

TAMOZHANSKA G., PRUDNIKOVA M.
Kharkiv State Academy of Physical Culture

Condition attendance of physical culture and other subjects of students of Kharkiv

Abstract. Purpose: to define reasons of admissions of employments on the physical culture of children and teenagers of general schools Kharkiv. **Material and Methods:** the analysis of school magazines of visit of lessons and medical maps is conducted 735 students (6–17 years) in 16 Kharkiv general schools, including. 462 boys, 273 girls; analysis of health and sporting sections in these general schools and their visited from the incurrence of students. **Results:** the features of visited of employments on physical culture and other general theoretic articles of students of junior, middle and senior classes are Set. The amount of students is determined visitant different sporting sections in extracurricular time. **Conclusions:** the visited of students is certain basic, preparatory and special medical groups of employments on physical culture and other general theoretic objects.

Keywords: medical groups, employments on physical culture, sporting sections, schoolboys.

Introduction. Social-economic and political changes, modern conditions of activity (an acceleration of a rhythm of life, a point of ecology, a reduction of physical activity), impose considerable requirements to health of the population, including children and teenagers, and cause the need for physical training and formation of the systemacity of activity [1; 6].

The models of a healthy person are presented; progressive approaches of improving technologies of a study are formed in modern scientific researches on physical training in combination with medico-preventive disciplines on the basis of the analysis of the found negative tendencies in a change of a state of health of children and teenagers [8].

According to T. Yu. Krutsevich, the social system of physical training provides the functioning of pedagogical system, but its efficiency depends on rational and capable planning of the first one [4].

Physical training in the teaching-educational sphere as a component of the general education system lays the foundation of providing and development of physical and moral health of an integrated approach before the formation of intellectual and physical qualities of a person, physical and psychological fitness, active life, professional activity on the principles of an individual approach, priority of an improving orientation, a wide use of various receptions and forms of physical improvement [3; 7].

Many scientists who characterize a dynamic state by a reserve of functions of bodies and systems researched physical health of children of the school age [2; 5].

In this regard we analyzed a condition of visit of classes in physical culture and a choice of classes by school students in sports sections which are an actual problem of health of children and teenagers.

Communication of the research with scientific programs, plans, subjects. The research is conducted according to the Thematic plan of the research work in the sphere of physical culture and sport for 2011-2015 of the Ministry of Ukraine for family, youth and sport, by the subject 3.8 "Theoretic-methodological bases of creation of the system of a mass control, an assessment of a level of the development and physical fitness of different groups of the population" (No. of state registration is 0111U000192).

The objective of the research consists in the definition of the reasons of admissions of classes in physical culture by children and teenagers of comprehensive schools of Kharkov.

The tasks of the research. To carry out the analysis of visit of lessons on physical culture concerning other subjects within two academic years; to define a state of health of children and teenagers within two academic years; to find improving and sports sections which are in GES, and desires to visit children and teenagers.

Material and methods of the research: analysis of scientifically methodical literature; poll; analysis of class registers of visit of classes and medical records (735 pupils (6–17 years old) at 16 Kharkov comprehensive schools, including 462 boys, 273 girls; Kettle indexes 2 and Robinson indexes; analysis of functioning of improving and sports sections at these schools and their visits by children and teenagers from total number of pupils;

methods of mathematical statistics.

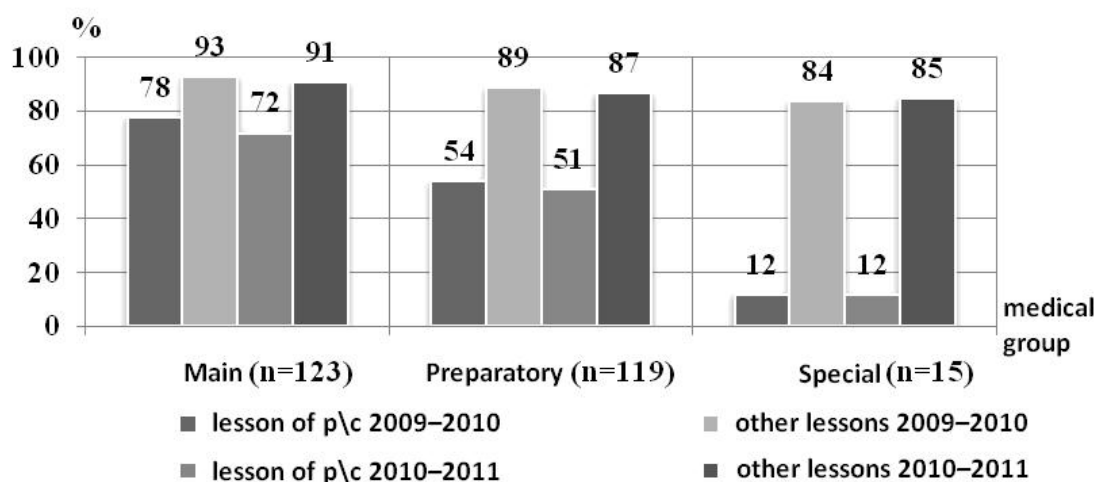
Results of the research and their discussion. The problem of physical training in Ukraine is relevant now because of the general decrease in health of children and teenagers. Therefore the system effectiveness of physical training depends on many components of the social system in which the process of physical training is carried out obligatory.

Physical capacities of children and teenagers change and correct in the necessary direction during a study at school in the course of physical training. Different methods, forms of classes which give the chance to support and change physical fitness, physical development of children and teenagers are used at lessons on physical culture [4].

According to experts [3; 7], physical culture of children and teenagers is considered as the process of mastering knowledge, skills educational and study for the following use in the course of self-improvement and, as result – about the level of physical health which they have to store or increase thanks to their desire, knowledge, a healthy lifestyle and physical activity.

The analysis of an attendance of classes in physical culture (variable modules) concerning other subjects and their influence on a state of health of children and teenagers within two academic years (2009–2010 and 2010–2011 academic years) is carried out with the use of the provision about intra school control (ISC) at schools which is developed according to the Law “About education”, “The typical provision about general education educational institution”, the charter of a school.

In the first 2009–10 a.y. it is defined that 78% of pupils (1–4 classes) of the main medical group visit lessons on physical culture (p/c), 93% of pupils are present on other subjects. Pupils of the preparatory group visit general-theoretical subjects (89%), physical culture – 54% also best of all. A similar situation is at pupils of the special medical group, only 12% attend class on p/c, 84% – other subjects (pic. 1, tab. 1).



Pic. 1. Visiting of lessons by pupils of the elementary grades (1–4 classes) of the main, preparatory, special medical groups within two academic years (n=257)

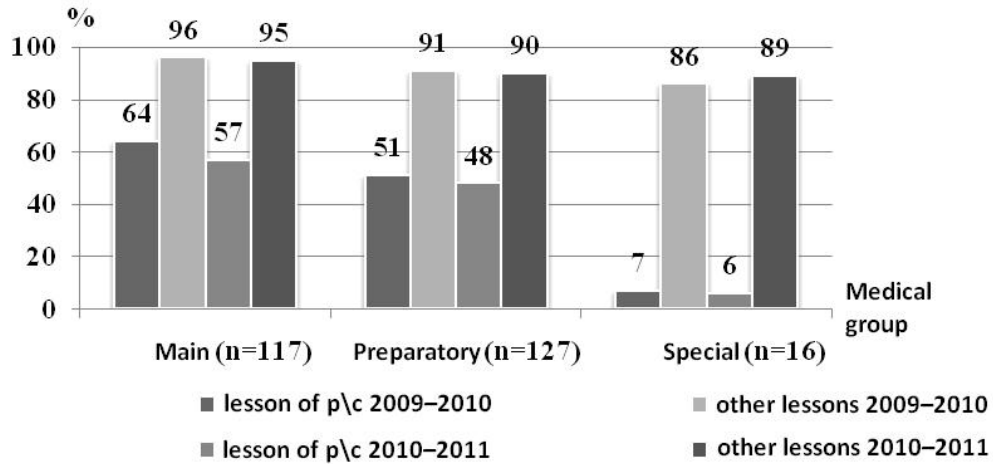
In the next academic year (2010–11) 72% of pupils of the main medical group visit lessons of p/c, 51% of pupils of the preparatory group and 12% of pupils the special group, other subjects are visited respectively 91%, 87%, 85% of a total number of children (pic. 1).

The reasons of the lack of 22% and 28% of pupils of the main group at lessons of p/c at the elementary school are the following: a good reason – an illness with an absence in GES (6% and 7%), a release from classes by the certificate about the rehabilitation period after an illness or from parents about an unsatisfactory state (12% and 14%), without a good reason – there isn't an uniform, isn't present on classes (4% and 7%) (pic. 1).

46% and 49% of pupils of the preparatory group which are absent at lessons of p/c because of good reasons: 5% and 8% (an absence on classes – an illness), 40% and 39% (a presence on classes with the certificate of a discharge from classes, the reference from relatives of an unsatisfactory condition of a pupil); without a

valid excuse – 1% and 2% (isn't present on classes, there is no uniform). 88% of pupils of special group which are absent at lessons of p/c from which – a good reason – 9% (absence on classes – an illness) and 79% – presence on classes with the reference about discharged of classes (pic. 1).

64% of pupils of 5-9 classes of the main group attended classes on p/c in the first year of the research and 57% in the next year, while other subjects of 96% and 95% respectively. In the preparatory group indicators made 51% and 48% and 91% and 90%, in the special group 7% and 6% and 86 and 89% (pic. 2).



Pic. 2. Visiting of lessons by pupils of the middle classes (5–9 classes) of the main, preparatory, special medical groups within two academic years (n=260)

Table 1

Visiting of lessons of physical culture and other subjects at comprehensive schools of Kharkov

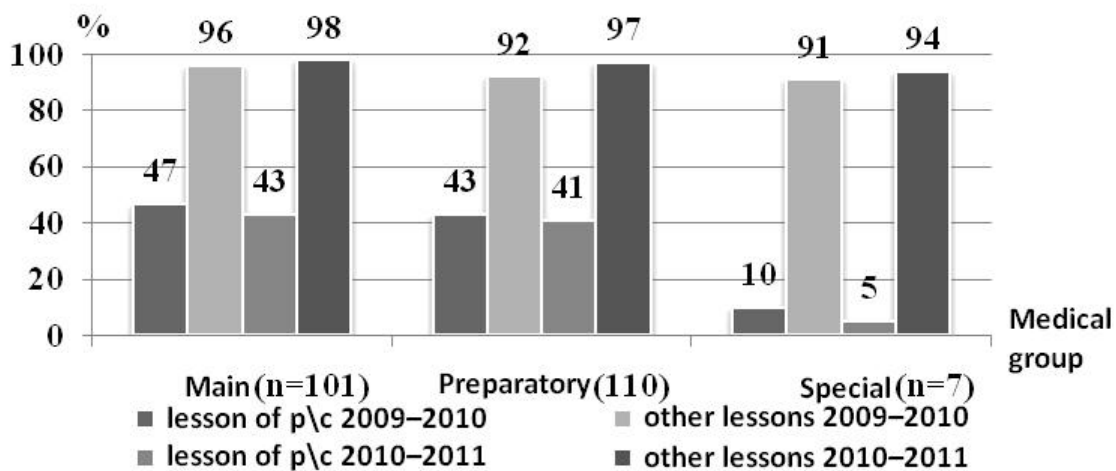
Class	Medical group	Quantity of pupils	2009–10 a.y.				2010–11 a.y.			
			Lessons p/c		Others subjects		Lessons p/c		Others subjects	
			V	M	V	M	V	M	V	M
1–4 (n=257)	Main	123	78% (95)	22% (28)	93% (114)	7% (9)	72% (88)	28% (35)	91% (114)	7% (9)
	Preparatory	119	54% (64)	46% (57)	89% (106)	11% (13)	51% (60)	49% (59)	87% (103)	13% (16)
	Special	15	12% (2)	88% (13)	84% (12)	16% (3)	12% (2)	88% (13)	85% (12)	15% (3)
5–9 (n=260)	Main	117	64% (74)	36% (43)	96% (112)	4% (5)	57% (66)	43% (51)	95% (111)	5% (6)
	Preparatory	127	51% (65)	49% (62)	93% (118)	7% (9)	48% (61)	52% (66)	90% (114)	10% (13)
	Special	16	7% (1)	93% (15)	86% (14)	14% (2)	6% (1)	94% (15)	89% (14)	11% (2)
10–11 (n=218)	Main	101	47% (46)	53% (55)	96% (97)	4% (4)	43% (43)	57% (58)	98% (98)	2% (3)
	Preparatory	110	43% (47)	57% (63)	92% (101)	8% (9)	41% (45)	59% (65)	97% (106)	3% (4)
	Special	7	10% (1)	90% (6)	91% (6)	9% (9)	5% (1)	95% (6)	94% (6)	6% (1)

Note. V–visited lessons; M –missed lessons.

The absence of pupils of the main group at lessons of p/c at high school (36%; 43%) are defined as because of a good reason of 4% and 5% (an absence on classes – an illness) and 29% and 36% (a presence on classes with the certificate of discharge from classes, the reference from parents of an unsatisfactory condition of a pupil); without a good reason – 3% and 2% (there is no uniform, isn't present on classes, there are no motivations, fatigue after other classes, laziness) (pic. 2).

The reasons of absence of pupils of the preparatory group at lessons on p/c during the first (49%) and the second (52%) academic years made: because of a good reason (7%; 10%) – an absence in GES by an illness, 37% and 36% – a presence on classes (with the certificate of discharge from classes, the reference from parents of an unsatisfactory condition of a pupil), without a good reason – 5%; 6% – there aren't present uniforms, fatigue after other classes. Absence of pupils of the special medical group at lessons of p/c is recognized as: because of a good reason – 11%, 14% – an illness and 82%, 80% – with the certificate of discharge from classes.

The attendance of lessons of p/c decreases from 47% to 43% (the main group); from 43% to 41% (preparatory); from 10% to 5% (special) concerning other lessons at pupils of the senior classes within two academic years (pic. 3).



Pic. 3. Visiting of lessons by pupils of the senior classes (10–11 classes) of the main, preparatory, special medical groups within two academic years (n=218)

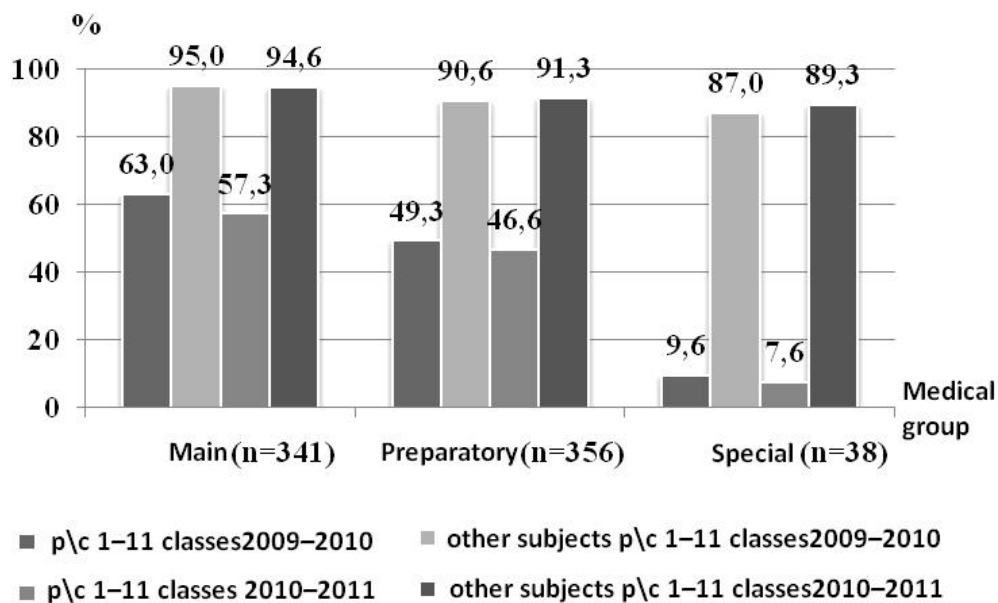
The reasons of absence of pupils of high school didn't change at all, that is an admission of classes happens at the main group because of a good reason with the absence on classes from 2 to 4% (illness) and from 45% to 52% with the presence without a participation on classes of p/c (with the certificate of discharge from classes, the reference from parents of an unsatisfactory state of health of a pupil), and also from 3% to 4% without a good reason with the presence (there are no uniforms, fatigue after other classes, laziness).

The analysis of visiting of lessons of physical culture by pupils from the first till the eleventh classes within two academic years showed that after the first academic year 63,0% of pupils (1–11 classes) of the main group visit lessons of p/c, 49,3% of pupils of the preparatory and 9,6% of the special medical group, while other subjects – 95,0%; 90,6%; 87,0% according to groups. Indicators of visiting of lessons of p/c lowered and made 57,3% – the main group, 46,6% – preparatory and 7,6% – special at the same time within the second academic year. Attendance of other subjects made 94,6%, 91,3%, 89,3% (pic. 4).

The analysis of the reasons of absence of pupils at lessons on physical culture at comprehensive schools of Kharkov showed that the main admissions of classes on p/c happen after diseases (with the certificate of discharge from physical activity).

The carried-out analysis of a state of health of pupils by medical cards found out that pupils of 1-4 classes 47,4%, 5–9 classes – 45,2%, 10–11 classes – 41,8% entered during 2009–10 to the first group (the main medical group). The indicator of the attendance lowered to 44,5% (1–4 classes), 33,3% (5–9 classes), 38,9% (10–11 classes) within the second year of the researches (2010–11) (tab. 2).

The second medical group (the preparatory medical group) included 45,6% of pupils of 1-4 classes, 42,5% – 5–9 classes, 38,7% – 10–11 classes, the indicator increased to 47,3% of pupils of 1-4 classes, 49,1% – 5–9 classes and 41,0% – 10–11 classes the next academic year.



Pic. 4. The average value of visiting of lessons of p/c by pupils (1-11 classes) concerning other subjects at school (from a total number of lessons which were visited) within two academic years (n=735)

Table 2

State of health of pupils of comprehensive schools of Kharkov (n=735)

State of health	1-4 classes		5-9 classes		10-11 classes		1-11 classes	
	Academic year							
	2009-2010	2010-2011	2009-2010	2010-2011	2009-2010	2010-2011	2009-2010	2010-2011
I group	47,4%	44,5%	45,2%	33,3%	41,8%	38,9%	44,8%	38,8%
II group	45,6%	47,3%	42,5%	49,1%	38,7%	41,0%	42,2%	45,8%
III group	7,0%	8,2%	12,3%	17,7%	19,5%	20,1%	12,9%	15,3%

Note. I group – the main group; II group – the preparatory group; III – the special group.

7,0% (1-4 classes), 12,3% (5-9 classes), 19,5% (10-11 classes) of pupils entered to the third medical group (the special medical group) at the beginning of researches. The next year the indicator raised to 8,2% (1-4 classes), till 17,7% (5-9 classes), till 20,1% (10-11 classes) of pupils (tab. 2).

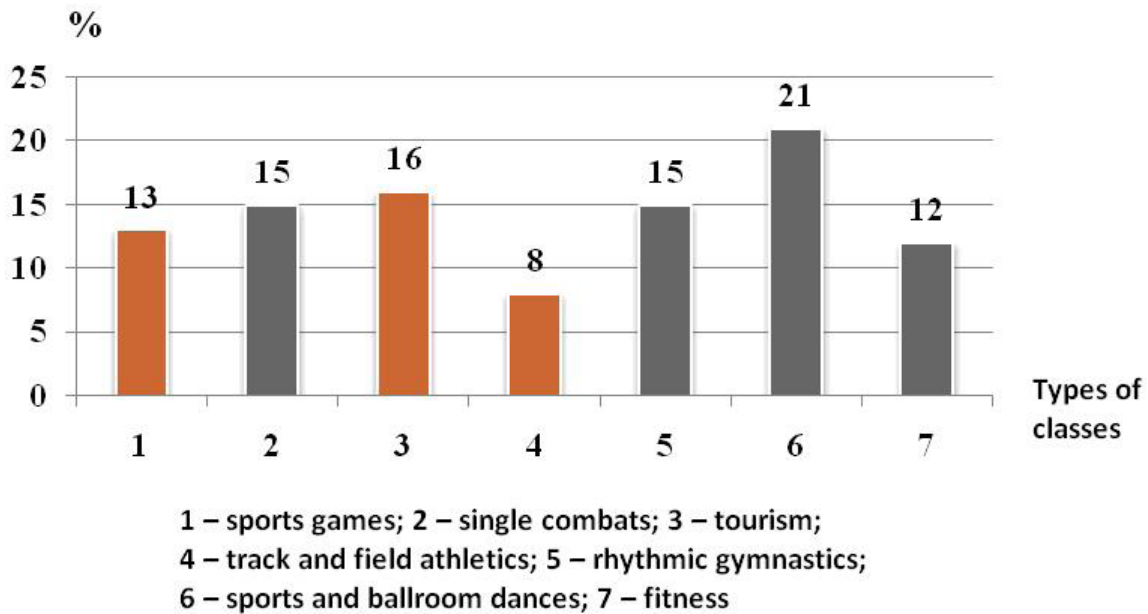
Thus, the state of health of pupils in 44,8% answered criteria of the main group, in 42,2% preparatory and in 12,9% special during 2009-10 from the first till the eleventh classes, the next 2010-11 a number of pupils of the main group reduced to 38,8% (-6%) and increased to 45,8% (+3,6%) in the preparatory group and till 15,3% (+2,4%) in special medical groups.

The carried-out analysis of a condition of physical culture testifies to the increase in a number of pupils of 1-11 classes of comprehensive schools respectively at the preparatory and special medical groups.

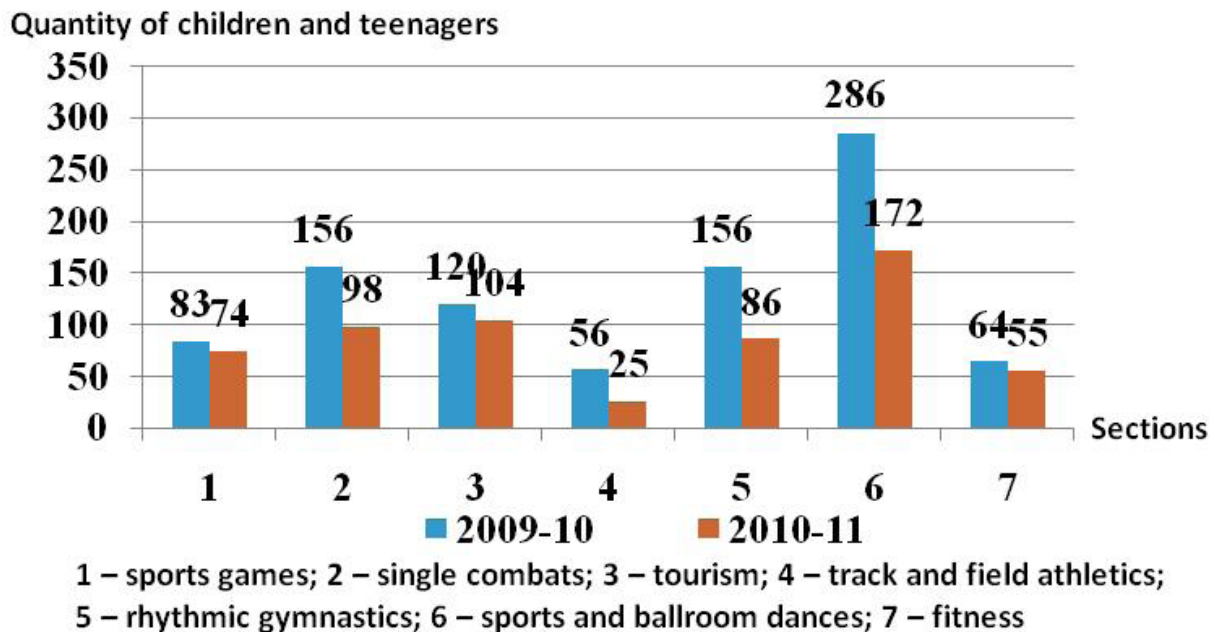
The social system of physical training of pupils is interdependent from out-of-school activity [4; 7] therefore further we defined the most significant improving and sports sections which function in general education institutions of Kharkov (pic. 5).

The analysis of the obtained data of visiting of improving and sports sections at sixteen schools of Kharkov found out that sports sections on sports and ballroom dances (21%), tourism (16%), single combat and rhythmic gymnastics (15%), sports dances (13%) and track and field athletics (8%) (pic. 5) are more cultivated. At the same time classes only on sports games, tourism and track and field athletics are free of charge, other types of classes need from parents material expenses.

It is determined that only 6% (921 pupils) of school students 16 comprehensive schools of Kharkov were attended by improving and sports sections in 2009-10 academic years (pic. 6).



Pic. 5. Improving and sports sections in general education institutions of Kharkov



Pic. 6. Visiting of improving and sports sections by children and teenagers at comprehensive schools from a total number of pupils (n1=921; n2=614)

The greatest number of children and teenagers (31%) visited sports sections on sports and ballroom dances, on 17% – single combat and rhythmic gymnastics, 13% –tourism, 9% – sports, 7% –fitness and 6% – on track and field athletics.

The next 2010–11 the percent of visits of improving and sports sections by children and teenagers decreased to 4% (614 pupils) from a total number (15341 pupils) and made 28% (172) who visited sections on sports and ballroom dances, 17% (104) –tourism, 16% (98) – single combat, 14% (86) – rhythmic gymnastics, 12% (74) – sports, 9% (55) –fitness and 4% (25) – track and field athletics.

Conclusions:

1. It is determined that the reasons of the decrease in an attendance of lessons on physical culture by

pupils of the main, preparatory and special medical groups within two academic years is: good reasons – an illness (from 4% to 10%), a release from classes after an illness (from 25% to 79%); without a valid excuse – there is no uniform, there are no motivations, fatigue after other classes, laziness (from 1% to 4%).

2. Strengthening of health of pupils during the teaching and educational process are one of the main tasks of a school. At the same time a number of pupils of the main medical group reduced on 6% in two academic years in which pupils have to put the harmonious, high or average level of physical development with the high and above an average level of functionally-reserve opportunities of the cardiovascular system; increased on 3,6% number of pupils of the preparatory group who don't need yet physiotherapy exercises; increased on 2,4% a number of pupils of the special group in which pupils have considerable deviations in a state of health which don't interfere with a study at school.

3. It is revealed that sports sections as on a paid basis function at 16 comprehensive schools of Kharkov (single combat, rhythmic gymnastics, ballroom and sports dances, fitness), and a free basis function (sports, tourism, track and field athletics). Within two years (286 children and teenagers (the first year) and 172 (the second year)) visit most of all ballroom and sports dances, 156 and 98 different types of single combat, 156 (86) rhythmic gymnastics, 120 and 104 improving and sports tourism, 83 and 74 – sports, 64 and 55 – fitness and 56 and 25 – track and field athletics. At the same time a number of children and teenagers in sections decreased in two years: on 10,8% – sports, on 14,1% – fitness, on 13, % – tourism, on 37,2% – single combat, on 39,8% – ballroom and sports dances, on 44,9% – rhythmic gymnastics, on 55,3% – track and field athletics.

Prospect of the subsequent researches. The subsequent researches will be directed on the definition of morphofunctional features of children and teenagers with defects of a bearing at comprehensive schools and the development of physical exercises for their correction.

References:

1. Berdnik O. V., Zaykovska V. Yu. *Gigiena naselenikh mists [Hygiene populated areas]*, Kyiv, 2004, Vol. 44, p. 375–380. (ukr)
2. Borisova T. S., Lavrinenko G. V., Boldina N. A. at al. *Donozologiya [Donozology]*, 2009, p. 82–84. (rus)
3. Krutsevich T. Yu., Vorobyov M. I., Bezverkhnya G. V. *Kontrol u fizichnomu vikhovanni ditey, pidlitkiv ta molodi [Control of physical education of children, adolescents and young people]*, Kyiv, 2011, 224 p. (ukr)
4. Krutsevich T. Yu. *Teoriya i metodika fizicheskogo vospitaniya: uchebnik dlya vysshikh uchebnykh zavedeniy fizicheskogo vospitaniya i sporta [Theory and Methodology of Physical Education]*, Kyiv, 2003, 423 p. (rus)
5. Mulik K. V. *Slobozhans'kij nauk.-sport. visn. [Slobozhanskyi science and sport bulletin]*, Kharkiv, 2009, vol. 1, p. 7–9. (ukr)
6. Kardashenko V. N., Stromskaya Ye. P., Varlamova L. P. at al. *Gigiyena i sanitariya [Hygiene and Sanitation]*, 1980, vol. 10, p. 33–35. (rus)
7. Shiyani B. M. *Teoriya fizichnogo vikhovannya shkolnyariv [Theory of physical education in schools]*, Ternopil, 2002, 252 p. (ukr)
8. Armstrong N. *Physical activity, physical fitness, diet and the health in young people / Neil Armstrong, Sulin Cheng, J. Larry Durstine // Journal of Sport and Health Science. – 2012. – vol. 1. – pp. 129–130.*
9. Capio C. M. *Fundamental movement skills training to promote physical activity in children with and without disability: A pilot study [Electronic resource] / Catherine M. Capio, Cindy H. P. Sit, Kathlynn F. Eguia, Bruce Abernethy, Richard S.W. Masters // Journal of Sport and Health Science. – 2014. – Access mode : sciencedirect.com/science/article/pii/S2095254614000921*
10. Chen A. *Motor skills matter to physical activity – At least for children / Ang Chen // Journal of Sport and Health Science. – 2013. – Vol. 2. – pp. 58–59.*

Received: 20.03.2015.

Published: 30.04.2015.

Ganna Tamozhanskaya: *Kharkiv State Academy of Physical Culture: Klochkivska str. 99, Kharkiv, 61058, Ukraine.*

ORCID.ORG/0000-0003-2430-8467

E-mail: kulichka79@ukr.net

Maryna Prudnikova: *PhD (Physical Education and Sport), Associate Professor; Kharkiv State Academy of Physical Culture: Klochkivska str. 99, Kharkiv, 61058, Ukraine.*

ORCID.ORG/0000-0002-1089-0436

E-mail: pruda@mail.ru