

Opracowane regresyjne modele można używać do modelowania możliwego poziomu wydolności fizycznej sportowców przy różnych wartościach tętna i kwasu mlekowego.

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**Zavalniuk O.V**

**Doctor of Philosophy, associate professor,  
Professor of department of the theory and methods of physical training  
The national pedagogical university of M.P. Dragomanov,  
Putrov S. Yu.**

**Doctor of Philosophy, professor, professor of the department of physical rehabilitation  
The national pedagogical university of M.P. Dragomanov, Kiev**

#### SOCIAL AND PEDAGOGICAL ASPECTS OF THE FORMATION OF THE PERSONALITY IN THE COURSE OF SPORTS ACTIVITY

*In the article, the attempt to find out the valuable potential of the impact of sports activity on personality is made. It is proved that physical training and sport are intended to provide integration into the system of the public relations of each person irrespective of his physical capacities. It becomes clear as far as values of physical culture and sport and their traditional educational influence it is capable to help the person to find world outlook orientations for own acts. It is noted that modern sports education has to be innovative in the nature of a rather democratic process. It has to become an effective remedy of revival and further development of national culture, get the status of the effective instrument of counteraction of spiritual degradation, awaken patriotism, humanity, sense of personal dignity. Considering specified, the activity of sports institutions has to be organized so that to promote the statement of each personality as a creator of own life, active member of society who every minute approves ideals of humanity and respects the country.*

**Key words:** activity, education, influence, personality, sport, physical culture, values.

**Завальнюк О. В., Пупров С. Ю. Соціально-педагогічні аспекти становлення особистості у процесі фізкультурно-спортивної діяльності.** У статті здійснюється спроба з'ясувати ціннісний потенціал впливу фізкультурно-спортивної діяльності на особистість. Доводиться думка, що фізичне виховання і спорт покликані забезпечити інтеграцію в систему суспільних відносин кожної людини незалежно від її фізичних можливостей. З'ясовується, наскільки цінності фізичної культури і спорту та їх традиційний виховний вплив здатен допомагати людині знаходити світоглядні орієнтації для власних вчинків. Наголошується на тому, що сучасне фізкультурно-спортивне виховання повинно мати випереджувальний характер щодо демократичного процесу. Воно має ставати ефективним засобом відродження і подальшої розбудови національної культури, набувати статусу ефективного інструмента протидії духовній деградації, пробуджувати в особистості патріотизм, гуманність, почуття особистої гідності тощо. З огляду на зазначене, діяльність фізкультурно-спортивних інституцій має бути організованою таким чином, щоб сприяти утвердженню кожної особистості як творця власного життя, активного члена суспільства, який щохвилини утверджує ідеали гуманізму і поважає свою країну.

**Ключові слова:** діяльність, виховання, вплив, особистість, спорт, фізична культура, цінності.

**Завальнюк Е. В., Пупров С. Ю. Социально-педагогические аспекты становления личности в процессе физкультурно-спортивной деятельности.** В статье предпринимается попытка выяснить ценностный потенциал влияния физкультурно-спортивной деятельности на личность. Приводится мнение, что физическое воспитание и спорт призваны обеспечить интеграцию в систему общественных отношений каждого человека независимо от его физических возможностей. Выясняется, насколько ценности физической культуры и спорта, их традиционное воспитательное воздействие способны помогать человеку находить мировоззренческие ориентации для собственных поступков. Отмечается, что современное физкультурно-спортивное воспитание должно иметь опережающий характер относительно демократического процесса. Оно должно становиться эффективным средством возрождения

и дальнейшего развития национальной культуры, приобретать статус эффективного инструмента противодействия духовной деградации, пробуждать в личности патриотизм, гуманность, чувство собственного достоинства и тому подобное. Учитывая указанное, деятельность физкультурно-спортивных учреждений должна быть организована таким образом, чтобы способствовать утверждению каждой личности как творца собственной жизни, активного члена общества, ежеминутно утверждающего идеалы гуманизма и уважающего свою страну.

**Ключевые слова:** деятельность, воспитание, влияние, личность, спорт, физическая культура, ценности.

**Statement of a problem.** In modern researchers, there is an important argument in favor of studying the importance of physical culture and sport for the all-round development of the person. Also the attempt to comprehend the valuable potential of a phenomenon of impact of sports activity on the personality is made. However, according to us, the attempt to concretize the specified educational potential on the formation of the personality in the course of sports activity looks fruitful. On the one hand, the formulation of the question looks too easy - clear that these phenomena carry out influence on the outlook of participants of sports activity. On the other hand, in the conditions of modern sociocultural dynamics becomes more difficult to be diagnosed which of valuable priorities are given by modern sport and physical culture, have their traditional educational influence is capable to help the person to find world outlook orientations for own acts?

To public values of physical culture and sport usually, researchers refer "the special knowledge accumulated by mankind, the sports equipment, technologies of sports preparation, an improvement technique, the best samples motor activity, sporting achievements - all that created by people for physical improvement and the organizations of a healthy lifestyle" [3, p. 33]. A personal level of assimilation of values of physical culture and sport, as a rule, is defined by physical skills, the ability of the personality to rational self-organization of own healthy lifestyle, knowledge, and experience of the individual in the sphere of physical improvement, social mental sets, level attraction to active occupations sports activity.

Physical training and sport in the context of a humanistic educational paradigm, are intended to provide integration into the system of the public relations of each person irrespective of his physical capacities and sports potential. [2, p. 87].

**The analysis of references** showed that in the Ukrainian pedagogical tradition a role of formation and physical improvement of the personality as a component of success, of its vital process, formation of culture of health, of society means, of physical culture and sport, such researchers as O. Andreyeva, M. Bulatov, M. Vizyey, O. Dubogai, D. Kachurovsky, I. Medvedeva, L. Sushchenko, A. Tymoshenko, and other.

Among foreign authors whose work left a noticeable mark in the field of studying as knowledge of the nature, entities, sociocultural purpose, and philosophy of sports activity once you call, first of all, such scientists, as P. Arnold, E. Berri, V. Vineland, A. Guttmann, P. de Coubertin, K. Cooper, Y. Morgan, K. Heynila, O. Spengler, and others.

According to L. Matveev, the formation of personality is impossible without own activity. Therefore consideration of the personality only as about the object of education would be incorrect, in not a smaller degree she is also the subject of education especially self-education. It is emphasized that the sphere of physical culture and sport in a certain relation provides especially favorable conditions for the manifestation of vital activity [5, p. 301].

**The purpose of the article** consists of justification of aspects of social and pedagogical influence on the formation of the personality in the course of sports activity

Achievements of the specified purpose cause the necessity of the solution of the following **tasks**:

1. To find out the valuable potential of influence of social and pedagogical aspects on the formation of personality in the course of sports activity.
2. To disclose the importance of physical culture and sport on the formation and all-round development of the personality.
3. To prove the influence of social and pedagogical aspects on the formation of personality in the course of sports activity.

**Statement of the main material of research.** The modern educational process and its modernization provide the creation of such a teaching and educational field which purposefully focuses the personality on self-determination, self-control, self-development fully to prove in further activity. [1, p. 75]. Very essential value, considering it, has an optimum ratio of the leading role of the tutor, independence and activity of pupils. The harmonious ratio of the directing role of the tutor and conscious activity of pupils leads to gradual developments of education into self-education. At the same time in the self-education process of formation of the personality, its spiritual ripening and self-affirmation receive the logical termination. [5, p. 301-302].

In process self-education of people uses various forms and methods. Here, a great help can be provided by an educator who reveals a role in self-education such as self-suggestion, the ability to look critically from the outside, self-commitment, self-control, etc. It is very important to create at those people who are engaged in representation about ideals. But all external educational influences from specialist educators cannot give the expected results if only one person does not find sufficient an initiative and activity, will not show desire and ability to be engaged self-education that is understood as creative vigorous activity of the personality which purpose is development in unity of physical, intellectual, spiritual qualities, will ability to work on own shortcomings and shortcomings [6, p. 111].

Physical training and sport will promote integration into the Ukrainian society of the person irrespective of its level of physical potential. As experts note, complete process of physical training of student's youth is implemented through the system of sports activity which finds manifestation in various forms of physical activity that allows realizing not only natural needs of the personality for the movement and physical activity but also to purposefully promote improvement of a biological system of activity of an organism through development of physical qualities, ensuring such socially important requirements as aspiration to knowledge, communication, self-expression, development of esthetic representations, experience of positive emotions and so forth [7, p. 8]. In the conditions of the modern Ukrainian higher school of the special status work on activation of each student regarding their own

physical development, and the active participation in a wide range of sports activities offered by the university.

Modern physical training is guided by a wide range of purposes and tasks by the internalization of valuable orientations of the physical culture of the modern type. It is meant that the specifics of social and pedagogical education consist of formation "philosophy of health", active relation to sports activities, inactive assimilation of values of physical culture. Achievements of a desirable positive result of social and pedagogical and psychological education are possible in case values of physical culture are directly, completely experienced by the person and endured on their own experience. As, for example, east traditions of Yoga or Wushu in which often are engaged up to advanced age.

Thereof valuable orientations will be acquired as vital, and active sport activity will accompany the person during all life. Some theorists of sport (in particular, D. Andrews) consider that the above-named aspects of sports education can include also "an intellectual component", that is a possibility of formation in the identity of a complex of the theoretical knowledge covering a wide range of historical, culturological, medical and other aspects, related to "physical knowledge" [9, p. 33].

For the personality in any society is of particular importance assimilation of "mobilization" values of physical culture (reaction, endurance, etc.) which help the person to exist in extreme situations. Technogenic accidents, injuries of various etymology, ecological crisis - here the incomplete list of situations which regularly lead to loss of life even in realities of modern society, in such situation especially will be useful to the person advanced physical abilities and skills. Active occupations sports activity promotes mobilization of functional, psychological and physical capacities of an organism. They influence the creation of a "margin of safety" as a peculiar reserve for reaction to "extreme" external influences that demand from the individual of urgent mobilization of functional forces [3, p. 44]. Not less important for the modern personality there are also valeological values of physical culture.

To valeological values of physical culture include saved up by the theory and to a technique of sports education of knowledge about the health of a person. Formations of a personality, hardening, imperception of addictions (smoking, alcohol intake, etc.), increase in psychoemotional stability by means of the use of physical exercises are the cornerstone of effective physical development of the person, it's level of health. Theorists of sport prove the generalizing nature of valeological values by inclusion to their maintenance of values of corporality: sports skills, physical training, endurance - the qualities that determine the state of health of the person. At the same time mobilization values of physical culture have also valeological focuses: The healthy lifestyle, endurance as the ability to resist to negative impacts of the external environment - all these are direct results of the development of physical culture. [2, with. 92]. Values of physical culture valeological in character also open opportunities for the formation of requirement, interest, motivation in the careful attitude of personal health.

The maintenance of the specified values of physical culture and sport generally looks identical. However functional a divergence of values of physical culture and sport is caused by distinctions of their purpose in the life of the individual and society. The physical culture on the essence arises and exists as a way of socialization of the personality through the used practices of physical exercises which aimed at the effective inclusion of the individual to spheres of work, wars and so forth. As researcher L. Lubisheva writes: "Sport extends in society as means and a form of identification of the highest abilities of the person that are shown in competitions and need recognition by others as a property of the winner" [3, p. 46].

Educational values of sport are shown by high integrity and variability of its specific values that are acquired in the course of active sports life. The sport is fairly called "school of character, emotions, will, fair play", confirming existence in it emotional, moral, to esthetic values which are got by wearisome training and fighting. In line with the wide sports movement grows its value as a factor of social integration among athletes, and among the audience ("fans") [9, p. 32].

In the modern globalized world, the sport promotes also strengthening of international communication. The speech of sport is clear and available, the beauty of a human body and its best manifestations does not need the translation, respect to human achievements in sports skill is inherent the majority of world cultures of the present, and the logic of sport keeps within the basic principles of multiculturalism.

So, thanking sports activity, people become the present social subject, the full member of society. Relying on results of sociological researches, L. Lubisheva draws a conclusion that those people who are engaged in physical culture not only are socially active, but also have a positive impact on the relatives, friends, colleagues: occupations physical exercises help to develop such important qualities as discipline, the ability to use free time more rational, skill to communicate, ability to reflex concerning logic of progress and failures, desire to be the best, and as shown a research, the person is more active it is involved in sports activity, the less she hopes for luck, for someone's help, on ability to adapt - the person gets used to count on himself and for achievement of wellbeing stakes on definitions of the purpose, on the abilities, talent, diligence and conscientiousness [4, p. 47].

**Conclusions.** So, in the theory of sport and physical culture, the fact of their interpretation as fruitful tools education of the modern personality is conventional. Modern sports education has to be innovative in the nature of a rather democratic process. It has to become an effective remedy of revival and further development of national culture, get the status of the effective instrument of counteraction of spiritual degradation, awaken patriotism, humanity, feeling of personal dignity and so forth. Thanking sport and physical culture, the person becomes the real subject and full member of society. Considering specified, the activity of sports institutions has to be organized so that to promote the statement of each personality as a creator of own life, active member of society who every minute approves ideals of humanity and respects the country.

#### Література

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**Авербах О. А.,**  
**старший викладач кафедри фізичного виховання та спорту,**  
**Сенкевич В. А.,**  
**старший викладач кафедри фізичного виховання та спорту,**  
**Національний педагогічний університет імені М.П. Драгоманова, (м. Київ)**

#### КОНТРОЛЬ РУХОВОЇ ПІДГОТОВЛЕНОСТІ СТУДЕНТІВ У ПРОЦЕСІ ФІЗИЧНОГО ВИХОВАННЯ У КОНТЕКСТІ ОСОБИСТІСНО ЗОРІЄНТОВАНОГО ПІДХОДУ

У статті розкрито необхідність визначення чітких та універсальних критеріїв оцінювання рухової підготовленості студентів, зокрема підбору об'єктивних та інформативних контрольних вправ та диференційованих нормативів. Викладено вимоги до педагогічного контролю рухової підготовленості у фізичному вихованні студентів закладів вищої освіти; описано причини низької ефективності оцінювання фізичної підготовленості студентів як результату освітнього процесу. За допомогою критичного аналізу результатів контролю рухової підготовленості студентів останніх років та вивчення досліджень вчених щодо фізіологічних механізмів прояву рухових здібностей визначено принципи особливості, що слід враховувати при виборі контрольних вправ. Обґрунтовано необхідність урахування індивідуальних особливостей розвитку студентів при виборі контрольних тестів для оцінювання рівня прояву рухових здібностей.

**Ключові слова:** фізичне виховання, педагогічний контроль, оцінювання, рухова підготовленість, студенти, контрольні вправи і нормативи.

**Е. А. Авербах, В. А. Сенкевич. Контроль двигательной подготовленности студентов в процессе физического воспитания в контексте личностно ориентированного подхода. В статье раскрыта необходимость определения четких и универсальных критериев оценки двигательной подготовленности студентов, в том числе подбора объективных и информативных контрольных упражнений и дифференцированных нормативов. Изложены требования к педагогическому контролю двигательной подготовленности в физическом воспитании студентов высших учебных заведений; описаны причины низкой эффективности оценивания физической подготовленности студентов как результата образовательного процесса. С помощью критического анализа результатов контроля двигательной подготовленности студентов последних лет и изучение исследований ученых, касающихся физиологических механизмов проявления**