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BONDAR A., KANDRASCHENKO S.*Kharkiv State Academy of Physical Culture***Mass sports of students and cadets which server military contract in positions of officers**

Abstract. Purpose: study of features of organization of mass sports of students and cadets which server military contract in positions of officers. **Material and Methods:** analysis of literary sources and documents, analysis of the systems, questioning (questionnaire), methods of the mathematical processing of data. In a questionnaire 97 respondents – 29 cadets of a 5 course and 68 students of 4 courses of military-legal faculty of the Yaroslav Mudryi National law university. **Results:** 69% cadets and only 35% students are engaged in the different types of motive activity in free time, here 48% cadets and 43% students elect the playing types of sport (football, volleyball, basket-ball), 65,5% cadets and 48,5% students go in for sports for self-perfection and self-realization, here 45% cadets and 32% students plan necessarily to prolong to be engaged in the select type of sport upon termination of studies in higher educational establishment. **Conclusions:** the Study 4th Year Students And Students Of The 5th Year Of Military Faculty Of Law Has Shown That The Students Serious About Their Chosen Profession And Understand The Importance Of Physical Fitness In A Future Service, They Are Able To Objectively Assess The Level Of Their Physical Readiness And Are Ready For Further Self-Improvement.

Keywords: servicemen, physical preparation, types of physical activity, types of sport, sporting competitions.

Introduction. The increase of the level of physical fitness of the military personnel has a special value in today's conditions of reforming of Armed Forces of Ukraine, that's why the improvement of the system of physical training of the military personnel is a topical and urgent issue.

The integral component of physical training of the military personnel is a sports and mass work, and sporting achievements of domestic military are a powerful contribution to the increase of authority of army and the strengthening of defense capability of our state.

Modern domestic researchers in the works opened separate questions of physical training of the military personnel. So, S. Nomerovsky (2009) considered the aged ranges for physical training of the military personnel, Y. Groshev (1987), V. Sukhotskyi (1993) – features of military and physical preparation in foreign countries, O. Bodruk (2001) outlined national and international aspects of the structure of military safety, O. Boyarchuk (2006), O. Gusak (2006), V. Korchagin (2010), O. Olkhovyi (2006, 2012), O. Radkevich (2006), S. Romanchuk (2006) studied features of physical preparation of Armed Forces of Ukraine for different military specialties, S. Romanchuk (2006) also brought up a question concerning the formation of motivation to classes by physical preparation and sport of cadets of technical military educational institutions, but there wasn't such work among the studied scientific works which generalizes the data on the organization of sports and mass work of the military personnel of Ukraine, as caused a choice of the research subject.

Communication of the research with scientific programs, plans, subjects. The research is executed according to the Thematic plan of the research work of Kharkov state academy of physical culture for 2013-2015 by a subject 1.5 "Methodological bases of the strategic development of the sphere of physical culture and sport in the region" (the state registration number is 0113U004615), and also within the implementation of the fundamental scientific project for 2015-2017. "Theoretic-methodical bases of the development of Non-Olympic sport" (number of the state registration is 0115U002372).

The objective of the research: studying of features of the organization of sports and mass work of students and cadets who do military service under the contract at positions of persons of officers.

Research tasks:

1. To consider a sports and mass work as a component of physical training of military experts who do military service under the contract at positions of persons of officers.
2. To determine the relation of students and cadets to classes by physical exercises during a study and a choice of types of physical activity in non-study time.

Material and methods of the research. The research was conducted since January in 2014 till May in 2015, in the research the complex of the methods adequate to the purpose and tasks of the research is used: analysis of references and documents, system analysis, poll (questioning), methods of mathematical data processing. 97 respondents among whom 29 cadets of the 5th course and 68 students 4 courses of the military law department of National university "Legal academy of Ukraine of Yaroslav the Wise" took part in the questioning which was carried out for the definition of the relation of students and cadets to classes by physical exercises during a study and a choice of types of physical activity to non-study time, the interrogating letter included 10 questions of the mixed type.

Results of the research and their discussion. According to Installation on physical preparation in Armed Forces of Ukraine (IPP-2009) approved by the Order of the Minister of Defence of Ukraine of 30.12.2009 No. 685, a sports and mass work in Armed Forces of Ukraine is directed on the involvement of the military personnel to regular trainings by military and applied and mass sports, to the increase of the level of sports skill and physical fitness, performance of exercises of the military and sports complex (MSC) and the organization of substantial leisure of the military personnel [2]. The sports and mass work in a higher educational institution is the integral component of physical preparation and plays a significant role in the structure of study of experts who do military service under the contract at positions of persons of officers [4; 7].

The research was conducted on the basis of the military law department of National legal university of Yaroslav the Wise for studying of features of the organization of the sports and mass work of students and cadets of military specialties. The military law department – is one of the subsections of University which carries out preparation of the qualified legal shots for bodies of military prosecutor's office, legal service of the Ministry of Defence of Ukraine, Military service of a law and

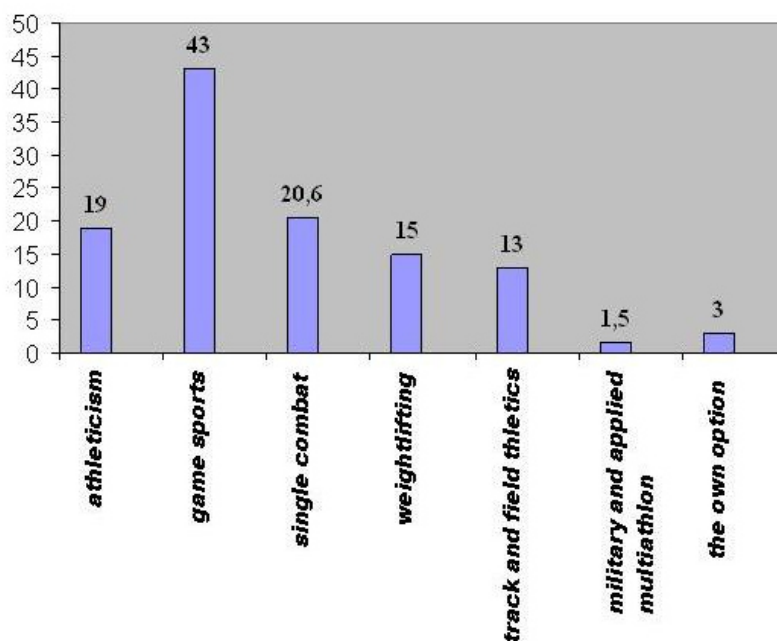
order of Armed Forces of Ukraine, the Public border service of Ukraine, the Ministry of emergency situations of Ukraine, Management of the state protection of Ukraine, the Public special service of transport of the Ministry of infrastructure of Ukraine, Internal troops of the Ministry of Internal Affairs of Ukraine [5].

At the department in Ukraine the combined scheme of training of specialists on the budgetary basis is introduced for the first time: “four years – a student, the fifth year – a cadet” which gave into practice to practice to put the principle of integration of military and civic education, are essential to cut expenses on training of military experts with the higher education. Much attention is paid to development of physical culture and sport at the department. Physical training of students and cadets is carried out on the chair of general and legal disciplines. The main form of physical preparation are studies which are planned in volume of 4 hours for a week, from them 3 hours – in a schedule grid (2 hours by a lunch and 1 hour – after a lunch due to independent classes) and 1 hour due to a sports and mass work during daylight hours. Necessary conditions, in educational cases and hostels both gyms and sports grounds function sports, are created for classes of physical culture and sport at the department.

Students and cadets of the department train and actively participate in competitions from the Olympic and Non-Olympic sports, for this purpose at the university sports clubs are created: Sports club free and Greco-Roman wrestling of National legal university of Yaroslav the Wise, Chess sports club “Legal Academy”, Swimming-sports club “Legal Academy”, Club of sports views of fight “National legal academy of Ukraine”, Boxing and kickboxing club “Legal academy” Volleyball sports club “Legal Academy” [1].

Sports sections on such sports as track and field athletics, football, volleyball, basketball, aerobics, swimming, boxing, table tennis, judo, armwrestling, fight, checkers, chess, tourism, sports orientation and another constantly work at the department. Annually sports competitions and sports - mass events are held at the university and at the department according to the planned schedule [6], the most popular of which are competitions on futsal on “The dean’s cup”, the track and field athletics competition “Autumn Cross-country”, the military and sports competitions “Cossack Entertainments” which are one of the forms of patriotic education of youth.

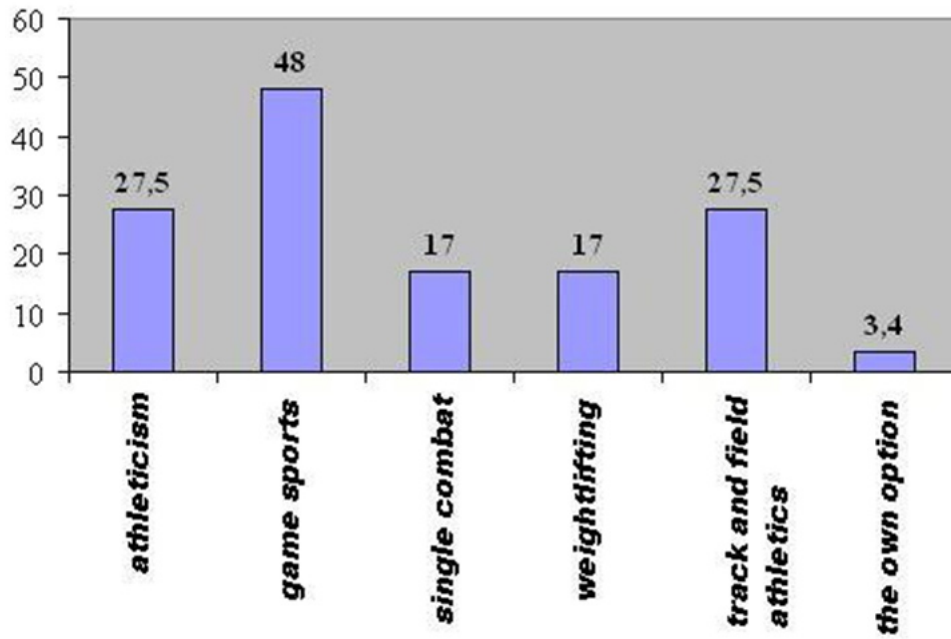
The research poll (questioning) was conducted in non-study time during a study to determine the relation of students and cadets to classes by physical exercises and a choice of types of physical activity. Sports with which students and cadets during obligatory classes would like to be engaged in physical preparation in a higher educational institution are given in pic. 1 and pic. 2, thus the majority of them are pleasant game sports (football, volleyball, basketball) - 43% and 48% respectively, 19% and 27,5% choose athleticism, single combat (boxing, fight, judo, tkhekvon-to, Thai boxing and so forth) 20,6% and 17%, weightlifting of 15% and 17%, track and field athletics of 13% and 27,5% slightly less. Students of the 4 courses chose still military and applied multiathlon (1,5%) and as the own option: cybersport (1,5%) and swimming (1,5%).



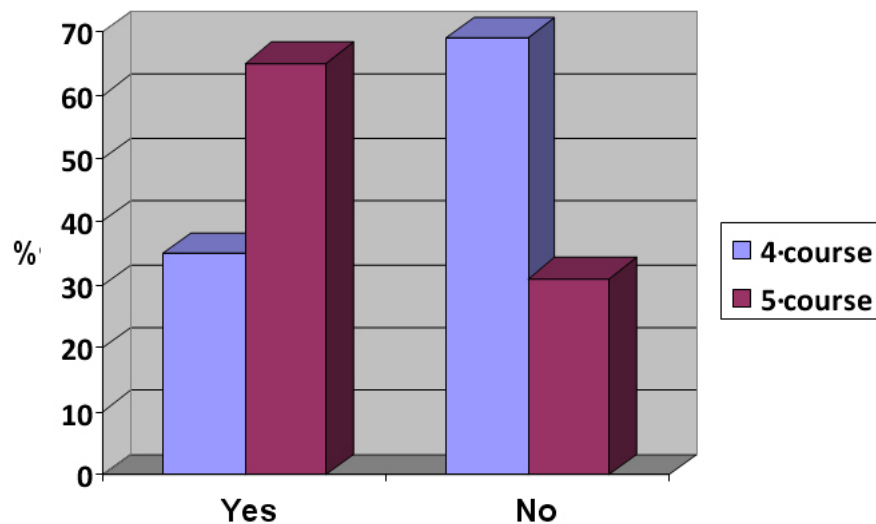
Pic. 1. Types of physical activity which are pleasant to students of the 4 courses (in %)

Cadets of the 5th course, as their own option, chose swimming (3,4%) (pic. 2).

On the question “Are you engaged in sport in non-study time, aren’t you?” most of the students – 65%, answered that they aren’t engaged and only 35% are engaged in different types of physical activity, including: football – 21%, athleticism – 12,5%, boxing – 17%, run – 1,5%, weightlifting – 1,5%, swimming – 1,5%, hand-to-hand fight – 1,5%, tkhekvon-to – 1,5%. But, most of the cadets – 69%, play sports in non-study time, they choose athleticism (gym) – 90%, run – 20%, football – 20%, swimming – 15%, cycling – 3,4%, tennis – 3,4%, volleyball – 3,4%, basketball – 3,4%. 31% of the cadets don’t play sports in non-study time (pic. 3).



Pic. 2. Types of physical activity which are pleasant to cadets of the 5th course (in %)

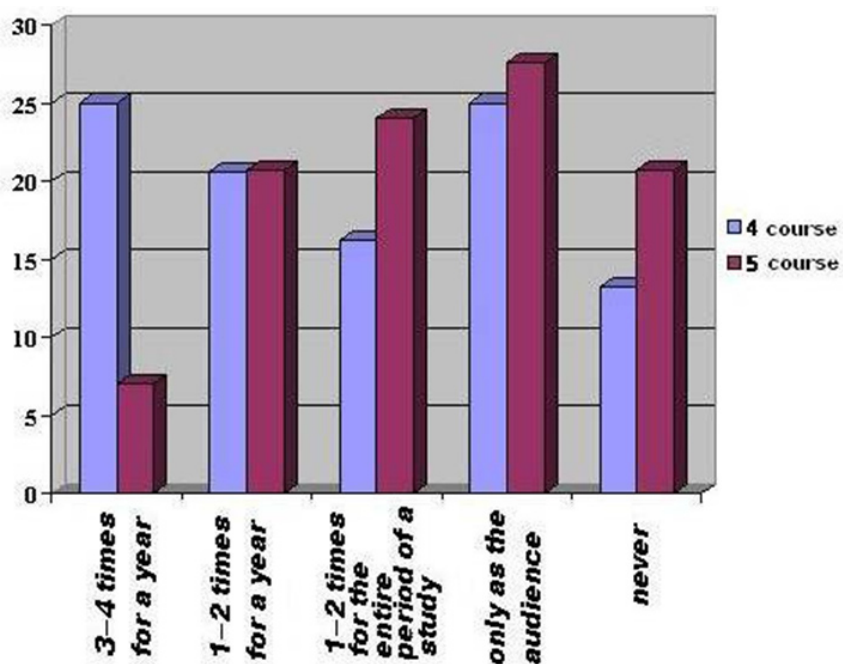


Pic. 3. Quantitative indicators of students of the 4 courses and cadets of the 5th course who play sports in non-study time (in %)

There are three Candidates for the master of sports in fight, swimming, judo and two Masters of Sports of Ukraine in hand-to-hand fight and powerlifting among students 4 the courses, there is one Candidate for the master of sports in swimming among cadets of the 5th course. On the question "Have you taken part in sports competitions during a study in HEI, haven't you?" 25% of the students of the 4 courses answered that took part regularly (3–4 times for a year or are more often), 20,5% answered that 16% are rare (1–2 times for a year), – is very rare (1–2 times for the entire period of a study), 25% took part only as the audience and 13% never took part in competitions. Most of the cadets of the 5th course – 24%, it's a pity, took part in sports competitions during a study in HEI very seldom (1–2 times for the entire period of a study), 27,6% – only as the audience or never – 20,7%, only 7% took part regularly (3–4 times for a year or are more often) in sports competitions and 17% are rare (1–2 times for a year), results are given in pic. 4.

Self-improvement and self-realization appeared motives which induce students and cadets to classes by physical exercises and different types of sport, for the majority of the interrogated, 48,5% of students and 65,5% of cadets so answered, for the providing an active recreation (leisure filling) 26% of students and 27,6% of cadets, for the communication with friends – 6% of students and 10% of cadets, for the achievement of high sports results of-19% of students and only 3,4% of cadets are engaged, for passing an examination (one cadet specified as "his own option") and don't consider it is necessary to be engaged in non-study time at all – 6% of students and 7% of cadets.

It should be noted that only 32% of students the 4 courses and 45% of cadets of the 5th course plan surely to continue to be engaged in the chosen sport upon the termination of a study in HEI, thus 44% of students and 34,5% of cadets will



Pic. 4. Participation of students of the 4 courses and cadets of the 5th course in sports competitions during a study in HEI (in %)

perhaps continue to be engaged, 10% of students and 17,1% of cadets, don't plan to play sports upon the termination of HEI, in turn 13% of students and 3,4% of cadets didn't decide on the answer yet.

The conducted research among students of the 4 courses and cadets of the 5th course of the military law department showed that cadets seriously approach the chosen profession and understand the importance of physical preparation in a future service, they are capable to an objective assessment of the level of physical fitness and are ready to the subsequent self-improvement.

Conclusions:

1. The sports and mass work is the integral component of physical training of students and cadets who do military service under the contract at positions of persons of officers, is carried out to non-study time and includes classes in sports sections, performances at sports competitions from the Olympic and Non-Olympic sports, participation in physical-sports events according to the planned schedule of a higher educational institution.

2. In non-study time 69% of the interrogated cadets and only 35% of the students are engaged in different types of physical activity, thus 48% of cadets and 43% of students choose game sports (football, volleyball, basketball), 65,5% of cadets and 48,5% of students, play sports for self-improvement and self-realization, thus 45% of cadets and 32% of students plan surely to continue to be engaged in the chosen sport upon the termination of a study in a higher educational institution.

Prospects of the subsequent researches. Questions of promoting and studying of features of carrying out sports competitions on the Olympic and Non-Olympic sports among the military personnel need the subsequent studying.

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