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CLASSIFICATION OF DIRECTIONS IN CHEERLEADING AND COMPONENTS OF MOTIVATION FOR CHILDREN TO TRAINING IN SECTION

The article presents the classification of competitive cheerleading program, which has an extensive system and motivation to children and young people in attendance of cheerleading trainings. Thus, according to the competition rules of the All-Ukrainian Cheerleading Federation competitive program consists two main types of programs are cheer and dance. Cheer program contains acrobatic elements, stunts, pyramids, jumps, cheer, posters, pompons and other means to urge crowd to support the team. It includes the following nominations: individual performance, group stunts, group mixed-stunts, partner stunts, cheer-team, cheer-mixed team. Dance program is based primarily on the elements of different dance styles (jazz, funk, hip-hop, rock and roll, twist, etc.), using pirouettes, jumps, twine and others. (No cheer and acrobatics). It consists of competitions in the categories: freestyle, hip-hop and jazz, each of which provides for solo performances, doubles, quartets and team. The conducted survey respondents who are engaged in cheerleading sections for different cities and regional centers of Ukraine found that the leading explanation for attendance is the present of this sport and visual appeal of athletes who engaged them (22.4%). 17.5% of respondents are engaged in cheerleading to maintain good physical shape. A wide arsenal of groups and subgroups of cheerleading are engaging 21.8% of children who are involved in it, because they can choose an interesting character of moving action, the pace of movements and dance style. 18.6% of respondents involved in cheerleading, namely in nomination cheer, as the sport and moving activity represented in their city and includes acrobatic skills which are attractive for this group of athletes. The rest - 19.7% surveyed engaged in cheerleading to achieve high sports results.

Key words: *cheerleading, classification, nomination, questionnaires, motivation to training, section.*

Formulation of the problem. XXI century is characterized by the development of technological progress. This is one of the reasons for reduction of motor activity of Ukraine's population from child to adult and elderly, which results in deterioration of health, emotional state and health of all. Often the reason for this is the latest developments that replace live communication between people on the online conversations that deprive people of opportunities of perambulation in favor of location in a place where there is wi-fi connection or at home at the computer. Particularly acute, this problem affects school-age children who spend more than half the day sitting at a desk in school. Unfortunately, the lessons of physical training is not enough to solve the problem of low levels of motor activity of students, so children need additional training in sports section, a specially-organized groups and independent studies outside the classroom [Venhyarsky]. This causes searching of ways to solve problem of enhancing motor activity of school children and the formation of interest to them in attendance at sports clubs.

Today there is a great variety of sports and motor activity at all, which would solve this problem. But modern youth committed to something new, universal and at the same time popular. Today, one of the popular sports and those that are growing rapidly can be considered cheerleading. This sport due to entertainment, emotionally and beauty captures the attention of children and young people and, to some extent, stimulates the activity classes in sections of this sport. So consider appropriate to determine the classification of competitive cheerleading nominations and determine the reasons children and young people to elect classes in this section.

Analysis of recent research and publications. Popularity of cheerleading nowadays rapidly developing between young people of Ukraine, it is a modern sport that covers many areas, basic techniques technique, tactics of physical exercises and theoretical knowledge [S. Noskova, 2002; Y. Krikun, 2007; I. Maslyak, 2007].

Increased sports research in various sports, rational time management of athletes requires to find new means and methods, areas that have contributed to improving the training process and the integrity of the system of training athletes is the main problem of the theory and methodology of sport [V. Alabin, 1993; Y. Verkhoshansky, 1993; L. Matveev, 1999; L. Volkov, 2002; N. Ozolin, 2002; V. Platonov, 2004 and others].

Bala T. M. researched the effect of exercise of cheerleading on the level of physical health of students 5-9 grades. [1] I. A. Zinchenko worked peculiarities of preparing of student teams in cheerleading. [4] Pischenko I. V., Sinica S. Vovk M. I., Sinica T. researched the development of physical qualities of younger students under the influence of cheerleading. [6] However, existing researches have not cited classification of competitive cheerleading nominations and motives of children and young people aged 8-20 years to the attending classes in cheerleading section, so this direction of research consider as relevant.

Purpose of research - to reveal the classification of competitive cheerleading nominations, analyze results of questionnaire and identify reasons of children and young people to elect training in cheerleading section.

Organization of research. The research was conducted with children and youth who are engaged in cheerleading sections with different directions in cities and regional centers of Ukraine. In developing the questionnaire used open and closed questions to avoid mechanically stereotypical responses. In research used the following methods: theoretical analysis and synthesis of scientific literature, sociological research methods (interview, questionnaire), methods of mathematical statistics.

Presentment of the main material of research.

Nowadays cheerleading activity exist as an independent international sport is spreading and growing in Ukraine. Cheerleaders` preparation process can be viewed as a complex dynamic self-regulating system. Relevance of the work defined in all forms of its activity and promotes comprehensive development of the child, overall improvement of his body. Cheerleading promotes physical and spiritual forces, upbringing of aesthetic education, heritage skills of independent activity, and with it the formation of interest in a healthy lifestyle. It forms skills and traits as diligence, precision, perseverance, logical thinking, initiative, discipline.

Cheerleading - a difficulty coordinative sport that includes elements of gymnastics, acrobatics, technical elements of ballet, provides performing of comprehensive supports and synchronous group skills, let use the diversity and variety of age category both boys and girls with different levels of physical preparedness.

Cheerleading has it`s own structure, which divides the competitive nominations into two groups: in cheer and dance (Fig. 1). In turn, each group includes several nominations. Thus, competition in cheer category is divided into the following nominations: individual performance, group stunts, group coed stunts, partner stunts, cheer-team, coed cheer team. Category dance consists of competitions in the categories of freestyle, hip-hop and jazz, each of which provides for solo performances, doubles, quartets and teams

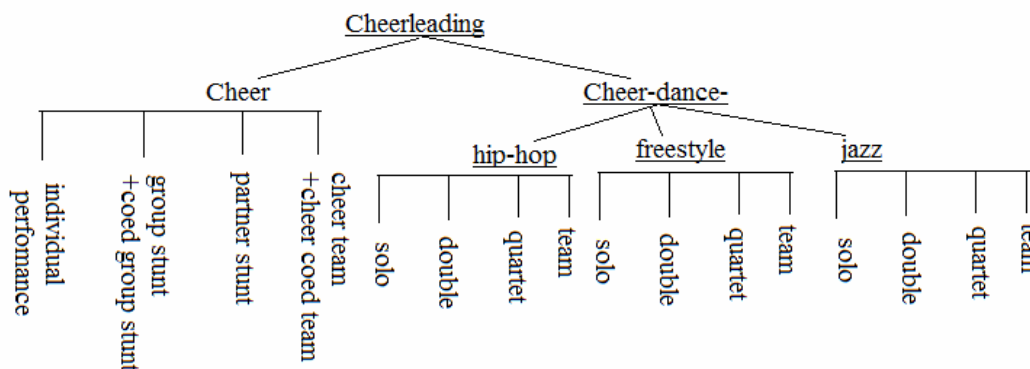


Fig. 1. Classification competitive cheerleading nominations

Consequently, those who have chosen the sport cheerleading (which includes many different elements of the group acrobatics and sport gymnastics) have the ability to determine the priority for these kinds of cheer nominations (individual performance, group stunt, group coed stunt, partner stunt, cheer-team, cheer coed team (in coed teams must train boys and taking part in competitions) or cheer-dance (cheer-dance-freestyle, cheer-dance-hip-hop, cheer-dance- jazz), the number of participants (solo, double, quartet, team) are further divided into age categories.

As a result, a survey participated 258 respondents, including 182 girls and 76 boys engaged in different directions of cheerleading. The questionnaires included questions that made it possible to determine the motives to practice cheerleading for children of different age category, frequency of training per week, priority cheerleading skills, cheerleading type, which is more like it.

In the survey participated children and young people aged from 8 till 20 years which are engaged in sections of cheerleading in Kyiv, Kharkiv, Sumy, Poltava, Dnipropetrovsk, Cherkasy, Lutsk, Lviv, Zaporizhzhia and regional centers Boyarka, Dniprodzerzhynsk, Trostyanets, Yuzhny, Chutovo. Analysis of the respondents` questionnaire revealed that the total number of respondents (258 people), most respondents were aged 10-11 years (24.4%), slightly less - 23.6% aged 8-9 years, 22.4% aged 12 -13 years, 17.4% - 14-15 years and the lowest - 12.2% aged 16-20 years.

Analysis of the overall timing of cheerleading practice showed that 2 years involved in the sport sections of their city 22.8% of respondents, visited sections 3 years 23.8%, the largest number of surveyed 30.6% are engaged in cheerleading 4 years, and the most timing - 5 years practicing in sections 22.8% of boys and girls.

Classes in sports clubs can include diverse schedule of classes, which can reach daily practice 1.5 hours up to 4 hours for a day. In practice cheerleading meets the training process, which consists of at least three (sometimes two) classes per week, or more often, duration of 60 minutes. Thus, the survey showed that most of the respondents - 37.2% train 5 hours a week, a little less - up to 4 hours a week practicing 30.3% of respondents, 2 hours a week training 16.6% of respondents, and 15.9% of girls and boys training 3 hours a week. Analyzing the age classification of respondents can be concluded that the majority of children aged 8-9 years are engaged in cheerleading section for 2-3 hours a week. Children aged 10-13 years engaged in an average of 3 to 5 hours a week. Respondents aged 14 years and older engaged for 4-5 hours a week.

Determining motives of election cheerleading classes interviewees revealed that the leading motives to the start of training in cheerleading section is modernity of this sport and visual appeal of athletes who engaged (22.4%). 17.5% of respondents are engaged in cheerleading to maintain good physical shape. A wide arsenal of species and subspecies of cheerleading interests 21.8% of children who are engaged in it, because you can choose an interesting character of motor action, the pace of movements and dance style. 18.6% of respondents involved in cheerleading, namely in the nomination cheer, as the sport and motor activity represented in their city and includes acrobatic skills that are attractive for this group of athletes. The rest - 19.7% surveyed engaged in cheerleading to achieve high sports results.

In the survey it was found attitude sportsmen to various skills of cheerleading. Cheerleading depending on the category (in cheer or dance) includes the required elements that must include a competitive combination. Thus, children who act in the nomination cheer should have a high level of technique acrobatic elements, special motor action: cheer, pyramids, basket-tosses,

cheer-jumps, swings, basic dance movements etc.

Training athletes in the category dance provides ownership of a high-level technique swings, turns, leap-jumps, cheer-jumps.

Thus, the results of the survey showed that the most popular among athletes are cheer-jumps (26.6%). Perhaps the choice of respondents explained that these exercises are found in both categories cheerleading, and thus 100% of surveyed train them to carry on their studies. Implementation of fute and other kinds of turns in cheerleading like 16.6% of respondents. Slightly fewer - 14.7% of respondents focuses on the performance of handsprings and other acrobatic elements. Performing basic cheer-dance movements and practicing them in training highlighted an 13.4% of athletes. The lowest - 12.4% of respondents noted all of these motor actions, and noted that during the training in their sections will gladly fulfill all special and general motor actions. Thus we can state the fact that all the respondents had expressed interest in performing difficult exercises from various disciplines of cheerleading.

Also considered important to identify priority areas of cheerleading, including distinguished: cheer-team, group stunts, cheer-dance-freestyle, cheer-dance-jazz and cheer-dance-hip-hop. Thus, analyzing the answers of respondents can confirm that the vast majority of respondents (29.1%) consider interesting a nomination cheer team, which includes cheers, building pyramids, perform acrobatic elements cheer-jumps and basic dance movements. Second place among the respondents (21.8%) ranks nomination in cheer-dance-jazz, which involves the stylized movements in accordance with musical accompaniment, the performance of a large number of movements that reveal flexibility of athletes and suggest the possibility of using additional means of agitation (canes, umbrellas, hats, etc.). The next place takes nomination cheer-dance freestyle, as its 20.5% surveyed chose. Slightly less than 20.1% of respondents consider the priority nomination cheer-dance-hip-hop. This includes a combination of movements from various styles of street dance movements and synchronization with the selected music. The smallest popular is nomination group stunts (9.3%).

Thus, we can conclude that the wide variety of types of cheerleading let satisfy the interests of children and young people who have chosen cheerleading classes.

It should be noted that respondents in relation to the type of cheerleading, which like most directly dependent on species that are taught in the towns where they live and train. Probably assume that if all cities were represented section cheerleading in all directions, children who choose this type of sport, it would be even more. Yes, of surveyed children in his comments indicated that would like to train and perform at competitions in nomination cheer team, because it involves combining of flexibility with performance of acrobatic movements and other special elements. However, in their city training of this area cheerleading is not available, and its existence they found while competing at the competitions.

So cheerleading classes attract the attention of children and youth to attend classes. There does exist a problem of a lack of coaches, and at the same time sections of cheerleading that would be involved in training athletes in the group in cheer and cheer-dance in some cities of Ukraine.

CONCLUSIONS:

1. Cheerleading classified into two competitive nominations: cheer and dance.
 2. Each competitive nominations has its own system of subordination, namely cheer program includes: individual performance, group stunts, group coed stunts, partner stunts, cheer team, cheer coed team; dance program consists of: freestyle, hip-hop and jazz solos, doubles, quartets and teams.
 3. The leading motives of respondents to attendance in section cheerleading is the modernity of this sport and visual appeal of athletes, slightly fewer respondents visited section in order to maintain good sport shape.
- Prospects for further research are to create program in section cheerleading by a program cheer for children of average school age.

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ФАКТОРНА СТРУКТУРА ФІЗИЧНОЇ ПІДГОТОВЛЕНОСТІ УЧНІВ ЛІЦЕЮ З ПОГЛИБЛЕНОЮ ВІЙСЬКОВО-ФІЗИЧНОЮ ПІДГОТОВКОЮ

Мета: виявити провідні фактори, які характеризують структуру взаємозв'язків різних показників фізичної підготовленості учнів ліцею з посиленою військово-фізичною підготовкою імені Героїв Крут.

Матеріал: у дослідженнях брали участь учні 10-х класів у кількості 119 осіб.

Результати: Факторний аналіз дозволив виділити наступні чотири фактори, які характеризують структуру фізичної підготовленості учнів військового ліцею: «силовий» (32,0%), «антропометричний» (18,1%), «витривалості» (11,6%) та «швидкісно-силовий» (8,0%).

Висновки: виокремлення цих факторів дозволяє цілеспрямовано обирати співвідношення засобів та методів фізичної підготовки у подальшому навчанні учнів ліцею.

Ключові слова: Фізична підготовленість, учні ліцею, факторна структура

Людмила Балушка. Факторная структура физической подготовленности учащихся лицей с углубленным военно-физической подготовкой

Цель: выявить ведущие факторы, характеризующие структуру взаимосвязей различных показателей физической подготовленности учеников лицея с усиленной военно-физической подготовкой имени Героев Крут.

Материал: в исследованиях принимали участие ученики 10-х классов в количестве 119 человек.

Результаты: Анализ позволил выделить следующие четыре фактора, характеризующих структуру физической подготовленности учащихся военного лицея: «силовой» (32,0%), «антропометрический» (18,1%), «выносливости» (11,6%) и «скоростно-силовой» (8,0%).

Выводы: выделение этих факторов позволяет целенаправленно выбирать соотношение средств и методов физической подготовки в дальнейшем обучении учащихся лицея.

Ключевые слова: физическая подготовленность, учащиеся лицея, факторная структура.

Ljudmila Balushka. Factor structure of physical fitness of students lyceums with intensive military and physical training

Objective: To identify key factors that characterize the structure of relationships of various indicators of physical fitness of students of the Lyceum intensive military and physical training behalf Heroes Krut.

Material: The study involved 10 students in grade number 119.

Results: Factor analysis revealed the following four factors that characterize the structure of the physical fitness of students of military Lyceum "power" (32.0%), "anthropometric" (18.1%), "endurance" (11.6%) and " speed-power "(8.0%).

Conclusions: The isolation of these factors allows purposefully choose the ratio of means and methods of physical training in further education students Lyceum.

Modern society needs to a level of physical fitness of young people recognize the importance of comprehensive development of physical qualities, one of the main areas of physical education, greatly rely on the formation of motor skills needed in everyday life. Domestic scientists [12, 14] emphasize that a person who has a high level of physical fitness, has a relatively large amount possessed motor abilities and skills, high functionality of the cardiovascular, respiratory and thermal-regulating systems, the correct figure, as well as signs of a healthy lifestyle .

Physical education and physical education students has implemented training programs of secondary schools using traditional teaching approaches and pedagogical conditions that are characterized by low efficiency to optimize physical condition [3, 5, 6, 7] and the personal characteristics of seniors [11, 13].

Key words: physical training, students of the Lyceum, factor structure

Постановка проблеми. Сучасні потреби суспільства до рівня фізичної підготовленості молоді визначають необхідність всебічного розвитку фізичних якостей, що є одним із основних напрямків процесу фізичного виховання, значно спираються на формування рухових здібностей, необхідних у повсякденному житті. Вітчизняні та іноземні науковці [6, 8, 10, 11] підкреслюють, що