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ANALYSIS OF MOTIVES IN THE FITNESS SECTION OF FEMALE STUDENTS OF THE 2ND YEAR OF THE NUVHP.

Fitness is a new modern direction in the system of physical education, which very quickly covers the development of countries in the world. This is the response of modern man to the fast pace of life. The purpose of fitness is to strengthen health, increase vitality, increase general and special work capacity, nurture physical qualities, shape and correct body defects, psychoprophylaxis, psychocorrection, psychoregulation, acquisition of vital energy, cheerfulness, cheerful mood, resistance to and resistance to stress. In the process of research, methods of mathematical and statistical analysis of the conducted questionnaire were used. The normative document, National strategy of healthy physical activity for the period up to 20-25 years «Physical activity - healthy lifestyle - healthy nation» has been provided (Decree of the President of Ukraine dated February 9, 2016. No. 42/2016).

The study was organized on the basis of the National University of Physical Education, which involved 30 female second-year students who work there.

In the result of the conducted experiment – «correction of body defects» is a priority motive for fitness classes, 90% of respondents ranked it first. 70% of respondents put a motive such as «increasing resistance to emotional stress» on the second position. The motive «to learn new exercises» turned out to be the third - 60% in terms of significance. «Active leisure time» was ranked fourth by female students - 50%. Equal ranks were given to the following motives: «training is one of the factors of harmonious development», «propaganda of a healthy lifestyle», «training contributes to physical development», «increase motor activity». The number of their elections is 30%. Less popular motives were: «doing fitness is prestigious», «getting pleasure from training» and «getting relaxation after mental stress». 10% of respondents ranked them ninth, tenth and eleventh accordingly.

It has been proven that health and cognitive development motives are the most popular among people who took part in the survey fitness section.

Keywords: female students, physical education, motivation, fitness.

Сініцина О. В., Зубрицький Б. Д., Бірук І. Д., Петрук Л.А., Підгурська О. П., Григорович О. С. Аналіз мотивів в секції з фітнесу студенток II курсу НУВГП.

Фітнес – новий сучасний напрямок у системі фізичного виховання, який дуже швидко охоплює розвинуті країни світу. Це відповідь сучасної людини на швидкий темп життя. Завдання фітнесу – це зміцнення здоров'я, підвищення життєвого тону, зростання загальної та спеціальної працездатності, виховання фізичних якостей, формування та корекція вад статури, психопрофілактика, психокорекція, психорегуляція, набуття життєвої енергії, бадьорості, життєрадісного настрою, протидії та опору до стресів.

В процесі дослідження використовувались методи математико-статистичного аналізу проведеного анкетування. Надано нормативний документ, Національна стратегія оздоровчої рухової активності на період до 20-

25 років «Рухова активність – здоровий спосіб життя – здорова нація» (Указ Президента України від 09.02.2016 року. №42/2016).

Дослідження організовано на базі НУВГП, до якого залучені студентки II курсу в кількості 30 респонденток, які займаються в секції з фітнесу.

Доведено, що оздоровчі та пізнавально-розвивальні мотиви є найпопулярнішими серед осіб які приймали участь у анкетуванні.

Ключові слова: студентки, фізичне виховання, мотивація, фітнес.

Problem formulation. The current condition of health of the Ukrainian population in general, children and youth in particular, is a significant challenge for society and the state and, without exaggeration, poses a real threat to its humanitarian security [4]. Physical education and sports are methods of creating a harmoniously developed personality of the student, which help to mobilize all the internal resources of the body to achieve the set goal, the ability to contribute to the increase of physical and mental capacity, allow to carry out a significant amount of planned tasks within the existing time of the school day, to cultivate the need for healthy lifestyle [2;6].

In order to create favorable conditions for citizen's' health strengthening, as the highest social value, ensuring the realization of the individual's right to health-improving physical activity, in February 2016, Ukraine accepted the National strategy of health-improving physical activity for the period up to 20-25 years «The motor activity - the healthy lifestyle – the healthy nation» (Decree of the President of Ukraine dated February 9, 2016. No. 42/2016). One of the main tasks of the National Strategy is the modernization of the physical education system in educational institutions, which should be organically combined with other components of a healthy lifestyle [3].

Literature source's' analysis. The scientific works of many scientists are devoted to the search for means of increasing the effectiveness of physical education of student youth. Organizational-pedagogical and methodological basis, improvement of the system of physical education is described in the studies of L.V. Volkov, T.U. Krutsevich, O.S. Kutsa and B. M. Shiyan. The works of T.V. Petrovska, N.V. Moskalenko, V.V. Veselova and others are devoted to differentiated physical education.

The works of O. Bilichenko, O. Voloshyn, O. Shmygova, and others are devoted to the study of the motives of physical education and sports, as an important condition for the formation of a full-fledged educational activity of a student and a significant component of managing the process of educating the personality of a future specialist.

The problem of motivation is quite relevant today and it is covered in a large number of scientific works. In particular, N.V. Pidbutska, O.I. Podlesny, O.Yu. Marchenko, and others investigated the motivational basis of student learning.

The issue of optimizing the process of physical education of students and increasing their interest in classes is revealed in the works of A. I. Skachek. The formation of motivation for sports at the stage of initial training is considered in the work of Zh.G. Sotnyk, Y.I. Kravchuk, O.V. Centurion [8].

Research by L.A. Petruk, O.V. Sinitsina, O.V. Sotnyk and I.D. Biruk, teachers of the Department of Physical Education of NUWEE, proves that there is currently an increase in the interest of first-year female students in fitness classes [5].

The studies' purpose is to determine the motivation for doing fitness in fitness classes among the 2nd year female students, who studying at the National University of Water and Environmental Engineering.

Objectives of the study:

- To conduct a survey among second-year female students of NUWEE and propose motivational figures chosen by students who are engaged in fitness sections.
- To identify selective factors and analyze the obtained results, which influence the motivation for classes in the fitness sections of the second-year female students of NUWEE who participated in the study.

Research methods and organization:

- in the research process we used the methods of mathematical and statistical analysis of the conducted questionnaire;
- the research was organized on the basis of NUWEE, which involved 30 female second-year students , who are engaged in the fitness section.

Presentation of the main research material. Motivation to engage in physical culture, like any kind of it, is systemic and characterized by orientation, stability and dynamism. It can be dominated by either internal motives, which are related to the content of sports activity, its performance or broad social motives [7]. The following types of motives for physical education in a higher educational institution are distinguished: recreational, motor-active, aesthetic, communicative, cognitive-developmental, creative, professionally-oriented, administrative, psychologically significant, educational and cultural [9].

Fitness is a new, modern direction in the system of physical education, which is quickly covering the developed countries of the world. This is the modern person's response to the fast tempo of life. The goal of fitness is to strengthen health, increase vitality, increase general and special work capacity, nurture physical qualities, form and correct body defects, psychoprophylaxis, psychocorrection, psychoregulation, acquisition of vital energy, cheerfulness, cheerful mood and resistance to stress [1].

Today, there are more than 100 different fitness programs based on health-gymnastics exercises, so qualified specialist will definitely interest students-youth in classes.

Researchers conventionally divide all fitness programs into three categories:

I – aerobic endurance: step aerobics (basic step, step Latin, step city jam, step jogging, double step and step - "around the world"; TBW (Total Body Workout) - interval training of high intensity with the possible use of step - platforms; hight-impact – sports-oriented aerobics, which uses a number of simple exercises, as well as jumping, running in place; hightlow impact – a mixed direction of hight- and low-impact aerobics; rope-skipping – jumping through a rope that combines combinations of jumps, acrobatic elements, dance elements with one or two ropes [10].

II – power endurance and figure correction: super-strong – power aerobics, based on the use of heavy sticks – bodybar, as well as various equipment (shock absorbers, dumbbells); pump aerobics – a dance aerobics direction created in Australian fitness centers with the use of sports equipment (barbells, mini bars, dumbbells); slide aerobics – represented by a versatile physical training program based on lateral leg movements, borrowed from ice skating; fitball aerobics is a complex of various movements and static poses with support on a special ball made of polyvinyl chloride with air filling, tarerobics - training using special shock absorbers that are fixed on the bone and leg of a person, forming a single system, etc. There are fitness programs based on types of strength-oriented motor activity: bodybuilding is a system of physical exercises with various weights, performed for the purpose of developing strength abilities and correcting the shape of the body; callanetics – a system of complex static exercises aimed at contraction and stretching of muscles; slim-gym, bodystyling, bodyforming – popular systems of exercises that combine elements of aerobics, callanetics, choreography, bodybuilding, the purpose of which is a versatile effect on the body of athletes, weight correction and improvement of body shape; shaping - a system of physical education and health classes for women and girls, aimed at achieving harmoniously developed body shapes in combination with a high level of motor readiness; exercises according to the Pilates system are a set of physical exercises for the development of flexibility of all body muscles and are a combination of yoga, ballet and isometric exercises [10].

III – coordination abilities, musical rhythmic skills, flexibility and achieving relaxation: hight-impact – a dance-oriented direction with exercises of increased coordination complexity due to the absence of shock loads that cause a negative effect (one leg constantly remains on the floor); dance aerobics (hip-hop, air dance, salsa, Latin, karate aerobics, kick aerobics, yoga aerobics, flex, aquafitness, city jam, afro aerobics, rock and roll, etc.) based on music and dance of the same name styles, logically and consistently combined with elements of modern choreography and pop, as well as with sports exercises [10].

The obtained results of determination of motivation for fitness classes of second-year female students in NUWEE are presented in Table 1. The motive that female students chose mostly - was assigned rank 1, the next one 2, etc.

Ranking of leading motives for fitness classes for second-year female students' in NUWEE

Table 1

№	Motives	Amount of responses in percentage, %	Range
1	Doing fitness is prestigious	10	9/10/11
2	Training is one of factors of harmonious development	30	5/6/7/8
3	Propagation of healthy lifestyle	30	5/6/7/8
4	Training helps in physical development	30	5/6/7/8
5	Fitness popularization	0	12
6	Getting pleasure from training	10	9/10/11
7	Correction of body imperfections	90	1
8	Getting relaxation after mental stress	10	9/10/11
9	Increasing resistance to emotional stress	70	2
10	Active leisure time	50	4
11	Increasing of motor activity	30	5/6/7/8
12	Lerning new exercises	60	3

According to the Table 1, «correction of body imperfections» is a priority motive for doing fitness, 90% of respondents ranked it first. 70% of respondents put "increasing resistance to emotional stress" such as a motive in the second position. The motive «to learn new exercises» turned out to be the third - 60% in terms of significance.

«Active leisure time» was ranked fourth by female students - 50%. Equal ranks were given to the following motives: «training is one of the factors of harmonious development», «propaganda of healthy lifestyle», «training contributes to physical development», «increase motor activity». The number of their elections is 30%. Less popular motives were: «doing fitness is prestigious», «getting pleasure from training» and «getting relaxation after mental stress». 10% of respondents ranked them ninth, tenth, and eleventh accordingly.

It should be noted that not a single student chose the motive «popularization of fitness». Which indicates a complete misunderstanding of one's own example of popularizing classes.

Conclusions. The ranked motivational factors indicate that the most popular motivation for fitness classes among second-year female students is the motive «correction of body imperfections».

The results of the study prove that cognitive-developmental and health-improving motives are priority among the participants of the survey.

In the future, it is planned to investigate the motivational factors for fitness classes of senior female students of NUWEE.

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THREE DECADES OF IMPROVING: THE JOURNEY OF THE FACULTY OF PHYSICAL EDUCATION AND SPORTS OF KHERSON STATE UNIVERSITY

The study explores the origins and development of the Faculty of Physical Education and Sports at Kherson State University (KSU). KSU's sports team has excelled in various disciplines, including rowing, kayaking, gymnastics, and more. The university has forged fruitful partnerships with Kherson Professional Sports College and “Invasport” for disabled athletes.

Kherson State University offers specialized training in Secondary Education (Physical Culture) and Physical Culture and Sports, reflecting its commitment to these fields. Training in these areas began in 1994. Currently, the faculty accommodates around 400 full-time students, including 250 bachelors' and 38 masters' candidates, along with 170 part-time students. Over 100 students are enrolled according to state quotas.