

# **DIRECTIONS OF IMPROVING PHYSICAL EDUCATION OF STUDENTS OF HIGHER EDUCATION INSTITUTIONS**

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**Abstract:** The article considers the current state of the problem of physical education of students of higher education institutions, and proposes to modernize the physical education system. Special attention is paid to new approaches, means and technologies of training, stimulation for the correction of physical education, which will correspond to the individual characteristics of students, and also contribute to the most effective realization of their interests.

**Анотація:** У статті розглянуто сучасний стан проблеми фізичного виховання студентів закладів вищої освіти, запропоновано модернізацію системи фізичного виховання. Особлива увага приділяється новим підходам, засобам і технологіям навчання, стимулювання корекції фізичного виховання, які відповідатимуть індивідуальним особливостям студентів, а також сприятимуть найбільш ефективній реалізації їх інтересів.

**Keywords:** students, physical education, professional and applied physical training.

**Ключові слова:** студенти, фізичне виховання, професійно-прикладна фізична підготовка.

**Relevance.** Educational law in Ukraine is based on the legislative framework, which is created on the basis of the Constitution of Ukraine. The organization of the educational process in physical education and mass sports in higher education institutions, regardless of subordination, types and forms of ownership, is based on the laws of Ukraine «On Higher Education», «On Education», «On Physical Culture and Sports»; National Doctrine of Education Development; Decree of the President of Ukraine “On Priorities for the Development of Physical Culture and Sports in Ukraine”; Regulations on the Organization of the Educational Process in Higher Education Institutions and other acts on the issues of physical education.

The current conditions for Ukraine’s integration into the European system of higher education are the transformation of quantitative indicators of educational services into qualitative ones, which involves revising the content of higher education and filling it with the latest material, introducing modern learning technologies. It can also be considered that an urgent need is to increase students’ interest in the quality of education, to encourage each student to active cognitive activity on the basis of strengthening the role of educational and research work and scientific research [2].

Leading scientists in the field of physical education (T. Yu. Krutsevich, 2008; S. M. Kanishevsky, 2008; M. D. Zubalii, 2008; L. P. Pylypei 2010) note that the current organization of physical education in higher education institutions is not effective enough to increase the level of physical fitness, health, and professionally important

psychophysiological qualities of students. In addition, physical education does not fully fulfill its health-improving function.

A number of scientists note that the physical education course program is outdated and not interesting for the modern generation of student youth. It provides for a lot of loads and control standards that can be completed “excellently”, even “well”, a small number of students, this is not a positive or favorable factor, so students are not interested in classes. They are forced to pass the specified standards, although in order to determine how much a student can run, pull up, jump, an individual approach is needed [4].

***Purpose of the work:*** to highlight the current state of the problem of physical education of students of higher education institutions.

***Research results and their discussion:*** At present, the development of physical culture is one of the most important factors in the formation, strengthening and preservation of human health. This is directly related to student youth. Physical education classes contribute to the formation of a harmoniously developed personality and the preparation of a young person for future professional activity. This provision is reflected in the Targeted Comprehensive Program «Physical Education - Health of the Nation» (1998).

This program indicates that in modern conditions in Ukraine a critical situation has developed with the health of the population. The incidence has increased sharply. About 90% of children, pupils and students have various health abnormalities, more than 50% have unsatisfactory physical fitness.

It is also noted that the decline in students' health indicators has its «roots» in the health of schoolchildren and applicants who decided to enter a higher education institution. A long-standing analysis of the health of young men for 1991-2006 showed that during this period, an increase in the number of diseases was reported from 5211 to 8240.3 cases per 10 thousand, i.e. 1.6 times, and the prevalence from 8235 to 14306.9 per 10 thousand, i.e. 1.7 times. The modern system of training specialists in higher education institutions is characterized by the intensification of the learning process, the mental saturation of training sessions, an increase in the amount of information, sessions, high requirements for the quality of knowledge, an insufficient

amount of motor activity, as a result - an insufficient level of physical fitness, health status, professional labor activity of specialists of a certain profile.

Students' educational activity is clearly hypokinetic and hypodynamic in nature. Hypokinesia and hypodynamia are understood as insufficiency of human muscle activity. Hypokinesia means a decrease in motor activity with a restriction of the spatial characteristics of movements, and hypodynamia is a decrease in the force of muscle contraction. Under normal conditions, these conditions, as a rule, are combined [1].

It has become known that physical culture is necessary for the personality-oriented development of a person. This fact acquires personal relevance in the conditions of the modern world, in which mental exhaustion and hypokinesia are characteristic of most people. Modern youth have an insufficiently developed motivational and value attitude towards physical exercise, which indicates the need to further search for effective ways to form an active and positive attitude towards classes in students [2].

The study of the problem of organizing physical education in higher education institutions revealed a discrepancy between the target guidelines of the educational process and the level of activity of students in physical education classes. In turn, this causes a contradiction between the requirements for the personality and professional training of future specialists and the real level of their development in the process of physical culture and sports.

The analysis of scientific literature (T. Yu. Krutsevich, 2009; L. P. Pylypey, 2009) indicates that the vast majority of students have no desire at all to engage in physical culture and sports. The main reason is the lack of a differentiated approach to the characteristic exercises and loads offered to students to stimulate them to classes.

In recent years, special importance has been given to professional and applied physical training (PAPT), which, being an independent section of the physical education course for students, is the connecting link that connects the physical, psychological, psychophysiological training of students within the walls of the university with their future professional activities [4].

In the studies of predecessors (L. P. Pylypey 2009; N. N. Zavydivska 2010) it is noted that, physical education with a professional orientation is one of the effective

means of developing and improving certain physical qualities, motor skills and abilities, as well as the ability to adapt to difficult production conditions of training, the ability to apply the acquired potential of physical culture in the life activities of future specialists - this is the main task of PAPT for students of higher education institutions.

So today the content of the PFP of students of economic specialties should solve the following tasks:

- increase the body's resistance to monotonous movements and actions;
- maintain high efficiency during prolonged stay in conditions of hypokinesia and hypodynamia;
- promote the improvement of professional skills: proportional and dosed movements of hands, hands, fingers in different planes, with different amplitudes, various movements of the body;
- promote the formation of correct posture;

Improving the activity of the cardiovascular and respiratory systems, prevention of blood stagnation in the pelvic organs and other extremities [3].

A number of authors note (S. A. Savchuk, 2002; O. Ya. Kibalnyk, 2008; etc.) that in order to achieve results in improving physical fitness and increasing the level of development of psychophysical qualities of students, new approaches, means and technologies of training are needed, which in the future will correspond to their individual characteristics, will contribute to the most effective realization of their interests. Correction of physical fitness of students in higher education institutions should be built using various forms of physical education and health classes, taking into account motivation.

Our research has shown that sports-oriented technologies of physical education are a synthesis of modern scientifically based means used in physical education and sports, have the latest psychological and pedagogical approaches in the methodology of building and conducting classes, taking into account the individual characteristics of students, their motivational priorities, physical fitness. The peculiarity of such technologies will be the possibility of their application, both during classroom classes in physical education, and in sectional classes.

Sports-oriented technology of physical education of students should be based on the advantages of sports popular among student youth, will allow to improve health, form professionally important psychophysical qualities, can serve as a means of educating a harmoniously developed personality of the student and positive motivation for regular classes in physical culture and sports, increase indicators of physical, sports-technical and theoretical fitness [5].

### **Conclusions:**

1. The current system of organizing physical education in higher education institutions cannot fully and effectively ensure an increase in the level of physical fitness, health, and motivation of students to engage in physical exercises and sports;
2. In order to achieve the desired results in improving physical fitness, increasing the level of development of students' psychophysical qualities, new approaches are needed that should correspond to the individual characteristics of students and contribute to the most effective realization of their interests;
3. The prospect of further research may be the determination of students' value orientations regarding adherence to a healthy lifestyle and maintaining their physical fitness.

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