

# *Technologies of Education in Physical Training*

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## **INTRODUCTION OF A SPECIAL COURSE AS AN ELEMENT OF PROFESSIONAL TRAINING OF FUTURE SPECIALISTS IN PHYSICAL EDUCATION AND SPORT**

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### **Abstracts**

**Actuality.** Today, in the context of reforming secondary education, the «New Ukrainian School» traditionally remains a strategic priority at the state level to preserve the health of the population. To address this issue, it is necessary to strengthen the professional training of specialists in physical education and sports in higher education institutions, taking into account new requirements. In this connection, it is necessary to create appropriate conditions that promote the formation of the students' need for self-introduction of a healthy lifestyle, improve skills and abilities, accelerate the development of the personality of the student who wants to achieve a high professional level, change the ideological positions of the individual, make the student seriously, responsibly and creatively ways to attract citizens to a healthy lifestyle. **Aim.** To develop the program in a special course «Formation of a positive attitude towards a healthy lifestyle of citizens», which will promote the formation of professional competencies in students of physical education. **Material and methods.** 60 students of III–IV courses, specialty 017 «Physical culture and sports», 014.11. «Secondary education (Physical culture)» of the faculty of physical education Central Ukrainian-Ukrainian Pedagogical University named after Volodymyr Vynnychenko were involved in the special course. During the research the methods of theoretical knowledge and specific scientific. **Results.** The program is presented to the special course «Formation of a positive attitude towards a healthy lifestyle of citizens», its structure and content are revealed, methodical recommendations are developed, as well as pedagogical conditions, which will promote the acquisition of professional competencies. **Conclusions.** Introduction of the special course «Formation of a positive attitude towards a healthy lifestyle of citizens» in the process of training physical education specialists in higher education institutions will enhance the acquisition of professional competencies, the proposed action algorithm will help to acquire the necessary practical skills and carry out the transfer of knowledge from the learning situation to professional activities.

**Key words:** healthy lifestyle, students, professional competence, special course, physical education and sports.

**Вікторія Бабаліч. Упровадження спецкурсу як елемент професійної підготовки майбутніх фахівців фізичного виховання й спорту. Актуальність.** Сьогодні в умовах реформування середньої освіти «Нова українська школа» традиційно залишається стратегічним пріоритетом на державному рівні збереження здоров'я населення. Для успішного вирішення цього питання потрібно підсилити професійну підготовку фахівців фізичного виховання й спорту у вищих освітніх закладах з урахуванням нових вимог, у зв'язку з чим потрібно створити належні умови, що сприятимуть формуванню потреби в студентів до самостійного впровадження здорового способу життя, удосконалять навички та вміння, прискорять становлення особистості студента за високим професійним рівнем, змінять світоглядні позиції особистості, змусять студента серйозно, відповідально й творчо підходити до шляхів залучення громадян до ведення здорового способу життя. **Мета стаммі** – розробити програму до спецкурсу «Формування позитивного ставлення до здорового способу життя громадян», що сприятиме формуванню професійних компетентностей у студентів фізкультурного профілю.

**Матеріал і методи.** До спецкурсу залучено 60 студентів III–IV курсів спеціальності 017 «Фізична культура і спорт», 014.11 «Середня освіта (Фізична культура)» факультету фізичного виховання Центральноукраїнського державного педагогічного університету імені Володимира Винниченка. Під час дослідження застосовано методи теоретичного пізнання й конкретно-наукові. **Результати роботи.** Представлено програму до спецкурсу «Формування позитивного ставлення до здорового способу життя громадян», розкрито її структуру й зміст, розроблено методичні рекомендації, а також визначено педагогічні умови, що сприятимуть оволодінню професійними компетентностями. **Висновки.** Упровадження спецкурсу «Формування позитивного ставлення до здорового способу життя громадян» у процес підготовки фахівців фізичного виховання у вищих навчальних закладах підсилить набуття професійних компетентностей, запропонований алгоритм дій дасть змогу опанувати необхідні практичні навички й здійснювати перенесення знань із навчальної ситуації в професійну діяльність.

**Ключові слова:** здоровий спосіб життя, студенти, професійна компетентність, спецкурс, фізичне виховання та спорт.

**Виктория Бабалич. Внедрение спецкурса как элемента профессиональной подготовки будущих специалистов физического воспитания и спорта. Актуальность.** Сегодня в условиях реформирования среднего образования «Новая украинская школа» традиционно остается стратегическим приоритетом на государственном уровне сохранения здоровья населения. Для успешного решения этого вопроса необходимо усилить профессиональную подготовку специалистов физического воспитания и спорта в высших учебных заведениях с учетом новых требований, в связи с чем необходимо создать надлежащие условия, способствующие формированию потребности студентов к самостоятельному внедрению здорового образа жизни, усовершенствуют навыки и умения, ускорят становление личности студента, желающего достичь высокого профессионального уровня, изменят мировоззренческие позиции личности, заставят студента серьезно, ответственно и творчески подходить к путям привлечения граждан к ведению здорового образа жизни. **Цель статьи** – разработать программу к спецкурсу

«Формирование позитивного отношения к здоровому образу жизни граждан», которая будет способствовать формированию профессиональных компетентностей у студентов физкультурного профиля. **Материал и методы.** К спецкурсу привлечены 60 студентов III–IV курсов, специальности 017 «Физическая культура и спорт», 014.11 «Среднее образование (Физическая культура)» факультета физического воспитания Центрального государственного педагогического университета имени Владимира Винниченко. Во время исследования использовались методы теоретического познания и конкретно научные. **Результаты.** Представлена программа к спецкурсу «Формирование позитивного отношения к здоровому образу жизни граждан»; раскрываются ее структура, содержание; разработаны методические рекомендации, а также определены педагогические условия, способствующие овладению профессиональными компетентностями. **Выводы.** Внедрение спецкурса «Формирование позитивного отношения к здоровому образу жизни граждан» в процесс подготовки специалистов физического воспитания в высших учебных заведениях усилит приобретение профессиональных компетентностей. Предложенный алгоритм действий поможет овладеть необходимыми практическими навыками и осуществлять перенос знаний из учебной ситуации в профессиональную деятельность.

**Ключевые слова:** здоровый образ жизни, студенты, профессиональная компетентность, спецкурс, физическое воспитание и спорт.

**Introduction.** The main task of the present day is to develop the ability to learn and appreciate the life and health of the individual, to see things from the eternity of the relationship, the possibilities to know the best facets of his soul, to identify them and apply them in favor of others. However, it should be noted that the awareness of the value and significance of health cannot indicate to the existence of an ideology of health, if these ideas did not penetrate in all areas of society's life. It is necessary to carry out a scientific research and to develop methodological and organizational approaches to the preservation of health, the formation and strengthening of a healthy lifestyle [1, p.13].

So today, the state faced the issue of forming health at the individual level, and on the public - the value of health of each individual citizen and the health of the whole country. The state health care is provided by a number of legal documents: the Constitution of Ukraine, Fundamentals of the Legislation of Ukraine on Health Care, the Law of on Ensuring Sanitary and Epidemic Safety of the Population, the Convention on the Rights of the Child, the Concept of National Education Policy. In the Article 3 of Constitution of Ukraine is stated that «The human being, his or her life and health, honor and dignity, inviolability and security are recognized in Ukraine as the highest social value» [10, p.4].

As mentioned above, there is an urgent need to involve as many specialists as possible in the process of forming a healthy lifestyle, including the field of physical education and sports. After all, the encouragement of a healthy lifestyle at the scientific and practical levels, which is conducted today, is largely not perceived by young people. It can be said about a vacuum that needs to be filled in personally significant guidelines. Therefore, the training of specialists in the faculty of physical education must be filled with such guidelines, which will promote: the formation of personal and professional values, socio-psychological properties, qualities; professional development, self-realization; the emergence of desires, motives, interests for acquiring personal experience and the needs for forming a positive attitude towards a healthy lifestyle of citizens.

Scholars such as G. M. Bezv [2], V. I. Bobrytska [3], O. V. Vakulenko [4], M. S. Goncharenko [5], M. T. Danylko [6], A. D. Dubogai [7], D. S. Yeliseeva [8], G. I. Ivanova [9], A. V. Polulyakh [11], L.P.Sushchenko [12] insist on the necessity to create a holistic system, development of health-improving technologies that will provide professional training of specialists in physical education and sports, in relation to the formation of a healthy lifestyle. The works of these scholars have become a definite pedagogical foundation for the development of our course.

**Connection of the research with scientific programs, plans, themes.** This research is undertaken in accordance with the plan of research work of the Department of Theory and Methodology of Olympic and Professional Sport of the Volodymyr Vynnychenko Central Ukrainian State Pedagogical University «Formation of Adaptation to the Teaching Load of Youth by Physical Education», state registration number №0116U005281.

**The purpose of the research** is to develop the program in a special course «Formation of a positive attitude towards a healthy lifestyle of citizens», which provides purposeful, scientifically grounded training of students of the physical education to the dissemination of healthy lifestyle ideas in future professional activities.

To solve this problem, we set *the task* to encourage the involvement of specialists in physical education and sports in promoting a healthy lifestyle in professional life. In this regard, it is important to solve the issue of organizing practical professional activities of future teachers of physical culture, sports trainers who will work in different educational institutions (gymnasium, lyceum, collegium, secondary school, sports school, boarding schools, social rehabilitation schools, etc.).

Thus, the main idea of the research is based on the understanding of the formation of professional competence of future specialists in physical education and sports as a system that has the purpose to ensure the effective promotion of a healthy lifestyle, which involves the continuous integration of health-improving technology, productive cooperation with students and parents (team work) and with different social groups, application of information and communication tools; orientation in the problems of modern socio-political life in Ukraine; adherence to standards of pedagogical ethics; the ability to critically analyze and evaluate their activities; mastering of techniques (level of personal and professional qualities, organizational and communicative abilities, knowledge and skills), ability to use these resources (flexible technologies, differentiated approach).

Educational work of specialists in the physical education should comprehensively promote the health of the population, be aimed at solving the problem of improving health, as well as attracting people to self-help and mutual assistance. Programs and projects for the introduction of health among citizens should be practically implemented in educational institutions, enterprises and medical institutions.

**Material and methods of research.** The research was conducted among 60 students of III-IV courses at the Faculty of Physical Education of Volodymyr Vynnychenko Central Ukrainian State Pedagogical University, specialty 017»Physical culture and sports», 014.11.Secondary education (physical culture). The research was used the methods of theoretical knowledge (analysis, generalization, comparison, systematic approach) and specific scientific (analysis of literature and state nomenclature documents, surveys (questionnaires), modeling). In order to study the condition of willingness of students of the physical education to promote a healthy lifestyle in future professional activities and develop a special course program.

**Research results. Discussion.** A survey was conducted in order to define the willingness of students of III-IV courses (n = 60) to disseminate the ideas of a healthy lifestyle among citizens, as well as the introduction a special course. The questions are divided into three parts, which is compiled by the author. Parts are presented in the form of closed-form questionnaires. The first part contained questions that helped

establish the level of students' knowledge of the conceptual-categorical apparatus, the fundamentals of a healthy lifestyle. The second part helped determine the level of motivation and the third is the willingness of students to form a positive attitude towards a healthy lifestyle of citizens.

The conducted survey showed that most students formed the idea of the main conditions of the phenomenon under investigation (76.6%). In general, a healthy lifestyle is perceived as a system of rules that must be followed. Among the motivational factors that lead to such activities are considered the need to feel themselves necessary, competent, that their advice will be useful and will help solve a number of issues related to the formation of a healthy lifestyle. According to the results of the survey, 7 students (11.7%) have a level below the average, 15 students (25%) have an average level, 33 students (55%) have a sufficient level of motivation and only 5 students (8.3%) have a high level of motivation.

Willingness indexes were slightly worse. Describing the answers to the questionnaire specifies the students' confusion. The manifestation of which there are certain doubts, such as «Where do you get started?», «What is the sequence of actions?», which affected the willingness indexes. Accordingly, 16 students (26.7 %) have below the average level of willingness, 23 students (38.3 %) have an average level, 19 students (31.7 %) have a sufficient level and only 2 students (3.3 %) have a high level of willingness. In general, during the questionnaire, students demonstrated some lack of knowledge, incompetence, lack of understanding about the need to form a positive attitude towards a healthy lifestyle of citizens.

We consider that in the times of such a common problem as sedentary lifestyle, when in the priority of young people are not physical activity but communication in the Internet, the use of gadgets and other products of modern civilization that negatively affects a healthy lifestyle, the question of the multiplicity of professional activity of the teacher of physical culture and sports coach is actualized. So in order to attract the attention of the world community to this problem, researchers [13] have created a new basis for understanding the interactions between physical activity (sports forms of physical activity) and various aspects of human development. In connection with what is offered, the results of physical activity are selected as differentiable «capital», representing investment to specific areas of assets: emotional, financial, individual, intellectual, physical and social. It is emphasized that such investment should be made in early childhood.

Scientists from different fields involve young people in active physical activity. R. Fernandes, A. Zanenco [14] believe that early physical activity promotes lower prevalence of chronic diseases in adulthood. I. Janssen, A. LeBlanc [15] systematized the benefits of physical activity and physical load at school for children and youth. Scientists R. Ryan, E. Deci have developed a self-determination theory and facilitation of intrinsic motivation, social development, and well-being. [16]. Given such a negative trend, World Health Organization (WHO) has developed global recommendations on physical activity for improving the health of citizens [17].

Past investigations and many other factors related to the professional activities of future physical education teachers and sports coaches have convinced us of the need to create a special course «Formation of a positive attitude towards a healthy lifestyle of citizens». It aims to provide more careful training of students in this context, as well as to create conditions for individual and group work close to real professional activities. Students will have the opportunity to acquire professional competencies and skills to flexibly use them in practice during a special course. Professional training includes mastering a basic knowledge of the healthy lifestyle theory, teaching basic skills and developing programs for implementing a healthy lifestyle, taking into account the specifics of the institutions where the future specialist will work.

The main purpose for achieving the idea of a special course is the need to form citizens' habit to keep the basic principles of healthy lifestyle. First of all, we try to attract as many people as possible to physical education and sport. And also teach to keep the basic principles of a healthy lifestyle: hardening, proper nutrition, maintaining psychological comfort, the regime of work and rest.

The purpose of the special course was to familiarize students with the methodology of forming a positive attitude towards a healthy lifestyle, to create a system of step-by-step actions (algorithm) concerning the dissemination of healthy lifestyle ideas in future professional activities.

Among the conditions that will help the acquisition of professional competencies in this aspect are: awareness of students about the importance of forming a positive attitude towards a healthy lifestyle; systematization and deep knowledge about a healthy lifestyle taking into account the specifics of the work of future physical education teachers and coaches; the development of professionally meaningful competencies

that will facilitate the implementation of the idea of a special course; the formation of a steady interest in self-education and self-improvement and the acquired professional competencies.

*Table 1*

**Topic of the special course «Formation of a positive attitude towards a healthy lifestyle among citizens» (36 h)**

Topic 1. Theoretical principles of formation a healthy lifestyle. Regulatory framework for the formation of a healthy lifestyle for young people in Ukraine (2 h).
Topic 2. The role of a healthy lifestyle in the professional activity of a specialist in physical education and sport (2 h).
Topic 3. Domestic and international organizations' experience of activity in the development and implementation of health programs. The role of advertising in the formation of a healthy lifestyle (2 h).
Topic 4. Use of methods and systems of improvement in forming a positive attitude towards a healthy lifestyle of citizens (4 h).
Topic 5. Organizational conditions for implementation of a healthy lifestyle (purpose and tasks, main requirements, content of the subject, methodical recommendations) (8 h).
Topic 6. Fundamentals of program development for forming a positive attitude towards a healthy lifestyle of citizens (12 h).
Topic 7. Psychological and pedagogical prerequisites for the successful using methods of healthy lifestyle in the professional activity of a specialist in physical education and sport (4 h).

In a theoretical perspective, the course is aimed at developing an interest in the formation of a healthy lifestyle. The program of the special course involves mastering professionally meaningful and necessary for the promotion of a healthy lifestyle knowledge, the main content of which is aimed at the development of professional competences, namely: organizational and communicative, personally-professional, creative skills aimed at further self-improvement, as well as to teach health programs and implement them in their professional activities.

As a result of the establishment the special course, students must be able to: use knowledge and skills in forming a positive attitude towards a healthy lifestyle of citizens in professional activities; to carry out the transfer of knowledge from educational situation in practice.

During the study students are introduced to important topics (Table 1.), which will form an idea about the peculiarities of the formation a healthy lifestyle. Each topic has developed methodological recommendations that will facilitate the process of mastering practical skills, and will serve as a benchmark for the implementation of healthy lifestyle ideas in future professional activities. The following methodological recommendations are developed:

1. Conducting conversations among citizens (the purpose and task of the conversation, formulate a conversation plan, preparing for a conversation, holding a conversation, making recommendations on the implementation of healthy lifestyle ideas during the conversation, an diagram of the stages of advancement the ideas of a healthy lifestyle).

2. Methodical recommendations for students contributing to the successful formation of a positive attitude towards a healthy lifestyle of citizens (level of competence, application of the latest technologies and techniques, analysis of their activities).

3. Recommendations on the organization and holding classes (the order of the work process).

4. Organization of mutual learning (exchange of experience).

A didactic game is planned during the establishment of a special course (Project Game «Development of Programs for the Formation of a Positive attitude to a Healthy Lifestyle in School»), which consists of 7 stages (planned project preparation). The work will be held in groups (5-6 people). The final result of the game is the protection of the project. During the defense, all groups will participate in the discussion of each project. The evaluation of the developed program will be provided by experts (lecturers) and colleagues (students from other project groups). In the process of discussion, students from different groups evaluate the work of classmates together with an expert group.

The arrangement and execution of the program is evaluated according to the following criteria:

- relevance of the proposed solutions, reality, practical orientation and significance of work;
- volume of developments, independence, completeness;
- level of creativity, originality of the topic's disclosure, approaches, proposed solutions;

- completeness, reasonableness and persuasiveness, the desire to use answers for the successful disclosure of the topic and the strengths of the work;
- the reasoning of the proposed solutions, approaches, conclusions;
- quality of program design: list and availability of all developments, preparation of reports, visual material;
- volume and depth of knowledge on the topic;
- level of communication opportunities, business and volitional qualities: responsible decision, desire for achievement of high results, readiness for discussion, kindness.

All developed projects will be implemented during the course of pedagogical practice, and after it will be collected for discussion. In our opinion, this approach develops analytical, communicative abilities, the ability to apply the complex acquired competencies in professional activities.

**Conclusions.** Thus, in our opinion, the establishment of a special course «Formation of a positive attitude towards a healthy lifestyle of citizens» in the process of training specialists in the field of physical education in higher education institutions will increase the acquisition of professional competencies, namely: organizational and communicative, personally-professional, creative skills aimed at further self-improvement, as well as to teach health programs and implement them in their professional activities. The proposed algorithm of actions will help to master the necessary practical skills and transfer knowledge from the educational situation to professional activity. Also, the program will contribute to the formation of special abilities: to organize activities using different types and forms of moving activity for active rest and healthy lifestyle; to general orientation in application of the basic theoretical positions and technologies of recreational moving activity; use basic knowledge of the general theory of health and the ability to integrate knowledge about the principles, ways and conditions for a healthy lifestyle while studying and performing professional tasks.

**Prospects for further research.** We see in the profound professional competence of specialists in physical education and sport through the implementation of a special course «Formation of a positive attitude towards a healthy lifestyle of citizens».

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