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INNOVATIONS IN TEACHING PHYSICAL EDUCATION: EDUCATIONAL SPACE OF SECURITY TECHNOLOGY

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Formulation of the problem. The situation that has developed in the system of physical education in educational institutions is associated with a sharp deterioration in the health and physical fitness of young people, and requires a radical restructuring. Such an alarming state in relation to the current system of physical education from the point of view of its impact on health is associated with many reasons and circumstances. One of these essential circumstances is the solution of a complex of educational, developmental and educational tasks, which must have a clear humanistic and health-improving orientation, promote the harmonious development of the individual, be based on scientifically based approaches, solve the problem of individualization of the educational process and differentiated organization of classes taking into account the state of health, physical fitness and interests of young people

The problem of schoolchildren/student injuries in physical education classes is one of today's problems, and that is why the attention of health care, education authorities,

and all government structures involved in training and education of young people is focused on it. Despite the fact that much attention is paid to the prevention of school/student injuries, its specific weight remains high.

The formation of knowledge, abilities and skills in physical education must begin with knowledge of safety techniques, systematic prediction of the consequences of non-constructive actions. Aspects of the understanding and development of safety regulations in the tasks of preparing classes.

Analysis of research and publications. The Law of Ukraine "On Physical Culture and Sports" defines the value of physical culture and sports for the health, physical and spiritual development of the population. The law stipulates that physical education is the main direction of the implementation of physical culture and is carried out by conducting mandatory classes in all types of educational institutions.

The discipline of physical education is closely related and based on the educational material of other disciplines, such as anatomy, physiology, biomechanics, biochemistry, hygiene, valeology, etc.

Systems of security measures were studied by: M.I. Anufriev, S.E. Butov, O.E. Gida, S.M. Reshko; coverage of views on the development of briefings on safety technology: O.V. Omelchuk, M.I. Matvienko, T.M. Cry; methodical recommendations for the prevention of injuries during gymnastics classes were developed by V.G. Arefiev, V.F. Shehimaga, I.A. Tereshenko.

Ivan Dmytrovych Bekh testifies that "form of education" is a broad concept that is used in the theory and methodology of education to determine the content of the educational process in educational institutions, related to the organization and implementation of educational activities during education. This term is used to justify the methods of organizing the educational process, which determines the internal connection of its various components. In the theory and methodology of education, the concept of "organizational form of education" is often used, which reflects the organization and implementation of the educational process in educational institutions [1, p.57].

We look at the behavior of young people from a philosophical point of view, regarding the moral and volitional qualities of the individual (Aristotle, Plato, as well as I. Kant, P. Lesgaft); conceptual provisions of personally oriented education (I. Bech, L. Fridman); theoretical foundations of education by means of physical culture and health activities (V. Arefiev, L. Volkov, N. Dovgan, M. Zubalii, M. Kozlenko, O. Ostapenko, A. Savchenko, O. Tymoshenko, M. Tymchyk, B. Shapovalov and others).

In the recommendations on the prevention of injuries during classes, for example, gymnastics, V.G. Arefiev, V.F. Shehimaga, I.A. Tereshenko divides the causes of injuries into two groups with signs of an external and internal nature: 1) external causes (insufficient warm-up before performing exercises and non-compliance with the rules of gradually increasing the load; malfunction of gymnastic equipment; non-compliance of clothing and footwear with the conditions of classes, performed exercises; insufficient lighting; performing exercises without the permission of the teacher/instructor; attempts to independently perform an unfamiliar or difficult and insufficiently mastered exercise; performing exercises without insurance); 2) the

internal factor of traumatism (insufficient level of the functional state of the body caused by a long break in classes; an attempt to perform a difficult exercise regardless of poor health; insecurity, fear before performing the exercise) [2, p.260].

Nifaka Yaroslav Mykolayovych candidate of physical education and sports, associate professor of the department of social work, social pedagogy and physical culture of Izmail State Humanitarian University from his own teaching experience, observation of the organization of the educational process in physical culture in secondary schools and higher educational institutions offers to outline the most frequent types of injuries under time of educational and training classes, namely: bruises, scratches, wounds, bruises, stretching of tendons, muscles, etc. [3, p.45], the security category acquires relevance in the process of motor activity [4, p.148].

The following aspects should be included in a special part of the instructional provisions of safety techniques for athletic gymnastics classes: 1) compliance with mandatory sanitary, hygienic and meteorological conditions during classes; 2) self-monitoring according to the state of one's own health and the level of preparedness for the performed exercise, the body's reaction to physical exertion; 3) awareness of injury prevention measures and knowledge of the correct organization and methods of conducting classes, etc. [5, p. 160].

We draw attention to some methodical recommendations that affect safety during physical education classes: do not criticize or condemn the student for failure to complete intermediate tasks; not to arrange competitions with stronger students; set difficult but realistic goals to avoid easy success; when achieving a positive result, focus attention on admitted shortcomings, etc. [6, p. 56].

Conducting physical education minutes at lecture classes and physical education of students [7. c. 262].

N.Yu. Maksymovich in the Compendium of Safety Instructions for Physical Exercises and Mass Sports Events in General Educational Institutions, the author clearly explained the sequence and method of providing first aid, as well as the rules for rescuing and providing assistance to a drowning person [8. c. 59].

The purpose of the research, studying the experience of scientists, practitioners, and specialists regarding the innovative provisions of safety technology in the educational space of physical education and creating an own product in accordance with today's requirements.

Presentation of the main research material. The purpose of physical education of schoolchildren/students is to preserve and strengthen health, develop basic physical qualities and motor skills, increase the level of physical fitness. During training, educational, developmental, recreational, cognitive and educational goals are realized. The educational goals are to study mobile and folk games, elements of sports games, individual sports, the basics of performance techniques, general development, training, gymnastic, acrobatic, athletics, game and dance exercises, artistic and rhythmic gymnastics, tourist and swimmer exercises, in obtaining knowledge, abilities and skills of observing the daily regime, personal hygiene, hardening the body, leading a healthy lifestyle and increasing work capacity.

Developmental and health-improving goals consist in the development of schoolchildren/students' basic physical qualities and motor abilities; the ability and skills of using physical exercises to prevent posture disorders and relieve fatigue; in obtaining the basics of knowledge about physical culture, one's own health as important components of general human culture and personality formation; motor activity, which is the basis of the development of the human body, its organs and systems; in obtaining elementary knowledge about moving, folk and sports games, gymnastics, acrobatics, athletics, artistic and rhythmic gymnastics, swimming, sports tourism. Cognitive goals are the development and expansion of the horizons, elementary ideas about physical culture, sports, tourism, the basics of health and a healthy lifestyle, familiarization with sports traditions, national games, pastimes, prominent sports figures, scientists, coaches, athletes, teams, their performances at the Olympic Games, World Championships, European and other international competitions.



Photo from the archive of the Faculty of Physical Education, Sports and Health Mykhailo Drahomanov University of Ukraine_Olympic Week 2023

The educational goals are to educate schoolchildren/students of interest and habit of physical exercises, interest in folk games, folk and Olympic sports, careful attitude to one's own health, formation of stable motivational attitudes towards a healthy lifestyle as one of the main conditions for strengthening one's own health; formation of a conscious individual attitude to the need to develop one's physical qualities and motor abilities, education of moral, volitional and psychological qualities of the individual.

We offer for consideration our own security product developed by a team of teachers of the three hundred and twenty-first school of the city of Kyiv (O.I. Yanishevskaya, V.O. Podkovka, O.V. Romanenko, N.M. Panchenko)

Instructions on life safety for students of the NUS program (physical education).

The instruction on occupational health and safety for students during physical education classes was developed in accordance with the Law of Ukraine "On Occupational Health and Safety" (Decree of the Verkhovna Rada of Ukraine dated 14.10.1992 No. 2694-XII) as amended on 20.01.2018, based on the "Regulation on the development of instructions on labor protection", approved by the Order of the Labor Protection Supervision Committee of the Ministry of Labor and Social Policy of Ukraine dated January 29, 1998 No. 9 in the edition of March 30, 2017, taking into account the Model Regulation on the procedure for conducting training and testing knowledge on of labor protection, approved by the order of the State Supervision of Labor and Labor of Ukraine dated January 26, 2005 No. 15 as amended by January 30, 2017 No. 140.

Physical education lessons in institutions of general secondary education are an integral part of the educational process, which provide the opportunity for each student to acquire the necessary scientifically based knowledge about health and the means of strengthening it, methods of organizing meaningful leisure time and aimed at forming in them physical, social and spiritual health, improvement of physical preparation for leading an active long-term life and professional activity.

The system of physical culture is based on the principles of personal and differentiated orientation, the priority of health orientation, the use of traditional and non-traditional forms of motor activity and other means of physical improvement.

The goal of physical education is the comprehensive physical development of the student's personality through physical education and games, the formation of key physical education competencies in schoolchildren, a valuable attitude to physical education, sports, physical education and health activities, and the education of physically hardened and patriotic citizens of Ukraine.

The rules of life safety during physical education lessons apply to all participants of the educational process. Physical education lessons in general secondary education institutions are conducted in accordance with the physical education program approved by the Ministry of Education and Culture of Ukraine.

Schoolchildren who have passed a medical examination and have no contraindications regarding their state of health are admitted to physical education lessons. The medical staff informs the physical education teacher or the person conducting the lesson of the conclusion about the state of health. Based on these data, students are divided into basic, preparatory and special groups for physical education classes. During physical education lessons, students wear comfortable sports clothes (sports suit) and sports shoes. In sports halls, there should be a first-aid kit (on open sports grounds - a portable first-aid kit) with a set of medicines, dressings for providing first aid in case of injuries and damages.

Safety requirements before the start of the lesson: Students are not allowed to enter the sports hall during the break.

Instructions on life safety in physical education classes:

- schoolchildren are obliged to protect school sports equipment and sports equipment, not to damage it, not to litter, not to bring food products to the gym, sports field;
- after the call for the lesson, at the teacher's command, schoolchildren line up in the sports hall, sports field;
- during physical education class, students must be disciplined, attentive, and follow the teacher's instructions exactly;
 - strictly comply with life safety requirements in physical education classes;
 - conduct lessons in the sports hall only together with the teacher or a person who replaces him;
 - in the physical culture lesson, schoolchildren should be dressed only in sports uniforms, nails should be cut short, hair should be well-groomed;
 - shoes must be comfortable and clean (with rubber soles);
 - gymnastic mats must be placed in the jumping areas;
 - do not perform exercises on devices without insurance;
 - do not stand near the gymnastic equipment during exercises by schoolchildren;
 - when performing exercises using the current method, observe a certain interval;
 - when performing jumping exercises, the landing should be soft with a gradual squat;
 - do not perform exercises with wet palms;
 - after classes, you need to wash your hands with a detergent;
 - be attentive when performing exercises, transitions from one type of activity to another;
 - before performing exercises on sports equipment, check the reliability of its fixing;
- schoolchildren are obliged to maintain cleanliness and order in the gym, locker rooms, and on the sports field;
 - in case of feeling unwell, injuries, dizziness, pain in the heart, liver, gastrointestinal disorders, it is necessary to urgently contact the teacher;
 - in case of feeling unwell, the student must stop classes;
 - if a schoolchild is injured, he must immediately be given first aid, notify the administration of the educational institution and parents about the accident.

Not allowed:

- enter the sports hall without sports shoes;
- use chewing gum in class;
- wear chains, wedding rings, watches, mobile phones in physical education lessons;
- push a schoolboy who is running in front in the back;
- get under a player who jumps out;
- make steps, cling to the form;
- carry heavy equipment without the teacher's permission;
- change the height of devices without the teacher's permission;
- move from device to device without the teacher's permission.

Schoolchildren who have passed a medical examination and instruction on life safety are admitted to classes.

During individual sports disciplines: athletics – running, jumping, throwing, athletic walking; badminton; bodybuilding or bodybuilding; bowling; athletic gymnastics; rhythmic gymnastics with a ball, rope, hoop and ribbon; chess; dancing; gymnastics; sports orientation; powerlifting or powerlifting (squats with a barbell on the shoulders, a barbell press lying on a horizontal bench and a barbell pull); running or jogging/footing (jogging); jump rope; swimming; table football or kicker/foosball; table tennis; tennis; struggle take into account that: the lesson begins with the bell from lining up; do not leave the lesson on your own, each class puts its things in the locker room separately from the other, do not stay in the locker rooms during the lesson, at nine o'clock there is a mandatory "Minute of silence";

schoolchildren who are not admitted to classes due to lack of proper sports uniform, illness, poor health, etc., are present in class;

- schoolchildren who wear glasses must fasten them on an elastic band, there must be constant implementation of preventive actions regarding children's injuries in physical education lessons, reminders about safety techniques to schoolchildren before each lesson, keeping records of received injuries;

schoolchildren perform program exercises and pass educational standards, according to which they receive current, final and quarterly evaluations;

- schoolchildren must adhere to ethical norms of behavior, unsatisfactory discipline of schoolchildren in physical education lessons contributes to injury;

- it is mandatory to perform general and special warm-ups, take into account the physical and technical preparation of schoolchildren for the implementation of the school physical education program, during the exercises to observe the necessary distance and interval, do not pass the ball if the partner does not see it, do not put your fingers forward, towards the transfer, do not hit the hands, do not push in the back, do not step on the feet, do not spread the elbows, do not put a footrest; it is necessary to strictly observe the rules of the game, discipline, stop a comrade who violates them, treat the opponent's team with respect;

- individual and group exercises are performed after the teacher's command, at the signal to stop the exercise, all schoolchildren are obliged to take the balls in their hands and listen to the methodical instructions of the physical education teacher, to perform only the exercise that was given by the teacher;

- schoolchildren must avoid collisions, anticipate the movement of peers, be able to slow down or stop in time, be able to change direction;

- schoolchildren must learn self-control methods, if they feel unwell during a physical education lesson, the student must stop the class, inform the teacher and contact the school's medical center;

- during the run, collisions are possible due to the sudden stop of schoolchildren;
- jumps should not be performed on wet, slippery ground, the floor, landing on your hands during a jump is especially dangerous;
- do not leave extraneous objects on the jumps;
- run with acceleration only on your lane;

- before performing jumping exercises, it is necessary to check the condition of the gymnastic mats at the place of landing;

- any jump is performed after the previous schoolchildren has left the landing spot.

During exercises with elements of gymnastics and acrobatics:

- do not start performing exercises without warming up;

- acrobatic exercises and exercises with elements of gymnastics (when using the flow method) can be started only after the teacher's permission or command;

- be careful when performing exercises with a gymnastic stick, hoop, rope, etc.

During team sports: basketball; volleyball, handball; mini-football; rugby; floorball; football; mobile games, school games, game-quest tourist kaleidoscope; relays and game exercises take into account that:

- during games, schoolchildren must follow the teacher's instructions, follow the sequence and game rules in order to prevent injuries;

- schoolchildren should not play rough, and failure to comply with the referee's requirements leads to injuries;

- schoolchildren should not wear any items that are dangerous for themselves and other players (bracelets, amulets, etc.) to physical education lessons, especially during games, or hold extra things in their hands. During lessons outdoors in sunny hot weather. schoolchildren must have light hats and personal water bottles;

- schoolchildren must start the game, make stops in the game and end the game only at the command (signal) of the teacher, strictly follow the rules of the game; avoid collisions with players, pushes and blows on the hands and feet of players; listen carefully and follow all the teacher's commands (signals).

After the end of the lesson, under the command of the physical education teacher, the students line up in a line, a visual check of the health of the students is carried out, as well as, if necessary, the heart rate is checked, the summation of the results of the lesson, the notification of grades, homework and an organized transition to the locker rooms, avoiding collisions, where cleanliness and order.

Separately, we will note the Rules of behavior on the water:

- Swimming should be done in windless, sunny weather, when the water has warmed up well.

- You can swim only in specially designated places: on beaches, water stations or in safe, verified places.

- Stay in the water for no more than 10-15 minutes.

- It is forbidden to swim in fast-flowing rivers, eddies, near bridges.

- It is forbidden to jump into the water in an unfamiliar place, the depth of which is unknown.

- It is forbidden to bathe alone.

- It is forbidden to swim using inflatable mattresses, car cameras, boards.

- Mischief on the water is prohibited.

- It is forbidden to swim outside the bathing areas, to swim near steamers, boats or boats in motion.

- It is forbidden to push anyone into the water, especially unexpectedly.

- It is forbidden to enter the water above the waist for those who cannot swim.

- If the weather conditions deteriorate (thunderstorm, storm, rain), stop swimming and get out of the water.

- During a thunderstorm, it is forbidden to be near water.

- It is not recommended to bathe immediately after eating.

Conclusion. In modern studies, the educational space of safety technology is considered as a complete and dynamic system, a complex multi-level and multifunctional entity that ensures the interdependence and interaction of its components within the framework of unified basic standards. The number of factors that negatively affect the safety of young people's life during physical activity is increasing. Accidents must be prevented and the consequences must be corrected, therefore it is mandatory to comply with the Occupational Health and Safety Instructions, which establish life safety requirements for schoolchildren/students during physical education classes in the sports hall and on the sports ground, as well as educational activities and extracurricular activities.

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