

12. Паламарчук Ю.Г., Солодка О.В., Кусовська О.С., Мамотько П.М., Гавриш Г.Г., Кохановський Р.А. Аналіз техніко-тактичної підготовленості дзюдоїстів високої кваліфікації за підсумками «ОІ-2020». *Науковий часопис Національного педагогічного університету імені М. П. Драгоманова. Серія 15. Науково-педагогічні проблеми фізичної культури (фізична культура і спорт)*. Київ, 2020. – Вип. 9 (140). С. 80-85.

13. Дяченко А.А., Райтаровська І.В. Аналітично-статистичний аналіз техніко-тактичної підготовленості дзюдоїсток високої кваліфікації за підсумками «Олімпійських ігор – 2020»: колект. моногр. Вінниця : Європейська наукова платформа, 2021. С. 1-13.

14. Солодка О.В., Білобров В.М., Нестеров О.С., Кусовська О.С., Корольов А.І., Махінко М.П., Хацаюк О.В. Аналітичний огляд технічної підготовленості елітних дзюдоїстів за підсумками «ЧС-2022». *Науковий часопис Національного педагогічного університету імені М. П. Драгоманова. Серія 15. Науково-педагогічні проблеми фізичної культури (фізична культура і спорт)*. Київ, 2022. – Вип. 12 (158). С. 110-126.

15. International Judo Federation (IJF, Tashkent World Championship Senior 2022, Uzbekistan, Tashkent) (2022). URL: https://www.ijf.org/competition/2298/draw?id_weight=6 (date of application: 15.01.2023).

DOI 10.31392/NPU-nc.series15.2023.02(160).06

Prus N. M.

senior lecturer of the department of health and sports technologies National Technical University of Ukraine «Kyiv Polytechnic Institute» Ihor Sikorskyi Uskova S. M.,

senior lecturer of the department of health and sports technologies, National Technical University of Ukraine «Kyiv Polytechnic Institute» Ihor Sikorskyi

Zhuravlyov S. O.

senior lecturer of the department of health and sports technologies National Technical University of Ukraine «Kyiv Polytechnic Institute» Ihor Sikorskyi Krivenda V. S.,

senior lecturer of the department of health and sports technologies National Technical University of Ukraine «Kyiv Polytechnic Institute» Ihor Sikorskyi

DEVELOPMENT OF PHYSICAL QUALITIES OF STUDENTS BY MEANS OF ATHLETICS

The article reveals the peculiarities of the development of physical qualities by means of athletics. It was determined that physical education at the current stage of the development of society plays an important role in the formation of personality, and the process of its popularization among the younger generation is complicated by insufficient interest of students in generally accepted forms of conducting practical classes on physical education on the one hand and overloading of educational programs on the other. Therefore, it is important to improve the system of physical education by means of athletics due to the improvement of their indicators of the development of physical qualities.

Some high jumpers set the bar to a desired height at home and therefore get used to it. This type of psychological "setting" also contributes to successful overcoming of high altitudes. The illusion of weight is often used in the training of throwers. Unbeknownst to the athlete, while maintaining the previous shape of the lightweight device, its weight is gradually increased, bringing it to the desired level. As a result of such preparation, most throwers throw both a lightweight device and one whose weight has been imperceptibly increased far. Health is a state of complete physical, mental and social well-being, not just the absence of disease or physical defects. The ability of the organism to adequately change its functional indicators and maintain optimality in various conditions is the most characteristic criterion of the norm of health.

Keywords: physical education, students of higher education, athletics, physical qualities.

Ускова С. М., Прус Н. М., Кривенда В. С., Журавльов С. О. Розвиток фізичних якостей у студентів засобами легкої атлетики. В статті розкрито особливості розвитку фізичних якостей засобами легкої атлетики. Визначено, що фізичне виховання на сучасному етапі розвитку суспільства відіграє важливу роль у становленні особистості, а процес його популяризації серед підростаючого покоління ускладнюється недостатньою зацікавленістю студентства загальноприйнятими формами проведення практичних занять з фізичного виховання з одного боку і перенавантаженням навчальних програм – з іншого. Тому важливе значення має вдосконалення системи фізичного виховання засобами легкої атлетики через покращення у них показників розвитку фізичних якостей.

Ключові слова: фізичне виховання, здобувачі вищої освіти, легка атлетика, фізичні якості.

Formulation of the problem. The essence of health orientation as an important principle of the physical education system is that physical culture should promote health. Health is not simply means the absence of diseases: it is something positive, it is a cheerful and desirable fulfillment of the duties that life imposes on a person. Health is a state of complete physical, mental and social well-being, not just the absence of disease or physical defects. The ability of the organism to adequately change its functional indicators and maintain optimality in various conditions is the most characteristic criterion of the norm of health [2].

Modern medicine does not have sufficiently developed technologies the formation of a healthy lifestyle, therefore, the center of her attention is not a healthy, but a sick person. The unfavorable state and negative trends of health indicators require

the necessary efforts of the state and society.

It is known that, from the point of view of medicine, socio-economic considerations, it is much more effective to preserve human health with optimal measures of control of physiological functions, preventive medicine and regular physical exercises, than to cure chronically neglected disease. Millions of people are involved in athletics. The variety of physical exercises, the accuracy of load adjustment, and the relative simplicity of the equipment of the training places make athletics a mass sport accessible to people of any age. Athletics is widely represented in physical education programs for students and youth, training plans for various sports, physical education classes for middle-aged and older people. Sections of athletics occupy leading positions in physical culture teams, voluntary sports associations, in higher and secondary schools educational institutions. Athletics is important for health, because classes are mainly held in the fresh air, and most of the body's muscles participate in the exercises. Track and field exercises improve the activity of the musculoskeletal system, internal organs and systems of the body as a whole [3].

Thanks to athletics, you can acquire special knowledge, improve your ability to control your own movements, make them fast and economical, and improve your skills in overcoming obstacles. In addition to educational, athletics also has an educational value, because the correct organization and method of conducting classes contributes to the formation of a person's personality, the development of his moral qualities, mental abilities and aesthetic taste.

Students are limited by the conditions of educational activities in their natural need to move as much as is necessary for normal, harmonious physical development and health [1].

Students have an insufficient level of knowledge on the methods of performing homework and individual independent classes, movement regime, basic methods of self-control, the body's reaction to various physical loads, hygienic requirements for physical exercises. It is worth noting that the increase in the level of theoretical preparation has a large value for increasing motor activity of persons who study in higher educational institutions, and ensuring an appropriate level of health [4].

Of course, one physical education class per week is not enough for the proper physical development of student youth. Therefore, an important task is the organization of independent classes, which require certain conditions and equipment. However, it is not enough to have only equipment to organize independent classes. Certain knowledge, abilities and skills are necessary, which are acquired, of course, in physical education classes and in the sports section.

However, students' study of the methodical foundations of health-improving physical exercises is complicated by the lack of special literature. Therefore, this educational and methodological guide is relevant, which allows not only to arm yourself with theoretical knowledge, but also to use the presented material for independent physical exercises.

Analysis of literary sources. Successful performance of athletics exercises largely depends on previous psychological preparation. For this, various methodological techniques are used. Thus, when training track and field athletes, jumpers are sometimes brought closer without changing the height of the bar, in order to create the illusion of a rectangle formed by the ground, risers and bar and stretched upwards. Repeatedly overcoming as if a greater height, an athlete he gets used to it and then, when the risers are placed, he takes this height without much effort.

Some high jumpers set the bar to a desired height at home and therefore get used to it. This type of psychological "setting" also contributes to successful overcoming of high altitudes. The illusion of weight is often used in the training of throwers. Unbeknownst to the athlete, while maintaining the previous shape of the lightweight device, its weight is gradually increased, bringing it to the desired level. As a result of such preparation, most throwers throw both a lightweight device and one whose weight has been imperceptibly increased far [5].

Movement skills in athletics very often interact with each other. For the most part, this has the character of transferring skills, when they have already been formed, they positively influence the formation of new ones, and vice versa, the formation of new ones contributes to the consolidation of existing ones. For example, grenade throwing and javelin throwing skills have a positive effect on each other. In this case, the skills are transferred due to the fact that there are many common elements in the exercises.

Presentation of the main research material. Physical training as a part of general professional training can significantly influence the formation of the future police officer's personality.

It is not only about physical development, strengthening health, achieving a high level of strength, speed, endurance, coordination of movements, satisfactory functional state, but also physical and psychological readiness to perform

duties, resistance to stressful situations and self-control. All this is growing to a large extent against the background of profound socio-economic and moral transformations in society, reform of the law enforcement system, and hence the demands to the personality of the policeman, his professional qualities and universal virtues. Physical qualities are features that characterize certain qualitative aspects of a person's motor capabilities. One of the tools for the development of physical qualities necessary for the harmonious development of a cadet and his compliance with professional requirements is the means of athletics, as one of the most accessible mass sports that occupies one of the leading places in the system of physical training in higher educational institutions. A positive factor of this type of training is that when performing athletics exercises, most of the muscles of the body are involved, the activity of the musculoskeletal system is improved, the ability to quickly and economically control one's own movements is formed, the necessary skills and qualities are developed, which lay the foundation for special physical training classes [2].

In the course of the educational and training process, the load gradually increases, there are some kind of difficulties that must be overcome. Conducting classes in adverse weather conditions, sports fighting against stronger opponents, observing the rules and sports ethics contribute to the education of the necessary moral and willpower qualities of the cadet.

Diversity, accessibility and comprehensiveness of influence athletic exercises, the ability to clearly dose the load, the relative simplicity of the training places create conditions for their use both for developmental and health purposes. Value athletic exercises is that in the process of training such important physical qualities as strength, speed, endurance, flexibility and

dexterity are developed.

The effectiveness of conducting classes on physical training, including with using athletic exercises, largely depends on the composition relevant specialists, the level of their professional training, and especially their relation to the case [3].

The personality of the teacher, his authority among the cadets, are played a decisive role in achieving the goal of education, and it depends primarily on professional competence of the teacher. Not the last role is played by some of them personal qualities, such as: perseverance, poise, ability to empathize, the ability to correctly assess the training group and implement the plan of the event classes, and if necessary, show flexibility, find a more optimal one the way of relations with cadets.

Among the professional qualities of a teacher-specialist in physical training include: availability of pedagogical skills; good personal physical condition, which allows to show an example execution of a motor task; motivation for the work performed and satisfaction with it; sufficiently high level of appropriate professional training; typological features, which are characterized by strength, mobility and balance of the main nervous processes. Into a unified group of principles that reflect specific patterns the construction of classes with athletic exercises includes the principle of continuity, progression of training impact and cyclicity [1].

Means of physical improvement include physical exercises, natural ones environmental forces and hygienic factors. Physical exercises are the main and specific means of physical education, a special type of motor activity, with the help of which a targeted influence on someone is achieved engaged in. Physical exercises are motor actions with the help of which educational, educational and physical development tasks are solved. Natural forces of the environment, hygiene factors represent are auxiliary means. With their help, it is more complete and effective the main tool is used, conditions are created for effective impact physical exercise for those who are engaged, as well as successful organization and holding a class Basic and auxiliary means of physical education must to be applied in unity.

Performing the simplest athletic exercises (running, jumping, throwing) activates the activity of various systems and functions of the body and thereby leaves its "trace" (effect) in the human body. In the process of reusable repetition of actions "trace" motor effects, according to the theory of adaptation, accumulate and contribute to the process of morphological and functional development of the organism and socio-psychological development of the individual.

The most common athletic exercises, on a par with other exercises, which used in the educational process, affect not only the muscles a person They exert a multifaceted and deep influence on her.

Systematic performance of running, jumping, throwing and others athletic exercises improves the activity of all organs and systems, promotes positive restructuring in the work of the body. About that, physical exercises, if they are applied without taking into account the laws of physical education, they can to give the opposite - a negative effect, to cause harm. Therefore, the teacher must to know and take into account the influence of certain athletics exercises in concrete ones conditions (high air temperature, faulty equipment or venue classes, etc.).

The most important factor that determines rational influence physical exercises, there is pedagogically correct guidance of the lesson, appropriateness teaching and upbringing methods.

Mastering the technique of one or another sports exercise is the key to it effectiveness as a means of achieving the pedagogical goal during the implementation physical training classes, prevents injuries and promotes achieving the specified goals of classes in optimal terms. Before starting it is advisable to determine the training of athletics exercises with the help of the simplest means of control, the level of physical fitness of cadets [5].

Teaching should begin with explanation and demonstration. There must be an explanation short and meaningful. Students should get the most correct one an idea of the basics of exercise technique. You only need to talk about what important at this point to prevent errors from occurring. Before another exercise and in the process of its execution it is necessary to repeatedly remind and suggest basic motor actions and the most common mistakes. Study success a lot depends on how the cadet understands the task. Sample display - gives the most correct idea of the content of the exercise, about its spatio-temporal characteristics. The show is carried out from optimal speed, but complex exercises are effectively demonstrated on slow speed with an emphasis on the most important and difficult elements techniques.

Conclusions. The analysis was carried out made it possible to establish that in the studied studies dents classes in the sports section "Light at-letika" with the use of running loads various modes of energy supply contribute probable improvement of performance indicators tests characterizing speed, dexterity ness, as well as general endurance.

It is believed that for the purpose of additional motivation it is expedient to create young people to engage in sports such programs of physical education, the result the implementation of which would be a tangible improvement improvement of the well-being of students, their physiological and anthropometric indicators, psychoemotional state Authoritative experts indicate that to achieve positive changes in reformatting systems of physical education in institutions higher education is possible only under the condition of cooperation teaching staff with students.

References

1. Krutsevich T. (2003) Theory and methods of physical education. Textbook for higher educational institutions of physical education and sports / Kyiv: Olympic literature. 390 p.
2. Kurylo B., Martysiuk M. (2003) Athletics. Manual. Ivano-Frankivsk: KfV. 193 p.
3. Kushmelyuk V. (2006) Athletics. Educational and methodological manual. Ivano-Frankivsk. 91 p.
4. Polishchuk V. (2009) The use of special and underwater exercises in the training process of track and field athletes. Guide for higher educational institutions of physical education and sports. Kyiv: Olympic literature. 320 p.
5. Shiyan B. (2006) Theory and methods of physical education. Part 1. Ternopil: Educational book. Bohdan 272 p.