

Concerning rather modern organizational innovations in the system of physical education of student youth

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Purpose: studying of attitude of students to the existing system of physical education in higher educational institutions of Ukraine and an assessment of possible consequences of implementation of the order of MES of January 26, 2015 No. 47 and the corresponding explanations and recommendations to it which are stated in the letter of MES No. 1/9-1126 of 13.03.2015.

Material & Methods: the poll of students of 1–4 courses (n=757) of one of the faculties of Law University named after Yaroslav the Wise (NLU) was conducted for the achievement of the stated purpose. Health cards of students, log-books of educational work on physical training of students, log-books of work of sports and improving sections were also analyzed.

Results: interest in classes by physical exercises decreases at the vast majority of students during training in higher educational institutions. 88,6% of students note a need of carrying out classes on discipline “Physical education” for higher educational institutions. The majority of them (80,2%) will choose discipline “Physical education” if it will be optionally, and 71,9% understand that they need to be engaged in physical exercises 4-6 hours per week for maintenance of the appropriate level of their physical health.

Conclusions: the positive result of functioning of the existing system of physical training of student’s youth will be shown that interest in classes by physical exercises decreases at the vast majority of students during training. The effective modernization of the system of physical training of student youth is possible, first, due to use of the existing gender distinctions in interests in classes by physical exercises at students. Secondly, due to properly organized classes with the students who are for health reasons to preparatory (10,9%), special (19,1%) medical groups and MPC groups (3,4%). The considerable issues will appear with visit of such classes by students in case of a removal of classes on physical education of students in the department of facultative classes.

Keywords: physical education of students, physical health, physical activity, physical-sports activity, sectional classes, requirements, motives, polls, distinctions.

Introduction

Socio-political changes which happen in Ukraine concern all parties of social being, including spheres of physical culture and sport which was created for this time. In this process the important place is allocated to reforming of the system of physical education of student’s youth, according to leading experts, it is insufficiently effective concerning providing an optimum level of physical health of students, and techniques of the organization and carrying out classes on physical education of students in HEI need the subsequent improvement [1; 3; 4; 7]. The solution of the noted problems as shown the analysis of scientifically methodical literature [10], lies in the plane of a reorientation of the educational process which is developed within a realization of the discipline “Physical education”, from mainly physical improvement of students which is represented dominating, in the direction of education at student’s youth of a personal responsibility for a condition of health, formation at them the positive and effective relation to classes by physical exercises, to maintaining a healthy, physically active way of life, that is formation at them the appropriate level of personal physical culture. Such approach will provide

the solution of basic tasks of the system of physical education of the students, which are stated in Laws of Ukraine “About education”, “About higher education”, “About physical culture and sport”, in the Concept of national education of student’s youth and in the Provision on the organization of physical education and mass sport in higher educational institutions. However other strategy of modernization of the system of physical education of students is chosen cardinally. So, the attention to a possibility of removal of classes on physical education of students in the section facultative was focused in the letter of MES No. 1/9-1126 of 13.03.15 “Concerning features of the organization of the educational process and the formation of curricula in the 2015/12016 academic year” (that is at the request of students; and to curricula don’t join in total number of the credits of ECTS, have no forms of total control). The offered MES of action didn’t get an appropriate support in the circle of experts who work in the sphere of physical culture and sport. Responding to their numerous appeals, the Ministry of youth and sport together with the Ministry of Education and Science was initiating the creation of the Interdepartmental working group of modernization of the system of physical training of student’s youth [6]. The recommendations con-

cerning the organization of physical education in higher educational institutions are provided [2] and the basic models of the organization of the educational process are also offered (section, professionally focused, traditional, individual) by the results of the work of this group the Ministry of Education and Science of Ukraine. MES also supported the list of the general competence for getters of higher education of different degrees which are offered by National university of physical education and sport of Ukraine. It gives a certain hope concerning prospects of modernization of the system of physical education of students in higher educational institutions of Ukraine and also information which is stated in the message of the press-cutting service of the Ministry of Education and Science of Ukraine from 12/7/2015 "Concerning the development of physical education and sport in higher educational institutions" in which the corresponding explanations of rather key questions are offered which have arisen in the course of implementation of the order of the Ministry of Education and Science of January 26, 2015 No. 47 "About features of formation of curricula for the 2015/2016 academic year".

It is obvious that the organizational innovations which are stated above can be effective only at an appropriate perception of their student's youth for which they are actually also entered.

The purpose of the research

Proceeding from the aforesaid, the purpose of article is studying of the relation of students to the existing system of physical education in HEI in Ukraine and the assessment of possible consequences of implementation of the order of the Ministry of Education and Science of January 26, 2015 No. 47 "About features of formation of curricula for the 2015/2016 academic year" and the corresponding explanations and recommendations to it which are stated in the letter of MES No. 1/9-1126 of 13.03.15 "Concerning features of the organization of the educational process and the formation of curricula in the 2015/12016 academic year".

Communication of the research with scientific programs, plans, subjects

The research is executed within the implementation of the scientific project of MES of Ukraine "Theoretic-methodical principles of formation of culture of physical health at student's youth" (number of the state registration: 0115U006767).

Research task:

1. To analyze scientifically-methodical literature concerning the problem of providing an optimum level of physical health of students and the normative documents of modernization of the system of physical education of students which are offered by MES in 2015.
2. To estimate the relation of students to possible consequences of implementation of the order of the Ministry of Education and Science of January 26, 2015 No. 47 «About features of formation of curricula for the 2015/2016 academic year».
3. To generalize a state and prospects of functioning of the existing system of physical education of student's youth on the basis of the carried-out analysis of the relation of students to the existing system of physical education in higher educa-

tional institutions, taking into account results of the previous researches.

Material & Methods

The poll of students of the 1-4 courses (n=757) of one of faculties of Law University named after Yaroslav the Wise (NLU) was conducted for the achievement the stated purpose. The questionnaire of the closed type was used. Medical cards of students who study at this faculty, study log-books on physical education of students of the same faculty, log-books of work of sports and improving sections were also analyzed which function at the faculty.

Results and discussion

The results of the conducted sociological research are presented in the table. They show the following. 36,6% of students estimate the level of the physical health as high, 49,2% – as average, 7,5% – as satisfactory on average on all selection (that is total average result of poll of students of NLU). The results of poll also indicate the existence of certain differences in such estimates between male students and female students (the tab., the question 1). So, for example, 47,5% of students of the legal university estimate the level of the physical health as high, and 39,8% – as average. Considerably the lowest assessment of level of physical health at female students. Only 25,8% from them estimated it as high. Overwhelming most of the interrogated female students of NLU (58,6%) regard the level of the physical health as average. The received results are confirmed by the materials which are stated in the previous article [4]. The above-stated data speak about a rather high assessment of the level of physical health by students. They not fully correlate with objective results of medical reviews. So, for example, 66,2% of students who study at the first year of NLU are carried to the main group, 10,9% – to the preparatory and 19,1% – to the special, and 3,4% to MPC group. At the same time 90% from this number of students and 82,8% of female students regard the level of physical health as high and average. The fact pays attention to itself also that the number of students who, in their opinion, have the high level of physical health decreases during a study in NLU. Such tendency in answers is characteristic as of boys (at the first year such 50,0%, on the second – 65,0%, on the third – 36,2%, and on the fourth – 38,8%), and of girls (at the first year such 31,4%, on the second – 46,0%, on the third – 18,5%, and on the fourth – 7,4%). The noted regularity is perhaps connected with the essential decrease in the level of physical activity of students of older years which is caused by the lack of systematic classes on physical exercises that was provided within discipline the "Physical education". This thesis is confirmed by the fact that the vast majority of students (67,3%) are engaged in physical exercises (or were engaged what results of the poll of students of older years testify to) only on classes on physical education (the tab., the question 2). 67,3% of respondents answered "yes" Among students of NLU. A similar tendency in answers is observed also among female students, respectively 67,0%. This situation authentically causes the fact that 88,6% of students who took part in the poll, noted a need of carrying out of classes on the discipline "Physical education" at HEI (the tab., the question 3). And this tendency is characteristic as of male students (87,9%), and female students (89,4%), and also of the most of students of older courses of NLU (at the first year such students of 83,4%, on the second – 93,0%, on the third – 80,8%, and on the fourth –

Features of perception by students of the legal university of high school system of physical education of %

№	Questions and variants of answers	Male students				Female students				Average value on all selection		
		I course n=103	II course n=98	III course n=89	IV course n=68	X̄	I course n=140	II course n=115	III course n=76		IV course n=68	X̄
How do you estimate your level of physical health?												
1	A) high	50,0	65,0	36,2	38,8	47,5	31,4	46,0	18,5	7,4	25,8	36,6
	B) average	40,0	27,0	42,5	50,0	39,8	51,4	46,0	59,3	77,8	58,6	49,2
	C) satisfactory	6,6	8,0	19,1	11,1	11,2	17,2	8,0	18,5	11,1	3,7	7,5
	D) difficult to answer	3,3	-	2,1	-	1,3	-	-	3,7	3,7	1,8	1,5
Are you engaged in physical exercises (were engaged) generally on physical education classes?												
2	A) yes	86,8	72,0	66,0	44,4	67,3	60,6	78	70,4	59,3	67,0	67,2
	B) no	6,6	25,0	34,0	38,9	26,1	11,4	10,0	29,6	22,2	18,3	22,2
	C) irregularly	6,6	3,0	-	16,6	6,5	2,8	12,0	-	18,5	8,3	7,4
Is it necessary to have classes on the discipline «Physical education» at the university?												
3	A) yes	83,4	93,0	80,8	94,5	87,9	94,3	82,0	88,9	92,6	89,4	88,6
	B) no	16,6	7,0	19,2	5,5	12,1	5,7	18,0	11,1	7,4	10,5	11,3
If the discipline «Physical education» will be by the choice, do you chose it?												
4	A) yes	86,7	92,0	76,6	77,7	83,2	85,7	68,0	70,4	85,2	77,3	80,2
	B) no	13,3	8,0	23,4	22,2	16,7	14,3	32,0	29,6	14,8	22,6	19,6
How many hours per week do you need to be ebanged in physical exercises for support an optimum level of your physical health?												
5	A) 2 hours	10,0	27,0	8,5	22,2	16,9	25,7	11,0	11,1	14,8	15,6	16,2
	B) 4-6 hours	70,0	61,0	68,1	49,9	62,2	65,7	85,0	66,7	70,4	71,9	67,0
	C) more than 6 hours	20,0	12,0	23,4	27,7	20,7	8,6	4,0	22,2	14,8	12,4	16,5
Classes on physical education of students have to be hold in at the university:												
6	A) as the discipline in a lesson schedule	73,4	58,0	59,6	44,4	58,8	65,7	43,0	70,4	40,7	54,9	56,8
	B) as open classroom out of a lesson schedule	26,6	42,0	40,4	55,6	41,1	34,3	57,0	29,6	59,3	45,0	43,0

Continuation of the table

№	Questions and variants of answers	Male students				Female students				Average value on all selection		
		I course n=103	II course n=98	III course n=89	IV course n=68	\bar{X}	I course n=140	II course n=115	III course n=76		IV course n=68	\bar{X}
What kind of form of classes did you chose within the discipline «Physical education»?												
7	A) classes in groups of physical esucation on the program which is directed to increase of the level of your physical preparedness on the basis of use of means of the main gymnastics, fitness, step-aerobics, stretching, cheerleading, sports aerobics B) classes in groups of physical education on the program which includes use of game sports, swimming, track and field athletics, table tennis, athletic gymnastics, dancing and gymnastic sports, C) classes in groups of sports education (specialization in the shosen sport)	23,3	30,0	19,1	38,9	27,8	57,1	61,0	59,3	44,4	55,4	41,6
		50	50,0	51,1	27,7	44,7	34,3	32,0	25,9	37,0	32,3	38,5
		26,6	20,0	29,8	33,3	27,4	8,6	7,0	14,8	18,5	12,2	19,8
What does encourage you to be engaged in physical-sport activity?												
8	A) desire to increase physical preparedness B) to optimize weight, to improve a constitution C) to take off fatigue and to increase working capacity D) in time to pass a test from the discipline «Physical education» E) it is difficult to answer F) desire to increase physical preparedness	73,4	57,0	46,8	50,0	56,8	37,2	21,0	48,1	33,3	34,9	45,8
		6,6	27,0	23,4	27,7	21,2	42,8	64,0	33,3	33,3	43,3	32,2
		10,0	13,0	8,5	-	7,8	8,6	11,0	14,8	14,8	12,3	10,0
		10,0	3,0	14,9	22,2	12,5	5,7	4,0	3,7	14,8	7,1	9,8
		-	-	6,4	-	1,6	5,7	-	-	3,7	2,3	1,9
Did your interest in classes on physical exercises change durina a study at the university?												
9	A) increased B) remained withot changes B) decreased	56,6	30,0	42,6	50	44,8	51,5	46,0	51,8	37,0	46,6	45,7
		40,0	66,0	42,5	44,4	48,2	45,7	50,0	48,1	62,9	51,6	49,9
		3,3	4,0	14,9	5,5	6,9	2,8	4,0	-	-	1,7	4,3

94,5%). Similar results are recorded also in the course of the poll of female students (respectively 94,3%, 82,0%, 88,9%, 92,6%). The results of the research demonstrate also that on average on all selection of 80,2% of students will choose the discipline "Physical education" if it is by the choice (the tab. the question 4). Such thought is supported by the vast majority of male students (respectively 86,7%, 92,0%, 76,6%, 77,7%) and female students (respectively 85,7%, 68,0%, 70,4%, 85,2%) who study on different courses of NLU. The received results can be regarded as a position of students which consists in need of introduction on older courses disciplines "Physical education" in HEI. And most of male students (62,2%) and female students (71,9%) of NLU is conscious the fact that they need to be engaged in physical exercises of 4-6 hours for a week for support of the appropriate level of their physical health (the tab., the question 5). The results of the research also show that students who took part in the poll were divided almost equally in the relation to possible forms of the organization of classes on physical education (the tab., the question 6). 56,8% of respondents consider that they have to be carried out as a subject matter in a lesson schedule, and 43,0% – as an open classroom out of a lesson schedule. The assessment of a form of the organization of classes on physical education is noted, which is peculiar as for male students (58,8% and 41,11%), and for female students (in 54,9% and 45,0%).

The effective organization of the system of physical education of students is possible only on condition of the accounting of their requirements and tastes concerning the choice of a type of sports activity. The results received during the research allow to state the existence of the expressed gender differences (the tab., the question 7). So, female students of NLU (55,4%) are more inclined to classes in the program which is directed to increase of the level of their physical preparedness on the basis of use of means of the main gymnastics, fitness, step-aerobics, stretching, cheerleading, sports aerobics, and male students (44,7%) – to classes in the program which includes the use of game sports, swimming, track and field athletics, table tennis, athletic gymnastics, dancing and gymnastic sports. The provided data are confirmed by the materials of the previous researches [11]. The results of the conducted questionnaire also indicate that the considerable part of students of NLU (27,4%) would like to specialize in the chosen sport. Such is much less – 12, % among female students. The provided data are generally confirmed by materials of the previous researches [10]. However the results of the analysis of log-books of work of sports and improving sections which function at the faculty, demonstrate that only 29,0% are engaged among the first-year students in such sections, on the second year of such students is much less – 9,6%, on the third – 8,0%, and on the fourth – 3,9%. Only 9,7% are engaged in sports improving sections on average among students who study on the 1–4 courses of the faculty. The provided data indicate that, despite of enough powerful sports base of NLU, only a insignificant part of students use it in the form of section classes. They also demonstrate the existence of a certain contradiction between awareness of need of systematic classes by physical exercises by students and their practical activities in this direction.

The analysis of motives which can induce students to active classes by physical exercises shows the following (the tab., the question 8). Among students of NLU (56,8%) the first by a rating is "the desire to increase physical preparedness". The

more significant for female students is the factor "to optimize weight, to improve a constitution", it was preferred by 43,3% of respondents. The obtained data are generally confirmed by the materials of the previous researches [8; 11]. The results of the poll of students demonstrate also that offset on the discipline "Physical education" isn't represented the defining factor which induces them to be engaged in physical exercises. It was preferred by only 9,8% of respondents on average on all selection. The results of the research also certify that interest in classes by physical exercises increases only at 45,7% of students, in 49,9% it remains without changes and only in 4,3% of students it decreases during a study in HEI (the tab., the question 9). The obtained data are generally confirmed by the materials of the previous researches [9]. Therefore, the given results allow to note that interest in classes by physical exercises doesn't decrease at the vast majority of students during a study in NLU (it lowered only in 4,3% of students) that can be considered as the positive result of functioning of the operating system of physical education of student's youth.

Conclusions

The carried-out analysis of the relation of students to the existing system of physical education in higher educational institutions, taking into account the results of the previous researches, allows to draw the following generalizing conclusions:

1. Interest in classes by physical exercises doesn't decrease at the vast majority of students during study in HEI that can be regarded as the positive result of functioning of the existing system of physical education of student's youth. It opens broad prospects for its modernization including by the following directions.

First, due to the use of the existing gender distinctions in interests in classes by physical exercises at students. Such approach is caused by the fact that the major factor motivating them to classes with physical exercises is "the desire to increase the physical fitness" among students (56,8%) which stimulates 44,7% from them to classes in groups of physical education by the programs which would include the use of game sports, swimming, track and field athletics, table tennis and sports of the gymnastic direction (athletic gymnastics, dancing and gymnastic sports and others). Only 27,4% of students are interested in classes in groups of sports education (specialization in the chosen sport). The more significant is the factor of "optimization of weight, improvement of a constitution" for the considerable part of students (43,3%). It motivates most of students (55,4%) to classes in groups of physical education by the programs which include the use of means of the main gymnastics, fitness, step-aerobics, stretching, cheerleading, sports aerobics. Only 12,2% of students are interested in the specialization in the chosen sport.

Secondly, considering the fact that the considerable part of the first-year students is carried to preparatory (10,9%), special (19,1%), medical groups and MPC groups (3,4%) by the results of medical reviews, it is necessary to organize a special rank of classes with such students (perhaps in separate groups), having involved the corresponding specialists in number of employees of departments of physical education and normalizing properly their study. The simultaneous stay in group on classes in the discipline "Physical education" of students of the main, preparatory and special medical groups

that really exists, it considerably complicates a work of a teacher. Without a solution of this problem it is impossible to speak about the efficiency of physical education of students in higher educational institutions of Ukraine.

2. The results of the research showed that 88,6% of students note a need of carrying out of classes in the discipline "Physical education" for higher educational institutions. The vast majority of them (80,2%) will choose the discipline "Physical education" if it is by the choice, and 67,0% conscious the fact that they need to be engaged in physical exercises of 4-6 hours for a week for support of the appropriate level of their physical health. The provided data confirm awareness of need of systematic classes by students physical exercises, however only 9,7% of students are engaged in sports improving sections. Therefore there is a certain contradiction between awareness of need of systematic classes of physical exercises by students and their practical activities in this direction. It is possible to solve it due to renewal on older courses of HEI the discipline "Physical education". This offer is supported mediately by the vast majority of students of older courses. In it, just also has to consist, despite of financial crisis, a state policy in the sphere of physical education of students which is directed as normative documents testify, on providing the optimum level of their physical activity, the formation of understanding of values of a healthy lifestyle in them, the creation of optimum conditions for their self-realization in the sphere

of physical culture and sport.

3. It is necessary to consider the fact that the vast majority of students (67,2%) are engaged in physical exercises (or were engaged) only (!) on classes on physical education in the course of modernization of the system of physical education of student's youth. Only about 9,7% of students who study on the 1-4 courses, visit sports improving sections. Proceeding from these results, it is possible to make the reasonable assumption that problems will be with visit of such classes by students in case of the direct implementation of the order of the Ministry of Education and Science of January 26, 2015 No. 47 "About features of formation of curricula for the 2015/2016 academic year", that is removal of classes on physical education of students in the section of facultative. It will mean, quoting the message of the press-cutting service of the Ministry of Education and Science of Ukraine from 12/7/2015 that "rumors nearly about death of physical culture in Ukrainian HEI" will turn into reality.

Prospects of the subsequent investigations

The development of basic modules to the program on discipline "Physical education" is planned in the subsequent, in what the existing gender distinction at students in their interests in classes by physical exercises would be considered.

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