



Technologies for testing relative indicators of physical fitness of disabled people in the format of the VFSK GTO

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Abstract

Objective of the study was to test the technology of using (testing) the relative indicators of physical fitness of disabled people within the framework of the All-Russian physical culture and sports complex "Ready for Labor and Defense" (GTO) for disabled people.

Methods and structure of the study. To achieve this goal, within the framework of the state assignment for research work on the topic "Research of means and methods aimed at forming motivation, in persons with disabilities (taking into account sensory, motor and mental disorders) for systematic physical culture and sports on the example of the All-Russian physical culture and sports complex "Ready for Labor and Defense" (VFSK GTO) for the disabled (2020-2022) "based on the order of the Ministry of Sports of Russia No. 1034 dated December 14, 2018, in accordance with the terms of reference, the working group analyzed the results of the participation of people with disabilities with hearing, vision, musculoskeletal and intellectual disabilities in the VFSK GTO for the disabled. We studied individual protocols for testing the physical fitness of people with disabilities, various nosological groups, both primary and the results of re-applying to testing centers in order to improve their result or receive a distinction for the next age group, for the period 2019-2021.

Results and conclusions. In the process of conducting research, positive dynamics was revealed in the indicators of physical fitness of disabled people of various nosological groups, expressed in improving the results of repeated fulfillment by participants of the test standards (tests) of the VFSK GTO for disabled people, which confirms the need to introduce relative indicators that reflect the individual dynamics of indicators of physical fitness of the contingent with disabilities.

Keywords: *adaptive physical culture, adaptive sport, All-Russian physical culture and sports complex "Ready for Labor and Defense" (GTO) for the disabled, relative indicators of the physical fitness of the disabled.*

Introduction. Today, in the composition of the population of the Russian Federation, there is an increase in the number of citizens with disabilities. This trend, of course, requires its solution in terms of increasing the level of socialization of the disabled, including using the tools of physical culture and sports. This provision is fixed in a number of regulatory documents, which indicate the need to involve all groups of the population of our country, including the disabled, in systematic physical education and sports [2]. Thus, a significant goal of the Strategy for the Development of Physical Culture and Sports in the Russian Federation for the period up to 2030 is to achieve by 2030

30% of people with disabilities involved in physical culture. To achieve this goal, it is advisable to use the full range of funds within the framework of the adaptive physical culture, including the possibilities of the VFSK GTO for the disabled.

According to the Federal Operator of the GTO - the autonomous non-profit organization "Directorate of Sports and Social Projects", the number of participants in the physical culture and sports complex, including participants with disabilities, is increasing every year.

For the period from February 2019 to December 2021, 20,633 people took part in the VFSK GTO for the



disabled. Moreover, the increase in the total number of participants in the GTO complex for the disabled in 2020 was only 7.2%, and in 2021 it was already 35%.

Objective of the study was to test the technology of using (testing) the relative indicators of the physical fitness of disabled people within the framework of the All-Russian physical culture and sports complex “Ready for Labor and Defense” (GTO) for the disabled (VFSK GTO for the disabled) to further adjust the motivation of people with disabilities to systematic adaptive training. physical culture and adaptive sports, as well as improving the standards of the VFSK GTO for the disabled and people with disabilities.

Methods and structure of the study. In the process of conducting research work, the results of the participation of persons with disabilities in the GTO complex for the disabled for the time period from 2019 to 2021 were studied and analyzed. Individual testing protocols for disabled people of various nosological groups were studied, both primary data and the results of repeated fulfillment of test standards (tests), in order to improve their result or fulfill the GTO standards in the next age group [4].

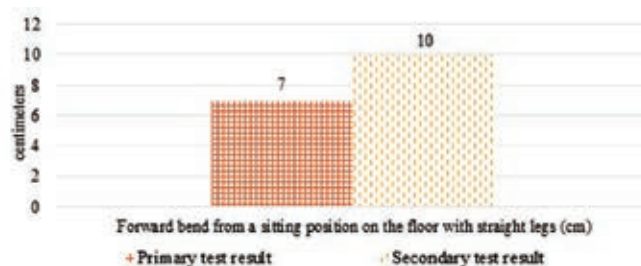
The study involved 893 disabled people with disabilities in the city of St. Petersburg, including: persons with intellectual disabilities - 474 people; persons with hearing impairment - 107 people; persons with visual impairment - 67 people; persons with lesions of the musculoskeletal system - 245 people.

The largest group of participants in the GTO complex for the disabled were people with intellectual disabilities.

Results of the study and their discussion. As the study showed, out of 474 persons with intellectual disabilities who took part in the VFSK GTO for the disabled, only 30 people re-applied to the testing center to fulfill the test standards (tests) of the VFSK GTO for the

disabled, which indicates the need to strengthen work to increase the level of motivation among disabled people, in particular those with intellectual disabilities, to systematic APC classes. Of these 30 people: 16 improved their performance; 12 participants showed a stable result; one participant showed a worsening result; and one participant chose standards that differed from the primary test (see table).

The figure shows the dynamics of the result during repeated testing of a participant with intellectual disabilities when fulfilling the test standard (test) of the VFSK GTO for the disabled: bending forward from a sitting position on the floor with straight legs (cm).



Dynamics of the result during repeated testing of participants VFSK GTO with intellectual disabilities

The presented data clearly show that for the majority of disabled people who repeatedly took part in the VFSK GTO, the results either improved or stabilized. And, in the case of using relative indicators of individual dynamics to assess the level of physical fitness in practice, these participants could already qualify for one or another distinction, which would certainly increase their level of motivation for further physical activity.

Conclusions. It was found that the number of participants in the physical culture and sports complex,

Table 1. The results of testing the norms of the VFSK TRP for the disabled on the example of test standards (tests) for persons with intellectual disabilities

Name of the test (test) by choice	Test result			Physical qualities
	Primary	Repeated	Dynamics	
30m run (s)	5,6	4,8	+	Speed capabilities
3000 m run (min, s)	15,02	14,00	+	Endurance
Flexion and extension of the arms in emphasis lying on the floor (number of times)	25	30	+	Strength
Forward bend from a sitting position on the floor with straight legs (cm)	7	10	+	Flexibility
Throwing a ball weighing 150 g (m)	32	40	+	Speed-strength capabilities
Throwing a tennis ball at a target, distance 6 m (number of hits out of 20 throws)	15	18	+	Coordinating abilities

Note: “+” - increase; “-” - decrease; “=” - repetition of indicators without changes.



including participants with disabilities, is increasing every year.

In the process of analyzing individual testing protocols for 893 disabled people of various nosological groups, it was found that a significantly smaller part of the participants of the VFSK GTO for the disabled applied again to the testing centers to fulfill the norms of the VFSK GTO for the disabled, in order to improve their result or when moving to another age group. for the disabled, which indicates the need to strengthen the work to increase the level of motivation among the disabled to systematically engage in adaptive physical culture and adaptive sports.

In addition, in the process of scientific research, a tendency was revealed to improve or stabilize the level of physical fitness in the majority of disabled people of various nosological groups who took part in the testing again.

In general, it can be argued that the analysis of the number of repeated appeals to the testing centers for participants of the VFSK GTO and their positive dynamics give reason to believe that the introduction of relative indicators of physical fitness within the framework of the VFSK GTO for the disabled is an effective tool for creating motivation for systematic adaptive physical education and adaptive sports.

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