

ABOUT FORMING OF PERSONALITY PHYSICAL CULTURE OF STUDENTS IN THE PROCESS OF PHYSICAL EDUCATION (IN ASPECT OF PRESENCE OF ABILITIES)

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Annotation. It is shown that practice of teaching of discipline «Physical education» does not provide forming of volume of abilities, sufficient for the origin of athletic activity. Prevail ability to pick up a place, sporting form, inventory depending on the type of physical exercises and ability on the observance of rules of the personal hygiene. In the questionnaire questioning 650 students (324 youths and 326 girls of the first and fourth courses) took part. All of students visited employments on physical education at school and institute of higher. It is marked that the important task of amateurish athletic education is forming for the students of the personal experience of independent athletic, health and recreational employments. It is underlined that sense of amateurish athletic education of students consists in achievement by a man unity of mental and activity processes. Such processes are needed for an estimation and understanding of the state of the health, programming and residence of healthy way of life.

Keywords: abilities, facilities, physical culture, activity.

Introduction.

Amateur physical culture education of students must assist to forming of two important components, where personality is oriented on the folded "character" of the physical culture future. It is a certain sum of the mastered cultural norms in form concepts and knowledge, abilities and presence of creative capacities for creation of new activities, related to strengthening of health in the situations even not provided with the norms of culture [1-3].

In all plenitude maintenance of students' physical culture education must suppose mastering of next important components.

Cultural-historic component. Sports-educated man must know the basic landmarks of history of physical culture development, including its features in different periods of civilization, at different nations, in different cultures and ethnoss and, first of all, in those to whom it belongs. To understand the essence, setting and device of space of culture physical. To know about norms, standards and models of culture physical. To know a structure and setting of the authorial physical culture and health systems (Mikulin, Amosov, Dikulya and other).

Vision component. Presence of ideas about the pictures of the world, role of natural-science and activity pictures of the world. Acceptance of physical culture education of a man, sport activity and activity of health building as meaningful values. Such man answers on a question about reasons of training: "I engage in a physical culture not because not healthy, and because I can not differently live".

Methodological component. Mastered techniques of reflection and understanding, ideas about the value of extreme situations in vital functions and methods of exit from them, about the "habitat" of active man – all in the context of physical culture activity and practice of health building. Formed, also, capacities to planning and programming of private lessons.

Conceptual-gnosis component. Provides for mastering such concepts "Physical culture", "amateur physical culture education", "physical culture activity", "health building", "health builder" and "recreation". Includes, also, natural-science knowledge about a device and functioning of human organism, about the phenomenon of exercise and training. About the objective and subjective methods of control after the state of health. About interconnecting facilities of physical culture and hardening, rational feed and self-massage, auto-training and psychological unloading, other necessary knowledge.

The first personal experience of independent physical culture healthy and recreational employments, begun under the direction of teacher, who has own practice of sports activity and health building [4, 5-10].

So the sense of amateur physical culture education of students consists in an achievement the man of unity of mental and activity processes necessary for an estimation and understanding of the state of health, programming and residence of healthy lifestyle. Or, otherwise speaking, forming creative personality of health building.

The article was done according to SRW of Donetsk National University.

Aim, tasks, materials and methods.

The aim of work – to establish a structure of abilities of students in the sphere of physical culture means and healthy lifestyle usage, which are necessary for appearance physical culture activity.

Methods and organization of research. Research was done in Donetsk National University, Zaporozhye National Technical University and Dnepropetrovsk National Mining University. In questionnaire took part 650 students (324 boys and 326 girls of first and fourth courses), who were attend exercises at school and at the university.

Results.

During research we try to answer the question about *abilities* to use various facilities and methods of physical culture with the purpose of caring about the health, to exposes a degree and students' usage of present knowledge in the process of their vital functions.

Students were supposed to answer 2 questions of a questionnaire, "Can you and in what degree ..." – "can well" – 2 points, "can, but not enough" – 1 point and "can not" – 0 point under the following positions:

- 2.1. To choose rational time for exercises in the process of education and relax.
- 2.2. To choose a place, sports suit, equipment according to the kind of exercises.
- 2.3. To make a complex of physical exercises for development of physical qualities.
- 2.4. To make a complex of morning hygienic gymnastics.
- 2.5. To define the volume of physical activity at engaging in physical exercises depending on sex, age, state of health.

2.6. To define efficiency of engaging in physical exercises on a pulse, breathing, feel, indexes of physical development and development of physical qualities.

- 2.7. To pick up and prepare healthy foodstuffs.
- 2.8. To execute the rules of the personal hygiene.
- 2.9. To regulate the mental condition psychoregulation facilities.
- 2.10. To conduct conversation on questions of making healthy with family members, comrades.

It is set during the analysis of the got results, that from ten positions in parts of the present abilities presented in the question of questionnaire, most of points among boys and girls of the first and fourth courses, occupy positions 2.2 – ability to choose a place, sports suit and equipment according to the kind of exercises and 2.8 – abilities necessary to execute the rules of the personal hygiene.

In Donetsk National University position 2.2 makes at boys of first and fourth courses – 1,53 points, girls of first course – 1,6 and fourth course – 1,58 points. Position 2.8 – at boys of first course – 1,87, fourth course – 1,68, at girls of first and fourth courses – 2,00 points.

In Dnepropetrovsk National Mining University position 2.2 at boys of first course makes 1,75 points, fourth course – 1,51 points, among girls of first courses – 1,47 points and fourth – 1,31 points. Position 2.8 – at boys of first courses – 1,97, fourth – 1,86 points and at girls accordingly 1,93 and 1,92 points.

In Zaporozhye National Technical University is saved the same tendency. Position 2.2 at boys of first courses makes 1,7 points, fourth – 1,79 points, and among girls accordingly 1,41 and 1,83 points. Position 2.8 – at boys of first courses – 1,83 and fourth – 1,91 points, girls – 1,98 and 1,95 points.

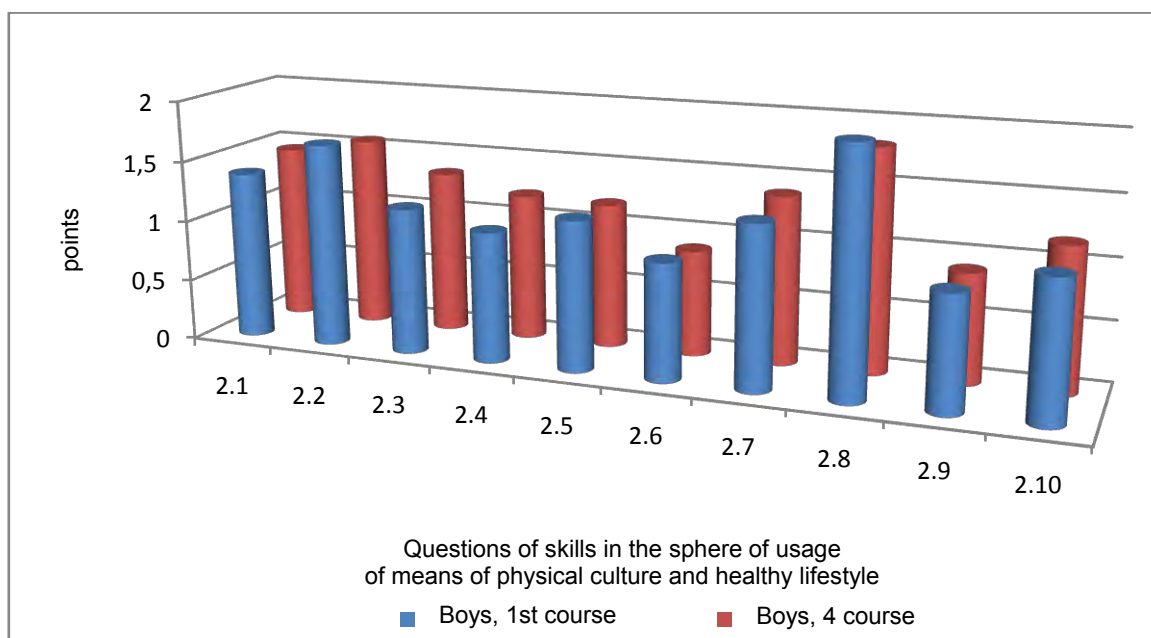


Fig. 1. Generic data of three universities boys' questioning about existence of abilities of usage means of physical culture and healthy lifestyle.

In fig. 1 and 2 is shown generic data, to which is evidently shown that students of first and fourth courses, both boys and girls, necessary for organization of sports-health exercises abilities and realization of self-control during exercises after the state of the organism are insufficient. The deficit of abilities touches those facilities of physical

culture that sharply needed for opening out physical culture activity and forming of healthy lifestyle. Thus, it is possible to assert that luggage of really important knowledge and abilities, being the condition of origin and perfection of physical culture activity prevents to it opening out.

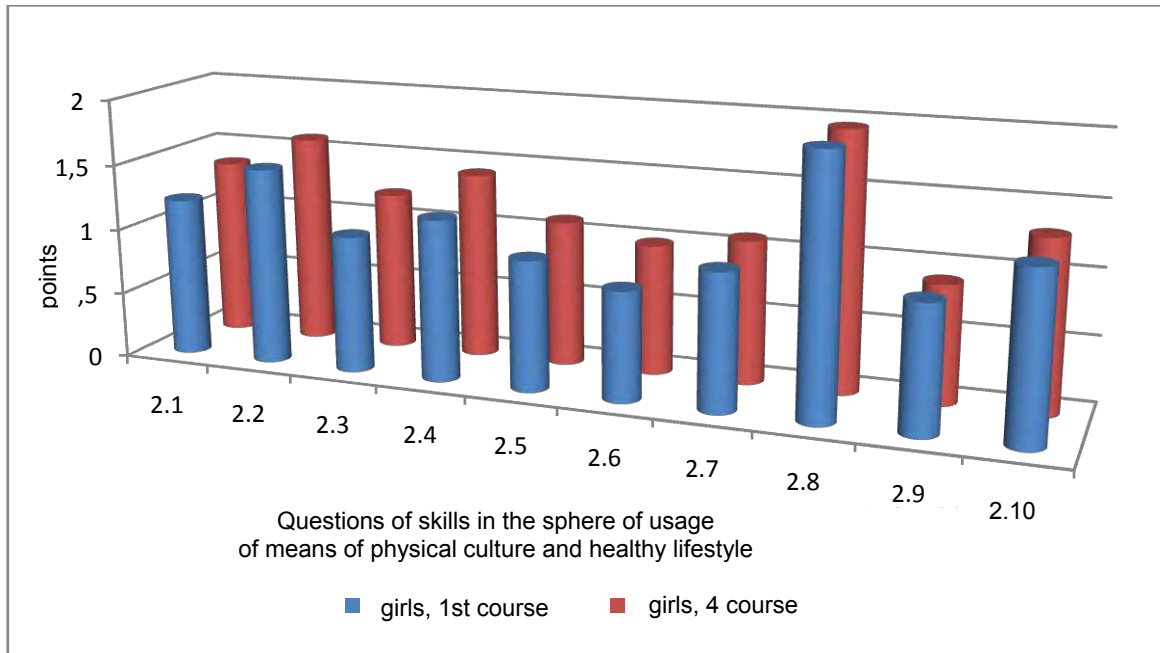


Fig.2. Generic data of three universities girls questionnaires about the presence of abilities of the use of facilities of physical culture and healthy lifestyle

The biggest quantity of points stays at positions 2.2 – at boys of first courses – 1,67 and fourth – 1,57, at girls – 1,5 and 1,6 points accordingly; and also 2.8 – at boys of first courses – 1,99, fourth – 1,82 points and at girls 1,95 and 1,96 points.

The minimal points, generically at boys and girls, get the following positions. At students of first course position 2.5 – the ability to define the volume of physical activity at engaging in physical exercises depending on sex, age, state of health – 1,23 and fourth courses – 1,1 points. At students (girls) of first courses position 2.5 – 0,99 and fourth courses – 1,1 accordingly. Position 2.6 – ability to define efficiency of engaging in physical exercises on a pulse, breathing, feel, indexes of physical development and development of physical qualities, at boys of first and fourth courses – 0,96 and 0,87 points. At girls of first courses – 0,83 and fourth – 0,99 points accordingly. Position 2.9 – ability to regulate the mental condition psychoregulation facilities – at boys and girls of first and fourth courses 0,99 points.

Conclusion.

1. Essential task of amateur physical culture education consists in that students form the first personal experience of the independent sports-health and recreational exercises, started under the direction of teacher that has own practice of sports activity and health building. Sense of amateur physical culture education of students consists in achievement a man of unity of mental and activity processes, necessary for estimation and understanding of the state of the health, programming and residence of healthy lifestyle. Or, otherwise speaking, forming creative personality of health builder.

2. During the analysis of getting results of research it is set that from ten positions in part of the present abilities presented in the questions of questionnaire, the most points among boys and girls of 1 and 4 courses, occupy positions 2.2 - ability to choose a place, sports suit and equipment depending on the type of physical exercises and 2.8 is abilities necessary for implementation of rules of the personal hygiene.

3. It is set that for students of 1 and 4 courses both boys and girls, abilities are necessary for organization of sport-health exercises and realization of self-control after the state of organism are insufficient. The deficit of abilities touches those facilities of physical culture that is sharply needed for opening out of physical culture activity and forming of healthy lifestyle.

4. It is possible to assert that luggage of really important knowledge and abilities, being the condition of origin and perfection of athletic activity and forming of healthy lifestyle, prevents to their opening out.

Perspective of following researches concern education of physical culture activity peculiarities and healthy lifestyle among students of Ukraine universities.

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