

NEW APPROACHES TO THE ORGANIZATION OF PHYSICAL CULTURE IN THE MODERN SYSTEM OF HIGHER EDUCATION IN UKRAINE

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Annotation. *The article explores the current state of the physical education system in higher educational institutions in Ukraine. It highlights that this situation stems from a significant decline in students' health and physical fitness, necessitating a radical overhaul. This concern regarding the present physical education system, in terms of its impact on health, is attributed to various reasons and circumstances: prolonged quarantine measures, the imposition of martial law, and the subsequent three years of distance learning.*

Key words: *normative-legal regulation, physical culture, laying the foundation for higher education, individualization.*

The current situation that has developed in the system of physical education in higher educational institutions of Ukraine is associated with a sharp deterioration in the health and physical training of student youth and requires radical restructuring [1, 2]. Such a disturbing state of the current system of physical education from the point of view of its influence on health is associated with many reasons and circumstances: long-term quarantine restrictions, the introduction of martial law, and, as a result, distance learning during the last three years.

Today, young people have very large restrictions on physical education and especially sports. There is a lack of modern, high-quality, and affordable sports equipment in the infrastructure of Ukraine, which is the basis for physical activity and sports. Many schools and sports bases have been destroyed, and sports clubs are limited. Constant sirens and often bombings significantly affected the psycho-physiological state of young people, where stress levels increased sharply.

But even in such difficult conditions, the government is trying to maintain the system of higher education, the system of physical education of young people, and the training of athletes.

The Government of Ukraine approved the Program of Actions, which defines the goals and priorities of Ukraine for the next four years (Resolution of the Cabinet of Ministers of Ukraine of April 2, 2020 No. 270). One of the defined goals of the Program is to raise living

standards, and one of the key tasks is to create conditions for the formation of physical and mental health of the population and improve the image of Ukraine in the world, including by realizing the nation's human potential.

With the participation of representatives of sports institutions, people's deputies of Ukraine, athletes, trainers, officials in the sphere of physical culture and sports, and the public, proposals were developed to create a platform to ensure effective interaction of subjects in the sphere of physical culture and sports, using the latest IT technologies, modern management to ensure quality changes aimed at popularization physical activity, a healthy lifestyle and promoting the sports image of Ukraine in the world. These proposals form the basis of the Strategy for the Development of Physical Culture and Sports until 2028.

The strategy defines the goal and main tasks aimed at creating conditions for physical education culture and sports as one of the directions of self-realization of Ukrainians.

The Ministry of Youth and Sports of Ukraine has identified five vectors for the implementation of state policy in the field, which will form a platform for the formation of a healthy nation and successful sports in Ukraine in the world, namely: increasing the level of physical activity; qualitative changes in sports of higher achievements; development of sports infrastructure; digitalization of the field of

physical culture and sports; optimization of staffing in the field of physical culture and sports.

The Cabinet of Ministers of Ukraine adopted the Order “On the approval of the plan of activities for 2023–2024 regarding the implementation of the second stage of the Strategy for the development of physical culture and sports for the period until 2028”. The relevant decision was adopted at the government meeting on June 9, 2023.

The act provides for the creation of conditions for the implementation of state policy in the field of physical culture and sports in the conditions of the continuation of martial law in Ukraine and after its termination or cancellation with the use of security measures during physical culture and health and sports events, preparation of athletes for international sports competitions, implementation in the operation of developed digital technologies. By 2028 it is planned:

- to modernize the system of physical education in educational institutions and the appropriate level of physical activity of children and young people, including those with disabilities (which increased significantly during the war);

- to implement the practice of prescribing physical activity by doctors, including family doctors, as an effective means of reducing the risk of non-infectious diseases;

- to involve at least 30% of citizens in health-improving physical activity;

- to increase the number of investments in the field of physical culture and sports, and improve the quality and availability of physical culture and sports services.

However, the complex socio-economic situation in the country, different approaches of local self-government bodies in conditions of decentralization, and an insufficient number of qualified personnel with high motivation will significantly reduce the expected results.

Great hopes are placed on the digitalization of the field of physical culture. To popularize physical activity among the population, it is necessary to stimulate the market of private IT solutions for the creation of search portals for physical education and health services, applications for gamification, etc.

Practice shows that the system that functions today is not able to create organizational, scientific-methodical, legal, program-normative, material-technical, and social-living conditions for optimizing physical education in the system of higher education. Most of these documents are declarative and contradictory. For example, in

the developed new Concept in the education system of Ukraine, one of the requirements for physical education in higher educational institutions is the organization of classes with students during the entire period of study except the last semester, and in the new curricula, which are formed by specialties in the Ministry of Education of Ukraine, the number of hours with of physical education in recent years is reduced to 4 hours per week for two years of study. Developers of educational programs today can generally exclude physical education from the content component or transfer it to the elective component. Some institutions of higher education, which give preference only to specialized disciplines, are already facing this today, forgetting that a future specialist must be healthy to perform professional duties.

New educational paradigm as a priority of higher education considers the orientation to the interests of the individual, which are adequate to the modern trends of social development, and educational innovations.

The basis of such training is the adaptation of educational material to the individual capabilities of students due to the differentiation of methods, means, and intensity of educational activity to groups formed from approximately the same level of preparedness of students [3]. The main principle is the correspondence of the content of the physical activity and its conditions to the individual to the dual state of the students’ body, harmonization, and optimization of physical education following the personal inclinations and abilities of a young person. In today’s conditions, it is expedient to implement the individualization of the education process through the creation of individual programs based on computerization (results of testing, medical examination, and other information are entered into the computer, which, accordingly to the selected goals and tasks issues an individual program with recommendations for exercises, heart rate regime, daily diet, etc.), which is quite effective even in the conditions of distance learning [4].

It is worth noting that the use of information technologies in the educational process changes significantly the role and place of the teacher and student in the system “teacher – information technology is a student”. It leads to a change in the content of educational activities, which becomes more and more independent and creative, and promotes the implementation of an individual approach to education.

The content of the teacher's work is also changing. He ceases to be just a "reproducer" of knowledge and becomes a developer of new technologies in education and a facilitator. A new direction of the teacher's activity has appeared – the development of educational information technologies and program-methodical training complexes.

Thus, the majority of institutions of higher education abandoned the unification and standardization of physical education curricula, which led to the creation of a larger number of alternative programs for each type of physical culture, taking into account regional, national, cultural, and historical traditions, material and technical equipment of sports complexes of each specific institution of higher education [5].

Annotatsiya. Maqolada Ukraina oliy o'quv yurtlarida jismoniy tarbiya tizimidagi mavjud vaziyat ko'rib chiqiladi. Unda ta'kidlanishicha, bu holat o'quvchilarning salomatligi va jismoniy tayyorgarligining keskin yomonlashishi bilan bog'liq va tubdan qayta qurishni talab qiladi. Hozirgi jismoniy tarbiya tizimiga nisbatan uning sog'liqqa ta'siri haqidagi fikr nuqtai nazaridan bunday tashvishli holat ko'plab sabablar va holatlar bilan bog'liq: so'nggi uch yil ichida uzoq muddatli karantin cheklovlari, harbiy holatni joriy etish va natijada masofaviy o'qitish.

Kalit so'zlar: normativ-huquqiy tartibga solish, jismoniy madaniyat, oliy ma'lumot uchun poydevor qo'yish, individuallashtirish.

Аннотация. В статье исследовано современное состояние системы физического воспитания в высших учебных заведениях Украины. В ней подчеркивается, что такая ситуация обусловлена значительным ухудшением здоровья и физической подготовленности студентов, что требует радикального пересмотра. Эта обеспокоенность по поводу нынешней системы физического воспитания с точки зрения ее влияния на здоровье объясняется различными причинами и обстоятельствами: длительными карантинными мерами, введением военного положения и последующими тремя годами дистанционного обучения.

Ключевые слова: нормативно-правовое регулирование, физическая культура, закладка основ высшего образования, индивидуализация.

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