

formation of valuable skills involves overcoming difficulties, and this is the main principle of ukemi – to overcome obstacles while maintaining the flexibility and openness of the mind, because it is our mental attitude that dictates the behavior of the body.

Performing ukemi allows you to feel more deeply the correctness of the technique through the body, much deeper than the instructor can explain in words or demonstrate in a visual way. So working on a high level of ukemi is the shortest path to mastering the art of Aikido.

As a direction for further research on this topic, we see the study of the effect of high-amplitude ukemi (tobi ukemi) on the body of aikido athletes of various ages, especially of the second period of adulthood, as well as the development of effective methods of teaching ukemi in order to more easily mastering the principles of aikido.

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THE INFLUENCE OF PHYSICAL EDUCATION CLASSES ON THE FORMATION OF MORAL-VOLUNTARY QUALITIES OF HIGHER EDUCATION ACQUIRES

The article analyzes the specifics of the influence of physical education classes on the formation and development of moral and volitional qualities of student youth. The relationship between the development of moral and volitional qualities and the physical development of modern youth has been established.

The influence of physical exercises and physical culture mass work on physical development, education of moral and volitional qualities of students of higher education is determined. The content of moral and volitional qualities and their importance in the process of solving educational tasks are revealed.

In addition, many years of scientific research prove that physical education classes have a positive effect not only on the development of moral and willpower, but also on improving the health of those who practice.

Key words: *students of higher education, physical education, physical exercises, moral and volitional qualities.*

Сога С., Добровольський В., Михайленко В. Вплив занять з фізичного виховання на формування морально-вольових якостей здобувачів вищої освіти. *В статті проаналізовано особливості впливу занять з фізичного виховання на формування та розвиток морально-вольових якостей студентської молоді. Встановлено взаємозв'язок розвитку морально-вольових якостей з фізичним розвитком сучасної молоді.*

Визначено вплив занять фізичними вправами та фізкультурно-масовою роботою щодо фізичного розвитку, виховання морально-вольових якостей здобувачів вищої освіти. Розкрито зміст морально-вольових якостей та їх важливість у процесі вирішення освітніх завдань.

Крім того, багаторічні наукові дослідження доводять, що заняття з фізичного виховання позитивно

впливають не тільки на розвиток моральних та волевих якостей, а й на покращення рівня здоров'я тих, хто займається.

Ключові слова: здобувачі вищої освіти, фізичне виховання, фізичні вправи, морально-волеві якості.

Formulation of the problem. A significant number of researchers note that the problem of moral-willed formation qualities is an understudied problem of pedagogical and psychological theory. High results in sports in the closest way related to the motivational and volitional sphere of a person, especially if he is very young. Underestimation of the role of formation moral-willed qualities and motivational factors on the part of teachers, trainers often leads to the fact that a person turns out to be unable to show his best abilities, to realize the enormous work that the athlete performs playing sports. Also, it should be noted that failure in sports activities, dissatisfaction with sports achievements sometimes become an insurmountable obstacle in the realization of a person's personal potential in other areas life activities.

According to many scientists, one of the most important tasks of the educational process is the formation of an independent, purposeful, decisive, persistent, disciplined personality, who has high morals, is capable of creative to think and act. It should be emphasized that for the implementation of this task, the teacher-trainer needs to make a lot of effort, aimed at developing in modern youth the ability to set life-important goals, the ability to correlate them with moral values, to show moral and volitional readiness, etc.

Analysis of recent research and publications. The study of scientific literature shows that in recent years it has been carried out a number of studies devoted to certain aspects of solving the problem of the formation of moral and volitional qualities in young people under time for physical education and sports. This is, first of all, a study of the basics of physical education (V. Arefiev, T. Bublei, Zh. Domina, O. Tymoshenko and others), formation of moral qualities of the individual (I. Beh, K. Zhurba and others), formation willpower by means of physical education and sports (A. Artyushenko, I. Dudnyk, N. Kasich, V. Masol and others), study theoretical aspects of the role of education in personality formation (I. Bekh, O. Yezhova, V. Kyrychenko, M. Tymchyk), etc. Conducted the analysis of the psychological and pedagogical literature proves that a certain amount of experience has been accumulated in relation to physical education and sports, but the problem of formation of moral and volitional qualities in young people during physical education and sports in modern times conditions is insufficiently researched and requires clarification.

The goal is to carry out a theoretical analysis of the problem of the formation of moral and volitional qualities in young people during physical education and sports.

Presentation of the main research material. The formation of moral and volitional qualities of modern youth is one of priority areas of educational activity, as they have a universal ability to solve tasks personality development, overcoming difficulties, successful entry into adulthood. This problem deserves special attention among scientists, since the solution to the tasks of sports activities depends not only on the perfection of knowledge, skills and abilities, but and the opportunity to implement them in practice, associated with high responsibility, discipline, etc. Scientists the importance of such strong-willed qualities as purposefulness, perseverance, independence, endurance and discipline, etc. [2; 3; 4; 7].

It is accepted that many factors influence the formation of moral and volitional qualities of young people, including researchers attribute sports activity, as it allows to satisfy young people's desire for physical activity improvement, acceleration of the pace of self-development, the desire to achieve a goal, to know oneself as a person, to overcome difficulties, to take a worthy place in a sports team, etc. According to the views of N. Kasich, D. Matorin, and O. Ostapenko, they are morally strong-willed qualities are formed in the process of obtaining life and sports experience of the personality, its formation. So for everyone for a young man, a teacher, a coach, this is always an important task, on the successful solution of which much depends the future of a growing personality in both educational and sports activities, because the ability to overcome difficult difficulties situations is related to the presence of a person with the formation of volitional and other qualities [5].

We share the opinion of Ukrainian pedagogues and psychologists regarding the problems of raising moral and volitional qualities coaches pay insufficient attention to the means of sports activities of today's youth. Such an unsatisfactory state is explained as frequent ignoring of the solution of educational tasks by physical culture teachers, coaches of sports sections in the process of sports and mass work; in the process of organizing mass sports activities, disorganization is often noticeable, lack of creative approach, etc. [3; 4; 5; 8].

For the effective formation of moral and volitional qualities, psychological features of school age are created, on which are indicated by I. Beh, L. Bozhovich, I. Kon, V. Sukhomlynsky, and others. They emphasize the special receptivity of the school age to the process of pedagogical guidance of moral and volitional development, as it is formed and accumulated at school sufficient experience of moral behavior and a moral need for self-education, etc. is formed.

M. Kolodeznikova, who is in scientific work tah defines the moral and volitional qualities that are manifested in skill to set clear goals and objectives, to act in a focused manner, striving for a socially prestigious goal. The scientist advises coaches in the process the formation of the will to creatively use oriental martial arts in the conditions of sectional classes or sports clubs, which can in the optimal form and in a short time to form the will of athletes on the basis of a special complex introduced by the author training process. During the formation of the will, the scientist advises relying on such principles of formation of will qualities as continuity and continuity of educational systems and measures; interaction of all varieties of the educational process; unity of use means, methods of formation; complementarity of means of moral formation. To solve this problem for everyone at the research stages, in the process of sectional classes, the traditions and customs of the people were introduced as an effective means of formation of volitional qualities, etc. [7].

In the pedagogical encyclopedic dictionary according to S. Honcharenko, volition is interpreted as conscious self-regulation a person's behavior and activity, a function of the brain, the content of which is aimed at (consists of) the ability to be active to achieve a deliberately set goal, overcoming external and internal obstacles, overcoming difficulties, etc. In the

dictionary.

S. Honcharenko stated that the will is manifested in the form of organized actions of athletes, deeds and their behavior. Scientist notes that the high moral development of an individual (in the context of our study – an athlete) is the most important and a necessary condition for the formation of the will and the main way of its formation, etc. Also, S. Honcharenko considering the concept "goal" (goal) emphasizes that it is a conscious image of a certain expected result (in our study sports), the achievement of which is aimed at the action of a person, an individual. The basis of goal formation in a person (athlete) is a subject-material activity aimed at transforming the surrounding world, etc. [6].

The study of the role of sports and game activities, martial arts, shows (M. Oyama, D. Miller) that they improve the goals and motives of self-education in schoolchildren and athletes, the emergence of new needs, enrich feelings, develop the emotional sphere, the ability to adequately evaluate their actions and comrades in the process of sports activities. At therefore, the volitional activity of a young athlete is a necessary component, goal, result, the main engine of everything educational and training process. Acting as a condition and means of the process of self-education, the will, in turn, is hardened, directing the potential reserves of the young athlete's personality to solve the tasks of self-education, to overcome emerging obstacles. The practice of moral self-education shows that under the same conditions and means of education there is a different level of moral development of the individual, etc. [8].

The analysis of the theoretical aspects of the studied phenomenon made it possible to establish that correctly planned training and sports activities of students and athletes should include not only physical exertion, but also mandatory elements of moral and volitional qualities of the individual, aimed at fulfilling complex educational tasks [9].

It should be emphasized that obstacles and difficulties in this case are not only the physical exercises proposed by the trainer and physical education teacher, but also the quantitative selection of exercises, their dosage, intensity and effective organizational and pedagogical conditions aimed at the formation of moral and volitional qualities of the individual.

According to the researchers of this problem, the importance of studying the problem of the formation of moral and willpower qualities of students and athletes is caused by such factors as a decrease in interest in the organization of mass sports events, in connection with the action of subjective factors, etc. [4; 5].

According to M. Tymchyk, the effectiveness of the formation of moral and volitional qualities of an individual depends on the correct one organization and holding of competitions, where students and athletes are involved in independent sports and mass work. During the holding of competitions stimulates the motivation of athletes, increases their activity, purposefulness, determination, discipline, creative initiative, etc. [9]. M. Tymchyk emphasizes that the effectiveness of the formation of moral and volitional qualities personality depends on the use of such methods of educational work as: the method of competition, creating a situation of success, encouragement, assignment, analogy, persuasion, etc.

Conclusions. The study of the theoretical aspects regarding the formation of moral and volitional qualities in young people during of physical education and sports shows that moral and volitional qualities can develop only in the course of a complex targeted the future of sports, educational and training activities, by overcoming formidable obstacles and difficulties.

Also important is the motivational component, the use of effective organizational and pedagogical conditions, forms and methods that are available effective for the formation of moral and willful qualities and other personal qualities of young people, because: they allow satisfied to satisfy the desire of young men for physical improvement, acceleration of the pace of their own development, the need for self-development; provide the desire of young people to aspire to be like their idols, those who have achieved certain successes in sports, physical improvement, has high moral and willpower qualities, etc.; satisfy the natural young men's desire to win in competition with others, recognition, respect, to be first, to take a worthy place, etc.

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PECULIARITIES OF MARTIAL ARTS TRAINING TECHNIQUES FOR STUDENTS OF HIGHER EDUCATION INSTITUTIONS

The purpose of the study is to determine the main characteristics of martial arts training techniques as a factor in the formation of physical abilities of student youth and the scientific substantiation of the means of positive influence of martial arts, which contribute to the education of young people in patriotic skills, values of a healthy lifestyle, comprehensive development, increasing the level of health according to the method of the species martial arts sports. The article presents material on the concept and approaches to the classification of physical exercises and methods of martial arts for students of higher education institutions. As a result of the study, it is possible to conclude that the practical significance of the obtained results lies in the introduction into pedagogical practice of the method of raising schoolchildren's interest in physical education in a general secondary education institution, which includes various forms and methods of educational work, methodological recommendations for raising schoolchildren's interest in physical education classes in a general secondary education institution.

The obtained results will be useful to class teachers, teachers of physical culture and defense of Ukraine, leaders of sports clubs and sections on combat horting, students of higher education institutions, teachers of higher education institutions in physical education and sports when teaching the theory and methods of combat horting, physical education, special courses for teachers in the system of postgraduate pedagogical education. research materials can be used in training courses for physical education teachers and heads of sports sections in the system of postgraduate pedagogical education, as well as during the preparation of training programs, methodological manuals and recommendations.

Key words: martial arts, students of higher education, physical education, physical exercises.

Туряниця І., Соболєнко А. Особливості техніки навчання бойових мистецтв для студентів закладів вищої освіти. Метою дослідження є визначення основних характеристик техніки навчання бойових мистецтв як чинника формування фізичних здібностей студентської молоді та наукове обґрунтування засобів позитивного впливу бойових мистецтв, що сприяють вихованню у молоді патріотичних навичок, цінностей здорового способу життя, всебічного розвитку, підвищенню рівня здоров'я за методикою виду спорту бойових мистецтв. В статті викладено матеріал щодо концепції та підходів до класифікації фізичних вправ і методик бойових мистецтв для студентів закладів вищої освіти.

Ключові слова: бойові мистецтва, здобувачі вищої освіти, фізичне виховання, фізичні вправи.

Formulation of the problem. The article presents a method of effective training and improvement of technique in martial arts using a mathematical matrix of training. learning techniques, matrix, improvement, martial arts, structure of the process. What is the way to master the technique, can it be imagined as a smooth, gradual ascent to the goal? The accumulated practical experience and its theoretical understanding give the right to say: mastering the technique is not a monotonous and uniform process, it has degrees, leaps, and can be divided into stages. What are these stages? In the definitions of different authors, they are close, similar, but in many respects they do not coincide. There is no unity of opinion here.

Analysis of literary sources. Considering physical exercises as a motor skill, A. M. Krestovnikov identified three phases: 1) studying individual elements and combining a number of individual partial actions into one integral action; 2) elimination of unnecessary movements and excessive muscle tension; 3) further improvement of motor skills by specifying the activity of a number of afferent systems.

A very important note: "depending on the complexity of the movements, the number of phases in the formation of a motor skill can change." In general, this is closer to sequential pedagogical tasks than to the disclosure of the stages of the