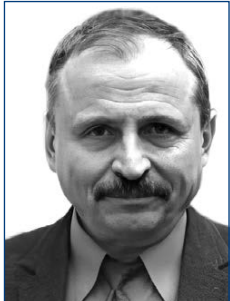




# The organization of the outcomes of student athletic progress within the framework of higher physical education in the Penza region

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## Abstract

**Objective of the study** was to examine the historical phases of student sports in the context of higher physical education at Penza State University.

**Results and conclusions.** The article outlines the findings of a study examining the origins of Penza student sports. The article highlights the significant contributions made by the faculty of the specialized Faculty of Physical Culture, which later became the Institute of Physical Culture and Sports at PSU, in fostering the development of sports within the higher education system of the Penza region.

The article demonstrates that the institute, rooted in the rich history and traditions of previous generations, is now thriving in response to the current needs of society. It is actively engaged in the training of highly skilled coaches and professionals in the field of physical culture and sports.

**Keywords:** *student sports, sports club, physical education, institute of physical education, faculty of physical education, all-Russian Universiade.*

**Introduction.** The Institute of Physical Culture and Sports of Penza State University was founded in 2013 and is the successor of the Faculty of Physical Education at the Penza State Pedagogical University named after V.G. Belinskiy (PSPU). Since the beginning of its activities, the Institute has been actively promoting sports activities, in connection with which, at present, it includes five departments: «Theoretical Foundations of Physical Culture and Sports», «Gymnastics and Sports Games», «Cyclic Sports», «Physical Education and Sports», «Physical Education».

**Objective of the study** was to examine the historical phases of student sports in the context of higher physical education at Penza State University.

**Results of the study and discussion.** Since the opening of the faculty, sports work at PSPU has significantly intensified, in particular, volleyball, basketball, and ski teams of the university are sent

to participate in competitions of various levels. The teachers and administration of the physical education department are actively involved: B.I. Kuvshinov, S.E. Frenkel, V.A. Polyakov, V.I. Lebedev. The faculty is establishing an unprecedented phenomenon in the history of the fatherland – the All-Union Voluntary Sports Society «Burevestnik». In the USSR, the society united students, faculty, and employees of higher educational institutions, as well as their family members on a semi-professional basis; it was organized in 1957.

As in the whole country, in PSPU (currently PSU) the basis of sports, its primary organization, was the sports club, which was created in the university, as a rule, by student and local trade union committees. The sports club of PSPU named after V.G. Belinskiy, and later of the entire Penza State University, has a colorful history, outstanding achievements in team and individual sports. In different years,



the sports club was headed by well-known specialists in the field: V.G. Dunaev, V.P. Soprunenko, V.N. Supikov, A.A. Loginov, V.S. The Institute has a good educational, methodological and sports base: a gymnasium, games halls, halls for weightlifting and powerlifting, an athletics stadium, a swimming pool, ski bases, a football field and scientific and methodological offices. Among the graduates of the institute are participants, winners and prize winners of regional, Russian and international competitions, European and World Championships, Olympic Games, 31 Honored Teachers of Physical Education, more than 150 teachers of the highest category, 29 Honored Trainers of the Russian Federation, eight Honored Workers of Physical Culture of the Russian Federation, 11 Honored Masters of Sports, nine Olympic champions. Famous hockey players studied within the walls of the institute, such as V. Pervukhin – Honored Master of Sports of the USSR, silver medalist of the Winter Olympic Games (Lake Placid, 1980), Olympic champion (Sarajevo, 1984), 11 seasons played for the USSR national team in the European, World Championships and Olympic Games, in which he won 15 gold, one silver and three bronze medals; A. Gerasimov – Honored Master of Sports, Olympic champion (Sarajevo, 1984); A. Kozhevnikov is an Honored Master of Sports, two-time Olympic champion (Sarajevo, 1984 and Calgary, 1988); S. Yashin is an Honored Master of Sports, Olympic champion (Calgary, 1988). There were successes in other sports, but it is not possible to cover them within the framework of this article.

The search for new forms of improving the quality of the educational process requires constant understanding and systematization of the use of teaching methods, and the solution to this problem is possible only on the basis of the development of modern theoretical means of educational technologies, taking into account the structure and principles of training.

A significant role in the formation of the intellect of physical education teachers that meets the interests of modern society is played by the organization and work of the student scientific society (SSS) circles, in which the institute poses problems related to the improvement of the educational and training process and the results of research work are reported at traditional scientific and practical conferences of the university. Participating in SSS circles, students acquire the skills of pedagogical observations

and setting up pedagogical experiments, learn to process and interpret the results obtained.

In addition, speaking in front of students and teachers in the audience, they acquire the skills of logical presentation of their thoughts, which has a beneficial effect on the formation of organizational skills of future physical education teachers.

It is necessary to emphasize the high role of independent work of students, where the existing bank of scientific and methodological information in the departments is used for its implementation. Here we also note the focus of individual work with students, which consists of a deep study of the specifics of the teaching methods of the curriculum disciplines and the development of sports exercise techniques, which is the basis for successful teaching activities.

Over the course of 70 years, the number and names of specialties in which training was conducted at the faculty changed in accordance with state requirements and changes in the labor market. These specialties include the following: 1977 – «physical education», 1988 – «basic military training and physical education», 1993 – «life safety and physical education», 1995 "physical education and sports" with the additional specialization «valeologist-rehabilitation specialist», 1996 – «physical education and sports» with the additional specialization «teacher-valeologist», 1998 – «physical education and sports», 2001 – «physical education» with the additional specialization «manager in physical education», 2001 – «pre-conscription and physical training», 2006 – «physical education» with the additional specialization «sports coach», «physical rehabilitation», «physical education» with the additional specialization «safety life activity», «physical education» with an additional specialization «organization of children's and youth sports», 2011 – «pedagogical education» (profile «Physical education», graduate qualification – Bachelor), 2013 – «physical education» (profile «Sports training in the chosen sport», graduate qualification – Bachelor), «pedagogical education» (profile «Physical education», graduate qualification – Master).

In 2012, PSU named after V.G. Belinsky was merged with Penza State University, the faculty of physical education entered the structure of PSU and in December 2012 was renamed the Institute of Physical Education and Sports (IPES).

Today, the structure of the institute has five departments: Department of «Theoretical Foundations



of Physical Education and Sports»; Department of «Gymnastics and Sports Games»; Department of Cyclic Sports; Department of Physical Education and Sport; Department of Physical Education.

In 2024, the Center for Sports Training, headed by Doctor of Pedagogical Sciences A.A. Pashin, was included in the structure of the Institute of Physical Education and Sport. The main areas of activity of the Center for Sports Training:

- organization of educational and training activities;
- organization of psychological and pedagogical support for the training of highly qualified university student athletes;
- organization of sports and mass work of PSU.

Currently, more than 600 full-time and part-time students - citizens of the Russian Federation and foreign citizens - are studying at the Institute of Physical Education and Sport.

The Institute annually organizes and hosts scientific conferences and physical education Olympiads for schoolchildren.

During its work, the Institute, and earlier the faculty, has graduated thousands of specialists, including dozens of outstanding sports leaders, coaches, physical education teachers, world-famous athletes. Traditionally, graduates of the Institute become sought-after employees of law enforcement agencies, special forces, and servicemen of the Russian Armed Forces.

The Institute of Physical Culture and Sports and its sports facilities are the base for physical education classes for all PSU students; dozens of department teachers conduct practical classes for students of all specialties, combining this work with scientific developments and sports work in the PSU sports club and the Sports Training Center. Over the past five years, students and graduates of the institute have inscribed their names in the PSU Sports Hall of Fame: Russian skier Alexey Aleksandrovich Chervotkin, Olympic champion in the relay (2022), Denis Mikhailovich Ablyazin – Russian gymnast, Olympic champion in team all-around (2020), Alexander Aleksandrovich Bolshunov – Russian skier, three-time Olympic champion (2022),

The Internet media «Studentsport.ru» published a ranking table of universities by the number of medals of students and graduates - participants in the 2022 Olympic Games in Beijing (see figure).



Ranking of Russian Universities at the Winter Olympic Games in Beijing

A total of 16 universities are represented in the ranking. Penza State University holds the lead. PSU has four medals. They were brought to the university's Olympic collection by Alexander Bolshunov, a Master's student at the Institute of Physical Education and Sports (gold in the relay, gold in the skiathlon, and silver in the individual start race) and Alexey Chervotkin, a graduate of the Institute of Physical Culture and Sports (gold in the relay). In April 2023, Alexander Gulyakov, Chairman of the Council of Rectors of Universities of the Penza Region, Rector of Penza State University, and Alexander Lutkov, Professor of the Department of Cyclic Sports, Senior Coach of the PSU Cross-Country Skiing Team, Honored Coach of Russia, were included in the Strategic Council of the Penza Region.

**Conclusions.** The conducted research allowed to highlight the main organizational features of the formation and development of student sports in the Penza region over the past almost seventy years. Thanks to the initiative of the enthusiastic founders of the physical culture movement in the region, student sports became the starting point for many outstanding coaches and teachers.

Unfortunately, the achievements and path of development of student sports at the Penza Polytechnic Institute (later PSU) in the years before the reorganization of the two largest universities in the Penza region were left outside the topic of this



study. The latter is interesting, first of all, because student sports at the Penza Polytechnic University were developed by graduates of the physical education faculty of the pedagogical institute.

In conclusion, three stages of the formation and development of student sports at the university can be identified. 1956-1991 - the stage of sports development on the basis of the UVSS «Burevestnik»; 1992-2012 – the stage of development of student sports under the auspices of sports clubs of two subsequently united universities; 2012 to the present day – the stage of work of the sports club of the largest university in the Volga region, the organization and work of the Sports Training Center.

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