

**Фізичне виховання і спорт**  
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## **EFFECTIVENESS OF APPLICATION IN THE PHYSICAL CULTURE STUDIES OF THE DIFFERENTIATED EDUCATION OF PHYSICAL EDUCATION OF PRIMARY SCHOOL, WHO HAVE NOSOLOGICAL MANIFESTATIONS**

***Abstract.** In this article the basic directions of improvement of the system of physical education of schoolchildren with nosologies are revealed. A method of differential training of physical exercises developed by the author is described. A comparative description of the existing methodology for teaching PE for students of the main school with disabilities in the state of health and the proposed one is suggested.*

***Key words:** schoolchildren, health, psycho-functional indicators, physical education, nosology, special medical group.*

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## **ЕФЕКТИВНІСТЬ ЗАСТОСУВАННЯ ДИФЕРЕНЦІЙНОГО ПІДХОДУ НА ЗАНЯТТЯХ З ФІЗКУЛЬТУРИ ДЛЯ УЧНІВ ОСНОВНОЇ ШКОЛИ З НОЗОЛОГІЧНИМИ ПРОБЛЕМАМИ**

***Анотація.** У статті виявлено основні напрямки удосконалення системи фізичного виховання школярів з нозологіями. Описано метод диференційного навчання фізичних вправ, розроблений автором. Здійснено порівняльний аналіз існуючої методики викладання фізкультури для учнів з проблемами здоров'я та запропонованої автором.*

***Ключові слова:** школярі, здоров'я, психофізичні показники, фізкультура, нозологія, спеціальна медична група.*

The current state of physical development and health of schoolchildren requires high professional qualifications of specialists on the theory, methodology and practical implementation of the physical education of children with reduced health. Unfortunately, the existing system of physical education of schoolchildren with nosological manifestations in Ukraine does not fully reach the goal – the realization of educational tasks. The contents of the programs are filled with physical exercises, which do not correspond to the level of pupils' physical fitness and health and, therefore, enjoy low popularity in children; this causes schoolchildren's dissatisfaction and does not stimulate them to engage in physical education [1, p. 30].

In Ukraine, recently, a negative tendency to deteriorate the health of the younger generation was determined due to the lack of physical activity, which would not only satisfy the biological need for movement, but also ensured an adequate level of education. So today, as never before, one must pay attention to the formation of the health of student youth, to increase the number of practical exercises in physical

culture, to satisfy the daily biological needs of students in movements. The solution of this problem is the use of methods of differentiated training of physical exercises for pupils of the basic school with the nosological features at PE lessons [2, p. 30].

Low effectiveness and lack of organization of teaching physical education at school gave scientists the opportunity to actively search for ways to improve the health of children. The uncertainty of the system of organizing the physical education of schoolchildren who have nosological manifestations is of some concern. Approaches that are practiced in this system, in particular, joint exercises with healthy children under the guidance of one teacher, classes of pupils with nostrology in general lessons or in general, the pupils' dismissal from exercises at PE lessons are groundless and ineffective. Since such children can and need to engage in motor activities and perform optimal physical activity for them, because scientific research proves the positive influence of active activity on the children's health.

The goal is to determine the priority directions of improving the system of physical education of schoolchildren with nosological manifestations, by introducing a new method of differentiated training of physical exercises taking into account the psycho-physiological and nosological peculiarities of those involved.

An analysis of existing methodological developments proves that the priority of health problems is to restrict physical activity and to use preventive and corrective exercises, and the study of best practice shows mainly the restriction of motor activity of pupils with health disabilities at PE lessons. A key feature of the developed method is the implementation of both health and educational tasks of physical education, consisting in the formation of motor experiences – an arsenal of motor skills of schoolchildren who have a deviation in the state of health, taking into account nosological contraindications and individual-typological features of psychophysical development, which will enable pupils with deviations in health to engage in optimal motor mode [3, p. 22].

The developed method involves the following directions of improvement of the system of physical education:

- development of content of PE lessons for pupils with disabilities in the state of health, taking into account nosological peculiarities, as well as the variability of the psychophysical development of children;
- optimal use of means of physical culture for the implementation of not only health-improving, but also educational tasks;
- gradual adaptation of the body of students with nosologies to the effect of physical activity;
- self-control training on the response of the organism to the effect of physical activity;
- upbringing of moral and volitional qualities of pupils;
- the formation of positive motivational-value attitude to physical culture,

healthy lifestyle and the need for regular exercises;

- teaching the basic rules of independent work with physical exercises.

The training of physical exercises in PE classes with pupils of special medical groups is organized according to generally accepted stages, but the method of their training takes into account the nosological contraindication, a sign of the predominant influence on the development of physical qualities and has certain features that determine the type of physical exercise by value for solving a specific motor task and the stage of formation of motor action.

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## **ОБГРУНТУВАННЯ ВПРОВАДЖЕННЯ В НАВЧАЛЬНИЙ ПРОЦЕС СТУДЕНТІВ СПЕЦІАЛЬНИХ МЕДИЧНИХ ГРУП НЕТРАДИЦІЙНИХ ВИДІВ РУХОВОЇ АКТИВНОСТІ**

***Анотація.** У статті обгрунтовано необхідність упровадження в навчальний процес студентів спеціальних медичних груп нетрадиційних видів рухової активності, таких як система Табата, йога, каланетика, стретчинг, аквааеробіка з метою зацікавлення й залучення студентів до занять даними видами фітнесу та як одного із підходів в системі оздоровлення студентів спеціальних медичних груп, що будуть забезпечувати відновлення порушених функцій організму, підвищувати розумову й фізичну працездатність в умовах навчальної діяльності педагогічного ВНЗ.*

***Ключові слова:** навчальний процес, спеціальні медичні групи, система Табата, йога, каланетика, стретчинг, аквааеробіка, здоров'язберігаючі технології.*

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## **ON IMPLEMENTATION OF NON-TRADITIONAL TYPES OF MOTOR ACTIVITY WHILE TRAINING STUDENTS OF SPECIAL MEDICAL GROUPS**

***Abstract.** The author justifies the necessity to implement non-traditional kinds of physical activity into the educational process of special medical group students, namely – Tabata system, yoga, callanetics, stretching, aqua aerobics, in order to get students interested and involved in these kinds of fitness as one of the approaches of physical education in rehabilitation of special medical groups*