



# Physical and sports activities of students of universities in eastern Siberia (Krasnoyarsk region): analytical aspect

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## Abstract

**Objective of the study** is to conduct a theoretical analysis of the state of physical culture and sports activity of university students in Eastern Siberia (Krasnoyarsk Region), to identify trends and dynamics of the functioning of this process.

**Methods and structure of the study.** An analysis of the physical culture and sports activities of university students in Eastern Siberia was carried out during 2023. The main research methods were: observations, conversations, questionnaires, surveys, analysis of reports on the sports activities of university sports clubs, visits to student physical education and sports events held at universities and in the region, participation in reporting conferences and meetings of student sports Union of the region, etc. A total of 15 universities in the Krasnoyarsk Region were analyzed for physical education and sports activities.

**Results and conclusions.** The analysis of physical culture and sports activities of university students in Eastern Siberia showed the following statistical results:

1. There are 15 universities and branches operating in the region, of which 6 universities operate on the basis of budgetary funding, 10 universities - on extra-budgetary funding.
2. The number of student sports clubs in universities in the region is 5.
3. The total number of students studying at universities is 65,967 people, including 43,689 full-time students, 18,987 part-time students, 291 full-time and evening students. 2,350 people are systematically involved in sports, which is 5.5% of the total number of students.
4. Only 4 universities (SibFU, Siberian State University, Krasnoyarsk State Medical University and Fire and Rescue Academy) have proper sports facilities (stadium, swimming pool, gym, ski lodge).
5. The annual Regional Student Spartakiad among universities in 21 sports is held, which is losing its popularity and mass appeal every year. In the region, the following sports are cultivated among students: athletics, cross-country skiing, football, volleyball, basketball, swimming, table tennis, rugby, orienteering, etc. These results allow us to state the insufficient activity of city and regional departments for physical culture and sports, as well as the leadership of universities and sports clubs to improve the results of physical education and sports activities among students in the region.

**Keywords:** student youth, universities, Eastern Siberia, physical education and sports activities, analysis.

**Introduction.** The President and Government of the country have set an important state task aimed at attracting up to 80% of Russian students to mass physical education and sports by 2030. Only active, physically developed future young specialists with an established culture of systematic physical education and sports are able to quickly, effectively and purpose-

fully solve socio-economic and other problems of the state. The basic basis for activating student youth in systematic physical education and sports is a correct system of mass sports and recreational activities and forms that contribute to the formation of student motivation for a systematic increase in motor culture, the realization of individual physical abilities in a university



environment. All this as a whole determined the target orientation of this theoretical work.

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**Methods and structure of the study.** An analysis of the physical culture and sports activities of university students in Eastern Siberia was carried out during 2023. The main research methods were: observations, conversations, questionnaires, surveys, analysis of reports on the sports activities of university sports clubs, visits to student physical education and sports events held at universities and in the region, participation in reporting conferences and meetings of student sports Union of the region, etc. A total of 15 universities in the Krasnoyarsk Region were analyzed for physical education and sports activities.

**Results of the study and discussion.** The results of theoretical and statistical analysis are systematized in a table according to the following indicators: the number of universities in the region, the number of functioning student sports clubs, cultivated sports among students in the region, the number of team sports participating in student All-Russian competi-

tions, the total number of students studying in universities in the region, the number of students systematically involved in sports, etc.

This table clearly shows the pressing problems of physical culture and sports activities of students at universities in the Krasnoyarsk Region, where there is a decrease in the number and activity of students in physical culture and sports.

**Conclusions.** The analysis of the physical culture and sports activities of student youth in Eastern Siberia shows that it is necessary to search for new forms and technologies for activating students in the university environment for systematic physical education and sports, improving the activities and status of sports clubs, increasing the responsibility of university leaders for the development of mass physical culture in their educational institutions, expanding the material and technical base for students to engage in sports, adjusting the system and strategy for youth physical education and sports activities.

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#### *Statistical indicators of physical culture and sports activities of student youth at universities in Eastern Siberia (Krasnoyarsk Region)*

Performance indicators	Statistical indicators
Number of universities and branches in the region	15
Number of functioning student sports clubs	5 (33,3 %)
Cultivated sports among students in the region, number	17 (football, sports tourism, cross-country skiing, athletics, chess, swimming, underwater sports, powerlifting, table tennis, rugby, orienteering, curling, volleyball, basketball, freestyle wrestling, judo, sambo)
Number of sports teams participating in student All-Russian competitions	5 (33,3 %)
Number of hours for physical education in universities	240 (in 2000 there were 408 hours, a decrease over the past period by 42%)
Number of students systematically involved in sports at universities in the region	2350 people (5,4%)
Number of students studying full-time at universities in the region	43688 people
Regional Student Universiade, number of sports	19
Number of universities participating in the Universiade	10 (66,7 %)
Number of universities participating in all sports of the Universiade	5 (50 %)
Material and technical support for physical education and sports classes for students at universities in the region, namely: the number of universities in the region that have a swimming pool, stadium, play gyms and playgrounds	4 (27% of the total number of universities and branches in the region)



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## FROM SLUSHPILE

### The interconnection between individual components of technical value and competitive results of the best aesthetic gymnastics groups in the world

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**Keywords:** aesthetic gymnastics, execution, elite athletes, Spearman correlation analysis

The purpose of the research is to determine the interconnection between technical and artistic value, execution of the competition programs and the final score of the best aesthetic gymnastic groups in the world.

**Research methods and procedure.** Pedagogical observations were undertaken during the World Championship 2023 in Almaty. The study involved top six senior aesthetic gymnastics groups (three groups from Russia, two groups from Bulgaria and one from Japan).

**Research results and discussion.** The maximum score in aesthetic gymnastics is 30 points, consisting of three components with the maximum of 10 points for each component. To determine the interconnection between the individual components and the competitive results, the rank correlation analysis was conducted, which allowed to identify the degree of influence of each component on the final score. According to the results of the conducted rank correlation analysis, we obtained rank correlation coefficients equal to 0,97; 0,70; 0,93 indicating strong and moder-

ate association between the individual components of execution and competitive results.

**Conclusions.** The correlation analysis revealed strong association between technical value and the competitive result  $r=0,97$ ; between execution and the competitive result  $r=0,93$ ; moderate association between artistic value and the competitive result  $r=0,70$ .

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