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FEATURES OF PHYSICAL EDUCATION OF STUDENTS IN THE CONDITIONS OF DISTANCE LEARNING

The article reveals the features of physical education of students in terms of distance learning. The main effects of sedentary lifestyle of student youth on their body are revealed. There is a tendency to reduce the motor activity of students, as most of the time students spend on gadgets. Ways and methods of involving student youth in physical exercises in the conditions of distance learning are offered. The role, place and opportunities of distance learning in physical education for students and teachers are determined. The concept of "distance learning technologies" is revealed. Physical education is the only recreational discipline in high school that directly aimed at maintaining the health of the student during the assimilation significant amounts of theoretical material. Reasonably planned motor activity is available the key to gaining strong immunity and disease prevention. In conditions for withdrawal of the discipline "Physical Education" from the curricula of the Free Economic Zone, it is this factor that is often not possible for its quality.

The education system, which has developed over the centuries, has undergone significant modernization in recent years connection with the development and practical use of new information and telecommunication technologies. Traditional communication between teacher and students in lectures, seminars and laboratories classes are largely beginning to be replaced by student-computer communication, teacher-telecommunications system. The above-mentioned changes are most concentrated in the system of distance education. They all note that the formation of personal beliefs regarding the importance of physical activity in human life is a leading factor education of a healthy generation.

Key words: distance learning, physical education, students, physical activity, institutions of higher education.

Зеніна І. В., Гаєрилова Н. М., Кузьменко Н. В. Особливості фізичного виховання студентів в умовах дистанційного навчання. В статті розкрито особливості фізичного виховання студентів в умовах дистанційного навчання. Розкрито головні наслідки малорухливого способу життя студентської молоді на їх організм. Виявлено тенденцію зниження рухової активності студентів, оскільки більшу частину свого часу студенти проводять за гаджетами. Запропоновано способи та методи залучення студентської молоді до занять фізичними вправами в умовах дистанційного навчання. Визначено роль, місце та можливості дистанційного навчання з фізичного виховання для студентів і викладачів. Розкрито поняття «дистанційні технології навчання».

Ключові слова: дистанційне навчання, фізичне виховання, студенти, рухова активність, заклади вищої освіти.

Formulation of the problem. Distance education in modern realities is becoming remarkable value. Faculties and institutes of distance education are organized. This species educational activities are trying to displace classical education. However, reasonable the combination of all forms of the educational process should provide certain advantages.

The introduction of quarantine in Ukraine has changed the usual forms and methods of teaching academic disciplines. The educational space of the country has moved to distance learning.

Physical education was no exception. In the middle of the school year, teachers and teachers urgently mastered the latest technologies. As never before, acquired relevance of the organization of independent work on physical education. Acquisition and

assimilation by students of theoretical and methodical knowledge in the field of physical culture and health, as well as the practice of self-organization of motor activity, has become in order to create a new training course "Physical education remotely". As can be seen from the work of scientists, there is still a trend towards annual reduction of motor activity, functional and physical fitness of youth. Functional state of the body and health, physical issues preparedness of students is constantly considered by theorists of the physical education, teachers, physiologists, valeologists. They all note that the formation of personal beliefs regarding the importance of physical activity in human life is a leading factor education of a healthy generation. Motivation for exercise, individual approach to students taking into account their features, management healthy lifestyle, rational daily routine - these are the knowledge, skills and skills that are laid down in the family and formed under the influence of others environment through specially designed educational and cultural programs.

Physical education is the only recreational discipline in high school that directly aimed at maintaining the health of the student during the assimilation significant amounts of theoretical material. Reasonably planned motor activity is available the key to gaining strong immunity and disease prevention.

Analysis of literature sources. Modern researchers study the issues of physical education of secondary school students. Thus, scientists are working to improve the program-normative foundations of physical education (T. Krutsevich, M. Tymchuk, etc.), the theoretical foundations of teaching physical culture in students, the introduction of a differentiated approach in physical education lessons is considered in the works of V. Arefiev, but no radical practical changes that would provide the expected result have been made. In addition, the methodological aspects of the organization of physical education of students with nosologies are considered (I. Bodnar, O. Bismak, L. Ivanova). However, the current motivational and physical condition of students indicate the low efficiency of the organization of physical education of students with disabilities.

Presentation of the main material of the study. Introduction to professional training of future specialists in physical education and sports distance learning technology is due to such advantages over traditional learning as clarity, the presence of operational communication, the possibility of an individual approach, the ability to implement learning in the workplace, the possibility of organizing group forms of learning distributed in space and time using the learning information environment. Use of remote technologies allows you to indirectly manage the independent training of students, using the tools telecommunications and the Internet, and lays the foundations for the implementation of the principle of "lifelong learning" in further professional activity of a specialist in physical education and sports [2]. In case of use as bases for the implementation of distance learning technologies of information systems that have developed network

means of communication, it is possible to optimize and automate the process of learning something new material, formation of professional skills, transfer of results and evaluation of independent student work. Physical culture is the most important factor in the formation, strengthening and maintaining human health. The growth of automation in production and everyday life give a person the opportunity to exist almost without the physical preparedness. However, the quality and duration of her active life suffers. By health and physical performance in Ukraine has deteriorated sharply over the last decade preparedness of student youth.

The physical culture of the future teacher is a set of all kinds and values physical culture and sports activities, which is characterized by a high level physical development and physical education aimed at self-development, strengthening the state of their own health and the health of students, maintaining a healthy lifestyle. Ways of forming the physical culture of future teachers: to form teachers value system of knowledge about human health; to bring up in them such qualities as: responsibility for their own health and the health of those who is studying [4]. He emphasizes that the main motive is to strengthen and maintain health [3]. Lots of students too indicate the need to take into account individual health indicators when credit assessment.

However, one of the main motivating factors there remains control over this type of student activity by the teacher. In conditions for withdrawal of the discipline "Physical Education" from the curricula of the Free Economic Zone, it is this factor that is often not possible for its quality.

Today, physical education of student youth, unfortunately, is far from perfection due to a number of objective reasons: insufficient quantity classroom and extracurricular physical education classes; low level motivation for independent physical exercises; insufficient level special knowledge and practical skills in the field of physical culture; low level use of the latest technologies and modern technical means during extracurricular activities; insufficient financial support; low the effectiveness of the management of physical education, which is carried out in institutions higher education [7]; not taking into account the values, needs, interests that make up the orientation of the student's personality [6]; and such, in our opinion, as mostly outdated material and sports base of ZVO; free and conscious student's choice of time for exercise.

The survey of students indicates the main conditions for increasing motivation to exercise: it is an opportunity to choose a sport or physical activity that is most suitable for those involved. And also, before classes physical education, stimulates students the opportunity to engage in modern sports base with good conditions for personal hygiene.

One such form is distance learning. The idea of non-traditional learning, education, on ours view - is a consequence of the technological development of ideas of decentralization of the educational process, his time implemented in the form of distance learning: in the domestic education system - distance learning institutions or correspondence department in full-time educational institutions; abroad - open universities. Today, this idea has received a powerful impetus due to the spread of modern information technologies - network hypermedia and multimedia. Such technologies have created fundamentally new opportunities for the formation, accumulation and access to any information.

The priority of each pedagogical institution of higher education is improving the quality of education through the use of innovative technologies in the classroom and extracurricular. Therefore, the modern educator must have perfect knowledge of such technologies and successfully apply them in their classes. Teacher using modern technology, can improve not only physical qualities, but also develop creative potential of students. However, today there is a forced quarantine socio-economic situation in Ukraine and in the education system, so the traditional forms of education and learning models cannot fully meet the needs of educational services.

The solution to this problem is possible through the search for new forms of education, one of which is distance learning, which entered the XXI century as the most promising, synthetic, humanistic, integral form of education [3, 5].

To improve the quality of education in the field of physical culture and sports [4], providing its mobility, attractiveness, in quarantine, requires further improvement organization of the educational process in higher education institutions and provides for the use information and computer technologies, interactive teaching methods and multimedia tools and the introduction of electronic learning tools, computer training programs [1, 2, 3]. Leading in the use of information capabilities technologies to improve the quality of professional training [4] and development. The student's personality in the education system is distance learning, through which it is possible build an individual learning trajectory for each student, which is special relevant for education in the field of physical culture and sports.

Physical education in higher education is aimed at achieving the common goal of basic general secondary education, which is the development and socialization of students, the formation of their national identity, general culture, worldviews, ecological style of thinking and behavior, creativity, research and life skills, ability to self-development and self-learning in the context of global change and challenges [7]. The program is characterized by the focus on the implementation of the principle of variability, which provides for the planning of educational material in accordance with the gender and age characteristics of students, their interests, logistics of the educational process, staffing.

The experience of best practices in higher education shows the need to create today for student youth educational and methodological support of the new generation: fully adapted to the Internet; interactive with elements of artificial intelligence; using many methods presentation of information (video, animation, sound, etc.). Only in the presence of such training materials can be implemented distance learning. In our case it is a question of educational and methodical maintenance created on the basis of the software products adapted to the Internet to which include: multimedia didactic teaching aids, electronic textbooks in the shells of the distance training, pedagogical simulators.

As you know, the main source of information for theoretical classes are paper textbooks, in which, for example, the performance of techniques is described by either text or static drawing. Schemes different combinations, group actions of players in different phases of the game are usually represented as a set of lines and digits. Such educational and methodical means devoted to various kinds of sports have low clarity, separation from reality and as a result - a low percentage of perception of the material by students (young athletes). Yes the book is ineffective for the organization of independent study of material or performance of homework with physical culture by student youth.

During quarantine with the help of distance learning is formed health competence - the ability of the learner to apply in a specific situation, a set of health competencies, take care of your own health and the health of others; information and communication competence - the student's ability to use information and communication technologies and appropriate means to perform personal and social significant tasks.

Let's define stages of formation of information competence during remote training: search work with sources of information in accordance with certain educational tasks; sampling and primary processing of information; information processing and acceptance decisions based on it; presentation of information in the form of a completed task.

Conclusions. Physical education of students is a component of their professional training, although today, its role and place in the training system is almost lost. This discipline is an effective means of disease prevention, conservation and strengthening human health. Loss of the status of physical education as a training discipline, reduction of classroom hours contribute to reducing the quality of training specialists in the acquisition of physical culture of the individual. Distance education has the right to exist alongside full-time education and be its logical combination and complementarity. It has significant potential in the continuity and regularity of independent work of students; increases the effectiveness of control over this type of work by the teacher; contributes self-development and self-improvement of teaching skills; improves quality theoretical and methodological knowledge; gives students the right to choose the type physical culture and sports activities and free choice of time for classes; provides equal rights to involve students with varying degrees of problems in the state health.

However, there are certain guidelines on which it should be based - the quality of this species education depends on the self-organization of the student and the desire of the teacher improve their professional training. Thus, distance learning physical education helps to form more voluminous theoretical baggage, promote health, motivate to a healthy lifestyle under the condition of conscious self-organization of the student. Analysis of existing developments in the methodology of physical exercises for students with nosology allows us to state that most of them are aimed at achieving a health effect from physical activity corrective and preventive orientation, health tasks of physical education are the only ones that are implemented to some extent. Physical education lessons for students who belong to a special medical group due to their health condition, in practice, are mainly limited to prohibitions and restrictions on physical activity. Educational tasks of physical education, in particular the formation of motor experience of students, remain out of the attention of teachers, although physical education increases motivation, improves psychophysical development, educates the moral and volitional qualities of students with different physical condition.

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ПОШИРЕННЯ ЦИФРОВИХ ТЕХНОЛОГІЙ ЯК ФАКТОР ВПЛИВУ НА ФОРМУВАННЯ ТА ПРОЯВ УВАГИ СПОРТСМЕНІВ-ФУТБОЛІСТІВ 15 РОКІВ

Інтернет-середовище, в яке сучасна людина фактично занурюється з перших років свого життя протягом останнього десятиліття, неминуче стає одним з ключових факторів, що впливають на динаміку та характер формування основних психічних функцій. Визначальна роль та важливість психологічних та психофізіологічних можливостей спортсменів в контексті ефективності навчально-тренувальної та змагальної діяльності тривалий час є предметом досліджень науковців, а їх актуальність не викликає сумнівів. В рамках даної роботи нами було проведено порівняльний аналіз різних показників уваги юних футболістів 15-ти річного віку. Увага спортсмена-футболіста, як детермінуючий фактор ефективності функціонування різних психічних процесів, займає особливе місце в його психологічному профілі. Для порівняння використовувались данні психодіагностики, що були отримані в різні роки. Результати аналізу засвідчили наявність негативної тенденції щодо прояву окремих показників уваги і особливо здатності до концентрації при зосередженні уваги. Інтерпретуючи отриманні данні, можемо з високим ступенем вірогідності припустити наявність негативного впливу надмірного перебування юнаків в Інтернет-просторі.

Ключові слова: юні футболісти, показники уваги, Інтернет.

Oleg Bairachniy *The spread of digital technologies as a factor of influence on the formation and manifestation of attention of 15-year-old football players.* Today, the Internet covers almost all spheres of human life and involves in its space almost from an early age. As a result, the excessive duration of being in the Internet space can rightfully be considered one of the key factors that affect the dynamics and nature of the formation of basic mental functions, including attention. This issue is of particular importance in the practice of sports training, where the determining role and importance of psychological and psychophysiological capabilities of athletes in the context of their effectiveness in training and competitive activity remains relevant, despite the fact that it has been the subject of research by scientists for a long time. **The purpose** of this work was to study the dynamics of changes in individual indicators of attention of 15-year-old sportsmen-football players under the conditions of digitalization. **Research results.** The attention of an athlete-football player, as a determining factor in the effectiveness of the functioning of various mental processes, occupies a special place in his psychological profile. This is due to the specifics of game activity, which is characterized by high dynamics and unpredictability of game situations, as well as the need for almost simultaneous perception of a significant number of objects (ball, goal, rivals, partners) and a quick switch of attention between them. Within the framework of this work, we carried out a comparative analysis of various indicators of attention of young footballers of 15 years of age. For comparison, we used psychodiagnostic data obtained in different years. The results of the analysis showed the presence of a negative trend in the manifestation of certain indicators of attention, and especially the ability to concentrate when concentrating. Analyzing the data obtained, we can with a high degree of probability assume the presence of a negative influence of the excessive stay of young men in the Internet space, including when using various mobile devices.

Key words: young football players, attention indicators, Internet, digital technologies.

Постановка проблеми. Однією з визначальних та характерних ознак сьогодення є невпинний та всеохоплюючий процес проникнення цифрових технологій у різні сфери життя сучасної людини: від особистого до професійного. Інтернет-простір та зокрема соціальні мережі відкривають широкі можливості не тільки для обміну інформацією та розваг, але й для ділової комунікації (networking), саморозвитку, навчання та підвищення кваліфікації. Тому все частіше постають такі питання як: чи не надто велику кількість часу проводить сучасна людина онлайн і якою є «норма»? Які наслідки та характер впливу на психологічне здоров'я та психічний розвиток має щоденне та тривале перебування в Інтернеті?

Шукаючи відповідь на ці питання слід розділити Інтернет-активність принаймні на два види: професійно-навчальну та міжособистісну комунікацію і розваги. Далі спробуємо з'ясувати за рахунок якого виду Інтернет-активності виникає надмірність перебування в онлайн-середовищі з потенційними негативними наслідками для психологічної сфери людини. Ділова (професійно-навчальна) активність в мережі Інтернет попри значні, порівняно з минулими часами, переваги (відкритий доступ до великого об'єму даних не виходячи з дому, нівелювання фактору відстані між окремими суб'єктами комунікації тощо) є так само енерговитратним оскільки вимагає від людини свідомої та цілеспрямованої організації