

Innovative approach to improvement of the professional and applied section of physical culture in university using means of single combats

UDC 796.011.1



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Abstract

Objective of the study is the scientific and theoretical substantiation of the professionally applied section of physical culture at the university, based on martial arts.

Methods and structure of the study. Within the framework of the scientific experiment, the curriculum was supplemented with a professional-applied section aimed at the formation of applied knowledge, the development of skills and abilities of a practical orientation, as well as the education of the leading psychophysical, social and personal qualities of future specialists. Various types of martial arts act as an effective means of high school professionally applied physical culture.

In the course of the study, a survey and an experiment were conducted, in which students of the Russian Timiryazev State Agrarian University, divided into control and experimental groups of 20 people each. The control group was engaged in the traditional curriculum in physical culture, the experimental group - in the innovative program with the inclusion of an applied section related to martial arts.

Results and conclusions. As the results of the study showed, an innovative curriculum aimed at using martial arts technologies based on spiritual historical practices, transferring the elements of motor actions of martial artists into the physical readiness of future specialists, allows you to effectively form applied knowledge, skills, and educate psychophysical, social and personal qualities.

Keywords: *innovative approaches, physical culture, professional and applied section, universities.*

Introduction. In connection with the intensive sportization of military physical education and other types of physical activity that did not initially belong to sports, physical education began to enter more and more into a state of crisis [3]. In this regard, scientists and practitioners, as a way out of the crisis, began to turn to sports activities as an effective means of developing specialized education and upbringing [4]. Thus, the historical process of sportization was opposed by a pedagogical technology adapted for children of school age, without a total orientation towards the sport of the highest achievements [1].

The sports approach was quite within the framework of the general theory of physical culture, as one of the sections of which was considered the integrative

theory of sports [6]. However, in the context of this interpretation, professionally oriented types of physical culture, such as industrial gymnastics, professional and applied training of employees of law enforcement agencies, faded into the background and were poorly cultivated in the actual practice of combat, operational and civil labor activity [2, 5].

Along with sportized models of applied physical culture, their types were developed, close to real combat and labor practice [7]. However, during periods of peaceful development, such realistic models were actively suppressed, showing their significance only during periods of military confrontation or on the eve of the last [3].

To date, the current political confrontation between Russia and a number of unfriendly countries has actu-



alized the development and implementation of simulation tools for applied physical culture related to martial arts.

Objective of the study is the scientific and theoretical substantiation of the professionally applied section of physical culture at the university, based on martial arts.

Methods and structure of the study. The pedagogical experiment was organized at the Department of Physical Culture of the Russian Timiryazev State Agrarian University from February 2021 to December 2022. In the course of the study, a survey and an experiment were conducted, in which university students took part, divided into control and experimental groups of 20 people each. The control group studied according to the traditional curriculum in physical culture, the experimental group - according to the innovative one, which included an applied section related to martial arts. Based on the results of a sociological study, an experimental version of the curriculum was formed, containing an applied section, which was based on the ontokinesiological concept of V.K. Balsevich [1].

The innovativeness of the professional-applied section of the curriculum lies in the orientation towards the bodily-motor and mental development of students, taking into account their future military service. Various types of martial arts can act as the leading means of university professionally applied physical culture.

In the theory of professionally applied physical training, psychophysical readiness for successful labor and military activity is defined as a goal, to achieve which it is necessary:

- form applied knowledge,
- master applied skills and abilities,
- educate applied psychophysical, social and personal qualities.

The innovative approach presented by us assumes that the development of applied knowledge is based on the study of the history of martial arts. Its peculiarity lies in the fact that, along with theoretical knowledge, value meanings, norms laid down in the spiritual practices of martial arts are mastered.

When forming applied skills and abilities, one should take into account the methodical principle of transferring the elements of motor actions of martial artists into the physical readiness of future specialists, which is associated with the commonality of morphological, biochemical and functional changes in the

body under the influence of exercises in the development of sports qualities.

Applied psychophysical qualities can be formed in the classroom in various sports. In the context of improving professionally applied physical training, martial arts are an effective means that have a significant impact on the content of socially significant values of a future specialist, serve as a kind of model for the formation of leading physical qualities, such as speed, strength, endurance, flexibility and dexterity.

The basis of professional-applied physical training based on martial arts are spiritual practices that are traditionally present in each type of this group of sports disciplines.

Results of the study and their discussion. The results obtained during the experiment showed that the level of mastering professional skills in the experimental group is higher by 10-12% compared to the control group. The revealed differences are connected with the use in the experimental group of an expanded arsenal of bodily-motor techniques and martial arts, as well as with a great variety and psychological and pedagogical synthesis of educational methods provided for by the experimental program of professional-applied physical training.

In the experimental group, a high degree of educational impact is stated, expressed in a more conscious and purposeful attendance by students of classes, the effect of which is directly related to the reproduction of specific situations of real life.

In the experimental group, a higher level of motivation was shown to choose classes in the sports sections of martial arts and martial arts, while in most cases students do not enjoy the right to be exempted from physical education classes.

Along with the orientation towards sports activities, the students of the experimental group showed an increased interest in applied physical education classes.

Conclusion. An innovative approach to the construction of the curriculum, aimed at using martial arts technologies based on spiritual historical practices, transferring the elements of motor actions of martial artists into the physical readiness of future specialists, allows you to effectively form applied knowledge, skills, and educate the psychophysical, social and personal qualities of students.

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