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## PREREQUISITES FOR THE FORMATION OF MOTIVATION FOR PHYSICAL EDUCATION CLASSES IN STUDENTS OF NON-PHYSICAL SPECIALTIES

*It has been established that the health and physical fitness of non-physical education students are the most important components of the health and physical potential of the entire society. Currently, physical education in educational institutions is practically relegated to the last plan, and it is not surprising that the level of physical fitness of children and youth is assessed as extremely unsatisfactory. The low level of physical fitness of students worsens their adaptation to the regime of future work, especially to the conditions of military service. Many facts cause acute concern for the health of the future generation. Chronic lack of motor activity inhibits their normal physical development and threatens health.*

**Keywords:** motivation, physical education, students, motor activity.

**Іванюта Н., Кузьменко Н., Гаєрилова Н., Зеніна І. Передумови формування мотивації до занять з фізичного виховання у студентів нефізкультурних спеціальностей.** Встановлено, що здоров'я та фізична підготовленість здобувачів освіти не фізкультурних спеціальностей - найважливіші складові здоров'я та фізичного потенціалу всього суспільства. В даний час фізичне виховання в закладах освіти практично відсутнє на останній план, і не дивно, що рівень фізичної підготовленості дітей та молоді оцінюється як вкрай незадовільний. Низький рівень фізичної підготовленості студентів погіршує їхню адаптацію до режиму майбутньої трудової діяльності, особливо до умов військової служби. Багато фактів викликають гостру тривогу за здоров'я майбутнього покоління. Хронічний дефіцит рухової активності гальмує їх нормальний фізичний розвиток, загрожує здоров'ю.

**Ключові слова:** мотивація, фізичне виховання, студенти, рухова активність.

**Formulation of the problem.** According to the Ministry of Health, 15% of children under the age of 14 are prone to chronic diseases; 35% of schoolchildren have deviations in their state of health.

In connection with this, the main ways of reorganizing the physical education of schoolchildren in the following directions were determined; elimination of deficiencies in physical culture; forming in students the appropriate amounts of modern knowledge about a healthy lifestyle; about the role and place in it of various means and forms of physical culture organization; instilling appropriate motivations; training in the minimally necessary methodical techniques for their independent implementation and only on this basis conducting properly organized practical classes. It is natural that the programs and plans for physical education of schoolchildren, which are currently in force, are based on old views on the subject of "physical culture", do not meet modern requirements and need a radical restructuring. Effective and rational grounds for this restructuring can only be specially organized scientific research.

In the conditions of modern socio-economic transformations in Ukraine, the health of the Ukrainian nation belongs to the priority ideals and national interests. With the development of society and modern technologies, the attitude towards physical culture is also changing. In connection with the increase in the time that the younger generation spends in a sitting position during lessons, in front of a computer monitor and a TV, there is a growing need to motivate students to engage in physical exercises during the school day, as well as in free time from studying. That is why the formation of motives for such classes is an important need of society, because systematic classes in physical culture contribute to the development of basic physical qualities, education of will, courage, perseverance, have a positive effect on strengthening health, increase mental capacity and social adaptation [32]. The analysis of the development of pedagogical theory and practice shows that at all stages of the formation of professional education, scientists searched for new approaches and criteria for motivating schoolchildren to study, forming interest in physical activity. The study of physical education methods, in particular the formation of positive interest in physical education among schoolchildren, has recently attracted special attention of both pedagogues-scientists and practitioners [32], and is a promising direction of scientific research in the system of national education and upbringing. However, insufficient attention has been paid to the mentioned problem in domestic pedagogical literature, although certain aspects have been covered in the works of modern researchers

**Analysis of literary sources.** The problem of the development of students' interest in physical education classes both in the general theoretical aspect and in the psychology and methodology of physical education was the subject of attention of such outstanding scientists as E. Ilyina, S. Zanyuk, E. Kozaka and others. An important component in the structure of learning

motor actions in physical education classes is the motivation of students. It can be defined as a complex multi-level system of triggers, which includes needs, motives, ideals, aspirations, attitudes, emotions, values, etc. A person's activity is mostly determined by the purpose of his activity. The specificity of human motivated activity is that it is always purposeful. [12].

In the general sense, a motive is something that stimulates a person to a certain action. According to a number of scientists, the motives that guide teachers in teaching have a significant impact on the course of the learning process. Motives can be different, but in all cases they must be positive. It is important for the teacher to know what motives and interests each student has (for example, coming to a specific class). For the most part, it is the motives that determine the course of the entire learning process in the future. Here, the leading and guiding role of the teacher is of great importance: through the choice of the right motivation, he provides the necessary conditions for successful physical education, organizes young people, stimulates cognitive activity, teaches them to correctly apply their knowledge and skills not only in physical education, but also in everyday life [5].

**Presentation of the main research material.** One of the main components of motivation is interest. Interest is a conscious positive attitude towards something that prompts a person to be active in getting to know the object that interests him. The concept of interest includes ideas about the object; the feeling of pleasure caused by the object; attitude to volitional efforts, the influence of a pleasant or positive feeling on the will [4].

For their part, interests are characterized by directionality (material, spiritual, intellectual, social, cognitive, sports, professional interests are distinguished) and selectivity (interest in sports games, in the profession of a physical education teacher). Spiritual interests develop most effectively when there is an opportunity to satisfy them. Interest reveals the main motives and driving forces of a social subject, group, class, society. It is by their presence and content that one can judge the all-round physical and intellectual interest of the teacher. Intellectual interests - this is knowledge of the subject and methods, cultural outlook, understanding of children, the ability to communicate with them, the ability to maintain discipline, unite the team, organize individual and collective activities to form stable interests in physical exercises or physical games and, based on them, to cultivate a positive habit to physical culture and sports [1].

The formation of interest in the study of certain motor actions in physical education lessons is as follows: verbal forms of influence on the consciousness of students should be rationally combined with practical methods, demonstration, repetition and verification of the amount of memorization of the content and sequence of exercises, awareness of their place and role in the regime student's day. First, methods and methods of explanation are used, then exercises are demonstrated, and at the end - instruction aimed at conducting independent classes [6].

Cultivating students' interest in physical education is the subject of special attention both in the theory of pedagogy and in the methodology of physical education. This is due to the fact that in adolescence there is a transition in schoolchildren from a natural need for movement to a perceived need for physical exercises. Therefore, in practical work, it is necessary to rely on interest, which is a great driving force, can significantly strengthen motives and encourage students to regularly engage in physical exercises [8].

Interest is a constant effort of the energy of those seeking education, that is, it can facilitate the performance of activities (when he is interested, he does not need to force himself to exert himself) or, on the contrary, stimulates willpower, helps to show patience, persistence, perseverance, supports purposefulness. The basis of the formation of interest in physical education is the principle of building the pedagogical process of students' consciousness and activity. The essence of this principle is as follows: if a student understands the essence of the task and is interested in solving it, then this speeds up the learning process [10].

Based on the studied sources, it is possible to systematize the development of interest in sports games as follows. Interest in knowledge. Its essence is based on the pleasure gained from the very process of mastering the entire set of knowledge, abilities and skills of certain types of physical exercises in physical education classes.

A focus on the common interests of activities in the sports section and learning in the classroom has a significant impact on the development of interests in learning. Scientists have established in parallel groups different sides of the general structure of interests, different levels of their maturity, ascertained different forms of expression of interests.

If it is considered that playing a favorite sport is based on sympathy, then it can be predicted that there is a certain relationship between sympathy, direction and strength of interests of schoolchildren. As a rule, the commonality of interests creates sympathy for each other in young people, and sympathy in the process of two-way communication causes convergence of interests. The physical development of boys and girls at different levels of education, as a rule, forms significant differences of interests due to the difference in interaction algorithms [36].

The analysis of scientific and methodological literature and the practical experience of scientists indicate that the effectiveness of the school process depends on its highly qualified teachers. A specialist in physical education is no exception, who with the help of acquired knowledge and experience, implemented in a certain sequence, is able to teach students skills and abilities in many types of sports, to form in them an interest in learning, to encourage a healthy lifestyle. An important condition for the effectiveness of the learning process in physical education lessons is the formation of students' motivation for such classes, which is the subject of special attention of teachers [34].

The scientists' conclusions show that the interest in such classes affects a number of problems. The motivational aspect plays an important role in the formation of motor abilities and skills [30]. It is one of the main components of the process of learning physical exercises for elementary school students. The presence of positive or negative incentives depends on the nature of the motivation for physical education lessons. The motivational component not only affects the success of the physical exercise learning process of students, but also improves general physical development, promotes the prevention of various diseases, and ensures the conscious and active participation of the object of management in the educational process.

Motivation includes the following components: interest and desire to do physical exercises, the need for motor activity, a healthy lifestyle, a valuable attitude to one's own health, an understanding of the positive impact of physical culture on the body,

the formation of the habit of doing physical exercises during the working day and in free time time [10].

Formation of motivation is important in achieving successful results. The attitude of students to physical culture depends on both objective factors (the presence of positive motivation and the habit of doing physical exercises outside of school hours, the role and place of physical culture in the family, the presence of a sports and material base, etc.) and subjective (attitude to the teacher, interest and variety of classes, individual factors).

The analysis and generalization of the scientific and methodical literature made it possible to establish that the priority direction of improving the physical education system in general secondary education institutions is the formation of students' careful attitude to their own health, persistent need and habit for physical education lessons.

With the help of a confirmatory pedagogical experiment, the prerequisites for the differentiation of physical loads in the physical education lessons of primary school students were studied, in particular, the motivational and psychophysical state of schoolchildren was clarified, and the analysis of modern approaches to the physical education of students in physical education lessons was carried out.

Lack of understanding by the heads of general secondary education institutions of the need to increase attention to the physical education of student youth, in particular, increasing the amount of physical culture lessons in the grid of the educational schedule; the importance of improving the program-methodical and material-technical support of the process of physical education with students; insufficient consideration of the specifics of individual, psychophysical capabilities of children in the content of physical exercise training. One of the most urgent and important tasks of a modern citizen is monitoring the health of students, taking into account modern socio-economic conditions.

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The main methods of forming positive motivation, interest and activity of students in physical education lessons are encouragement, creation of a favorable atmosphere for educational activities, personal example and organization of a system of extracurricular physical culture and health and sports mass events.

Conclusions. This approach, in our opinion, will allow us to meet the program requirements for the physical education process, among which the priority is the implementation of the individual's need to maintain his health during physical education lessons. This approach will contribute to a positive change in the attitude to the physical education lesson, namely, the activation of students' activities not only as a process of satisfying cognitive needs, but also to ensure the active involvement of younger schoolchildren in the health-preserving educational process, the formation of an active position in them to strengthen and preserve their own health.

One of the unresolved problems is the decline of children's interest in traditional physical education lessons, as well as the issue of the introduction of various new technologies during the physical education of younger schoolchildren.

New approaches to the organization of a physical education lesson create favorable conditions for the formation of personality, for the development of not only students, but also the teacher. That is why, in accordance with the requirements of the modern generation, there is a need to develop the latest technologies in physical education classes.

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