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Children and Youth Sport School № 9

Features of the formative educational training groups in Youth sports schools in terms of our time

Abstract. Purpose: identify the factors affecting the effective performance of the Children and Youth Sports School at the initial and preliminary stage of basic training. **Material and Methods:** analysis of the literary base, pedagogical research methods, statistical methods, questionnaire. **Results:** the understanding of the factors influencing the motor skills formation of students is displayed. The author grounded three-dimensional understanding of dissimilar conditions and factors determining the functionality of a Children and Youth Sports School taking into account the motivation of students the scope of use of the skills and other factors which don't deal with teaching science. **Conclusions:** it was found that miscellaneous factors, many of which are associated with the state of material and technical base and infrastructure of the school, the region and the country as a whole affect screening the contingent of a Children and Youth Sports School.

Keywords: initial training, structural and logical model, systematic approach, training groups.

Introduction. Children's and youth sports school – is an out-of-school teaching and educational establishment in which healthy lifestyle of pupils is formed. Motor activity on classes in the program of departments of CYSS satisfies to physiological needs of pupils during their training at comprehensive schools and other educational institutions.

A coach-teacher uses a considerable part of class periods for general-developing exercises to which a warm-up and a final part of classes, and also classes by other sports belong at a stage of the initial and preliminary basic preparation [7]. The most part of pupils and the created groups in CYSS are engaged at these stages of long-term preparation [11].

The number of groups on each age category is established depending on specifics of sport and operating conditions of a concrete school. It assumes the accounting of number of factors and conditions now:

- a versatile physical training of pupils is provided in groups of the initial preparation, the most perspective children and teenagers come to light for further improvement of their sports skill in educational and training groups of CYSS;
- educational and training groups are created depending on the existence of a certain number of pupils having sports preparation at the level of implementation of their program requirements and standards for a certain sports orientation which would answer this educational and training group, and the existence of necessary conditions in CYSS [5].

Also these schools are engaged in the educational work with pupils, imparting them skills of sports ethics, civil and sports discipline, combining the personal purposes with interests of a collective and society. Thus collectives of CYSS rely on the existing traditions of sports boarding schools, SCYSOR, SHSS, and also teams of masters in game sports [5].

The strengthening of attention in our country to a healthy lifestyle of the population assumes the improvement of the existing practice of the educational- training process in CYSS [1]. The basic document regulating tasks and types of CYSS is "The provision on children's and youth sports school [13]. The specified document is accepted by the Cabinet in 2008, later a number of additions were accepted to it.

The regularities of the doctrine about the communication of movements with the informative process, the relations of training and development are lit in the works of V. N. Platonov, V. S. Lizogub, Yu. V. Verkhoshansky, V. K. Balsevich [2; 8; 12]. The theory and the technique of physical training and sport are stated in works of

L. P. Matveyev, V. N. Platonov [10; 12].

Some features of functioning of CYSS are stated in the works of I. I. Prikhodko, G. M. Putyatina, N. V. Sereda [14; 17; 18]. Thus some features of functioning of CYSS demand a further, deeper studying.

Communication of the research with scientific programs, plans, subjects. The work is performed according to a subject of the applied scientific research of the department of valueology of V. N. Karazin KNU for 2015-2017. "Training and education of youth on the principles of a study of human nature, as a scientific platform of education in the XXI century" on the section "Pedagogics, Psychology, Sociology, Ukrainian studies, Problems of science and education".

The objective of the research: to reveal the factors which are influenced the efficiency of functioning of CYSS at stages of the initial and preliminary basic preparation. **Tasks:** to consider the process of training in the system of CYSS by means of author's provisions in a form of "The three-dimensional structural and logical model of CYSS" and "The general scheme of functioning of sports school system".

Material and methods of the research: *material* – statistical data of a number of pupils of CYSS in Ukraine, and also a number of pupils of CCYSS No. 9 of Kharkov, the questionnaire of pupils and experts of CCYSS No. 9 of Kharkov; *methods* – pedagogical methods of the research, methods of mathematical statistics, the analysis of literary base.

Results of the research and their discussion. It is important to see the number of pupils at a stage of the initial and preliminary basic preparation in this system for understanding of a place and functions of CYSS in the general system of training. Analyzing the number of pupils, we chose on three regions with a low and high number of pupils (these data are reflected in reports of the state statistics on a form 5PC and are presented in a free access on the site of the Ministry of youth and sport of Ukraine).

The following situation is revealed in the author's analysis of the five-year period of training in the educational and training group (tab. 1). In Vinnytsia region remained 1342 pupils from 2877 pupils of the first year of training for the second year that makes 46,6%. However the number increased to 1427 on the third year. For the fourth year of training from them remained 568 that makes only 39,8%. There were only 206 people – 36,2% from the specified number of the fourth year of training on the fifth year of training in the specified region. Thus, from 2877 people who began training in the educational

and training group, the five-year period of training was finished by less than 10% (7,2%).

However this tendency isn't confirmed by the author's analysis on other regions. So, from 1827 pupils studied in the next years in Volynsk region: the second year of training – 1049 (57,4%), the third – 717 (68,3%), the fourth – 593 (82,7%); the fifth – 197 (33,2). In Zaporozhye region from 3462 pupils who began training, in the next years was trained 1597 (46,1%), the third – 15666 (98,0%), the fourth – 903 (57,7%), the fifth – 498 (55,1%). There were 52,4% for the second year of training, the number of the fifth year to the fourth made 25,1% in Kharkov region. In Kiev region it was succeeded to keep after the first year of training 74,5%, after the fourth year – 87,1% that demonstrates a certain unevenness of a number of the kept pupils on regions. Dnepropetrovsk region kept nearly 50% for the second year of training, after the fourth year – 20,3%.

It is impossible to track features, distinctions and traditions of the work of departments of CYSS and schools in general in data of the state statistics. However some features can be seen in the table (tab. 2) made by the author which displays the number of pupils of the chosen grade levels in a section of departments of CCYSS No. 9 of Kharkov.

We made the analysis of the dynamics of number of pupils on departments of CCYSS No. 9 of Kharkov at all stages of preparation at the absence of these indicators in dynamics on the site of the Ministry of youth and sport of Ukraine (tab. 3).

Comparing the dynamics of preservation of number of pupils for the studied 5 years (2010-2014) in a section of six sports on departments of the specified CYSS, it is possible to note the following: the department of Greco-Roman wrestling in 2014 kept 91% of number of pupils of the previous year. Thus the decrease in 5 years of training from 2014 till 2010 made 97%. These indicators make respectively 94% and 112% on track and field athletics; 101% and 108% - on boxing.

Approximately such rates of preservation of number of pupils are on other departments. On swimming – is 100% and 99%, on soccer – 97% and 114% on powerlifting – 98% and 68%. Thus, powerlifting reduced the number of pupils by one third practically as a rather new power look in the system of CYSS, having kept 98% of number of pupils of the previous year in comparison with 2010. The decrease made 32% in five analyzed years. At the same time this indicator made 114% on football, on swimming – 99%. In our opinion, it shows that three-dimensional interaction of the diverse, not connected among themselves factors and conditions in real educational and training process is differently shown within one CYSS in a section of departments.

It is known that the number of pupils reflects not only population of the region, but also considerably the level of the family income, the popularity of separate sports and tradition in the welfare sphere of the population. It is directly connected with the qualification, security and length of service of coach's teaching staff, and also the atmosphere at comprehensive schools and families.

We made the questionnaire for understanding the general situation in Ukraine now, with conditions, motivation of pupils and coach's and pedagogical collective in the system of CYSS. 17 pupils of various years of training and six coaches-teachers of various departments were selected as respondents in a place of work of the author.

We will give some results of poll of pupils. Our working hypothesis consisted that the sequence of factors and conditions in the questionnaire which is developed by us most possibly, had to coincide with opinion of pupils. However the received results didn't confirm this hypothesis. So, on our hypothetical expectation the answer could be – "High general loading in SGS along with CYSS" however the first factor influencing the visit by pupils, in opinion (23,5%) of pupils is put on the second place. So, there was the answer on the first place (35,3%) – "The transition to other groups of training is connected with the implementation of the highest sports categories, successful performance at competitions"; on the third (17,6%) – "The financial expenses connected with transportation costs, costs of food, sportswear and equipment"; on the fourth (11,8%) – "Physical unpreparedness by the five-year period of training"; on the fifth – "The transition to other out-of-school educational institution, other department of CYSS, etc." also 11,8%.

Considering a difficult, hidden in many respects nature of causal investigative communications which influence the efficiency of the process of training in CYSS, we will address to the work of S. Kaverin "Motivation of work" [6]. This scientist widely known in the scientific community for the classification of needs of a person allocated levels of requirements.

According to S. Kaverin the first situation consists that among biogenous primary needs of a person as a social and biological individual, along with a need for safety there is a need for physical activity (it is realized in games at children's, teenage age).

The second consists that as it is recognized around the world, on A. Maslow's triangle, without a satisfaction of primary requirements, i.e. without a sufficient physical activity of people can't strive for the satisfaction of requirements of higher level [9]. Obviously the aphorism "a sound mind in a sound body" which came to us from the depth of centuries recorded this interrelation. For this reason we relied on the classification of requirements of S. Kaverin and A. Maslow, as on the initial, settled conventional frames of reference in the field of hierarchy of human wants.

On the basis of the above, we made an attempt to present the author's development in the form of the three-dimensional structural and logical model of CYSS (pic. 1).

The first plane represents the sphere of professional realization of graduates of CYSS in sport, civil society, and also in structures, similar according to the professional requirements, the Ministry of Internal Affairs and the Ministry of Emergency Situations.

The second plane displays factors of the main influence on pupils of CYSS from the environment. It covers a family circle, a staff of comprehensive school and CYSS. Also the influence of the extent of the development of infrastructure of a region and a country in general on a specific pupil is displayed.

The third plane displays the factors connected with the security of a concrete school in the material base, the coach's and teaching structure and the qualitative fullness of a group.

On this basis, in our opinion, it is represented that the process of the scientific understanding of the relationships of cause and effect causing the speed, quality and time of preservation of physical qualities at pupils of CYSS in the

Table 1
The number of pupils of CYSS on regions of groups of the initial preparation, educational and training groups by years of training for 2014 (it is made by the author on a source [11])

№	Region	Groups of the initial preparation	Educational-training groups									
			1 y. s.	2 y. s.	2/1 %	3 y. s.	3/2 %	4 y. s.	4/3 %	5 y. s.	5/4 %	5/1 ¹ %
1 ²	2	3	4	5	6	7	8	9	10	11	12	13
1	1.1 Vinnytsia region	14611	2877	1342	46,6	1427 ³	106,0	568	39,8	206	36,2	7,2
	1.2 Volynsk region	7315	1827	1049	57,4	717	68,3	593	82,7	197	33,2	10,8
	1.3 Zaporozhye region	13108	3462	1597	46,1	1566	98,0	903	57,7	498	55,1	14,4
2	2.1 Dnepropetrovsk region	32179	5995	2990	49,8	2315	77,4	1171	50,6	238	20,3	4
	2.2 Kiev region	14456	3268	2369	74,5	2101	88,7	1171	55,7	1020	87,1	31,2
	2.3 Kharkov region	34684	5131	2687	52,4	2218	82,5	1114	50,2	280	25,1	5,5
	Total in Ukraine	345286	25537	39535	52,3	30587	77,4	15921	52,0	6744	42,3	8,9
3	MI CCYSS №9, Kharkov	1263	179	56	31,3	67	119,6	30	44,8	-	-	16,7

Notes. Y. s. – is a year of training. 1 – In a case with No. 9 CCYSS, the percent is calculated which is reflected the number of pupils of the fourth year of training to the first. 2 – Columns 6, 8, 10, 12, 13 are calculated by the author. 3 – It should be noted that a division by years of training in educational and training groups has the features in the system of CYSS. On the first year of training a loading of 12 hours is established, on the second – 14, on the third – 18, on 4 and the 5th year – for 20 hours. Pupils remain at the corresponding stage no more than two years or are transferred to other groups according to the results, according to qualification requirements.

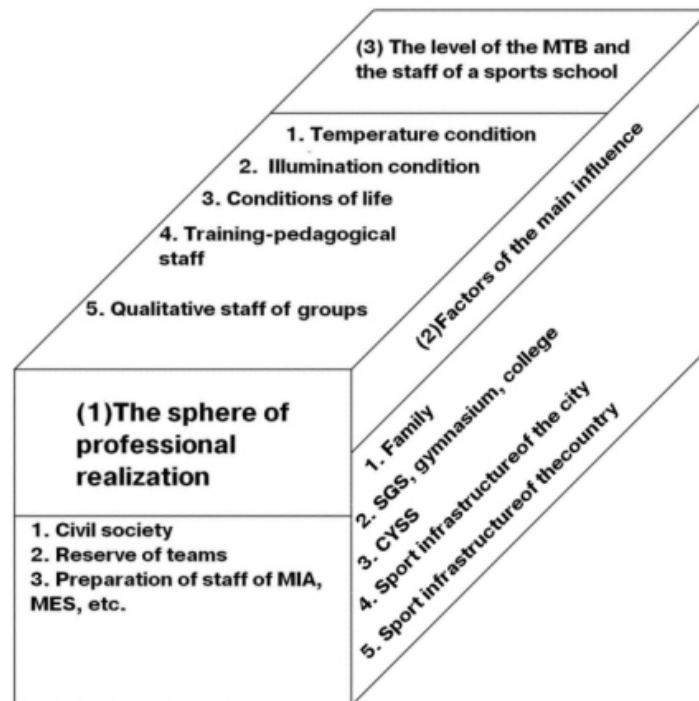
Table 2
The number of pupils of a stage of the initial and preliminary basic preparation of CCYSS No. 9 of Kharkov on departments for 2014.

№	Kinds of sport	Groups of the initial preparation and sports	Number of sportsmen in groups						
			educational-training						
			1 years of study	2 years of study	3 years of study	4 years of study	5 years of study		
1.	Boxing	190	16	8	6	-	-	-	
2.	Greco-Roman wrestling	134	40	16	18	6	-	-	
3.	Track and field athletics	134	63	24	-	6	-	-	
4.	Swimming	189	20	-	-	-	-	-	
5.	Football	322	32	-	37	12	-	-	
6.	Powerlifting	126	8	8	6	6	-	-	
7.	Sports aerobics ¹	168	-	-	-	-	-	-	
	Total:	1263	179	56	67	30	-	-	

Note. 1 – The department of sports aerobics appeared in the structure of CCYSS No. 9 of Kharkov in 2014. It isn't advisable to consider indicators of the work of this department.

The dynamics of number of pupils of MI CCYSS No. 9 of Kharkov of 2010-2014 on departments

№	Departments	Years						
		2010	2011	2012	2013	2014	2014 to 2010	2014 to 2013
1	Greco-Roman wrestling	225	219	235	240	220	0,97	0,91
2	Track and field athletics	202	232	232	239	227	1,12	0,94
3	Boxing	218	226	228	233	236	1,08	1,01
4	Swimming	210	208	209	209	209	0,99	1
5	Football	362	424	420	427	415	1,14	0,97
6	Powerlifting	249	174	166	173	170	0,68	0,98
Total		1466	1483	1490	1521	1477	100,8	97,1

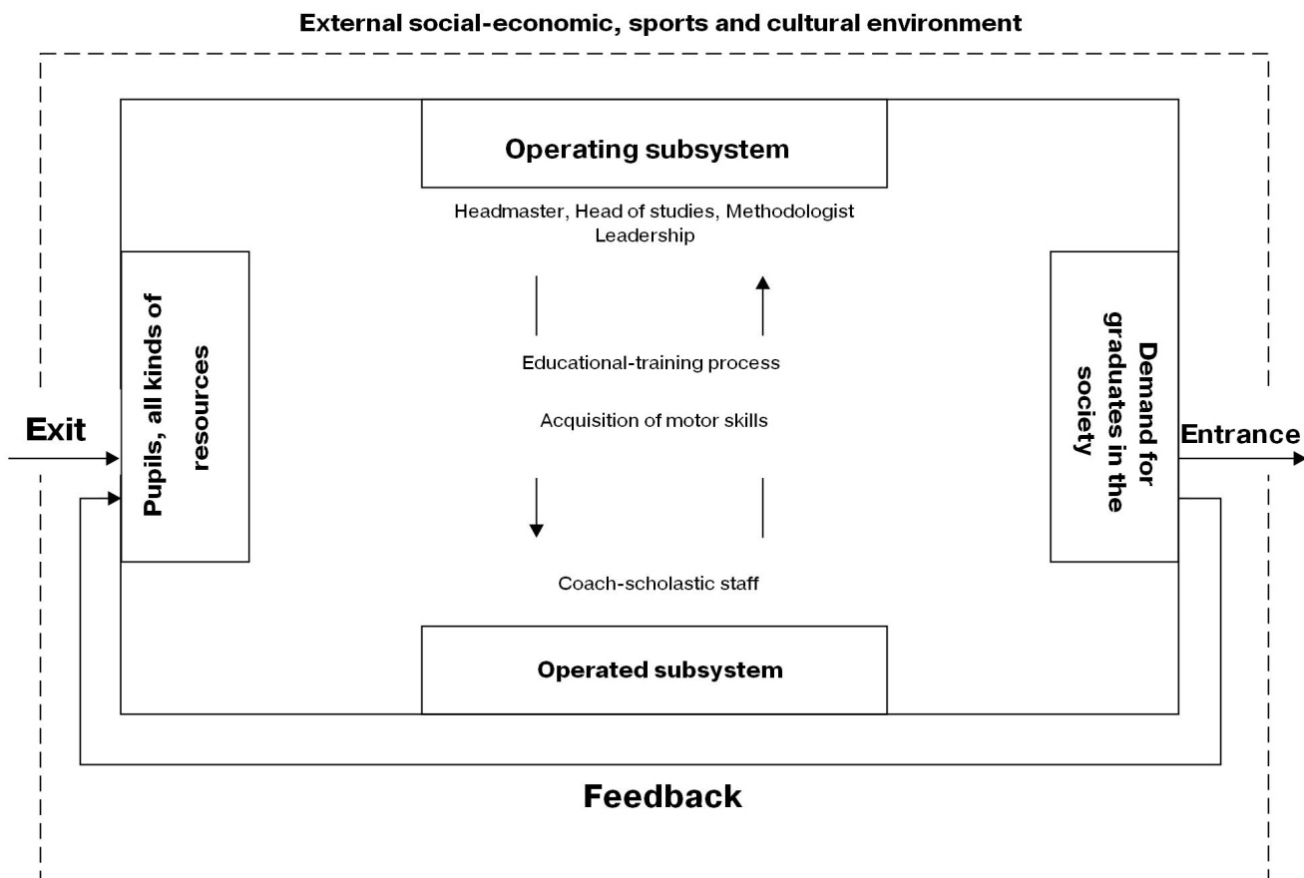
**Fig. 1. The three-dimensional structural and logical model of CYSS (the author's development)**

educational-training group demand the system approach (pic. 2). The available methods of pedagogical science, on the studied sources by us, don't allow capturing a diverse, not connected among them, the managements influencing the process of training of children, the main, though operated at the different levels in the education system, the difficult, developing processes dynamically.

The three-dimensional understanding of unity of the individual motivation of pupils with conditions and factors of functioning of CYSS can be most fully presented within the system approach. It is known that the operating and operated subsystems always interact in this approach, and an "exit" of the system through a feedback is connected with an "entrance".

Such approach allows revealing and tracing, against the statistical data of CYSS, the factors influencing the "elimination" of the contingent of CYSS. It is widely known that now a sports selection happens in the "constrained" operating conditions of CYSS. The statistical data in itself can't give the answer, how many from the eliminated pupils didn't pass a sports selection, and how many left classes in CYSS because of the impossibility to continue training.

A loading of a selective orientation which promotes the increase in indicators of force, speed, endurance, dexterity and flexibility is applied in the course of the long-term sports preparation. The choice of a selective size of a training load at all stages of the age development of children and teenagers is defined by regularities of the age development of physical abilities. High level and rate of the development of any ability at a certain age are the basis for the increase in levers on it. The high degree of efficiency of such approach is proved by practice. The training effect of sports preparation depends also on the total value of loading – the sum of influences [3].



Pic. 2. The general scheme of functioning of the sports school system (the author's development)

Conclusions. It is revealed that the wide range of the factors and conditions demanding an additional studying influences on the learning efficiency in CYSS in educational-training groups. We proceeded from the results of the made analysis of a real situation in the country in general within the purpose and problems of our work at the foundation of author's provisions in a form of "The three-dimensional structural and logical model of CYSS" and "The general the scheme of functioning of sports school system".

The second conclusion consists that rates of the decrease in the contingent of pupils in CYSS are the most considerable at the majority of regions of the country, including the presented in the table. The greatest elimination in the course of the first year of training in educational and training groups is influenced by versatile factors, many of which are connected with the condition of MTB and the infrastructure of the CYSS, the settlement, region and country in general, and also with the possibility of parents of pupils of CYSS to provide a full process of training.

The further research will be directed on the detection of features of training in CYSS and the hidden factors which are influenced the process of training in CYSS of educational and training groups and groups of the initial preparation.

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