



Assessing the physical condition of the younger generation through the implementation of GTO tests

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Abstract

Objective of the study was to according to statistical data, we will examine the physical condition of the youth population in Russia aged between 6 and 17 years, using the results of the GTO complex tests for the year 2023.

Methods and structure of the study. The following approaches were employed: sociological (questionnaires, content analysis), examination and analysis of the federal statistical data from the regions of Russia, observation, comparison, and mathematical and statistical processing of the findings. The research was conducted at the Federal State Budgetary Institution «Federal Scientific Center for Physical Culture and Sports» and the scientific and methodological center for the implementation of the All-Russian Physical Culture and Sports Complex «Ready for Labor and Defense» at Smolensk State University of Sports. As part of their scientific and methodological support for the industry, these institutions annually monitor the implementation of the All-Russian Physical Culture and Sports Complex «Ready for Labor and Defense» across the Russian Federation.

Results and conclusions. The assessment of the physical condition of the Russian population aged 6 to 17 revealed the prevalence of certain tests among both male and female participants. However, the issue of incorporating less demanding tests into the TRP program warrants further investigation. This will enable us to make informed decisions regarding the removal of these tests from the testing regimen or the implementation of measures to promote these types of tests or revise their standards.

Keywords: physical fitness, 6-17 years old, GTO complex, distinction badge, testing, trials, stages.

Introduction. The Federal Law of 04.12.2007 No. 329-FZ “On Physical Culture and Sports in the Russian Federation” establishes the concept of the “GTO complex as a program and regulatory basis for the system of physical education of the population [1]. In turn, the normative and testing part of the GTO complex provides for state requirements for the level of physical fitness of the population based on the implementation of test standards (tests) and recommendations for weekly physical activity, and in the proposed organizational forms, preparation for testing is carried out in the established parameters for the development of physical qualities. Annual monitoring of the level of physical fitness of the population is carried out for the purpose of a comprehensive assessment of the effectiveness of the current system of physical education and the implementation of state policy in the

field of physical culture and mass sports¹ [1-3].

Over the ten-year period of implementation and realization of the GTO complex, the Ministry of Sports of the Russian Federation, together with interested federal executive bodies, has developed and put into effect a regulatory framework governing all areas of organization and testing of the population according to the standards of tests of the GTO complex. At the same time, in accordance with paragraph 8 of the Regulations on the GTO complex, every 4 years there should be an improvement of the complex in the context of the system of standard assessments of physical fitness for all age groups of the population of the Russian Federation. A systematized and generalized set of results of the

¹ Resolution of the Government of the Russian Federation of June 11, 2014 No. 540 “On approval of the Regulation on the All-Russian physical culture and sports complex “Ready for Labor and Defense” (GTO). Available at: <https://base.garant.ru/70675222/> (date of access: 10.09.2024).



Number of participants in monitoring physical fitness from I to VI stages of the GTO complex (6-17 years old)

Steps/age	Floor				Total number of people	%
	Male, human	%	Female, human	%		
I (6-7 лет)	67125	48,63	70902	51,37	138027	19,58
II (8-9 лет)	61616	51,88	57161	48,12	118777	16,85
III (10-11 years)	55191	53,28	48397	46,72	103588	14,69
IV (12-13 years)	50118	55,46	40246	44,54	90364	12,82
V (14-15 years)	65437	58,64	46146	41,36	111583	15,83
VI (16-17 years)	80452	56,42	62150	43,58	142602	20,23
Total	379939	54,05	325002	45,95	704941	100

GTO complex implementation for 2017-2022, an analysis of analytical material on the level of physical fitness of the population from 6 to 70 years and older based on the GTO AIS downloads, the practice of implementing GTO events, expert opinions of specialists, formed the basis for scientifically substantiated proposals for improving the state requirements of the All-Russian Physical Culture and Sports Complex «Ready for Labor and Defense» in the Russian Federation for the period 2023-2026 [5, 6].

Thus, the range of the age level for children and adolescents aged 6 to 17 years was determined to be 2 years, in accordance with age development, and for the adult population – every 5 years (in order to determine the dynamics of physical fitness indicators, the level of development of physical qualities, the effectiveness of physical education and sports). At the same time, children aged 6-7 years were separately included in the 1st stage of the GTO complex, with the tests themselves being brought into line with the actual program for training preschoolers in preschool educational institutions and their potential physical capabilities to successfully cope with the standards of the proposed tests.

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¹ Resolution of the Government of the Russian Federation of 17.01.2023 No. 33 "On Amending the Regulation on the All-Russian Physical Culture and Sports Complex "Ready for Labor and Defense" (GTO)". Available at: <http://publication.pravo.gov.ru/Document/View/0001202301180019>.

² Order of the Ministry of Sports of the Russian Federation dated 22.02.2023 No. 117 "On approval of state requirements of the All-Russian physical culture and sports complex "Ready for Labor and Defense" (GTO)". Available at: <http://publication.pravo.gov.ru/Document/View/0001202303290003> (date of access: 08.09.2024).

Methods and structure of the study. The following methods were used: sociological (questionnaires, content analysis), study and analysis of federal statistical reporting of the regions of the Russian Federation, observations, comparisons, mathematical and statistical processing of the obtained results. The studies were conducted at the Federal Scientific Center for Physical Culture and Sports and the Scientific and Methodological Center for the Implementation of the All-Russian Physical Culture and Sports Complex Ready for Labor and Defense of the Smolensk State University of Sports, which, as part of the scientific and methodological support of the industry, have been annually monitoring the implementation of the All-Russian Physical Culture and Sports Complex GTO in the Russian Federation since 2017.

Results of the study and discussion. As of 01.01.2024, the total number of registered participants in the GTO complex in the country was 22.16 million people, of which 18.3 million people or 82.6% of the total number of registered participants are children and young people. Monitoring the physical fitness of the population of the Russian Federation from 6 to 17 years old was carried out on the basis of statistical reporting 2-GTO and information provided by the Federal Operator based on the results of the GTO complex tests for 2023 [7] (see table, figure).

The analysis of the results shows that the highest activity in participating in the tests was shown by representatives of the I and VI stages – 19,58% and 20,23%, respectively, and the lowest by participants of the IV stage (12,82%). Monitoring the num-

³ Federalnoye statisticheskoye nablyudeniye po forme № 2-GTO «Svedeniya o realizatsii Vserossiyskogo fizkulturno-sportivnogo kompleksa «Gotov k trudu i oborone (GTO)» za 2023 g. Available at: <https://minsport.gov.ru/sport/physical-culture/41/27653/> (date of access: 08.09.2024).



ber of participants in the GTO complex movement revealed that the largest number among males was recorded in the V stage, and females in the I stage (table). Children aged 6-7 years (I stage) and 16-17 years (VI stage) coped best with the state requirements of the updated GTO complex in 2023 for the gold badge of distinction, respectively, 47,4% and 53,0%. In the remaining age stages, from 30 to 37% of participants meet the standards for the gold badge of distinction. It was found that the silver badge of distinction in 2023 was received by 21,4 to 37,15% of participants aged 6 to 17 years, and the standards for achieving the bronze badge of distinction were feasible for 22,7 to 34,0% of the country's young population (see figure). Based on the data obtained, it was found that at the age of 6 to 7 years (stage I), the highest percentage of meeting the standards for the gold badge is noted in such types of tests as «Skiing» - 97,82% for boys and 98,06% for girls, and the lowest in the test «Forward bend from a standing position on a gymnastic bench» – 88,50% for boys and 91,96% for girls. In tests of the participants' choice, the highest percentage of fulfillment of the standard for a gold badge of distinction is recorded in the «Shuttle Run 3x10 m» test (96,93%), and low participation activity is observed in a test such as «Swimming» (72,77%).

Percentage ratio (I-VI level) of the young population aged 6-17 who completed the GTO complex standards for distinction badges in 2023

Among representatives of the II level (8-9 years old), the most popular tests for performing mandatory standards for the gold badge were those related to the demonstration of strength abilities. For boys, these were «Pull-ups from a hanging position on a high bar» (93,19%), and for girls – «Pull-ups from a hanging position lying on a low bar 90 cm» (92,18%). Boys and girls showed little interest in tests that assess the quality of endurance – «Mixed movement for 1000 m» (86,54% and 33,26%, respectively). As for the III age group (10-11 years old), mandatory tests that do not have an alternative choice, such as «Running 30 m» and «Forward bend from a standing position on a gymnastic bench», showed high popularity among both boys and girls. The «2 km Cross Country Run» was in low demand – only 2,29% for boys and 2,32% for girls, as well as «50 m Swimming» (8,48% and 8,42%, respectively). The highest percentage of mandatory

standards for the «gold badge» is noted in the endurance test («1 km Skiing» - 94,86%), and the lowest percentage is for speed abilities («30 m Run» - 86,42%). In the IV age group (12-13 years old), the most active participation is noted in such types of optional tests as «3x10 m Shuttle Run» and «Standing Long Jump with Two Legs Push Off» - they are chosen by 81,43% and 63,48% of boys, as well as 80,52% and 63,30% of girls, respectively. The least popular among the participants of this level were «2 km skiing» (1,45%) among boys and (1,47%) among girls, as well as «A hiking trip with a test of hiking skills of at least 5 km in length» (1,13% and 0,92%, respectively). In the next – V age group (14-15 years), among the presented tests of this level, girls and boys showed low interest in the tests «3 km skiing» (1,63% of boys and 1,93% of girls), «Self-defense without weapons» (0,46% of boys and 0,33% of girls) and «A hiking trip with a test of hiking skills of at least 10 km in length» (1,28% and 1,33%, respectively). The highest percentage of the required standards for the «gold badge» among young men is observed in tests related to the demonstration of strength – «Pull-ups from a hanging position on a low bar 90 cm» (95,16%), and the lowest percentage is revealed in the alternative endurance test – «Running 2000 m» (90,88%). Among girls, the most popular type of required standards for the «gold badge» was «Skiing 3 km» (97,08%), and the lowest percentage is shown when performing the test «Running 30 m» (90,88%). Among the tests of choice in the VI age group (16-17 years old), the most popular was «Long jump from a place with a push with two legs», it is chosen by 62,24% of young men and 58,03% of girls. Among the optional tests, the least popular were the performance of such applied skills as «Self-defense without weapons» (0,53% of boys and 0,37% of girls) and «Hiking trip with a test of tourist skills of at least 10 km» (2,93% and 2,98%, respectively). The highest percentage of the mandatory standards for the «gold badge» among boys is noted in the tests «5 km skiing» (97,73%) and «Pull-ups from a hang on a high bar» (97,13%), and school graduates showed little interest in completing the test «3000 m running» (94,80%). Among girls, when performing the mandatory standards for the «gold badge», the most popular is «3 km skiing» (98,10%), and the least interest is in such tests as «60 m running» (95,70%).



Conclusions. Modernization of the physical education and sports work system builds uniform requirements and approaches to the interaction and integration of state programs for physical education of the younger generation of the Russian Federation in order to create effective mechanisms for attracting them to regular physical education and sports, building a monitoring system that tracks the level of physical fitness and health of children, adolescents and young people. Determination of the qualitative indicators of the fulfillment of the standards of the All-Russian Physical Culture and Sports Complex GTO tests for 2023 by students from I to VI levels gives an idea of the tests that are performed by the overwhelming majority of male and female subjects. At the same time, the problem of including tests with low demand in the GTO complex requires further study, which will allow making decisions on both excluding these tests from the test

set and implementing a number of methodological and organizational measures aimed at popularizing these types of tests or revising their standard indicators.

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