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The formation of bases of culture of movement at children of 3–6 years old by means of rhythmic gymnastics

Abstract. Purpose: to open the versatility of a concept of culture as a phenomena and as a process which course provides the preservation of the most significant viable social relations conformably to a concept of culture of movements of children of 3-6 years old.

Material and Methods: the analysis of special scientific literature in which theoretical and practical aspects of the creation of physical culture are stated. **Results:** questions of the creation of physical training of children of 3–6 years old taking into account their individual physical developments are considered. The most important provisions are noted in the structure of physical culture which doesn't allow solving this problem with a full scientific validity now. **Conclusions:** the basic provisions are allocated which decision is a paramount task for the creation of the evidence-based system of physical training of children of the advanced preschool age.

Keywords: culture of movements, individual physical development, somatotype, motive predisposition, biological age.

Introduction. The improvement of system of physical training is directly connected and follows from the understanding of essence and the content of such category as physical culture. Now the comprehensive discussion about an essence of this question is conducted among experts [2; 5].

The absence of the uniform understanding of this social phenomenon and the essence of its nature don't allow constructing the modern theory of physical culture and defining its importance in the formation of a person taking into account somatic-psychological and socio-cultural factors of the environment [8].

The correct definition of the content of the considered concept which represents the social phenomenon and which as continuously developing the process, causes periodically the necessity of an active consideration of the matter in the theory of physical culture. The collected disagreements in its discussion are connected with various interpretation of the content of a concept of culture, and also with its insufficiently full disclosure in the analysis of compound components as one of which physical culture acts.

The objective of the research: to open the versatility of a concept of culture as the phenomena and as the process which course provides the preservation of the most significant viable social relations in relation to a concept of culture of movements of children of 3-6 years old.

Material and methods of the research. The analysis of special scientific literature acts as the research methods in the consideration of the put problem in which theoretical and practical aspects of the creation of physical culture are stated.

Results of the researches and their discussion. The term culture (Latin *Cultura*) is treated as an influence, reproduction, presentation, working up. The contents of this term as the philosophical category are closely connected with the concept of the norm as the phenomenon reflecting the steadiest state in the interdependent relations of the considered object with the environment. The essence of these interdependent relations is connected with the constantly proceeding process of adaptation (accommodation) which defines a continuous reproduction of the main mechanisms of the morphofunctional educations providing the activity of a stay of an object in its educational environment. Concerning a person these form-building processes are expressed in the morphofunctional development reflecting the maturing of an organogenesis. Thus, the culture as the process can be presented as the algorithm providing a difficult sequence of the interdependent morphofunctional relations forming some viable dynamic structure of interaction of its making components.

The culture expresses the progressive creative activity of a person in all spheres of life and consciousness which is a dialectic unity of processes of an objectification (the creation of values, norms, sign systems etc.) and the unobjectification (the development of cultural heritage) which are directed on the transformation of the activity and transformation of richness of the human history into the internal wealth of the personality and the world identification and the development of the essence of forces of a person in the socio-historical plan [7].

In more detailed representation of this philosophical category it is necessary to speak about material, spiritual and physical culture, and also political culture, as parts of the spiritual component characterizing a measure and an orientation of the social development of the personality.

Components of culture represent the interdependent forms of the developed public relations which provide a steady viable structure of life. Any considered culture and its components aren't the uniform educations accepted for members of the society. According to the researches of D.E. Tikhomirov of a question of the continuity of moral, legal, spiritual and physical standards making the structure of culture of all members of the society in the set share on the "internal" or self-disciplined category; the category respecting the rules for a benefit reason; and the category of persons respecting the existing rules on coercion [6]. At the heart of such perception and reproduction of cultural values the law of normal distribution lies which is reflecting a quantitative ratio of the presence of high-quality distribution of the noted categories of members of the society and these relations. It is natural that the tension of members of society to the changed substantial basis of cultural values sharply was fueled to various making components of the general culture in the conditions of the proceeding social changes. Thus there were changes not only in ratios between materials, spiritual and physical components of the general basis of the structure of national culture, but also the content of filling of each of its components. Each of the

making components of the general culture in turn can be similarly presented as the generalizing indicator of the previous components.

By the consideration of physical culture it is necessary to define its compound components: the social environment as the forming factor of the contents and the structure of the organization of physical culture; HEIs which are acting as the reproducing organizations of carriers of physical culture; sportsmen and a wide contingent of the population representing them results of a work; Scientific research institute and organizations which are engaged in the research activity in the field of the theory and technique of physical culture and sport.

It is necessary to enter their division into material, physical and spiritual components into classifications of the maintenance of each of the compound components of physical culture [3]. Such division of the phenomenon into components has a conditional character and considers each of them separately. Considering only a physical component, it is necessary to allocate also its defining compound components to which belonged: physical development, physical fitness and physical state. The allocated parts of the maintenance of physical culture represent the independent scientific directions in which many problems remain not resolved. The features of physical development of a person connected with the process of a growth and a shaping of its constitution belong to their number. Having rather in-depth scientific studies and the reasonable theoretical base explaining an essence of this process nevertheless there is not clear a feature of its course at various stages of the childhood.

The shaping of the constitution of a somatotype and an individual predisposition to the influence of various factors of the environment, the resistance to their action or hypersensibility belong to such open questions.

One of the fundamental factors which are form-building a body and increasing the resistance of an organism in general is the motive activity of a child. The availability of the motive activity, its complexity and a variety are defined significantly by the level of morphofunctional maturing of systems of an organism. In turn, the normal morphofunctional maturing is defined completely and it is possible only in the presence of the available motive activity.

If to speak about the general physical development, the essence of the content of a concept of culture of the movement will consist in the development of an arsenal of the motive activity which is necessary for this level of a biological maturity of a child taking into account his specific features of the structure of a somatotype. A natural need of "cultivation" of a body consists in it. If for this purpose the motive activity of any concrete sport gets out, its specifics define the necessary morphofunctional predisposition of the corresponding somatotype. Expediency of the use of such arsenal of movements concerning the whole contingent of children of the considered age will be defined by a measure of a community of the necessary motive activity for physical development which is present at a basic arsenal of the chosen sport, and the special motive preparation used from a concrete sport which is acceptable for a certain distinctive "marginal" group of children.

The formation of bases of culture of the movement at children of 3-6years old, owing to their predisposition on the susceptibility to various structures of motive activities for its qualitative and quantitative characteristic, naturally assumes the establishment of structure of somatotype features of the considered contingent and the establishment of all its "marginal" groups. In this case the culture of the movement will be defined technology, which is available to this age, of the mastered movements.

Concerning the exercises from an arsenal of rhythmic gymnastics it will be first of all the exercises developing plasticity, grace of the movement, coherence of a rhythm and other characteristics of culture of the movement in this sport based on a specific form of the carried-out movements and perhaps unacceptable for the perception and the development to certain contingents of children of 3-6 years old. Anyway, considering physical culture as one of the integral components of the general culture, it is necessary to assume that other components of culture correspond to optimum conditions of their relationship in general.

The born morphofunctional feature of a structure of a somatotype which predetermines the measure of predisposition to performance of the motive activity having characteristic specifics is an indicator of a measure of an aberration of the development and a certain predisposition to constitutional nosology. This situation raises a question of expediency of strengthening of the existing deviations for early sports specialization. Unfortunately, a total absence of a control of the further course of physical development and a physical condition of sportsmen-veterans and the research of reasons of the development of professional diseases in sport doesn't allow doing any unambiguous conclusions in this question.

The known fact of early sports specialization and the achievement of high sports results are the essential rejuvenation of a sports maturity, causing earlier age of the veteran period of sport and the subsequent sports aging. The separate episodes tell about the importance of this problem which is extremely seldom lit in special literature in which violations of morphofunctional processes of an organogenesis and their remote adverse effects are described [4]. In this case it is about young fencers who carried out a large number of special exercises (attacks) on trainings at early age that resulted in asymmetry in the development of length of the lower extremities that were shown in a compensatory curvature of a spine column. As a result, it led to the change of a normal arrangement of internals and the subsequent emergence gastritis-enterological diseases.

In general, this problem concerns the violation of norms of the motive activity during any period of physical development. However the lack of systematic screening supervision and the certification of physical development throughout the whole life cycle or rather long period of life don't allow solving this problem. Practically now the statistics of frequency of manifestation of various diseases isn't kept taking into account age, region, physical development, season and some other contributing factors.

The deviation of any morphofunctional education from the norm of their synchronous development testifies to the existing of a mismatch of the process of physical development. In this case a question of expediency of strengthening of the development of the corresponding morphofunctional characteristic or its control is essential. For early sports specialization tries to strengthen the manifestation of basic morphofunctional predispositions to a certain physical activity that significantly accelerates their biological maturing and the subsequent earlier aging. This problem remains open

directed by a question of the implementation of individual physical training taking into account morphometric features of a somatotype [1].

Concerning such type of the specialized motive activity as rhythmic gymnastics at the heart of which construction act as the leading motive qualities mobility in joints and coordination of the carried-out actions, it is necessary to consider first of all the admissible age brackets of the development of these qualities and their share ratio with other motive qualities. The matter also remains unexplored.

The definition of age norms of physical development and the corresponding ratio of levels of the manifestation in them demands motive qualities establishment of a uniform approach in an assessment of a biological age of physical development that now remains an unresolved problem.

Conclusions. Thus, it is necessary to have a solution of such questions for a deeper solution of a question of the formation of bases of the culture of the movement at children of 3-6 years old by means of rhythmic gymnastics, such as:

- the assessment of a biological age on the basis of a uniform approach of its definition;
- the establishment of the importance of the increased predisposition of a concrete somatotype to the manifestation of certain motive qualities in its physical development that can act as a antecedent of the constitutional diseases.

In turn, it raises a question of the expediency of strengthening of their development for early sports specialization and the assessment of the social importance of early sports specialization in general. In the monitoring system of the level of physical fitness at each biological age it is necessary:

- to define the evidence-based uniform system of testing of an athletic ability;
- to define the relevant standards of these indicators in the existing conditions of the social relations on the basis of the established state standards of testing of the level of physical fitness and physical development.

Prospects of further researches. The research of the matters makes a basis of the further scientific development of the considered problem.

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