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Scientific and Methodological Bases of Adolescents' Physical Activity in Extracurricular Activity

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Abstract:

Management of adolescents' physical activity in extracurricular activity provides a set of goals, tasks, functions, principles, educational learning environments and adaptive training programs and performance criteria of health and sports consequences. Considering the motivational value factors and morphological-functional characteristics of adolescents various thrust physical activity was developed. General physical orientation of physical activity included the system of exercises aimed at comprehensive approach combining various load for the development of physical skills and improving the state of health. Physical activity of recreation and health orientation included the use of physical exercises, games, entertainment, and natural and hygienic factors for recreation, improve mental and physical abilities, recovery and health promotion. Physical activity of correctional orientation provided the prevention and correction of students' posture. Physical activity of sport orientation involves the preparation of athletes- switches and above all provides activities of children and youth in sport schools.

Key words:

physical activity, extracurricular activities, adolescents, direction of motor activity.

Formulation of scientific problem and its significance. Analysis of problem research. Results of research [2; 4; 5; 7; 8] showed that the level of physical fitness and health status of schoolchildren depend on the lifestyle that characterizes the condition and characteristics of daily life. Lifestyle is covering different areas: work, education, life, social life, culture, behavior and their spiritual value s. One of the most important indicators of lifestyle is the amount of physical activity that combines a variety of motor actions performed in daily life, training and studying activities [6; 9; 10]. In this regard, the scientific and methodological literature [11] uses the term «active lifestyle» that makes possible to cope with the physiological demands of everyday life without additional fatigue. This term includes active rest, getting the most satisfaction; overcome extreme physical effort under extreme situations and more stress with which one is confronted in life; eliminate certain organism dysfunctions; control weight if there is threat of overweight, and slow down the aging process of organism; quickly restore oneself.

Motor activity is not implemented in terms of achieving a clearly defined goal, but for respect of the activities which create for a person opportunity to demonstrate his physical, mental and creative opportunities. The results of these activities occur in health promotion, disease prevention and retroaction, correction of body and weight structure [1; 3; 6; 9].

In the process of human vital activity physical activity is defined by the system of values on such components as socio-cultural (personal values that are important to society), individual and psychological (values resulting from physical activity are the benchmark of a healthy lifestyle and good health).

Effectiveness of physical activity is determined by the influence on such areas of human activity:

– cognitive – through understanding the role and importance of harmonious development of a man and satisfaction of biological needs to move;

- emotional – through creating positive attitude to physical activity and its significance in the system of human values;
- physical (psychomotor) – through formation of motor skills, physical development, mental and physical qualities, preservation and promotion of health.

Implementing physical activity, a person satisfies a number of vital needs [11], namely:

- rest and relaxation that can be satisfied by changing variety of activities;
- psycho and physical activity by satisfying which a man compensates natural hypodynamics;
- changing the way of life or environment which is extremely important in urban society;
- emotional pleasure, pleasantness that produces positive emotions;
- reduction of self-control level over their actions during relaxation, recreation;
- inhibition of aggression which is possible in the course of physical activity that promotes positive motivation and makes possible to conquer negative emotions;
- meeting ambitions (such as need for prestige, recognition, power, etc.) which are by their natural form the driving force;
- cognition (such as the need for acquisition, preservation and transferring of information);
- self-improvement and self-realization, which cannot always be met in professional, educational, social and other activities and do not create opportunities for harmonic personal development;
- satisfaction of ethical requirements is achieved through direct contact with nature (natural beauty), cultural environment;
- social (need in belonging to a group, social contacts).

From the medical and biological point of view, physical activity is the main stimulator of virtually all body functions, guarantee of optimal physical improvement of a person. Physical activity contributes to development of the musculoskeletal system, central nervous system and internal organs, enhance health.

Research objectives are scientifically and methodically to justify management model of the motor activity of teenagers in extracurricular activities.

The main material and justification of the results of the study. Considering scientific works in the field of medical and biological bases of physical education, psychology, pedagogy, theory and methodology of physical education, a management model of physical activity of adolescents was developed (Fig. 1).

Objective of physical activity is to form a sufficient level of adolescent physical activity that will provide optimal functional activity.

Sufficient driving mode gives desired level of responses of a child to the influence of external and internal environments factors.

Implementation of this objective was carried out by using the solution of the main and auxiliary **tasks**: mastering the system of knowledge and skills in the field of physical activity; formation of a positive motivational attitude to physical exercise; implementation of differentiated, depending on the characteristics of adolescents, physical activity programs.

Auxiliary tasks are the formation of interest to regular exercise; forming beliefs in the necessity of physical activity; mastering modern methods of physical activity; formation of skills of motor activity, skills of self-esteem and self-control.

Only a rational system of (optimal) motor mode can overcome the negative effects caused by the decline in physical activity. Individually for normal development and functioning of the body, it is required to maintain the health of each person at a certain range of physical activity. Minimum level allows you to maintain functional status of the human body; maximum limits lead to fatigue, a sharp decrease in efficiency. Optimal motor mode is understood as regulated on the intensity of exercise that fully satisfies biological need to move, meets functionality of a body, takes into account the specific specialty and professional activities and thus contributes to education of healthy lifestyles and health promotion [6; 10; 11].

To develop the optimum parameters of physical activity we need full information about the interests and motivation of adolescents to physical activity, peculiarities of physical condition (physical development, physical readiness, functionality, health). Basing on these figures we can identify effective types of physical activity, develop options of physical activity normalization.

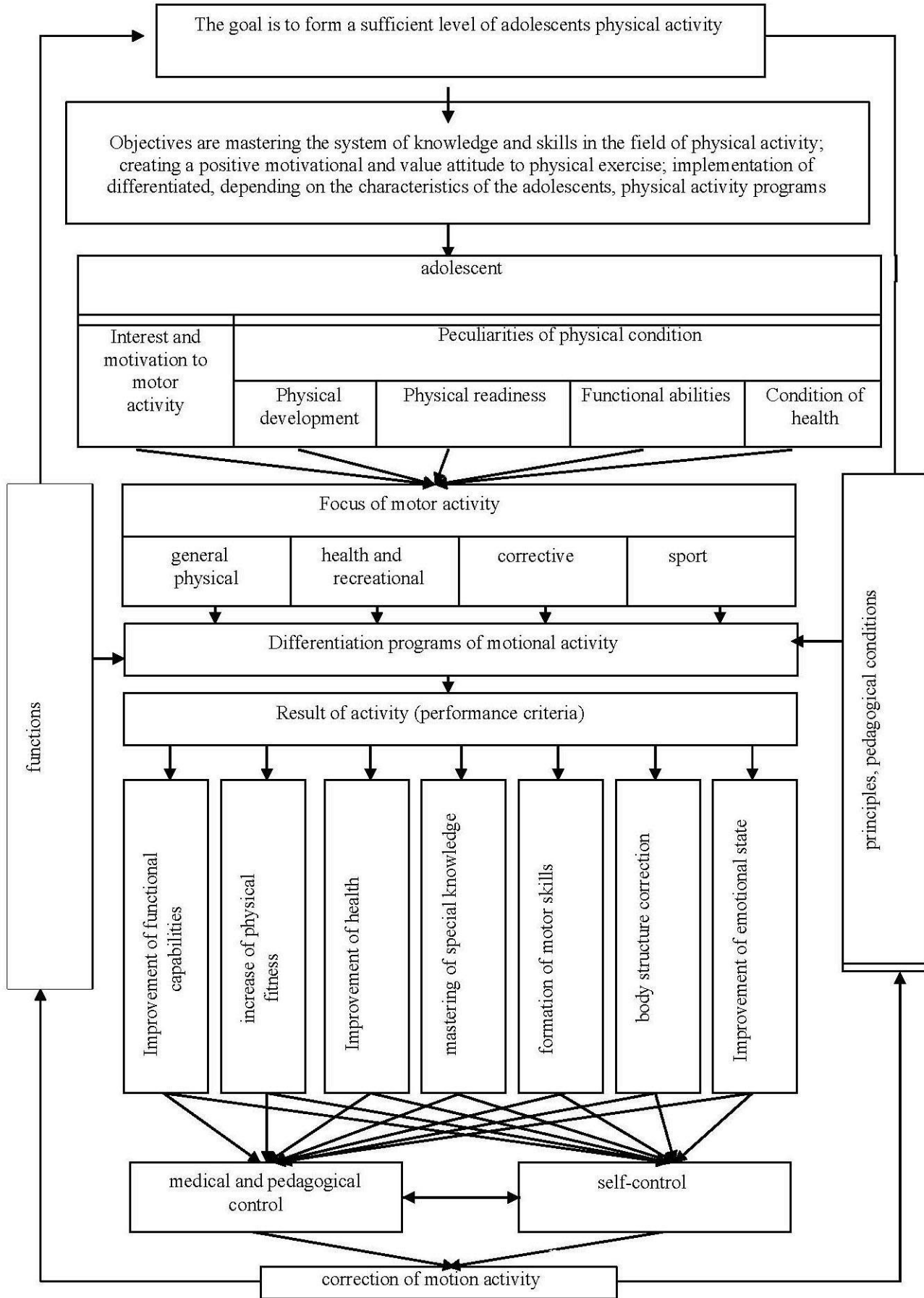


Fig. 1. Model of management of adolescent physical activity

Basing on the research results of value and motivational factors and morphological characteristics of adolescents various focus of motor activity (total physical, recreational and wellness, sports and correctional) was developed (Fig. 2).

General physical orientation of physical activity included the system of physical exercises, aimed at an integrated approach, combining a variety of loads on agility, flexibility, strength, speed and endurance. Because the content of physical education in the all educational institutions is governed by the state program, the experimental technique exercises included gymnastics, athletics, sports, cross training, swimming. Along with the formation of motor skills, much attention paid to the development of physical qualities, the level of which largely determines the health of schoolchildren. The main purpose of motor activity of the general physical orientation was in the content of the school curriculum, development of the leading and lagging physical qualities, improving defenses and resistance to adverse environmental factors. Such arrangement of work makes possible to eliminate the deficit of physical activity, give impetus to improving of the health preservation motivation by means of physical training, development of physical qualities.

Motor activity of recreational and health focus included the use of physical exercises, games, entertainment, as well as natural and hygienic factors for recreation, change of activity, restoring own efforts, improvement of mental and physical abilities, restoration and promotion of health. During physical exercise, there was the gradual increase of functional opportunities of adolescents. Particular attention paid to the cardiovascular and respiratory systems. Exercises of health and medical physical culture were widely used. The attention paid to the formation of adolescent hygiene and self-control skills. Contents of exercises was directed at students interested in physical exercise, optimistic mood in the classroom was create, which greatly increased the effectiveness of physical activity. Implementation of health and recreational physical activity contributed to the expansion of children's outlook through the formation of ideas about healthy lifestyles, physical culture and sports, creating a stable motivation to maintain and improve health, formation knowledge about healthy lifestyles and positive effects of exercise on the body of the child; promote health, improve physical performance.

Physical activity of corrective focus provided prevention and correction of students' fault in posture. Primary education of good posture condition is balanced development children of all muscles of children, especially the muscles that hold the spine, considering the peculiarities of physical development, the impact of exercise on different biomechanical spatial orientation of organization of the body. A great deal of physical exercises aimed at developing skills of static correct posture, ensuring optimal functioning of the musculoskeletal system. To do this properly the skills formed to keep body correctly, to perform, lying on the back, side and chest on a bench, balancing exercises with load on the head.

When developing complex of exercises for prevention and correction of posture the following factors were taken into account:

- selection of exercises was carried out according to age, gender of children and heterochrony of structures of the musculoskeletal system development;
 - regularity and consistency of physical exercises;
 - precise dosage of physical exercise according to physical condition of adolescents;
 - formation of «muscle corset» of teenagers (development of force);
 - increasing the range of motion in the joints (flexible development);
- formation of memory of correct spatial organization of the body.

Corrective orientation of physical activity promotes skills of hygiene, methods of use of psychohygienic and physical health, tempering and corrective tools in the process of implementation with optimal amount of stress.

Physical activity and sports orientation involves preparation of athletes of different levels and is provided by primarily activities of youth sports schools. Precondition of this work is taking into account the system of knowledge about long-term training of an athlete. This organization provides availability of basic training in a sports school to any student, progressive evaluating the effectiveness of training results.

Prior tasks of initial sports training of teenagers are building motivation to physical activity, laying the foundations motor preparedness, development of systematic training. Therefore, the system of sports competitions of students primarily solves the problem of diversified student evaluation in terms of his genetic, physical, technical and personal predisposition to a particular sport. The further sports training of adolescents is more profound, so that they form a system of knowledge, skills, a certain level of physical fitness and functional readiness, providing the highest level of readiness for sports achievements.

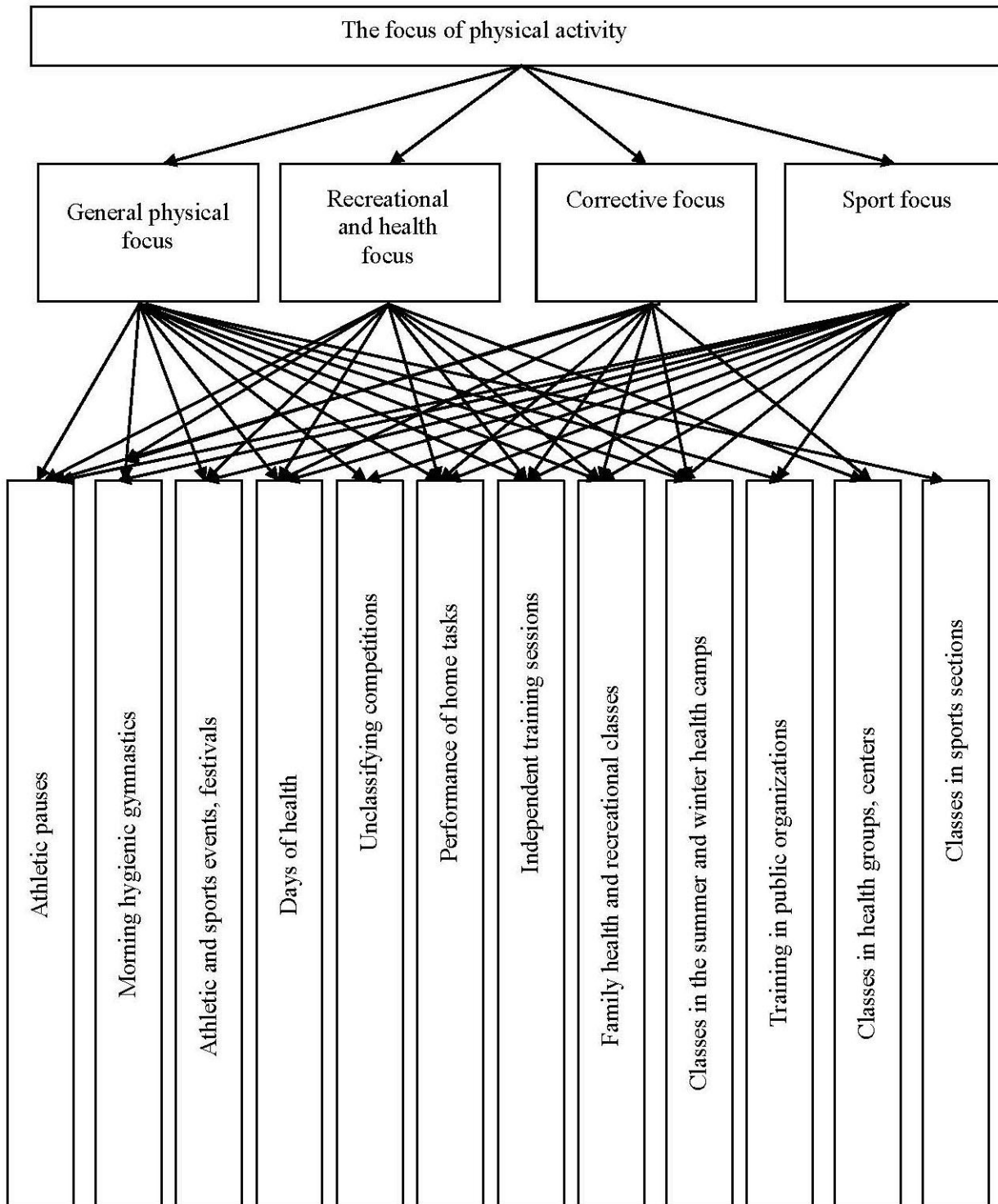


Fig. 2. Differentiation of extracurricular forms of physical education of adolescents according to the course of their motor activity.

Conclusions and further research recommendations. Model of management of adolescents' physical activity in extracurricular activity provides a set of goals, objectives, functions, principles pedagogical environments and adaptive training programs and performance criteria of health and sports results. Considering motivational value factors and morphological functional characteristics of adolescents, we have developed motor activity of various focuses. General physical orientation of physical activity included the system of physical exercises aimed at an integrated approach, combining various load for development of

physical qualities and improving health. Motor activity of recreational and health focus included the use of physical exercises, games, entertainment, as well as natural and hygienic factors for recreation, improving mental and physical abilities, restore, and promote health. Physical activity of correction direction provided prevention and correction of students' posture disorders. Physical activity of sports orientation provides training of sportsmen of different level, above all, by the activities of youth sports schools.

In the future the effective means to attract teenagers to the various forms and contents of physical extracurricular activity should be developed.

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