

APPLIED PROBLEMS OF PHYSICAL EDUCATION STUDENTS OF ECONOMIC SPECIALTIES

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Annotation. *Purpose:* to analyze the problems of physical education students of economics in the context of professionally applied physical training. *Material:* analysis of Ukrainian and foreign publications on species means of improving professional-applied physical training of students in higher education. *Results:* It was found that the state system of physical education students is ineffective. It does not provide psychophysical and professional readiness of graduates for productive activities and later life. The system also needs constant improvement. A new approach to solving the problem of training to learn the adoption of practical importance of physical education. Also the formation of motivation by demonstrating a real need and usefulness of the proposed exercise. Such exercises should be differentiated, taking into account the health status and subsequent career expectations. Conclusion: it is proved that for an efficient system of training is necessary to use popular among students sports. It is also necessary to take into account the interests of students when choosing tools professionally applied physical training.

Keywords: *physical, education, students, professionally applied, training, technology.*

Introduction

The necessity of reforming the education system of Ukraine, its development, quality improvements come to the fore in the modern context of Ukraine integration into the European system of higher education. Reasoning from this fact, the strategic task of reforming the higher education in Ukraine is the transformation of quantitative indicators of educational services into the qualitative ones; this provides the review of the content of higher education and filling it with new materials, introduction of modern methods of teaching. However, the urgent need is to increase students' interest in the quality of education, encouraging each student to take an active cognitive activity on the basis of strengthening the role of the educational-research and scientific-research work [1, 2, 11]. A number of authors (A.I.Drachuk, 2001; S.M. Kanishevskiy, 2008; M.D. Zubalii, 2008; T.Yu. Krutsevych, O.I. Podlesnyi, 2008; N.I. Turchina, 2009) have noted that current organization of physical education in higher educational institutions is not effective enough to improve the physical fitness, health, motivation, professionally important physiological traits and interests to exercises and sports of a significant number of students. An additional point is that physical training does not perform in full even health-improving function. Particular importance in recent years is paid to professionally applied physical training (PAPT), which, as a separate section of the course of students' physical education, is the link that connects the physical, psychological, psychophysiological training of students in a university with their future profession.

Unpopularity of physical exercises in higher educational institutions is explained by the lack of students' skills, experience of physical activity, unequal values of physical education compared to the other professional subjects, lack of opportunity to select the desired type of motor activity (fashion sports), poor diagnosis of psychophysical condition of freshmen, use of traditional methods of lessons in which there is no didactic basis [3, 14, 15]. In terms of market relationships, current economic, political and social environments impose high demands on students of higher educational institutions. Today, they must have not only a large amount of professional knowledge and skills, but also be sensitive to changing situation, find innovative solutions, show creativity. This creates a situation in which the graduate must, along with a high level of professionalism, have developed mental and physical qualities that enable to adapt to professional stress and promote creative longevity [1, 8]. At the same time, such as scientists as B.M. Shyian (2001), A.M. Ponomarenko (2003), O. Podlesnyi (2007), V.M. Sergiienko (2007) noted that the search for effective ways of combining of students' teaching with their future professional activity is focused on the necessity for the correction of purpose and content of the curriculum, for the study of modern technologies of physical education, for increasing of students' activity in cognitive work, due to the fact that in practice graduates are not ready for work as specialists. Therefore, there is a pressing question of introduction of modern technologies of physical education to the students' educational process, which are based on popular forms of physical activity, and which will promote the improvement of health and professional important physical properties.

Research by theme "Enhancing the physical development and physical fitness of different groups of populations by means of physical culture" is performed in accordance with a plan of scientific-comprehensive work of the Department of Theory and Methods of Physical Education at Sumy State Teachers' Training University named after A.S. Makarenko approved by the Institute of Scientific-Technical and Economic Information Ukraine, Kyiv, state registration number 0111 005 736.

Purpose, tasks of the work, material and methods

The goal of research is to analyse the problems of vocationally applied physical training of students of economic specialties.

Results of the research

The need for applied physical training during the educational process of production workers was mentioned in the works of scientists as early as at the beginning of the last century. Even then, experts made the first attempt to

develop the organizational and methodological aspects of this problem. Analysis of the literature, reference materials and documents [1, 3, 7] showed that the applied orientation in the practice of physical education was determined as early as in the thirties of the last century. And beginning from the sixties a compulsory section "Professionally Applied Physical Training" (PAPT) was added to the program of physical education. PAPT has got further development in the works of scientists V.V. Belynovych, A.V. Korobkov and others, who back in the 60s of last century advanced the idea of a broader and more goal-oriented use of physical culture methods in the workplace. It was proposed to move from the industrial gymnastics to the system of athletic activities for workers' health improvement and development of their professional fitness. Industrial physical education was seen as a means of workers' health strengthening, improving their performance, ensuring applied effect [6, 9]. PAPT is a specialized educational process aimed at the development of physical qualities, motor skills and functions of the body, it promotes successful development and improvement of the profession. PAPT must be built in a sole interrelation (in corresponding proportions) with general fitness (GF) [6].

A large number of scientists such as V.L. Kabachkov, V.I. Ilinykh, A.V. Malovanyi, L.P. Pilipei and others are involved in the study of this complex problem. It was found that PAPT, as a multilateral process, has a significant importance both in the system of training of future professionals and in the system of production, i.e. directly in the workplace. Indisputable is the fact that PAPT allows to reduce the time of adaptation to working conditions, to achieve, maintain and increase the performance level during the working hours, to remove fatigue and quickly resume the vitality of human body after work. Therefore the problem of improving the process of professional and applied physical training (PAPT), as such, that is one of the components of professional skills of a person, needs an effective approach for its solving.

Professional and applied physical training, which is a separate section of the course of students' physical education, is the same intermediate link, which connects psychophysiological training of students in the institute with their future professional activity. The subject "Physical Education" implements the connection of learning process at the university with production through the professional and applied training. Professional and applied physical training of future professionals should be focused primarily on the formation of professionally important physical properties and applied motor skills required for a number of categories of workers in the special conditions of their professional activities. It was established that a large range of psychophysical and personal qualities, necessary for a specialist in his professional activity, successfully forms in the process of professional and applied physical training [4, 5, 6]. Works of many authors suggest that professional and applied physical training has positive effect on health improvement, increasing of disease resistance, reduction of injuries. The work of those, who is systematically engaged in professional and applied physical training, is more qualified, economic and productive. These specialists are less subject to fatigue during the operation. Introduction of professional and applied physical training to the practice of students' physical education creates preconditions for shortening the term to achieve professional excellence, high employability and productivity [1, 3, 6].

At the present time the main purpose of PAPT is a focused development and supporting on the optimal level those mental and physical qualities of a person, which are of raise demands of specific professional activities, and also the development of functional resistance to the conditions of these activities, formation of applied motor skills, required in connection with special external conditions of work [4, 6]. As noted by several authors, including [2, 3, 7], the necessity to perform a large volume of academic work under the condition of time shortage, a significant reduction of adaptive mechanisms, leads to progressive deterioration of students' health. As a result, more than 50% of students have low levels of physical fitness, which is a subject for professional and applied physical training. Correlation of general physical training and a special section of professional and applied physical training according to definite specialty for students from different universities can vary significantly. However, the importance of general physical training as a basic foundation for specialized training will be persisted in all cases [3], and it requires a phased approach to professional and applied physical training. Different types of specialists' training in accordance with the standards of higher education are necessary to analyze according to similarity and differences between their professional requirements; to organize and group specialties; to develop programs in accordance with the directions of training. However, the system of students' physical education, which occurred in the country, is ineffective [4]. It does not provide psychophysical and professional readiness of graduates for productive activities and future life and requires constant improvement.

The problem is that universities in Ukraine use a national system of physical education process, where the compulsory PAPT section is based on a normative approach and differed from the European one. Modern education qualifies two main forms of educational process in physical education that are informative and developmental. Informative form provides for students mainly the following processes: to report, to order, to memorize material, to do exercises, requirements and standards provided for and regulated by the teacher and the curriculum. Use of forms and means of physical training is beforehand regulated. This is the so-called normative approach. The second form of organization is development. It provides the creation of conditions that cause students' internal need for knowledge and a desire to be engaged in psychophysical self-improvement and to achieve an appropriate level of physical fitness using all available scientific means [3, 10, 12].

In this case the main challenge for teachers is a focused management of self-improvement PAPT because, as noted by N.A. Tretiakov [5], a significant disadvantage of physical education of students of previous years is its absolute conservatism, unitarity and expressed antipersonal approach. The existing system of physical education was built on the command-normative approach, in which the student's personality was a minor, and a normative indicator was in the first flight. The student was necessary as a means to achieve a certain result. The problem is that universities

in Ukraine use a national system of physical education process, where the compulsory PAPT section is based on a normative approach and differed from the European one. At the same time it is important that more than 50% of students have low levels of physical fitness, and more than a half of graduates are physically unable to work efficiently in manufacture [5]. A new approach to solving the problems of the preparation to the process of study is the adoption of practical importance of physical education, motivation building by demonstration a real necessity and usefulness of the proposed exercises, differentiated taking into account the state of health and future career expectations. Grounds, experimental testing and the use of innovative technologies in the creation of components of PAPT for students of higher educational institutions who study economics are necessary to adapt to the modern requirements of production in accordance with the Bologna Convention, which provides further humanization and democratization of the educational process [3, 13].

It should be noted that the vast majority of students have no interest in physical education. The main reason is the lack of a differentiated approach to specific exercises and loads offered to a student. There is no also any necessary stimulation to physical training and PAPT. Talks that physical exercises are good for health have an abstract nature due to the lack of specific (objective) criteria used on the lessons and also through theoretic unreadiness of students. According to A.P. Vnukov (2005), there are reasons for negative reactions to psycho-physical exercises depending on an individual student, namely, the lack of training goals; insufficient mental vocabulary, skills and abilities; immaturity of a person; low level of consciousness. For teachers of physical education this is the wrong choice of sports, dosages, methods, relationships, forms of organization, lack of proper skill, psychological and pedagogical knowledge, approaches and others. Therefore, one of the main objectives of professional and applied physical training of students is to develop new approaches to develop the necessary mental and physical qualities with the use of methods and modern sports in which students want to be engaged. To build an effective system of training it is required to use popular among students sports, besides, rational system of higher school should consider the interests choosing the means of PAPT. This idea corresponds to the philosophy of humanism, which is a system of philosophy and recognizes the value of a human being as a personality. Humanistic worldview presupposes the respect for the individual, promotion of self-actualization, self-fulfilment and self-improvement.

In works of B.M. Shyian, T.Iu. Krutsevych, L.P. Pylypei and other it is stated that the strategy of modern education consists of direction based on student-centred educational technologies. However, solving the specific tasks the professional and applied physical training of future specialists should be carried out in a close connection with the general physical education, which is the basis for the practical section of the subject "Physical Education" in higher educational institution. Professional and applied physical training is based on the relevant general level of fitness. Proportion of general and professional and applied physical training should vary depending on the profession. In particular N.N. Zavydivska [1], who in her work proposes the method of PAPT increase by introducing a model of professional and applied basis of a healthy lifestyle for students of higher educational institution of economic profile, the main function of which is to optimize the process of healthy lifestyle formation. At the same time, such as scientists as E.I. Maliar (2010); M.R. Lebid (2010), and N.I. Turchina (2008), emphasize that it is appropriate to create a PAPT pilot programs for students of higher educational institution based on some sports.

Therefore, despite the numerous studies of national and foreign authors, the actual problem is to find the effective ways to improve the health of students of economic specialties, their level of physical fitness through the introduction of sport oriented technologies of physical education, which will facilitate the development of positive motivation towards physical education and sports, form the basis of independent sports and physical training activities both in educational system and in their free time.

Conclusions:

1. Analysis of scientific and methodological literature indicates that the question of content, organization of physical education, sport and recreational activities and their professional orientation in universities are studied insufficiently. It should be noted that the vast majority of students have no interest in physical education. The main reason is the lack of a differentiated approach to specific exercises and loads offered to a student. There is no also stimulation necessary for physical training and PAPT.
2. Current system of physical education in universities cannot effectively provide the increase of the level of physical fitness, health, motivation of students to physical exercises and sports, as well as the formation of professionally important mental and psychophysical qualities.
3. One of the main objectives of professional and applied physical training of students is to develop new approaches to develop the necessary mental and physical qualities with the use of methods and modern sports in which students want to be engaged. To build an effective system of training it is required to use popular among students sports, besides, rational system of higher school should consider the interests choosing the means of PAPT

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