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## State and problems of physical education in regional general education educational institutions

**Abstract. Purpose:** to study a state and problems of physical education in regional general education educational institutions.

**Material and Methods:** 29 teachers of physical culture of Izyum and Izyum district of the Kharkov region took part in the research. The following methods were used: theoretical analysis and generalization of scientific literature, opinion poll, and mathematical statistics.

**Results:** it is established that most of teachers aren't absolutely satisfied with the relation of pupils to the process of physical education; they are inclined to carrying out separate classes on a sexual sign; estimate health and the level of physical fitness of pupils as "average"; consider that it is necessary to control the development of motive abilities and point to an acute shortage of computer databases. It is defined that there isn't out-of-class work on physical education (perhaps due to the lack of financing) in the third part of regional general education educational institutions. **Conclusions:** it is established that the main problems of physical education in regional general education educational institutions are an acute shortage of financing and an insufficient material base.

**Keywords:** physical education, secondary educational establishments, state, problems.

**Introduction.** A strategic task of the development of physical training in Ukraine at the present stage is an assimilation of values of physical and sports culture by younger generation of Ukrainians which provide strengthening of physical and moral health, increases of intellectual and physical efficiency of children and teenagers.

The health-formed function of physical training in modern education is of particular importance in the conditions of a deterioration of the environment, a mad flow of information, chronic overfatigue, irrational food, and so forth [10].

A low deterioration of a state of health of younger generation is noted in recent years. According to scientific researches, the number of pupils who treat a special medical group increases from year to year. Among diseases violations of bearing, sight, diseases of cardiovascular and respiratory systems are more often observed, the number of pupils with neurosis and obesity increases [1; 2; 5].

According to many authors, the decrease in physical activity, interest to lessons of physical culture and out-of-class actions, distribution of addictions, unpopularity of a healthy lifestyle and so forth 3 are the main reasons for such situation [5; 7; 8].

The insufficient physical activity of children is the reason of the decrease in the level of physical development, motive preparedness and intellectual working capacity. As a result – the increase in number of pupils who aren't made with training programs, and over 50% of pupils have an insufficient level of the development of motive qualities [4–6].

The system of physical training in general education educational institutions has to provide the high motive mode which is realized in the course of specially organized classes on physical exercises for the achievement of the necessary level of physical development, physical fitness and strengthening of health of children and teenagers, [11; 12]. But for the implementation of the noted provisions of one traditional lessons of physical culture provided by the training program are very not enough [9; 10; 13]. The physical activity is necessary every day for the purpose of a support of high performance of an organism of a child. Therefore, additional forms of physical training are necessary. An important role in it is played by out-of-class sports-mass and sports-improving work [3].

The improvement of material and financial security of the process of physical training gets for more effective combination of educational and out-of-class work of special value, first of all in general education educational institutions where directly and comprehensively developed, healthy nation has to be formed.

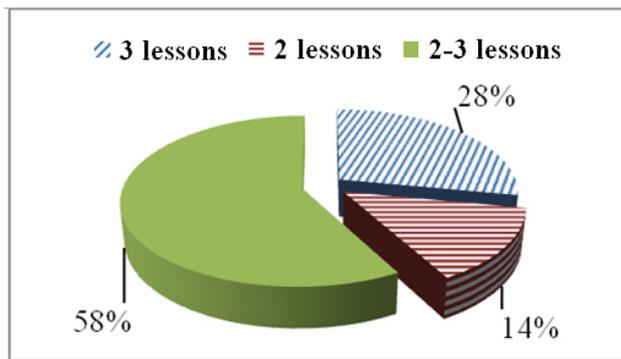
However modern problems are lit insufficiently therefore they need more careful studying which appear at teachers of physical culture in the course of school physical training, in particular, of regional general education institutions where some deficiency of scientifically-methodical providing and financings is observed [8].

**Communication of the work with scientific programs, plans, subjects.** The research is carried out according to the Thematic plan of the research work of Kharkov state academy of physical culture for 2013-2015 by a subject 3.5.29 "Theoretical and applied bases of monitoring of physical development, physical fitness and physical condition of different groups of the population".

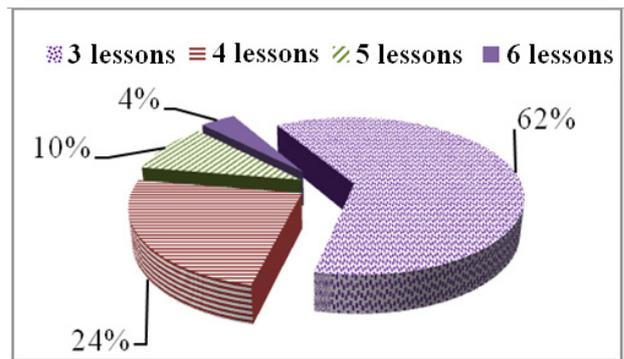
**The aim of the research:** to learn a current state and problems of physical training in regional general education educational institutions.

**Material and methods of the research.** Studying of a state and modern problems of physical training in general education educational institutions was carried out among teachers of physical culture in Izyum and in the Izyumsky region of the Kharkov area. 29 persons from 22 till 58 years old who have length of service by a specialty from 1 to 32 years took part in a poll. The following methods were used for the implementation of the research: theoretical analysis and generalizations of scientific literature, questioning, methods of mathematical statistics.

**Results of the research and their discussion.** Results of the carried-out questioning testify that 28% of teachers conduct 3 lessons of physical culture for a week, 14% – 2 lessons by the schedule, and most of respondents (58%) noted that the quantity of lessons for a week depends on a class (pic. 1). Thus 24% of the interrogated specify that the solution of tasks of physical training requires 4 lessons for a week, 10% – 5 lessons, 4% – 6 lessons, and 62% of teachers consider sufficient 3 lessons of physical culture for a week (pic. 2). During the poll it was revealed by us that only 17% of experts are completely satisfied with the relation of pupils to lessons of physical culture, 76% – aren't absolutely satisfied and 7% of teachers – absolutely unsatisfied (pic. 3).

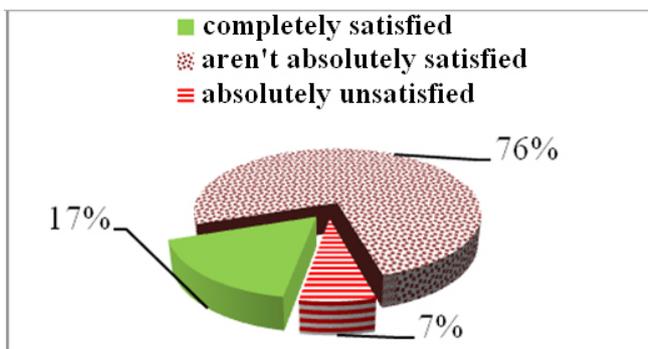


**Pic. 1. Results of answers of respondents concerning the quantity of lessons of physical culture (for a week)**

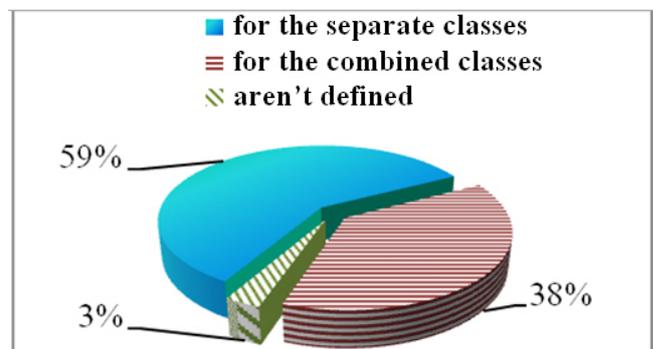


**Pic. 2. Results of answers of respondents of rather necessary quantity of lessons of physical culture (for a week)**

The analysis of answers concerning the expediency of carrying out the separate classes for boys and girls found out that most of teachers (59%) consider expedient carrying out the separate classes in a gender sign, 38% noted that carrying out such classes is inexpedient and 3% of interrogated didn't decide on the answer (pic. 4).



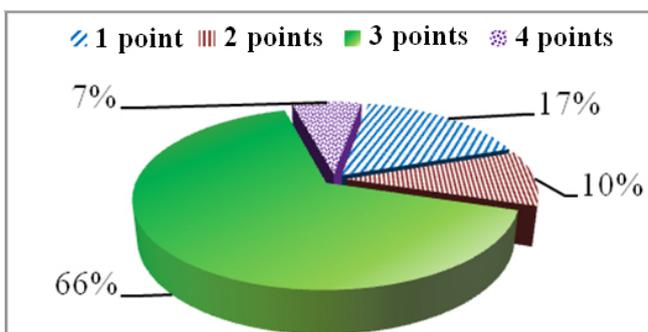
**Pic. 3. Results of answers of teachers which display the relation of pupils to lessons of physical culture**



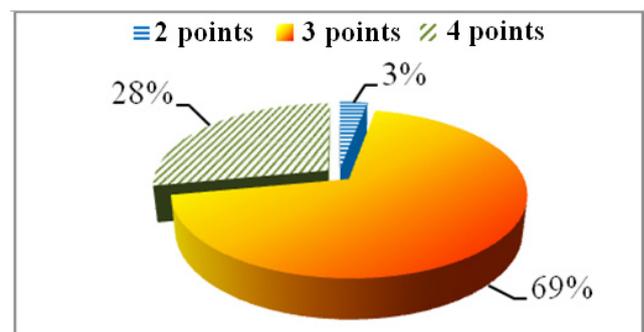
**Pic. 4. Results of answers of respondents about the expediency of carrying out the separate classes in a gender sign**

Thus, it is possible to summarize that most of teachers consider the sufficient standard quantity of lessons of physical culture, are not absolutely satisfied with the relation of pupils to the process of physical training and inclined to carrying out the separate classes for boys and girls.

According to the answers to the question concerning an assessment of a real state of health and physical fitness of pupils it is established that 17% of teachers estimate a state of health of pupils as a low (1 point); 10% – below an average (2 points); 66% of experts estimated the level of health of children as an average (3 points) and only 7% of the interrogated consider that health of pupils answers above an average level (4 points) (pic. 5). Concerning the level of physical fitness of pupils – 3% of the interrogated note that it is low (2 points), 69% estimates as an average (3 points), and 28% of teachers consider a sufficient (4 points) (pic. 6).

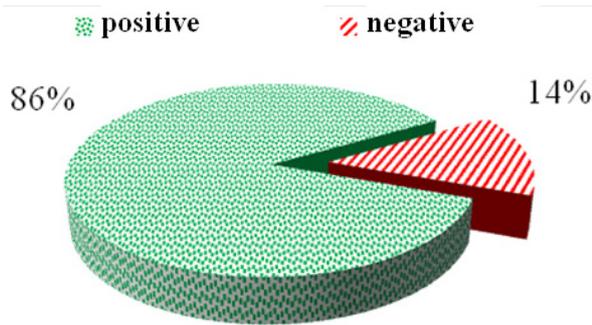


**Pic. 5. Results of answers of respondents concerning an assessment of a state of health of pupils**

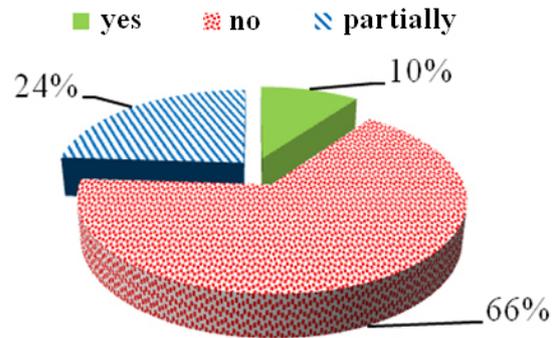


**Pic. 6. Results of answers of respondents concerning an assessment of the level of physical fitness of pupils**

Studying the relation of teachers concerning the expediency of carrying out testing and creation of a computer database of physical fitness, it is revealed that most of respondents (86%) are positive and consider necessary carrying out testing of physical fitness of pupils and only 14% considers it unnecessary (pic. 7). Thus 66% of experts need a computer database of physical fitness of pupils, but indicate its absence, 24% have a partial base and only 10% of teachers have such database at school (pic. 8).



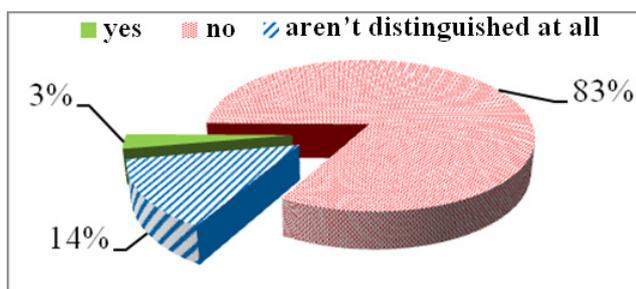
**Pic. 7. Results of answers of respondents about the expediency of carrying out testing of physical fitness of pupils**



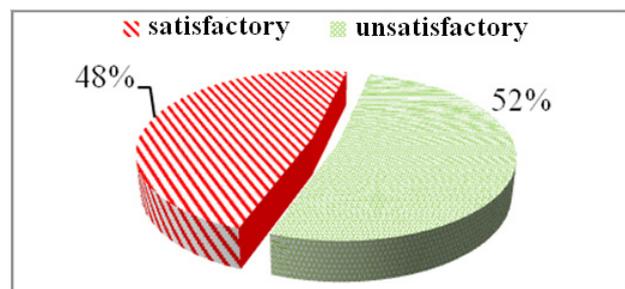
**Pic. 8. Results of answers of respondents to a question: «Is there a computer database of physical fitness of pupils, is there?»**

Proceeding from the above-mentioned, it is obvious that the bigger number of experts estimates health and the level of physical fitness of pupils as average, considers that it is necessary to control the development of motive abilities and indicates an acute shortage of computer databases which simplify the system of fixing and supervision over the dynamics of the received results, allow planning more effectively the content of classes and to control loadings.

In our opinion, an important problem at the present stage is financing of physical training, an existence and a condition of a sports database of educational institution. By the results of the poll, we established that only 3% of experts satisfy the volume of means which is allocated for the acquisition of sports equipment and stock, 83% of teachers consider that means which arrive, are very not enough, and 14% of the interrogated don't receive any financing at all (pic. 9). The data concerning a material support of regional schools are interesting – 31% of teachers noted that they can visit only a gym; 28% – a gym and a sports ground; 12% of teachers – a sports hall and a gym; 9% – a gym and a sports kernel; 7% – only a sports ground; 7% – sports, choreographic halls and a sports ground, 6% – two halls and a shooting gallery (pic. 10). Thus the bigger number of teachers (52%) estimates a condition of the sports base of educational institution as unsatisfactory, and 48% of experts consider that the sports base of their educational institution is in a satisfactory condition (pic. 11). Thus, it is possible to notice that the problem which is connected with a limited financing, an unsatisfactory state and a lack of sports constructions in educational institutions is solved insufficiently. In our opinion, it influences the quality and the efficiency of physical training of pupils.



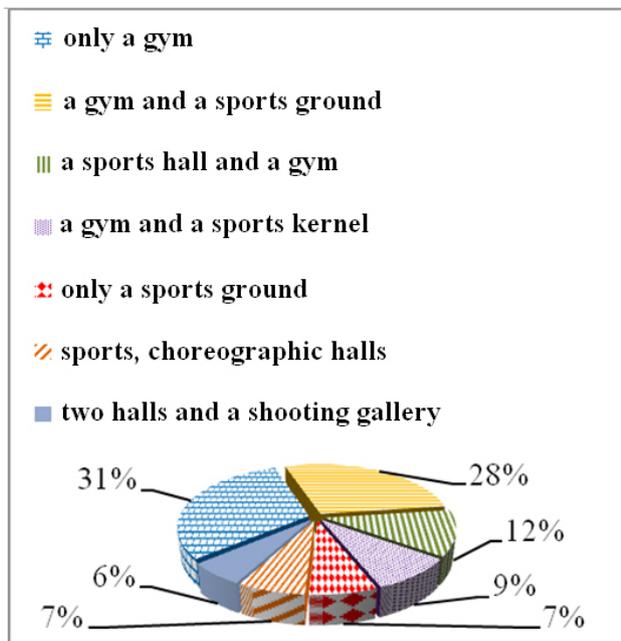
**Pic. 9. Results of answers of respondents which display, whether their volume of means which is allocated for physical training satisfies**



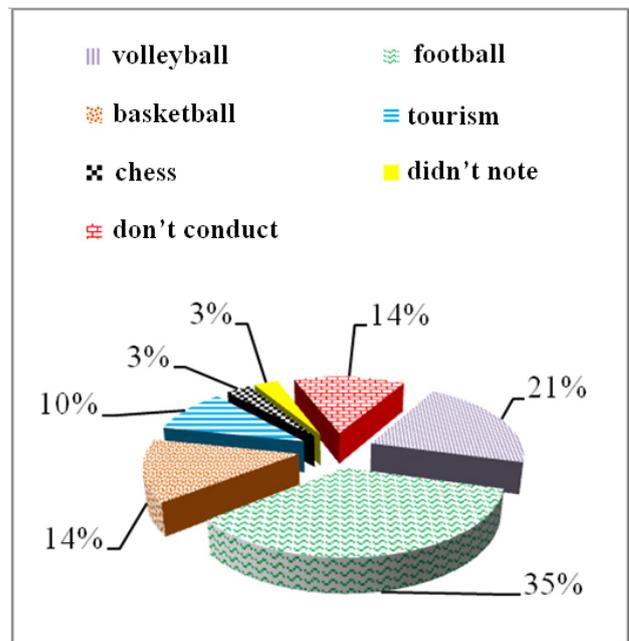
**Pic. 11. Results of answers of respondents to a question: «How you estimate a condition of the sports base of educational institution where you work?»**

Studying of a condition of out-of-class work in general education educational institutions was an important aspect of the research. By the results of the poll it is defined that 86% of respondents carry out the section work at school (21% carry out sections from volleyball, 35% – football, 14% – basketball, 10% – tourism, 3% – chess, 3% – didn't specify, which section work they carry out, and 14% of teachers of such work don't carry out at all (pic. 12). Thus 38% of respondents answered that the section work is included into their main loading, 38% noted that doesn't enter the main loading, 10% of teachers consider it to additional loadings, and 14% of the interrogated didn't answer this question at all.

Concerning the organization and carrying out sports-mass and sports-improving actions at school, we defined that 90% of teachers will see off over 4 out-of-class actions for a year; 7% – 3 actions; 3% – one action for an academic year. Concerning types of actions – 66% of respondents noted that it is generally competition of sports (volleyball, football, basketball), the small Olympic Games, the Cossack entertainments, the Day of physical culture and sport and sports festivals, and, it's a pity that, 34% of teachers didn't define types of events what they hold. The analysis of the received answers testifies that in a bigger number of schools section, sports-mass and sports work which promotes the increase of physical activity is carried out and influences strengthening of health of pupils. But they hold a considerable percent of teachers who couldn't specify, which events, testifies that out-of-class work on physical training isn't carried out at all in a third regional general education educational institutions (perhaps due to the lack of an additional payment of a work of teachers) that is negatively reflected in the volume of physical activity of children and, as a result, at the level of their physical fitness and the general state of health.



**Pic. 10. Results of answers of respondents concerning a material support of regional schools**



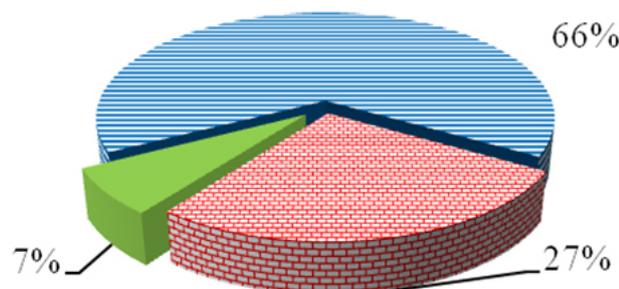
**Pic. 12. Results of answers of respondents concerning the implementation of the section work at school**

The carried-out analysis of the block of questions concerning the organization and carrying out the separate classes with children of the improving and special medical group, receiving the help in the organization of out-of-class work, carrying out propaganda and agitation activities, testifies that most of teachers (86%) don't give separate classes for children who treat the improving and special medical group; 62% of experts specified that they receive the various help in the implementation of sports-mass and sports-improving work (28% of teachers receive the help from the management of school and the regional Department of Education, 28% – administrations of school and a parental committee, 6% of respondents didn't define who helps them); and 38% of the interrogated answered that they don't receive the help. Also a bigger quantity of the interrogated (86%) carries out propaganda and agitation activities among pupils of the schools in such forms: 52% – revision of video records, registrations of photomontages on sports subject, carrying out conversations; 7% – only carrying out conversations; 27% of the interrogated didn't give the concrete answer therefore we are inclined to consider that this percent of respondents doesn't carry out any propaganda and agitation activities.

Thus, it is possible to draw a conclusion that most of experts receive the help in the organization of out-of-class work. Thus the overwhelming number of teachers doesn't give separate classes for children of the special medical group and doesn't carry out propaganda and agitation activities among pupils on promoting of physical culture and sport.

Concerning the offers to improve the teaching- educational process and out-of-class work on physical training at schools, 27% of teachers indicate the need of improvements of material resources of a school, 7% – the increase in financing which will provide them an opportunity to optimize the process of physical training due to the introduction of new nonconventional means (aerobics, fitness and so forth); the applications of various sports stock and equipment which will promote the increase of interest to classes, to expansion of sports for the section work and so forth. It's pity that, 66% of teachers refrained from providing offers concerning the increase of efficiency of physical training in their educational institution (pic. 13).

- ⊞ the improvements of material resources of a school
- the increase of financing
- ≡ refrained from the answer



**Pic. 13. Results of answers of respondents concerning the offers to improve the teaching- educational process and out-of-class work on physical training at schools**

The analysis of the results of the carried-out questioning found the relation and views of teachers of physical culture of problems of physical training in general education educational institutions in Izyum and the Izyumsky region of the Kharkov area.

#### Conclusions:

1. As a result of the conducted researches it is established that a significant amount of teachers (62%) considers sufficient carrying out 3 lessons of physical culture for a week for the solution of tasks of physical training.
2. The poll showed that only 17% of experts are completely satisfied with the relation of pupils to lessons of physical culture.
3. It is established that most of teachers estimate a state of health and a level of motive preparedness as average and consider necessary carrying out testing of motive abilities of pupils.
4. During the carried-out questioning it is certain that 83% of teachers indicate a shortage of funds which are necessary for an acquisition of sports stock, equipment and the content of sports base in a proper condition. Respectively 52% of teachers estimate a condition of sports base of school as unsatisfactory.
5. It is revealed that out-of-class work on physical training isn't carried out in a third of regional general education educational institutions.
6. During the poll it was defined that, unfortunately, the overwhelming number of teachers doesn't give separate classes for children of the special medical group and doesn't carry out propaganda and agitation activities among pupils on promoting of physical culture and sport.
7. It is established that the main problems which teachers of physical culture face, are the acute shortage of financing and insufficient financially-sports base of general education educational institutions.

**Prospect of the subsequent research** in this direction is carrying out a questioning in other cities and regions of the Kharkov area for the definition of a state and problems of physical training in regional general education educational institutions.

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