

GRUTSYAK N.

V. N. Karazin Kharkiv National University

Volleyball in an unsportsmanlike higher educational institution: development trends

Abstract. *Purpose:* the development and the basing of organizational actions for the work of sports groups of volleyball in unsportsmanlike higher educational institutions. **Material and Methods:** analysis and synthesis of scientific literature; analysis of the educational process; pedagogical supervision. **Results:** a curricula and programs are developed and proved for the work of sports groups of volleyball in unsportsmanlike higher educational institutions, test standards and tests are offered and substantiated, the educational manual is created. **Conclusions:** it is expedient to organize classes on physical training in groups with sports orientation taking into account a desire and physical capacities of students in higher educational institutions of an unsportsmanlike profile that is leads to the increase of visit and activity on classes of students to the improvement of their physical fitness and physical development. The program of the specialization "Volleyball" can become a basis for the creation of the Typical program for unsportsmanlike higher educational institutions.

Keywords: volleyball, unsportsmanlike higher educational institution, students, program, physical education.

Introduction. Volleyball – is a game which significantly influences the development of physical culture in our country. However "national volleyball didn't become an object of a scientific research yet" [1], however, and student's one, as its component, too.

Volleyball is included in the program for physical training of students in an unsportsmanlike higher educational institution and is organized, as a rule, in three main directions: classes in special medical groups (improving volleyball), classes in groups of all-physical preparation where a certain place is allocated for volleyball (actually a physical education) and classes in sports sections on volleyball (student's sport).

However by the results of the experimental pedagogical and the physiological researches of experts of classes on the general physical preparation don't solve all complex of the problems facing physical training of students [2]. It was found out that it is more expedient to organize classes in groups with a sports orientation taking into account a desire and physical capacities of students [3]. The creation of groups with a sports orientation led to the increase of visit and activity on classes of students, physical fitness and physical development of the engaged improved. Unfortunately, a uniform approach to training of students in volleyball isn't developed yet till nowadays in higher education institutions. As the work of sports groups on volleyball became, along with others, one of the main forms of the organization of physical training in many higher education institutions, the special attention is deserved by questions of planning of study, scoping and the maintenance of a training material, and also a training technique.

The objective of the research: the development and the foundation of organizational actions for the work of sports groups on volleyball in unsportsmanlike higher educational institutions.

The material and methods of the research: analysis and generalization of scientific and methodical literature; analysis of the educational process; pedagogical supervision.

Results of the research and their discussion. An accession of Ukraine to Bologna process and the corresponding adaptation of the native educational system to the European standards set new important tasks of the modernization of the educational process for the higher school in respect of the expansion of independent training of students and a free choice of subjects within the general course in a higher educational institution.

The chair of physical training and sport of V.N. Karazin Kharkiv National University, since 2005, within classes of the discipline "Physical training", along with the traditional general physical preparation, offers students a number of the specialized courses including game sports, combat sports, athleticism, fitness, aerobics, track and field athletics, etc. [3].

The determination of interest in a certain sport is the beginning of an intelligent choice of the forms of physical activity satisfying to individual physical and psychological needs of students. Such system of a free choice of a specialization on classes in physical training gives to students an opportunity in the course of training

to seize skills of the chosen sport and further to be engaged in it at the amateur level.

At the same time a profound studying of the chosen look demands not only formations of physical skills and abilities, but also the corresponding theoretical preparation which has to include the necessary volume of knowledge of physiology, psychology, history and theoretical bases of this sport.

Volleyball – is one of the most popular in the modern youth environment, however at the same time and one of the most difficult game sports. Thanks to the staginess, effective combinations and prompt movements of players, volleyball for many decades remains a hobby of youth during a rest. However nonprofessional actions of fans of a game, not familiar with bases its technique, quite often lead to injuries both players, and their partners. It is possible to avoid these negative consequences quite simply as the specialization “Volleyball” gives to students an opportunity for rather short term to seize the special physical preparation, game techniques, and also understanding of tactics, both the certain player, and team in general.

We will consider the general principles of training of volleyball players in the unsportsmanlike higher education institution.

The main task of classes by volleyball in specialized medical groups – is assistance to strengthening of health of students. According to physicians, the performance of separate game tricks of volleyball isn't connected with the manifestation of big efforts, sharp movements and static work, that's why a game in volleyball by the facilitated ball and by the simplified rules can be recommended as an addition to medical methods of treatment even for those who has cardiovascular diseases in the first stage of the development. In such groups classes must be held by teachers who are most trained in the methodical plan, knowing a state of health and physical fitness of each engaged student [4]. In specialized medical groups, in comparison with the main groups, the time is extended for a preparatory and a final part.

In sports groups on volleyball training is provided by the principle of improvement. Students as a result of questioning are selected in groups according to their preparedness and taking into account desire to be engaged in volleyball. On classes students get acquainted with volleyball bases for the subsequent participation in mass competitions (superiority of a course, a faculty, a higher education institution), and also increase physical fitness by means of volleyball.

The volume and the maintenance of a training material depend on a year of training. On the first two courses material is various within all-developing, preparatory and bringing exercises, and also within elements of technique and tactics of a game. On older years the main attention is paid to exercises for the development of the general and special physical qualities, for fixing of technique and tactics of a game mastered on initial courses.

The organization of the educational and training work is carried out by the principle of sports improvement in sections of volleyball and is directed on the improvement of technical and tactical skill and further development of motive and functional preparedness [5]. Classes in sports sections of volleyball are given in out of learning time. At the big contingent of the engaged groups, uniform in sports preparedness are created (teams of faculties, courses, etc.). At insignificant number of the students who are engaged in volleyball groups of students of various faculties and various level of preparedness are created. The best sportsmen are invited in a national team of higher education institution which trains separately.

The national team of university participates in the championship of the city, area or Ukraine among higher education institutions and in other competitions, and for the students who are engaged in specialized groups competitions on the superiority of courses, faculties, university are systematically held.

Planning – is one of the main functions of management of the process of training of volleyball players in the system of the higher school. It defines not only the content of all process of preparation, but also the system of work of a teacher. In the system of higher educational institutions planning has two main components: the program of a course of a subject matter which defines its contents, and the plan abstract of each classes which defines the system of work of a teacher of this subject matter.

The existence of special plans allows to avoid spontaneity in actions of a teacher, excessive expenses of time, forces, appliances, i.e. increases efficiency of the educational and training process. The program of training in sports groups on the specialization “Volleyball” which can be a basis for the Standard [6] was developed on the chair of physical training and sport of V.N. Karazin Kharkiv National University.

The main objective of the program of classes consists in instilling of interest in systematic classes by volleyball, aspiration to create prerequisites for successful training of students to a wide technical-tactical

arsenal of a game, achievement of high level of special and general physical fitness.

The work volumes in the educational and training groups of 1st, 2nd, 3rd of training are presented in the program; the content of a material on the main components of: technical, tactical, physical, theoretical integrated training, distribution of time for the listed components on semester; types of training classes in an orientation.

The specific objectives of long-term training of students according to the presented program are:

- strengthening of health, assistance to the correct physical development and versatile physical fitness;
- development of speed, dexterity, high-speed and power qualities, flexibility;
- training in racks and movements in volleyball;
- training in bases of technology of giving, reception and pass, forward of blow, blocking;
- elementary education to tactical actions in attack and protection;
- adaptation to game conditions on a platform;
- implementation of standard requirements for types of preparation.

An educational class in volleyball or training is characterized by a combination of loading of the general and special character. The distribution of time according to several sections of preparation is presented in the program.

The work in educational and training groups of the first year of training has a special value. It is the responsible period of formation of technical skills, instilling of interest in sports activities in general and volleyball in particular.

The main attention on the first year of training is paid to physical and technical training of students. The ratio of separate types of preparation changes. If in 1 semester the volume of physical preparation makes about 40-45% of all time, in the 2nd semester reaches 60%.

The big role is given to outdoor games for ensuring a rather emotional level of classes on the first year of training.

As traumatism prevention the program is most sated with the sets of exercises directed on strengthening of the articulate and copular system of the engaged. At the beginning of each semester it is instructed the safety regulations which are engaged on the performance during classes by volleyball.

A check and an estimation of the reached results take the special place among problems which decision has an essential impact on training improvement of quality. Efficiency of the process of training in many respects depends also on the correct statement of the monitoring system.

The considerable experience is saved up in the field of control of knowledge in a pedagogical practice; there are general requirements to the content of check of results of training, namely:

- purposes of check have to answer the training purpose at all certain levels;
- content of check – to correspond to the content of training;
- means of check have to be adequate to types of educational activity which are formed in a subject matter, and are calculated on the planned level of informative independence;
- performance of tasks has to be described in the system of concrete quality and quantitative indices;
- assessment has to be taken out on the basis of uniform procedure of a ratio of the received indicators with indicators which were planned.

The check is considered as a process of identification, measurement and assessment of results of training. Measurement consists in attributing by the specified rules of numerical values to sizes which characterize this or that pedagogical phenomenon.

Starting point in the development of a technique of control of knowledge, the skills reached in the course of training is definition of the purposes of training. On their basis end and intermediate results of training that reflects the quality of training are established.

Taking into account that the main objective of training of volleyball players is the development of bases of a game (history and rules), training in technique of a game in volleyball and increase of physical fitness means of volleyball, the standards connected with techniques of volleyball and the general physical fitness are gotten out for control in unsportsmanlike higher education institution [7]. Other purposes (educational, pedagogical and developing) are also important and have to be reached.

Standard test standards and theoretical tests which are estimated by a certain number of points are offered on the basis of the stated principles for a subject matter «Physical training» on the specialization «Volleyball» for

measurement and an assessment of results of training, except the current control of preparation (it is estimated by the expert integrating estimates) [6]. The points gained by the student are transferred to a scale of estimation of ECTS and national scales on the system approved by the Ministry of Education and Science of Ukraine [8] and are registered in examination registers.

The whole educational and methodical complex on the specialization «Volleyball» is stated in the manual [6] which will help students to organize an independent work in the course of training.

Conclusions. Thus, it is expedient to organize classes in physical training in groups with a sports orientation taking into account desire and physical capacities of students in higher educational institutions of an unsportsmanlike profile that leads to the increase of visit and activity on classes of students, the improvement of physical fitness and physical development of the engaged. As the work of sports groups on volleyball, along with others, is one of the perspective forms of the organization of physical training in higher education institutions, the special attention is deserved by organizational and methodical practices of V.N. Karazin Kharkiv National University (training programs, tests, educational and methodical materials, etc.). The program of the specialization “Volleyball” can become a basis for creation of the Standard program for unsportsmanlike higher education institutions.

Further researches are supposed to be conducted in the field of the improvement of a technique of training on volleyball of students of unsportsmanlike specialties of higher educational institutions.

References:

1. Yermakov S. S., Zborovets I. V. *Fizicheskoe vospitanie studentov [Physical education students]*, Kharkiv, 2010, vol. 2, p. 76–80. (rus)
2. Furmanov A. G. *Podgotovka voleybolistov [Preparation Volleyball]*, Minsk, 2007, 329 s. (rus)
3. Konnik G. A., Temchenko V. A., Usova T. E. *Fizicheskoe vospitanie studentov tvorcheskikh spetsial'nostey [Physical training of students of creative disciplines]*, Kharkiv, 2009, vol. 4, p. 68–73. (rus)
4. Belyaev A. V., Savin M. V. *Voleybol [Volleyball]*, Moscow, 2009, 360 p. (rus)
5. Guba V. P., Rodin A. V. *Voleybol v universitete. Teoreticheskoe i uchebno-metodicheskoe obespechenie sisteme podgotovki studentov v sportivnom klube [Volleyball at the university. Theoretical and methodological support system of training students in the sports club]*, Moscow, 2009, 164 p. (rus)
6. Grutsyak N. B., Temchenko V. A., Usova T. E. *Voleybol [Volleyball]*, Kharkiv, 2014, 229 p. (rus)
7. Lysova I. A., Bulykina L. V. *Uchenye zapiski universiteta im. P. F. Lesgafta [Scientific notes P. F. Lesgaft University]*, 2014, vol.6 (112), p. 115–119. (rus)
8. *Timchasove polozhennya pro organizatsiyu navchal'nogo protsesu v kreditno-modul'niy sistemi pidgotovki fakhivtsiv, Nakaz Ministerstva osviti Ukraini vid 23.01.2004 r. [Temporary regulations on the organization of educational process in the credit-modular system of training, Ministry of Education Ukraine]*, vol. 48, *Osvita*, 2004, p. 4–5. (ukr)

Received: 10.03.2015.

Published: 30.04.2015.

Nataliya Grutsyak: V. N. Karazin Kharkiv National University: Svobody sq. 4, 61022, Kharkov, Ukraine.

ORCID.ORG/0000-0002-8665-0754

E-mail: cmo.po@karazin.ua