 19.5 per cent of the respondents of the experimental group. 3.9% of the students stated that they were skeptical about these innovations in physical educational process (Fig. 2).

Other results were revealed in the group of students who were engaged in the base program. People who like the traditional physical education lessons were only the fifth portion of the students who prefer

traditionally conducted classes. Almost half of the respondents partly like general physical education classes and more than a third of respondents dislike them.

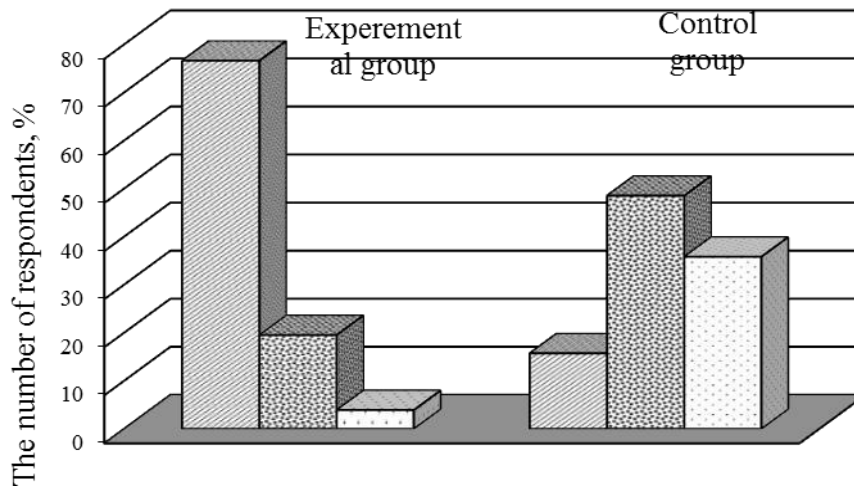


Fig2. Level of student's satisfaction in control and experimental groups with the content of physical education classes

The students' responses to the evaluation of the content of physical education in experimental and control groups are similar. In the experimental group, half of the respondents evaluate the new content of the classes as “excellent” and another third of respondents believe that the content of the studies is “good”. The results of the organizational and pedagogical experiment confirmed the expediency of formation of educational sporting and health centers with at the Lesya Ukrainka Eastern European National University and Lutsk Technical National University. Involving students in sports in sport sections their extracurricular time and an opportunity to continue them in the process of compulsory physical education classes in groups with a sports orientation played the role of the unifying link between the educational and extra-curricular varieties of classes and increased the volume of students motor activity.

Discussion: The results of our studies prove the need to create new forms of educational process of physical education, constructing a model for organizing the provision of sports and recreational needs of students. Our own preliminary research [3; 4; 5; 6] confirms and supplements the scientific achievements of Ukrainian scientists that direct their activities to improve the quality of physical education of students, broadens the range of relevance of the problems raised. Then Ivanova G. E. [3] discovered the ways of optimization of physical culture and health work in higher educational establishments. Tsos A.V. and a group of scholars [9] studied the level of physical activity of students of higher educational institutions and proposed a differentiated approach to the process of physical education of students. Kotov E. [7] evolved a program of independent exercises for students of higher educational institutions, taking into account the established typological features. Romanenko V. V. [8] developed model characteristics of motor activity of students depending on the types of physical activity. He determined the most popular types of aerobics among the students and developed approaches to their methodological support.

Conclusions and further research prospects.

Analysis of scientific and methodological literature demonstrates that the organization of sports and recreation activities in higher educational institutions require changes in the organization of physical education. In the educational process it is expedient to abandon the compulsory contents of physical education and address the student's personality, his interests and needs in the field of physical and spiritual education The organizational structure of sports and recreation activity at the Lesya Ukrainka Eastern European National University was improved. The results of the organizational and pedagogical experiment confirmed the feasibility of the formation of the educational sport and recreation center with at the Lesya Ukrainka Eastern European National University and the Lutsk Technical National University. Involving students in sports in the extracurricular time and the in the sport sectionsprocess of compulsory physical education classes in groups with a sports orientation played the role of the unifying link between the

educational and extra-curricular forms of occupations and increased the volume of motor activity of students.

The practical implementation of the proposed model of the improvement of the organizational structure of sports and recreational activities in higher education institutions requires further accumulation of scientific data on the formation of positive motivation for students to be involved in sports; in introducing popularity among the youth sports popular among the youth into compulsory physical educational classes.

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