

Reorganization of the System of Physical Education of Students of High School: Problems and Perspectives

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Abstract:

In the article it is described the perspective directions of reorganization of the system of physical education in modern conditions. The content of modern organizational, psychological and pedagogical conditions of physical improvement of students is grounded. The condition and prospects of development of physical education system in higher educational establishments are analyzed; it is defined the priorities and principles of physical education system in terms of reorganization. Organizational technology of physical education of student youth which is a special example of the using of content, organizational aspects and physical education activities with specific training and specialty features, is presented. The methodology of physical improvement of students, which contributes to their prevention initiative, ability to rehabilitation and recreational preferences about their health care, is outlined. The communicative environment of physical education that encourages students to retrospective information retrieval, systematization, analysis and synthesis, accumulation of personal information bank for the preservation of their health is presented.

Key words:

physical education, students, organizational psychological and pedagogical conditions, health, principles, priorities.

Introduction. During the last decade there was an alarming trend of deterioration in health and physical status of the population of Ukraine. This is not only due to the economic and environmental problems, but also due to underestimation of the role of physical education in the formation of healthy lifestyle of students in society and in higher education institutions.

Physical education is one of the most important components of the formation of future active citizens of independent Ukraine during their education. According to the historical, international and national experience, physical education and sport in higher school are an integral part of formation of general and professional culture of personality in accordance with time. It should provide a healthy lifestyle, improve efficiency, maintain and strengthen health, promote continuation of active human longevity [4; 5].

In our opinion, there is a problem situation in higher school. The problem is in the contradiction between the level of social demands and efficiency of physical education concerning formation of students healthy lifestyle. Obviously, the content of now available curriculum [10] and the whole system of physical education are exhausted and needed to be updated through the introduction of modern, integrative forms of this process organization.

An addition to the letter of MES of Ukraine from 25.09.2015 №1 / 9-454 contained recommendations and suggested basic models of organization of physical education in higher education institutions. From the contents of this document it is clear that the heads of universities have the opportunity to choose forms of sports and recreational activities of students [1]. The absence of common approaches to the organization of physical education system of students gives the opportunity to choose forms of sports and recreational activities. That helped to activate the processes of finding the most optimal ways of involving young people to healthy lifestyle in higher school.

The scientific researches of V. Kremen [3], M. Styopka [3], J. Bolyubash [3], B. Shynkaruk [3], V. Pasechnik [8], etc. were devoted to problems of modernization of modern education; means of improving educational activities and psycho-pedagogical influences were disclosed in the publications of J. Beha [2], S. Omelchenko [7], S. Kuryland [9], R. Hmelyuk [9], A. Semenov [9]; issues of health preservation based on the theory and methodology of physical education were studied in the works of M. Noska [6], A. Dubogay [4], N. Zavydivskoyi [5], M. Khoroshukha [11] and others. The problem of improving of the system of physical education of students is the subject of numerous studies. However, the versatility of the system of physical education, on the one hand and the reorganization of the system on the other, determine necessity of finding innovative organizational approaches to create health of oriented environment in higher school.

The aim of investigation is to justify the status and prospects of development of physical education system in higher education institutions. The objectives of our research are to analyze the content of modern organizational psychological and pedagogical conditions of physical improvement of students; prioritize the principles of physical education in terms of reorganization; outline the methodology of physical improvement of students, which contributes to formation of their prevention initiative, rehabilitation capacity and recreational preferences concerning their health.

Materials and methods. The research was conducted during 2014–2015 years at the SHEI «UB» Lviv Educational and Scientific Institute. To achieve the objectives, the following methods were used: theoretical analysis and synthesis of philosophical, psychological and educational, educational and methodological, scientific literature, regulatory legal documents in the field of education and healthcare, Internet resources, pedagogical observation.

Research results. Discussion. An important part of the system of physical education of students is the introduction to the everyday life of scientifically based recommendations concerning a rational mode of work, rest, nutrition, physical activity in order to develop healthy lifestyles. For today we observe increased risk of developing of cardiovascular diseases, deterioration of functional reserves of the body, reduction of physical efficiency and status, deterioration of morphological status according to the reduction of the physical state [4].

In terms of the present circumstances there is a change of target orientation of physical education, which requires the determination of interests and needs in the sphere of corporal and spiritual development of students. The priority of wellness orientation professional qualification formation of personality determines the applied significance of physical culture and sports and require the systematic study of the intentions and behavior of students and teachers in order to optimize the process of formation of a healthy lifestyle. It is clear that the main purpose of sports and recreation activities of students is the appropriate level of physical health through physical activity and physical status.

The sense of modern physical education is in a systemic reproduction of optimal conditions for development among young people a morphogenetic foundation to support a viable «form» gained in practice through appropriate training and experience functional qualities among adults. The ultimate goal of modern physical education is to achieve the formation of the skills for a healthy lifestyle among students. It is necessary to solve two interrelated tasks.

The first one is the necessity to get rid of the negative consequences of atrophy of the spiritual foundations of industrial civilization in the field of education. This means students refusal of self - realization according to the standards and norms of technocratic thinking, of formation of human function, perfectly adapted to the technology of conveyor production.

The second is the transition to the informational or post-industrial civilization as a distinct stage of historical development. Its characteristic feature is the output of functional qualities of a person. Education in the system of physical education acquires anthropogenic, «homocentric» character. This is due to the process of humanization of science and technology, its frontal turning to a man [6]. The purpose of process is to ensure that students need to free their creativity from the dictates of technology, reveal their creative mind. According to the morphogenetic factor, the maintenance of the body is in the same good condition at a time when intelligent load increases significantly.

Modern organizational psychological and pedagogical conditions is a kind of communicative environment of physical education, performing informative, cyber, consulting and creative and educational functions and learning of theoretical and methodological materials should be done through interdisciplinary connections in the form of discussions, business games, intellectual storms, open creative competitions, etc. (Fig. 1). The content of the educational material of physical education requires the use of integrative methods, technologies and innovative health systems, whose energy intensity, training and health orientation would be adequate to the needs of students.

Suggested means should help students adapt to the conditions of future professional activity, correction of adverse physiological state via environmental influence.

The youth of today treats and implementing their tasks in a special way, that is why individual orientation of differentiated and competence oriented approach in physical education should not only improve their physical health, but also contribute to the development of professional opportunities. In the forefront appears to be the necessity to arouse aspiration among students to improve their career image and their own «I» through the physical self-improvement; to support professionally important motor skills due to

«fashionable» motional techniques; to provide during the physical education timely support to creative, emotional balance through the development of an adequate level of general endurance of the body and a high level of intellectual and physical performance.

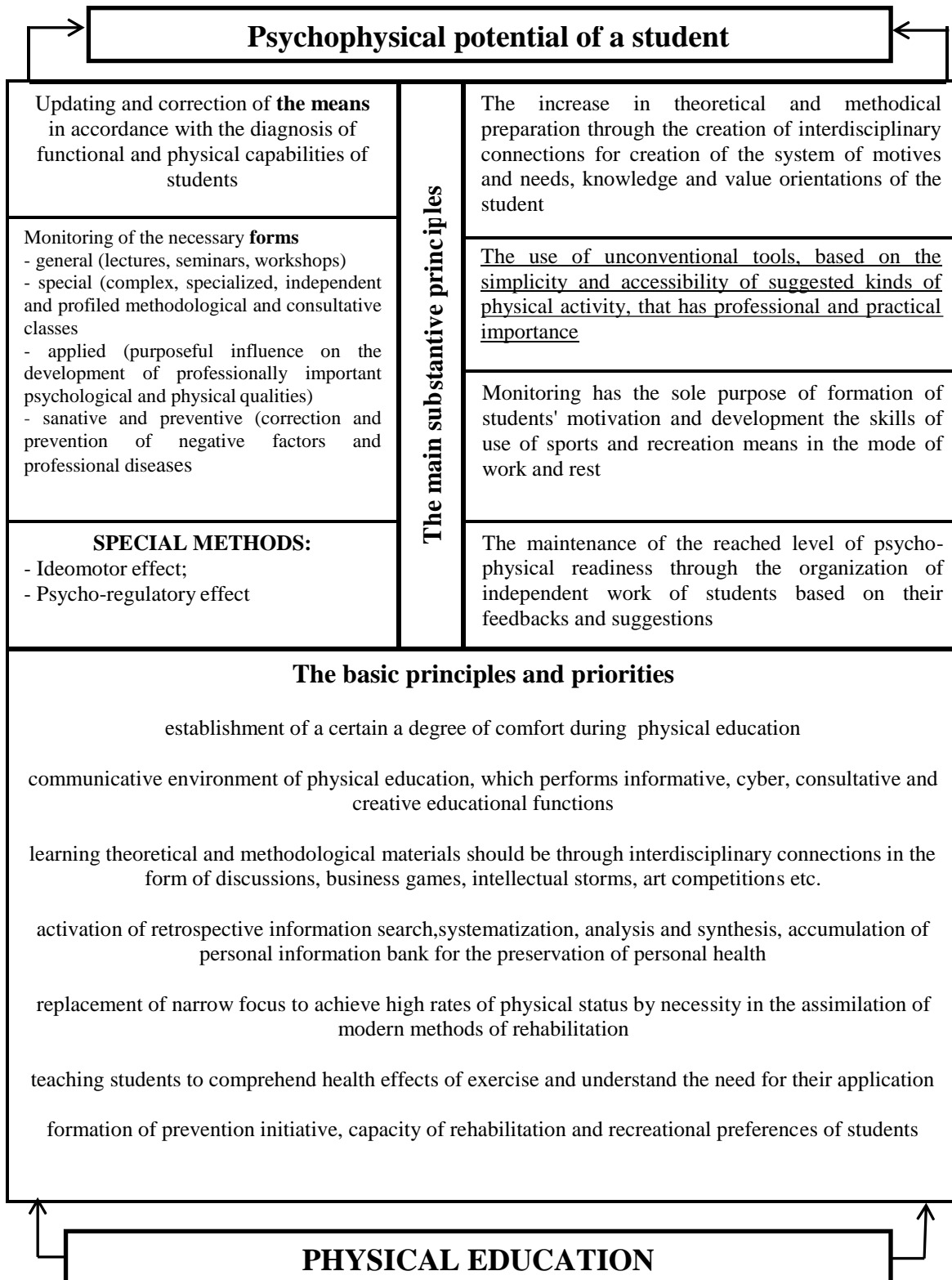


Fig. 1. Structural elements of modern organizational psychological and pedagogical conditions of physical improvement of students

Development of the skills of motional activity should be started from the study of its impact on vital body functions, comparing parameters of health of physically active people with those who lead a sedentary lifestyle. Physical education becomes a condition of preserving and strengthening health of students, their physical condition and status, in carrying out given conditions, taking into account suggested ways of

improving physical activity. The basic concept of physical improvement of students becomes a valeological orientation of the whole process. Valeological concept of formation and diagnosing of physical status of students includes those components that have a significant impact on the process of strengthening, preservation or reproduction of health and may be improved during a specially organized physical activity [11; 12]. In addition, physical training should be considered along with social and mental preparedness as an important component of students health. In our opinion, the optimization of the process of formation of physical status of such content is a source and precondition of complete life activity of university graduates in their future.

Conclusions and prospects for further research. Organizational technology of physical education of students in essence should be a special example of the use of content, organizational aspects and activities of physical education taking into account specificity of education and peculiarities of specialty. That allows to shift the accentuation of attention from improving physical status toward methodology, which contributes to the formation of the students initiative, rehabilitative capacity, and recreational preferences about their health. Communicative environment of physical education motivates students to retrospective information search, systematization, analysis and synthesis, accumulation of personal information bank concerning preservation of their health.

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Received 24.02.2016