



Assessment of the level of physical fitness of youth of student age in the format of GTO standards

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Abstract

Objective of the study was to assess the level of physical fitness of youth of student age 18-19 years old according to the GTO standards.

Methods and structure of the study. Boys and girls aged 18-19 years who are not athletes took part in the scientific work. Testing included an assessment according to GTO standards. The All-Russian physical culture and sports complex GTO includes a comprehensive assessment and is the basis for monitoring the physical fitness of the population of various age groups.

Results and conclusions. The problem of physical fitness of student-age youth does not lose its relevance from year to year, the obtained testing data according to the GTO standards only confirm this: low level of endurance - 100% of young men will not pass this standard; Of the girls, only 50% will be able to pass the standard; the level of strength abilities of young men according to the standard «pull-ups from hanging on a high bar» is assessed as low - only one of the subjects will be able to pass it; among girls, only 20 people will be able to pass the standard «flexion and extension of the arms while lying on the floor»; according to the standard assessing the level of flexibility, among young men only 2 people were able to fulfill the standard; among girls, 70% were able to pass this standard, but the average value for the group is only $8,8 \pm 3,4$ cm, which corresponds only to the bronze badge; according to the standing long jump standard among boys, only 30% received a positive result; among girls, 80% have a positive result, however, the average value of $169,5 \pm 17,5$ cm indicates that they received only a bronze badge.

Keywords: VFSK GTO, youth of student age, physical education and sports, physical fitness.

Introduction. Particular importance in solving the problem of improving the health of the country's population at the state level is given to increasing physical fitness by attracting more people to regular and systematic physical education and sports. Today, not only the material and technical conditions for physical education and sports are created, but programs and projects are supported and developed that provide for monitoring and testing the level of physical fitness of those involved, and its improvement [1, 3]. One of the largest government projects is the VFSK GTO, within the framework of which, for almost ten years, citizens of Russia, ranging from children of primary school age to the elderly, have been tested for compliance with the requirements for the level of physical fitness. In

his message, the President of the Russian Federation also noted that our achievement today is to increase the number of citizens who regularly engage in sports. «To encourage, starting next 2025, a tax deduction will be provided for those who successfully pass the GTO standards».

The President announced the launch of a new national project «Youth of Russia». This project is designed to support young people and consolidate the positive experience of the already existing youth policy. It is noteworthy that the national project should affect all aspects of the lives of young people - from infrastructure, careers to volunteering, science, and health. An analysis of scientific and methodological literature has shown that there are a number of unre-



solved problems related specifically to physical fitness as the basis for the health and development of human potential of student-age youth [5, 6]. One of the approaches to solving the current situation with low motivation and lack of a conscious attitude towards physical education is to popularize among students the preparation and passing of GTO standards.

Objective of the study was to assess the level of physical fitness of youth of student age 18-19 years old according to the GTO standards.

Methods and structure of the study. 40 boys and 43 girls, aged 18-19 years, who were not athletes, took part in the scientific work. The study was carried out over several days, which made it possible to create conditions for the highest possible results. Testing was carried out in the manner established by the order of the Ministry of Sports of the Russian Federation [4]

Results of the study and discussion. The study involved assessing physical fitness for all basic physical qualities and included the following standards [2]:

- Test 1 – 3 km run (boys) / 2 km run (girls) (min);
- Test 2 – lifting the body from a supine position (number of times);
- Test 3 – standing long jump (cm);
- Test 4 – flexion and extension of the arms while lying on the floor (girls)/pull-ups from hanging on a high bar (boys) (number of times);
- Test 5 – bend forward from a standing position with straight legs (cm).

The following results were obtained during the study (Fig. 1, 2):

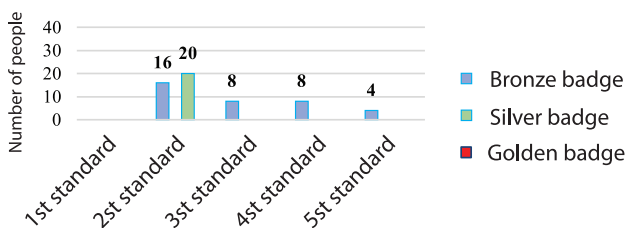


Fig. 1. Results of GTO standards - boys

As can be seen in Fig. 1, in the first test exercise, the young men of the study group showed low results, the values were in the range from 16 minutes 30 s to 15 minutes 45 s, according to the regulatory framework of the GTO, not one of the young men would be able to pass the mandatory standards, since the time for the bronze badge is -15 min 20 s, for girls the range of values was 9 min 40 s – 12 min 50 s. According to

the indicators of the GTO regulatory framework, only 55% of girls could pass this standard for the «bronze badge» (32%) and the «silver badge» (23%). The result of only one girl corresponds to the «gold badge» level (Figure 2).

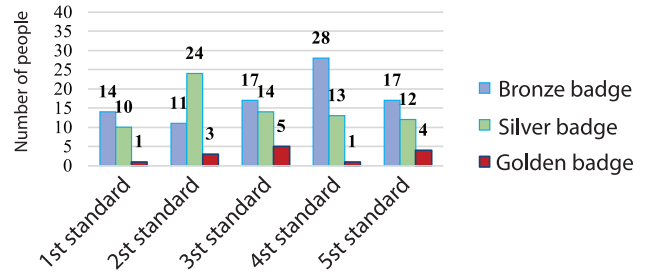


Fig. 2. Results of GTO standards – girls

According to the results of the second test task: for young men, the values of this indicator range from 32 to 48 times per minute. It can be stated: 16 people fulfilled the «bronze sign» standard, 20 people – «silver sign», 4 – the results did not correspond to any of the standard values (Fig. 1). As for girls, the range of values obtained is from 28 to 45 times per minute: 25% is the result of the «bronze sign», 55% is the result of the «silver sign», 7% is the result of the «gold sign» (Fig. 2).

In the third test task it was revealed (Fig. 1): for young men the range of values was from 160 to 220 cm, only 8 people from the group could pass this standard for the «bronze badge». In girls (Fig. 2), as a result of this test, it was established that the range of indicators was from 153 to 210 cm. 80% of the girls showed a fairly high result and could pass this standard.

In the fourth test task: the girls (Fig. 2) showed results ranging from 4 to 18 times, so 20 girls from the group (87%) will be able to pass the GTO standard, having passed the bronze and silver badge standards. The interval of results obtained in boys is from 2 to 8 times. It is worth noting that only 4 young men could pass the GTO standard in this discipline (Figure 1).

When completing the fifth test task, only 8 young men would be able to pass this standard within the framework of the GTO. For girls, the values for this test are in the range from 5 to 17 cm; only 13 girls could not fulfill this standard (Fig. 1, 2).

Conclusions. VFSK GTO is a complete regulatory framework for monitoring the physical fitness of the population. As was said earlier, the problem



of physical fitness of student-age youth does not lose its relevance from year to year, the test data obtained according to the GTO standards only confirm this:

- low level of endurance – 100% of young men will not pass this standard; Of the girls, only 50% will be able to pass the standard;

- the level of strength abilities of young men according to the standard «pull-ups from hanging on a high bar» is assessed as low - only one of the subjects will be able to pass it (average value $3,6 \pm 2,0$ times); among girls, only 20 people will be able to pass the standard «flexion and extension of the arms while lying on the floor» ($12,9 \pm 2,9$ times);

- according to the standard assessing the level of flexibility, among young men only 2 people were able to fulfill the standard (average value $2,4 \pm 2,4$ cm); among girls, 70% were able to pass this standard, but the average value for the group is only $8,8 \pm 3,4$ cm, which corresponds only to the bronze badge;

- according to the standing long jump standard among boys, only 30% received a positive result; among girls, 80% have a positive result, however, the average value of $169,5 \pm 17,5$ cm indicates that they received only a bronze badge.

Thus, the data indicate a low level of physical fitness of young people aged 18-19, which does not meet the requirements imposed on them by the state. In our opinion, one of the leading directions for solving this problem is the development of mass student sports, as well as the development of uniform forms and means of encouraging young people of this age for having a high level of physical fitness and health in general.

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