

Complex approach in the process of physical education of foreign students of technical specialties

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Abstract

Objective of the study is to increase the level of physical fitness of foreign students using an integrated approach in the educational process. The object of the study is the process of physical education of foreign students in higher education institution. The subject of the study is the physical training of foreign students of the faculty "Aircraft Engineering" within the discipline "Physical Culture and Sports".

Methods and structure of the study. The pedagogical research was organized in DSTU "Don State Technical University" Rostov-on-Don by the teaching staff of the department "Physical Culture and Sports and Recreational Technologies" within the framework of the educational process in the discipline "Physical Culture and Sports".

Results and conclusions. As a result of using an integrated approach to conducting physical education classes in the experimental group there was no significant difference in the level of physical fitness in relation to the control group. The problem of physical fitness of both foreign and Russian students, on our example, should be solved by increasing the number of practical classes in physical culture. Large breaks between classes can be the result of readaptation – return to the previous level of physical performance.

Keywords: *physical education, international students, integrated approach.*

Introduction. At present, physical education, as evidenced by this, acts as an underestimated process of teaching young people. The age of globalization, digitalization, consumer culture forms other ideas about the value of one's own health, the physical development of an individual throughout life, maintaining proper physical fitness, which acts as a guarantee of optimal functioning of all body functions. In addition to this problem, it should be noted that there is a lack of physical activity of a modern student at all stages of training, mastering "insufficient" knowledge in the field of physical education and sports, which is the result of a low health culture. Attempts made in the last decade by the Russian education system to reform physical education programs for students have proven to be ineffective [1-3].

To achieve the main objectives of physical education, namely: increasing the level of physical fitness,

forming a motivational and value-based attitude towards physical culture, physical self-education and self-improvement, mastering the skills and abilities that ensure the preservation and strengthening of health, etc., the teacher must rationally use the allotted time and search for the most optimal approaches to physical education and health improvement of students. In the study, we touched upon the category of foreign students, where the issue of physical education is most acute.

This is due to the difference in previously mastered physical education programs in their country with the programs of the Ministry of Education of the Russian Federation and the period of adaptation in the new educational space.

Objective of the study is to improve the level of physical fitness of foreign students using an integrated approach in the learning process.



Methods and structure of the study. The research work was organized at DSTU "Don State Technical University" in Rostov-on-Don by the teaching staff of the Department of Physical Education and Sports and Health Technologies within the framework of the educational process of the discipline "Physical Education and Sports". The participants of the experiment were students of six groups, first-year young men of the Faculty of Aircraft Engineering, where three groups were designated as experimental (EK) and three as control (CG). All subjects were assigned to the main and preparatory health groups and have no contraindications to physical education classes. According to the educational program at DSTU, physical education classes are held once a week for 90 minutes. Students assigned to a special medical group for health reasons (according to the conclusion issued after passing a medical examination) are engaged in a different program.

The control group included 15 foreign and 15 students from Russia, the experimental group was formed in a similar way. Classes in the control group were held according to the generally accepted program in all sections once a week. In classes with students assigned to the experimental group, an integrated approach was mainly used, which was expressed in the creation of a gaming and competitive environment by means of sports, outdoor and folk games. Fitness technology tools were used in combination with general physical training (GPT) from martial arts, athletic gymnastics, athletics with alternating exercises within the framework of competitive, variable, game methods. The integrated approach also involved creating conditions for self-realization and self-determination of motor activity with an independent choice of means and methods of physical development under the supervision of a teacher.

The pedagogical experiment was conducted from 09/15/2023 to 06/10/2024, at the beginning and at the end of the experiment, all participants were tested for their level of physical fitness. Research methods: analysis of literature in electronic scientific sources (elibrary.ru, cyberleninka.ru, scholar.ru, scholar.google.com), pedagogical experiment, pedagogical testing, methods of mathematical statistics.

Results and conclusions. Based on the results of the experiment, diagrams were compiled displaying quantitative data on the level of physical fitness of students in the CG and EG divided into foreign students and students from Russia. The subjects performed the following tests (standards): 100-meter run, 3x10-

meter shuttle run, pull-ups on a high bar, 16 kg kettlebell snatch (number of repetitions in 4 minutes), standing long jump, forward bend from a standing position on a gymnastic bench, jumping rope (number of times in 1 minute). The results obtained during the experiment were reduced to an average value for each test using the formula $x = (X_1 + X_2 + X_3 + \dots + X_n) / n$. ($X_1, X_2, X_3, \dots, X_n$ – individual student result, n – total number of results (Fig. 1-6).

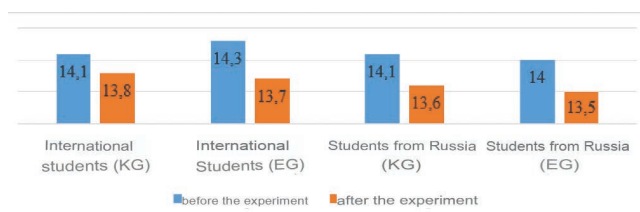


Fig. 1. Results of the 100-meter run test

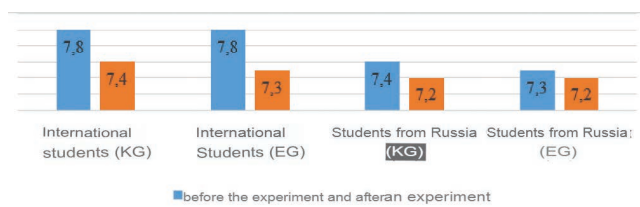


Fig. 2. Results of the 3x10 meter shuttle run test

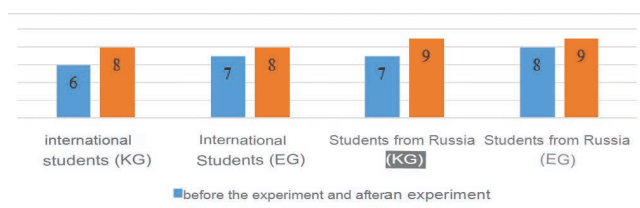


Fig. 3. Results of the high bar pull-up test

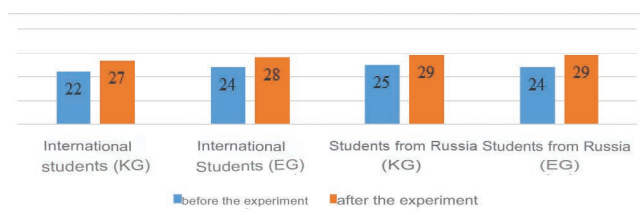


Fig. 4. Results of the 16 kg kettlebell snatch test for 4 minutes

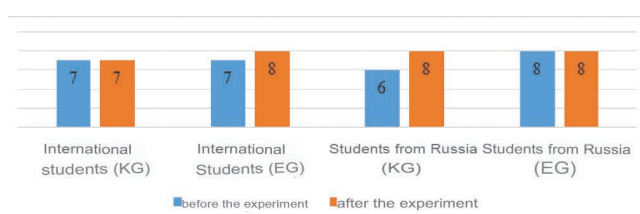


Fig. 5. Results of the incline test on a gymnastic bench

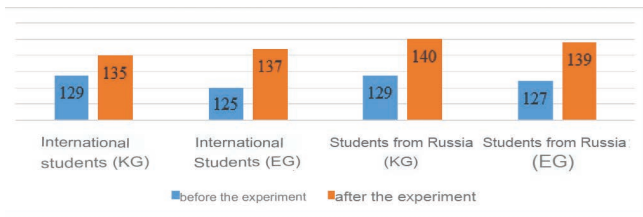


Fig. 6. Results of the jump rope test for 1 minute

Conclusions. After analyzing the available numerical data, we conclude that the result of using an integrated approach in physical education classes in the experimental group did not reveal a significant difference in the level of physical fitness in relation to the control group.

The problem of physical fitness of both foreign and Russian students, in our example, should be solved not only by searching for rational approaches, means and methods in physical education, but also by increasing the number of practical classes in physical education, at least three times a week for 90 minutes. This will meet the principle of consistency and continuity, which is expressed in regular physical education classes, with a rational alternation of load and rest. Long breaks between classes can be the result of re-

adaptation – a return to the previous level of physical performance.

Fulfilling the task of improving the motor abilities of students and increasing the level of functional fitness of students requires reforming the physical education program in relation to the number of classes and time allocated to the subject "Physical Education and Sports" at the university.

References

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