



# Formation of the physical and sports environment of the university as a condition for regular participation of students and teachers of vi-xi stages in implementation of standards of the VFSK GTO

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## Abstract

**Objective of the study** was to evaluate the effectiveness of holding multi-day GTO festivals and organizing academic and independent physical education classes with students, in accordance with the types of tests of the VFSK GTO of the VI stage.

**Methods and structure of the study.** The scientific work was attended by students and teachers of the Russian State University for the Humanities in the amount of 1363 participants, among whom were representatives of male and female, belonging to the VI-X stages of the VFSK GTO by age. Physical culture lessons were based on the principle of circular training based on the method of continuous exercise. All types of tests were divided into three groups: in the hall, at the stadium, applied. Starting from April and until the end of the semester (end of May), the university held the GTO Festival, based on the results of which a detailed analysis of the quantitative and qualitative indicators of the performance of the GTO tests was carried out.

**Results and conclusions.** Most of the students (82%) and the teaching staff of the Department of Physical Education (100%) took part in the GTO Festival at the Russian State University for the Humanities, of which 67% of the participants improved their performance in tests during repeated testing, and 23% met the standards for gold, silver and bronze marks of Excellence. Holding a multi-day GTO Festival allows solving a very important problem related to the possibility of re-executing test tests. When holding the GTO Festival at the university, students have the opportunity to independently choose the most suitable moment for themselves to complete the tests. The close interaction of the departments of physical education of universities and the Testing Centers of the GTO "MOSGORSPO" of Moskomspor allows solving the problem of attracting more students to the events of the VFSK GTO with the assignment of distinctions, as well as promoting a healthy lifestyle among the youth.

**Keywords:** VFSK GTO, golden badge of distinction, elective physical culture, preparation and self-training of students, GTO Festival, physical fitness testing, standards and tests, GTO testing center, «MOSGORSPO» of Moskomspor.

**Introduction.** Today, attracting students to actively participate in the implementation of the GTO standards is becoming one of the priority areas of sports and educational work of the university [8, 9]. A number of universities included in the 5/100 program introduce special scholarships that are issued to students for receiving the golden GTO distinction [3]. It is important to note the fact that in order to receive a gold badge, it is necessary to complete nine types of test tests, demonstrating not only good physical qualities, but also a confident possession of applied skills and skills, such as swimming, shooting, skiing, which

cannot be achieved without making adjustments to the content of physical education classes.

**Objective of the study** was to evaluate the effectiveness of holding multi-day GTO festivals and organizing academic and independent physical education classes with students, in accordance with the types of tests of the VFSK GTO of the VI stage.

**Methods and structure of the study.** To solve the problem associated with an increase in the number of students with GTO grade VI insignia, an elective course (optional) was added in the 2020/2021 academic year, within which work was carried out to

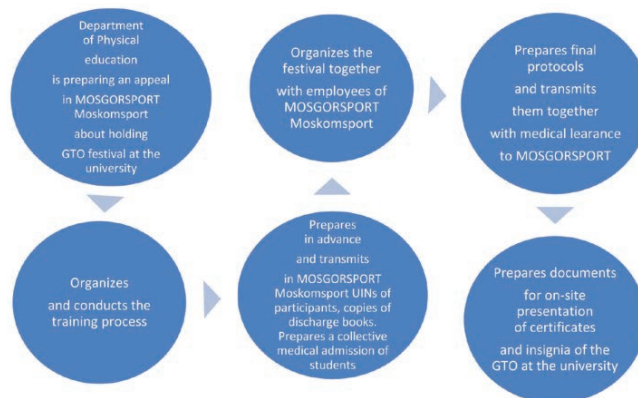
prepare students for the GTO tests. For the second half of the spring semester, it was planned to hold a multi-day GTO festival on the territory of the university, organized with the participation of “MOSGORSPORT” of Moskomspor.

The study involved 1347 students of the 1st-3rd courses, male and female, corresponding to the VI level, and 16 teachers of the Department of Physical Education, age related to the VI-X levels of the VFSK GTO. Physical culture lessons were built on the principle of “circular training” based on the method of continuous exercise, with a focus on developing those motor qualities, skills and abilities that are necessary to perform test tests [1, 9]. Classes were held in three directions, which made it possible to divide students into three large groups according to the types of testing: in the hall, at the stadium and applied (Table 1).

This set of tests was chosen taking into account the material and technical conditions of the university and ensured, in case of successful completion (four mandatory and five optional tests), obtaining a gold badge of distinction. Students with a sports category in any sport, in order to receive a gold GTO badge, must complete one standard less (4 + 4). For the period of preparation for the GTO Festival, students were offered free attendance at classes in any of the departments, subject to mandatory attendance at least eight classes in each (a total of 24 classes per semester). For the period of remote (hybrid) work of the university, students performed independent training programs using mobile fitness applications [3]. The duration of preparation for the GTO Festival was two semesters (from September to May). The central event was the holding of the GTO Festival at the Russian State University for the Humanities, timed to coincide with the 90th anniversary of the VFSK GTO. Starting from April and until the end of the semester (end of May), representatives of the Testing Centers of the GTO “MOSGORSPORT” of the Moscow Sports Committee attended the classes, who assisted the depart-

ment in the adoption of standards (Fig. 1).

During the GTO Festival, the teacher, before the start of each lesson, warmed up using special preparatory exercises, after which the employees of the GTO Testing Center took control standards. The results of the tests that satisfied the students were entered into the personal account of the test participants. If for some reason the result did not suit the student, then he had the opportunity to retake the test, after the mandatory completion of the training program, consisting of eight lessons.



**Figure 1.** Algorithm of interaction between the university and Moskomspor on the organization of the GTO Festival

Based on the results of the GTO Festival, a detailed analysis of the quantity and quality of tests performed, the percentage of students and teachers’ involvement in the performance of tests of the GTO complex, the number and quality of retakes of test tests, and the results of performance, expressed in the number of awarded GTO distinctions, were carried out.

**Results of the study and their discussion.** According to the results of the GTO Festival among students and teachers, protocols were drawn up for 1363 participants who completed one or more tests (Table 2, Fig. 2).

**Table 1.** Groups of exercises in areas, in accordance with the types of testing

GTO test groups * by type		
Educational departments		
In the gym	At the stadium	Applied
<b>1. hanging pull-ups on a high/low bar;</b> <b>2. flexion and extension of the arms from the lying support;</b> <b>3. tilt forward while standing on the gymnastic bench;</b> 4. lifting the torso from a supine position; 5. long jump from a place with a push with two legs; 6. shuttle run 3×10 m	<b>1. 30m run;</b> <b>2. 60 m run;</b> <b>3. 2 km run (women);</b> <b>4. 3 km run (men);</b> 5. Nordic walking 3 km (teachers of level X)	1. swimming 50m; 2. shooting from electronic weapons (10 m)
*Compulsory tests are indicated in italics		

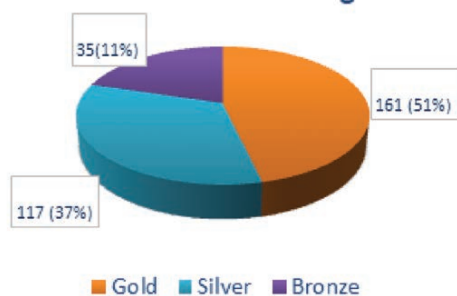
**Table 2.** Number of participants and results

Types of GTO tests		Number of completed type of GTO test / %	Number of retakes (after 45 days) Gold	Execution result		
				Silver	Bronze	
In the gym	1. shuttle run 3×10 m	1124 / 82 %	711	227	549	121
	2. Long jump	988 / 72 %	621	328	236	589
	3. Pull-ups (boys)	422 / 30 %	221	122	192	54
	4. Flexion and extension of the arms in emphasis lying on the floor	921 / 67 %	385	370	239	43
	4. Pulling up from the hang on the low bar	299 / 21 %	98	59	22	45
	5. Tilt forward	1363 / 100 %	722	374	259	352
	6. Torso lift	1363 / 100 %	322	257	354	283
At the stadium	7. 30m run	622 / 45 %	355	122	254	346
	8. 60m run	525 / 38 %	202	194	124	75
	9. 2 km run	388 / 28 %	121	92	71	112
	10. 3 km run	422 / 30 %	154	115	12	59
	11. Nordic walking	10 / 100% (ППС)	0	10	0	0
Applied	12. Swimming 50m;	202 / 14 %	96	172	46	40
	13. Shooting from electronic weapons	722 / 52 %	511	202	245	323

Analyzing the results of 1363 subjects, it was noted that the most difficult GTO tests are:

- test for flexibility in men - “forward bend from a standing position on a gymnastic bench” - 12% of the boys completed it with a gold badge;
- applied test - “shooting from electronic weapons” for all categories of subjects;
- endurance test - “running for 2 (3) km” for men and women - 18% of boys and 15% of girls met the standard of the gold mark [4, 6];
- swimming was performed by the smallest number of participants (202 – 14%).

**The total number of GTO insignia**



**Figure 2.** The total number of badges of distinction issued as a result of the GTO Festival

**Conclusions.** Most of the students (82%) and the teaching staff of the Department of Physical Education (100%) took part in the GTO Festival at the Russian State Humanitarian University, of which 67% of the participants improved their performance in tests during repeated testing, and 23% met the standards for gold, silver and bronze marks of Excellence.

Holding a multi-day GTO festival allows solving a very important problem related to the possibility of retaking tests, when, due to one or two unsuccessfully completed tests, a participant ends up without a badge of distinction. During the multi-day GTO Festival, students have the opportunity to independently choose the most suitable moment for themselves to participate in the tests and, thus, start testing in optimal physical condition.

The close interaction of the departments of physical education of universities and the Testing Centers of the GTO “MOSGORSPO” of Moskomspor allows solving the problem of attracting more students to the events of the VFSK GTO with the assignment of distinctions.

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