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Syrovatko Z.
senior lecturer of the department of health and sports technologies
National Technical University of Ukraine "Ihor Sikorsky Kyiv Polytechnic Institute"
Yefremenko V.
senior lecturer of the department of health and sports technologies
National Technical University of Ukraine "Ihor Sikorsky Kyiv Polytechnic Institute"

THE EFFECT OF DISTANCE EDUCATION ON THE DEVELOPMENT OF PHYSICAL QUALITIES OF STUDENTS OF HIGHER EDUCATION INSTITUTIONS

The article determines the influence of distance learning on the development of physical qualities of students of higher education institutions. It was found that during the period of training using online technologies, there is a rapid decrease in the level of physical fitness of students of higher education.

In the course of the research, we used theoretical methods, in particular, the analysis and generalization of methodological, psychological-pedagogical and educational-methodical literature, which made it possible to study modern approaches to determining the level of development of physical qualities of participants in the educational process, in the conditions of distance learning; empirical: surveying students of higher education institutions to find out their motivational priorities.

It has been established that distance learning has a negative effect on the development of physical qualities.

Hypodynamia has a particularly adverse effect on the growth of young organisms. A large number of students have insufficient motor activity. At the same time, some students enjoy sports, the level of which requires them to perform relatively high volumes and intensities of physical activity. Therefore, the task of determining the optimal, as well as the minimum and maximum possible modes of motor activity arises. Motor activity has always been the most important link in the adaptation of living organisms to the environment, and in the process of evolution it was formed as a biological human need along with the needs for food, water, self-preservation and reproduction

Key words: *physical qualities, students of higher education, distance learning, physical exercises, physical fitness.*

Сироватко З., Єфременко В. Вплив дистанційного навчання на розвиток фізичних якостей студентів закладів вищої освіти. В статті визначено вплив дистанційного навчання на розвиток фізичних якостей студентів закладів вищої освіти. Виявлено, що за період навчання за онлайн-технологіями спостерігається стрімке зниження рівня фізичної підготовленості в здобувачів вищої освіти.

В ході дослідження ми використовували теоретичні методи, зокрема, аналіз і узагальнення методологічної, психолого-педагогічної та навчально-методичної літератури, що дали можливість вивчити сучасні підходи до визначення рівня розвитку фізичних якостей учасників освітнього процесу, в умовах дистанційного навчання; емпіричні: анкетування студентів закладів вищої освіти для з'ясування їх мотиваційних пріоритетів.

Встановлено, що дистанційне навчання негативно впливає на розвиток фізичних якостей.

Ключові слова: *фізичні якості, здобувачі вищої освіти, дистанційне навчання, фізичні вправи, фізична підготовленість.*

Formulation of the problem. Currently, mastering educational material requires high mental, physical costs from students. Academic activity has changed so much in recent years that the body's adaptive and compensatory mechanisms do not always cope with all the loads at the university. Constant intensification of the educational process and its irrational organization, underestimation of the role of appropriate physical activity, inadequate teaching methods for the age and adaptability of students - all this leads to exhaustion and impaired adaptation, the appearance of diseases. Therefore, the tasks of higher education consist not only in the formation of a competent specialist, but also in the education of a full-fledged, healthy person with a conscious attitude to a healthy lifestyle, aesthetic ideals and ethical norms of life [1].

Motor activity has always been the most important link in the adaptation of living organisms to the environment, and in the process of evolution it was formed as a biological human need along with the needs for food, water, self-preservation and reproduction [3].

A low level of physical activity has a negative effect on the functioning of the body's adaptation mechanisms regarding physical and mental stress, changes in external living conditions and their consequences.

Hypodynamia has a particularly adverse effect on the growth of young organisms. A large number of students have insufficient motor activity. At the same time, some students enjoy sports, the level of which requires them to perform relatively high volumes and intensities of physical activity. Therefore, the task of determining the optimal, as well as the minimum and maximum possible modes of motor activity arises.

The minimum limits should characterize the preventive mode of movement necessary for the student to maintain favorable dynamics of the mental state during the entire period of study at the university. The optimal limits should determine the level of motor activity at which the best functional state of the body is achieved, as well as a high level of educational and social activity. This regimen improves and develops health [6].

The maximum limits should warn about a too high level of motor activity, which can lead to exhaustion, overtraining, a sharp drop in the level of success in groups, that is, to a regime individually adapted to the maximum capabilities of students [7].

Many students completely try to protect themselves from physical exertion while working online, thinking that the less physical exertion they perform, the less injuries they will get to their own bodies, and as a result, they will become healthier. They try in different ways to obtain exemption from physical education classes, and at the same time they find support from parents and, what is most terrible, from doctors. However, constant neuropsychological stress and chronic mental fatigue without physical exertion cause serious functional disorders in the body, a decrease in its working capacity and the onset of premature old age [2].

If a student does not deliberately and systematically engage in physical exercises on his own, this means that any negative effects of the lack of motor activity on the developing body will certainly have a negative effect on his physical, mental, sexual maturation and health in general. This can be avoided only by including optimal physical activity in your daily routine. The optimal mode of motor activity is the leading innate factor of both physical and mental development of a person and, therefore, his health [5].

Analysis of literary sources. The problems of informatization of education are actively dealt with by both domestic and foreign scientists, in particular, V. Osadchyi, T. Koval, P. Samoilenko, O. Spirin, B. Shevel, V. Yu. Bykov [1], Ya. V. Bulakhova, O. M. Bondarenko, V. F. Zabolotny [2], G. O. Kozlakova [5], O. A. Mishchenko, O. P. Pinchuk, O. V. Shestopal, I. V. Robert, V. Yu. Volkov, A. M. Doronin, A. S. Rovny and others [6, 7]. In recent years, against the background of the pandemic, distance learning is increasingly being introduced into the educational process in institutions of higher education, which negatively affects the level of motor activity of students, which negatively affects indicators of their physical condition (E.A. Zakharina, O.T. Kuznetsova and etc.). The situation is worsened by the fact that the remote form of physical education classes reduces students' interest in systematic physical exercises. An important role in increasing the motivation to use physical culture in institutions of higher education is the possibility of choosing adequate means of compensating for the deficit of everyday motor activity [4].

Presentation of the main research material. The current epidemiological situation in the world and in our country has made certain changes to the education system - educational institutions are forced to switch to distance learning. How to master the programs of various disciplines and, especially, physical education in this situation? Modern education involves distance learning [1; 2], but it is necessary to take into account the specifics of the subjects, and physical education requires a certain approach, unlike other educational subjects, here it is impossible to limit yourself to the extramural performance of test tasks. In conditions of quarantine and home self-isolation, in conditions of forced restriction of physical activity, motor activity is the most relevant [4].

For more than two years, the educational process in educational institutions has been conducted remotely. Therefore, every teacher had to review the work programs of the disciplines.

In our opinion, physical education teachers had a particularly difficult time. After all, they have to switch from practical work in gyms to web cameras and microphones in a very short time. In this regard, we conducted an experimental study. The purpose of our experiment was to investigate the level of motor activity of students during the distance learning period and to identify positive and negative aspects [3].

Difficulty during distance learning arises during the organization of group work, which is necessary for the educational process; methods used in disciplines related to physical education, where practical work must be performed directly by the student (techniques of sports games, cycle sports, etc.), are ineffective in distance learning; there is no guarantee of independent performance/solving of educational tasks; students and teachers spend a lot of time at computers, thereby worsening their own health. Since more tasks for reporting were added to distance learning, all participants in the educational process had less free time. Unfortunately, the advantages of distance education turned out to be less: students learn self-education, which is important in the modern world; teachers have the opportunity to choose the most convenient and comfortable for them from a huge number of Internet resources; modest students began to show themselves more actively in online classes [7].

To determine the level of individual motor activity of students, we used the Framingham method. The Framingham technique allows quantitative and qualitative determination of daily motor activity based on the timing of daily activities of various types with registration of the intensity of each type of physical effort. The value of these measurements is presented in the form of a digital value of the physical activity index [8].

When timing, all the activities that the subject is engaged in are recorded and divided into five levels: basic, sedentary, small, moderate, intensive.

The basic level includes: sleep, lying down.

For sitting: reading, working at a desk, watching TV, listening to music, working on a computer, etc.

To name a few: classes at institutions of higher education, driving a car, traveling on all types of transport, walking, personal hygiene.

To moderate (average): household, regular walking, yard work, painting, repair, ballroom dancing, bicycling on flat terrain, etc. [7].

To intense (high): strength sports, running, dancing, long swimming, brisk walking, mountain biking, digging in the garden, etc. Thus, during the experimental study, students were asked to fill out a motor activity registration card, in which they had to indicate all the activities they performed during the day.

Thus, after processing the results of the students, we found that in the conditions of distance learning almost most of the time is occupied by the small level, which includes preparation for classes, personal hygiene, moving on foot, classes in institutions of higher education, however, it should be taken into account that in the conditions distance learning students do not attend institutions of higher education, thus, they still have a reduced type of motor activity. Thus, the average duration of a small level for students was 8.1 ± 2.0 hours. Average and high levels of motor activity were the lowest at 2.6 ± 1.3 hours. and 1.5 ± 1.1 ,

respectively.

The problem of the health of the population of Ukraine is recognized at the state level, which at the present stage determines the health of the nation. Distance learning of students of higher education institutions led to a critical reduction in the duration of specially organized physical activity. Therefore, there was a need to find and use modern methods and means of developing motor skills, in particular strength endurance of student youth. Scientists have proven that the direction of future professional activity affects the development of motor skills of female students, determining the features of physical capacity, motor activity and the required level of physical health of future specialists. The generalization of scientific research in the field of physical culture and sports shows the importance of developing the strength endurance of female students in higher educational institutions. The purpose of the study: to determine the impact of the use of fitness programs on the indicators of strength endurance of female students of the agricultural university, during remote classes.

In percentage terms, the level of motor activity of students during the day was: basic – 31.8%, sedentary – 14.5%, low – 38.5%, medium – 9.2% and high level – 4.6.

Conclusions. Thus, the analysis of special scientific and methodical literature in the field of physical education indicates, and the experiment conducted by us, indicates a decrease in the level of motor activity among student youth in conditions of distance learning. It is possible to ensure the development of the process in a certain appropriate direction only by correcting the initial actions, that is, regular application of pedagogical control in the physical education of students of higher education institutions and improvement of modern methods and means of physical education, taking into account the realities of today. In addition, it is important to increase motivation and interest in physical exercises, especially if students spend a lot of time online, aimed at improving health, as well as increasing the level of physical activity of student youth.

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Балан Б. А.

старший викладач кафедри футболу

Національний університет фізичного виховання і спорту України, м. Київ

ОСОБЛИВОСТІ УПРАВЛІННЯ ПІДГОТОВКОЮ ФУТБОЛІСТІВ 17 – 21-РІЧНОГО ВІКУ В ПЕРІОД ПЕРЕХОДУ ДО ПРОФЕСІЙНИХ КОМАНД

Стаття присвячена вирішенню проблеми управління підготовкою футболістів 17 – 21-річного віку в період переходу до професійних команд. В роботі виявлено, що рівень техніко-тактичної та спеціальної фізичної підготовленості спортсменів після закінчення навчання у дитячо-юнацькій футбольній школі не відповідає модельним показникам гравців професійних футбольних команд. Доведено, що випускникам спортивних шкіл та дитячо-юнацьких футбольних організацій потрібно від трьох до п'яти років для становлення спортивної майстерності, функціональних можливостей і ефективної їх реалізації в професійних командах різних ліг України. Визначено, що удосконалення управління підготовкою футболістів 17 – 21-річного віку в період переходу до професійних команд обумовлена якісним перетворенням двох взаємозв'язаних елементів, що мають визначальне значення для планомерної методики розвитку молодих талантів: системи змагань і системи підготовки.

Ключові слова: футбол, управління, футболісти 17 – 21-річного віку, період переходу до професійних команд.

Balan B. Peculiarities of managing the training of 17-21-year-old football players during the transition to professional football. The article is devoted to solving the problem of managing the training of football players aged 17-21 during the transition to professional teams. The paper characterizes the modern system of long-term improvement in the context of preparing football players for performances in professional teams. The general problems of managing the training of football