

аналіз виступу елітних дзюдоїстів чоловічої та жіночої статі за підсумками XXXII літніх Олімпійських Ігор. Науковий часопис Національного педагогічного університету імені М. П. Драгоманова. Серія 15. Науково-педагогічні проблеми фізичної культури (фізична культура і спорт). Київ, 2020. – Вип. 11 (143). С. 57-66.

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#### THE INFLUENCE OF SWIMMING CLASSES ON THE PHYSICAL CONDITION OF STUDENTS OF HIGHER EDUCATION INSTITUTIONS

*The article reveals the influence of swimming lessons on the physical condition of students of higher education institutions. The concept of physical condition of higher education graduates is defined. Indicators of the state of health, physical fitness and the attitude of higher education students to swimming classes in a pedagogical institution of higher education were studied, including the analysis and assessment of passive attitude to attending physical education classes and the reasons that determine such an attitude. In order to improve the physical condition of students, as well as to eliminate the causes of a passive attitude to physical education classes, general conceptual provisions regarding the formation of innovative technology for teaching swimming to students based on the use of the game method are proposed. Generalization data indicates a significant amount of information and the presence of author's approaches of selective direction in teaching swimming. Their meaningful content is directly related to the general recommendations for teaching swimming, the goals of anticipatory training, the specifics of working with different categories of the population and overcoming practical situations, the general essence of the health-improving effect of swimming on the body students, etc. According to traditional views, confirmed practical and scientific searches, among which is mastery by students systems of motor skills and swimming skills. System-forming tasks for ensuring physical development, raising the level functional capabilities, professional and applied physical fitness, formation factors and pedagogical conditions for ensuring health-saving technologies, maintenance student self-improvement and self-development young people are represented at different levels of research.*

**Key words:** *students, physical education, physical condition, swimming.*

**Парахонько В. М., Хіміч І. Ю. Вплив занять плавання на фізичний стан студентів закладів вищої освіти.** В статті розкрито вплив занять з плавання на фізичний стан студентів закладів вищої освіти. Визначено поняття фізичного стану здобувачів вищої освіти. Досліджено показники стану здоров'я, фізичної підготовленості та відношення здобувачів вищої освіти до занять з плавання у педагогічному закладі вищої освіти, включаючи аналіз та оцінку пасивного ставлення до відвідування занять з фізичного виховання та причин, що визначають таке відношення. З метою покращення фізичного стану студентів, а також усунення причин пасивного ставлення до занять фізичного виховання запропоновано загальні концептуальні положення щодо формування інноваційної технології навчання плаванню студентів на основі використання ігрового методу.

**Ключові слова:** *студенти, фізичне виховання, фізичний стан, плавання.*

**Formulation of the problem.** The priorities laid down as a basis for the process of physical education of student youth, provide for her mandatory mastery of the system of applied skills and abilities [1]. Their content is determined by the normative requirements of a healthy lifestyle, historical ideas about a harmoniously developed personality [2]. According to traditional views, confirmed practical and scientific searches, among which is mastery by students systems of motor skills and swimming skills. System-forming tasks for ensuring physical development, raising the level functional capabilities, professional and applied physical fitness, formation factors and pedagogical conditions for ensuring health-saving technologies, maintenance student self-improvement and self-development young people are represented at different levels of research [3]. To date, a significant number of original approaches to teaching swimming and solving a number of scientific and practical tasks of this

have been developed process among student youth. Let's note the content of scientific works individual authors aimed at general approaches swimming lessons; anticipatory and accelerated swimming training; swimming training for students of special medical groups; methods overcoming water phobia by students, application moving games, variability of swimming facilities training of students, certain aspects of the organization of the direct process of teaching swimming physical education [4].

However, these scientific studies are only partial reveal the nature and essence of adaptation and compensatory changes that occur in the body of student youth under the influence of systematic physical education classes in institutions of higher education using means of swimming.

**Analysis of literature sources.** Study and theoretical summarizing the essence of the health-improving effect of classes swimming on the body of students will make it possible to make qualitative changes in modern physical education in institutions of higher education, to justify the system in the future teaching swimming students, which will take into account available experience and modern requirements, the essence and objectivity of the criteria for ensuring this process. It is important to summarize the scientific information about the essence of the health-improving effect swimming classes on the body of students, determine the prospects of further scientific research. At this stage, the following methods of processing scientific information are used: theoretical analysis and generalization of scientific and methodical data sources and information from information resources [5].

Internet networks; system analysis; historical and logical; analysis and synthesis, modeling. N. Balamutova emphasizes the beneficial effect of the water environment on the human body during recreational activities in the water M. Bulatova and many others. Thus, according to the results of scientific studies, swimming causes a more pronounced decrease in body weight, an increase in the level of flexibility, general endurance and speed-strength qualities of the muscles of the legs and arms.

The transition to a market economy with the provision of physical culture and health services to the population leads to the fact that graduates of secondary schools do not possess the vital skill of swimming. The level of swimming training of students is not high at all, most of the first-year students do not have the technique of sports methods.

**Presentation of the main material of the study.** Basic basics of swimming programs and training plans for students are mostly drawn up on the basis of normative documents of the Ministry of Education and Science, the Ministry of Health and the field of physical culture and sports [5]. Among the main tasks of the program for implementation on the basis, such as held at the department for the preparation of student-athletes for replenishment national teams, providing assistance to student-athletes in the organization of extracurricular activities work, promotion of students' acquisition of knowledge of basics of theory, methodology and organization of sports training; fostering the need for systematic physical education and sports, improving sportsmanship of student-athletes, carrying out further educational and training work in departments of sports improvement. Nowadays, the number of young people has increased significantly people who have a desire to improve their physical capabilities with the help of healthy swimming classes [1].

The ability to swim helps harmonization of students' personalities. On mind a number of authors, it makes it possible to form in young people general human values of health, physical and mental well-being, promote improvement level of physical fitness and training personality of the student.

The accumulation of special information indicates a certain systematization of the data regarding the differentiation of swimming training of students of special medical groups. Such research is based on ways individualization of funds and areas of improvement the effectiveness of classes, the problem of preventing critical situations during the course was studied swimming lessons. Swimming is a form of physical education a predominant manifestation of aerobic mechanisms of energy supply. They have a greater health-prophylactic effect on the body. Swimming does not overload, has a versatile effect on the body students [2].

As a property, the buoyancy of the human body is determined by the specific weight of it and water. Objective indicators of this property are hydrostatic weight, volume and density of the body. Neutral buoyancy is ensured by moving the swimmer's hand behind the head. For maintenance of hydrostatic equilibrium is required achieve a certain posture of a person and his breathing, which affects the volume of the body (in case of full inhalation most people are afloat and during exhalation - legs sink) [4].

The purpose of introducing swimming lessons in Physical education of students of higher education institutions can be the most complete restoration of the body's lost capabilities, correction of body weight, if necessary, increasing opportunities, transfer of the student in the higher medical group of the educational department. Swimming classes tone and normalize the condition body This ensures an increase in the intensity of basic metabolic processes and oxidation fatty compounds. Understanding the essence of performed swimming exercises, the ability to recognize mistakes and correct them in time increases student interest young people, stimulate activity during education. It is possible to make swimming lessons more emotional with them, provided they are taken into account and applied variety of means, methods and forms of organization, variations of exercises, games, jumps, etc [6].

It is worth taking into account when learning to swim not only the need for the development of special motor skills qualities, but also the need to form mental, sensory and emotional spheres, probable positive influence of psychomotor development on intelligence and hardening of the body. As indicated by a significant number of specialists, for staying on the surface and covering a certain distance in water, it is necessary to implement a system of specific movements inherent in this type of sport. Watery the environment, its physical, biological, and temperature effects cause powerful positive effects reactions of the body. They stimulate activity organs and systems and metabolic processes. Exactly Immersion in water causes a change in thermoregulation processes, which activates exchange processes and promotes body heat transfer in water.

In his own research, the author[3] proposed a system of complex theoretical and practical training of students for implementation of physical culture and health activities at school in the process of studying the discipline "Swimming". The

substantiation of scientific results made it possible to speak about the step-by-step formation of students' theoretical knowledge, activation of cognitive activity through use of business games and objective methods control, management of cognitive activity and application of test control of knowledge, modeling of professional activity during practical classes. They indicate the need to take into account the level of deformation spine, postural disturbances in the sagittal plane during the selection of individual special swimming exercises for special medical students groups.

Separate recommendations concern what for it is not recommended if there are signs of a flat back swimming on the back, and in the case of kyphosis, more is needed to swim on the back, with pronounced lordosis of the lumbar region, a support device should be placed under the abdomen, in case of progressive scoliosis, it is recommended to swim to increase strength endurance of the muscles that support the spine. Experts note that if available rather low level of physical fitness students during immersion in water in some of the they had a reluctance to attend classes.

There were separate psycho-corrective techniques a program to overcome negative attitudes towards swimming was introduced into the training process. The analysis of the results made it possible to assert that that the acquisition of swimming skills at the beginning and at the end shows positive dynamics. Yes, according to with the data obtained as a result of the implementation this method students got rid of fear water and mastered swimming skills.

To find out the effectiveness of the training the social and physical status of the student, the following criteria are proposed [2], such as: the presence of an emotional response, changes in the physical and mental capacity, stability of class attendance, psychological climate in the group, relationship with the teacher, sports results and change in well-being, state of health, recognition by students of the work of the teacher and the physical department education in general, changes in a healthy way life etc.

Based on the search for scientific and methodical information on the problems of education swimming students in the conditions of physical education higher education institutions are promising this direction of research. It is worth emphasizing presence of a number of contradictions of the modern state teaching swimming to students in institutions higher education:

- the low level of health of modern student youth and the underestimation of the effectiveness of swimming equipment for its formation have been proven;
- the high applied value of swimming and the essence of high-quality organizational and methodical ensuring this process;
- objective needs for mastering skills swimming and variability of target instructions and student motivation factors;
- updated structure of specialists' competencies of various fields of activity and the obligation to apply swimming skills in a harmonious structure developed personality;
- multifactorial process and only partial consideration of objective and subjective criteria teaching swimming to students;
- reduction in the amount of physical education in institutions of higher education and the need for maintenance optimal level of physical activity due to a substantial increase in the educational load;
- the presence of a number of solved scientific and practical tasks in teaching swimming, lack of substantiation of an integral system of education [5].

Their solution should be provided in the sequential solution of certain tasks, which in terms of content may be associated with the following: - summarize current directions and problems implementation of theoretical and methodological provisions teaching swimming in physical education in institutions of higher education of Ukraine; to establish basic indicators of physical development, physical fitness, functional students' state and motivation to engage in physical education; - find out the experience of organizing swimming lessons and the level of swimming readiness of students in the process of physical education; - justify the concept of the training system swimming students in physical education of higher education institutions; develop algorithms and training programs swimming of students taking into account the initial indicators of preparedness, motivation, their individual characteristics in the process of physical education, to check their effectiveness.

The development of the specified scientific direction can to provide for the justification of the training system swimming in physical education of students of higher education institutions; creation of algorithms and their based on training programs for swimming students with taking into account the initial indicators of preparation, motivation and their individual characteristics in physical education, which are subject to set of variable tasks of this process; creation of a model of the students' knowledge system, which is based on the structural and functional connections of subsystems of basic and auxiliary knowledge and is the basis of the content of their preparedness; study features of the structure and content of swimming training, strategic and individualized goals of swimming classes on the example of the general totality of students of the institution of higher education; disclosure of organizational and methodical features of swimming lessons and ways to improve them during the implementation of standardized (invariant) and variable components of the process of physical education for students of a classical institution higher education [4].

The perspective of practical significance is important work, which may consist in the development of organizational and methodical provisions of swimming training programs for students of higher education institutions in the process of physical education, experimental verification of various and systemically determining goals, tasks of algorithms and built on their basis of swimming training programs for students of higher education institutions, characteristics of effective experience of swimming training organization, the general level of swimming readiness of students in the process of physical education. This too can be implemented in the immediate educational process in physical education institutions of higher education.

**Conclusions.** Priorities laid down in the basis of the process of student physical education young people, determine the obligation of mastery systems of applied skills and skills in swimming and direct swimming training, which are normative needs of a healthy way life aligned with historical notions of harmoniously developed personality. Generalization data indicates a significant amount of information and the presence of author's approaches of selective direction in teaching swimming. Their

meaningful the content is directly related to the general recommendations for teaching swimming, the goals of anticipatory training, the specifics of working with different categories of the population and overcoming practical situations, the general essence of the health-improving effect of swimming on the body students, etc. Prospects for further investigations include the clarification of the main influencing factors on the quality and effectiveness of the teaching process of swimming students.

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#### DEVELOPMENT OF MORAL AND VOLITIONAL QUALITIES IN STUDENTS DURING TOURISM

*The article reveals the peculiarities of the development of moral and volitional qualities in higher education students during tourist trips. The relationship between motor activity and the moral-will state of those who do it and its influence on the psycho-functional state of students have been revealed. The importance and effectiveness of tourism activities in terms of physical development, education of moral and willpower qualities of higher education students are revealed. It is shown that the correct application of the content, forms and methods of the presented research has a positive effect on the upbringing of the moral and volitional qualities of those engaged in tourist activities. It has been established that students develop a conscious attitude to their own health and the health of others during hiking classes; to overcome difficulties and not stop there; to show benevolence, perseverance, purposefulness and other qualities. The development of new economic mechanisms imposes stricter requirements on each person regarding the level of education and the ability to "fit" into the environment, the ability to communicate with others, the ability to interact with them, that is, to what we call socialization. All this affects the level of development of the moral and volitional sphere of the younger generation, leads to a change in their value orientations. The old means and methods of education do not give the proper effect in new conditions, there is a erosion of moral principles in society, which leads to the emergence of a real danger of dehumanization of the individual.*

**Keywords:** physical education, moral and volitional qualities, motor activity, tourism, students, institutions of higher education.

**Сога С., Михайленко В., Добровольський В. Розвиток морально-вольових якостей у студентів під час туризму.** В статті розкрито особливості розвитку морально-вольових якостей у здобувачів вищої освіти під час туристичних походів. Виявлено взаємозв'язок рухової активності з морально-вольовим станом тих хто займається та її вплив на психофункціональний стан студентів. Розкрито значення й ефективність занять туризмом щодо фізичного розвитку, виховання моральних та вольових якостей здобувачів вищої освіти. Показано, що правильне застосування змісту, форм і методів представленого дослідження позитивно впливає на вихованість морально-вольових якостей тих, хто займається туристичною діяльністю. Встановлено, що під час занять туристичних походів у студентів формується свідоме ставлення до власного здоров'я та здоров'я інших; долати труднощі й не зупинятися на досягнутому; проявляти доброзичливість, наполегливість, цілеспрямованість та інші якості.

**Ключові слова:** фізичне виховання, морально-вольові якості, рухова активність, туризм, студенти, заклади вищої освіти.

**Formulation of the problem.** The reforms carried out in our country also affected the system of training specialists for various spheres of life in modern society. Thus, changes in socio-economic conditions cause fear of the future in most people, generate negative mental states and reduce a person's adaptive capabilities. According to scientists [1], modern people