



# Functioning model of the GTO testing center on the basis of a pedagogical university

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## Abstract

**Objective of the study** was the theoretical and methodological substantiation of the functioning model of the GTO Testing Center on the basis of a pedagogical university (hereinafter referred to as the Center).

**Methods and structure of the study.** Carried out: study of normative and program documents; analysis of scientific and methodological works, empirical material on the activities of the Center; modeling.

**Results and conclusions.** On the basis of the provisions of the system, activity, personality-oriented approaches, a model for the functioning of the GTO Testing Center has been developed; substantiated the multi-level structure and nature of the relationship in the process of organizing the activities of the Center, shows the effectiveness of solving the main tasks of attracting students, various groups of the population to the implementation of the GTO standards, the development of mass physical culture and student sports.

**Keywords:** *physical education, All-Russian physical culture and sports complex "Ready for work and defense", physical education, student youth, model, Center.*

**Introduction.** Since the introduction of the All-Russian physical culture and sports complex "Ready for Labor and Defense" (hereinafter referred to as the VFSK GTO), as a program and regulatory basis for the physical education of the population of the Russian Federation, special attention has been paid to solving organizational and methodological issues for the introduction and implementation of these activities, the creation of testing centers and providing conditions for their effective functioning [6, 7].

GTO testing centers created on the basis of educational organizations, in addition to solving the main tasks of attracting students, students, various groups of the population to the implementation of the GTO standards, organizing advisory and methodological assistance in the preparation process, should become a tool for increasing the level of physical activity of students and workers education systems; ensure the transition to a higher quality level of the process of physical education in the university.

To date, there is still a tendency towards a decrease in the health level of students, low attendance at compulsory physical education classes, insufficient awareness of students about the VFSK GTO and the lack of motivation for most students to participate in program events [1, 3, 4, 8]. The problem of increasing the level of physical activity of students based on the search for effective ways to promote the activities of the VFSK GTO in the university requires its solution.

**Objective of the study** was the theoretical and methodological substantiation of the functioning model of the GTO Testing Center on the basis of a pedagogical university.

**Methods and structure of the study.** Carried out: study of normative and program documents; analysis of scientific and methodological works, empirical material on the activities of the "Center"; modeling.

Since February 2020, on the basis of the Ulyanovsk State University of Education named after I.N. Ulyanov, the GTO Testing Center operates. The success



of the "Center" in promoting the program activities of the GTO in the student environment is due to the organization of effective interaction of all subjects (on the one hand, leaders, physical education teachers, athletes, students, volunteers, etc.; on the other hand, education, physical culture management bodies of the federal, regional level and structural subdivisions of the Pedagogical University). In the period from September 2021 to the present, more than 1200 people took part in the implementation of the standards of the GTO complex, among them most of the student youth aged 18 to 24 years, the rest refers to the population of the city of Ulyanovsk aged 6 to 65 years.

**Results of the study and their discussion.** The development and implementation of the structural and functional model of the Center's activities based on the key methodological provisions of the systemic approach, personality-activity, personality-oriented approaches will make it possible to achieve the

planned target indicators in the field of mass physical culture development, popularization of the GTO among the students [5]. From the provisions of a systematic approach, the activities of the Center should be considered as a process of multi-level organizational interaction of various elements in the structure of the phased implementation of complex measures of various directions to promote the VFSK GTO in the university.

The process of physical education in the university, various forms of its implementation (educational, extracurricular and independent activities) are presented in the model as a purposeful physical culture and sports activity related to the preparation for the implementation of the test standards of the VFSK GTO, taking into account individual characteristics, motives and needs of students; the opportunity to participate in the outreach, educational activities of the Center. In the structure of the functioning model of the Center,

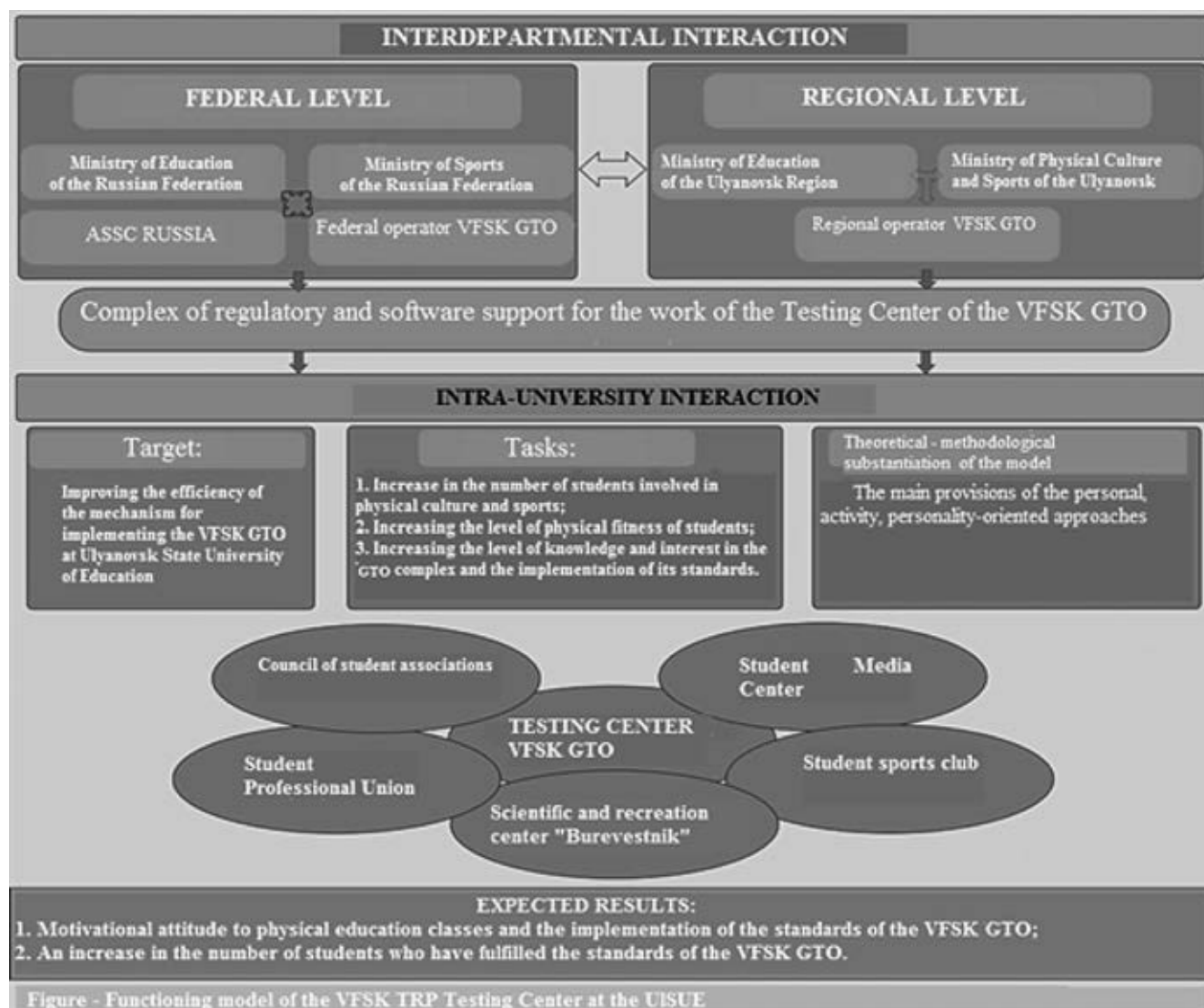


Figure - Functioning model of the VFSK TRP Testing Center at the UISUE



three basic levels are distinguished: federal, regional, university.

The federal level includes state authorities for education, physical culture and sports (the Ministry of Education of the Russian Federation, the Ministry of Sports, the Federal Operator of the VFSK GTO, the Association of Student Sports Clubs of Russia, hereinafter ASSCR); the regional level is represented by the Ministry of Education and Education of the Ulyanovsk Region, the Ministry of Sports of the Ulyanovsk Region, the regional branch of the ASSCR, the Regional Operator of the VFSK GTO.

Together, the interaction of federal and regional authorities ensures the development of a set of regulatory and program support for the work of the GTO Testing Center (see figure). The activities of the Center at the university level cover almost all structural divisions of the Ulyanovsk State University of Education named after I.N. Ulyanov, associated with educational, physical culture and health, sports work.

The work of the Center is built in cooperation with the Regional Operator VFSK GTO. This includes not only the participation of university students in regional sports events, but also participation in their organization by the Center's specialists themselves. For 2021-2022 17 judges were trained from among the students and teachers of the Faculty of Physical Culture and Sports, who took part in serving 19 events of the regional and all-Russian level held in the Ulyanovsk region.

The most important result of working with the regional operator and the Ministry of Physical Culture and Sports was the inclusion of the GTO All-Around as one of the types of the annual regional Universiade.

Most of the events held by the Center together with the student sports club (hereinafter referred to as the SSC) are held under the auspices of the ASSCR, which manages not only the development of student sports, but also the promotion of the GTO complex in universities through the implementation of such projects as "Studzachet", "Around sports".

The interaction of the Center and teachers of the Faculty of Physical Culture and Sports is built as a joint activity to achieve one of the target indicators of the Faculty Development Program until 2025 - "an increase in the proportion of students who have completed the tests of the VFSK GTO in the total number of full-time students." In order to achieve this indicator, the specialists of the Center have developed a point-rating system that provides students with the oppor-

tunity to receive additional points in the discipline "Physical Education" for participating in sports events held by the Center together with the SSC; allowing students to resolve issues with absenteeism and motivating them to more actively participate in these activities. Also, the Department of Sports Disciplines and Physical Education decided to count the results of the GTO all-around competitions in the framework of festivals and other sports events as the fulfillment of identical educational standards in the discipline of physical culture to obtain the final standings.

The interaction of the Center with the Student Media Center is based on the provision of mutual information assistance in the form of current news, announcements and results of actions and events, which makes it possible for a larger audience to get acquainted with the activities of the Center.

The student trade union organization acts as a partner and sponsor of award paraphernalia for students who take part in the events of the VFSK GTO. The Council of Student Associations presents at its events a base for the promotional sites of the Center, providing recognition of the GTO complex, visibility of the work of the Center's employees. Most often, such sites are types of tests in which you can participate and get some kind of valuable prize. Of great attraction is the electronic shooting range, where students can compete in shooting accuracy.

The Burevestnik Research and Health Center has a swimming pool, which provides the opportunity to prepare for swimming tests under the guidance of experienced instructors for both students (free of charge) and the public. The specialists of the Center, according to the contract-agreement, conduct swimming tests on a regular basis. The well-established interaction of the SSC "SPARTA" and the Center has already brought quite serious results in the implementation of the GTO complex not only among the students of the university, but also among the residents of Ulyanovsk. This is evidenced by a large number of sports events and promotions aimed at the adoption of standards, general statistics of the most important indicators of the federal operator [3].

The most important component of the attractiveness of the VFSK GTO program is its correct positioning. One of the activities of the Center is the promotion of the VFSK GTO in modern formats for young people. As successful promotional projects of the Center, one can name the work of the GTO - sites within the framework of the open day of student associations of UISUE



(09/05/2022) and the Day of the city of Ulyanovsk (09/11/2022), where every willing resident of the city could test his strength in the implementation of the complex, as well as pass the standards. The emphasis in the work of the sites was made on familiarizing the residents of the city with the GTO testing centers operating in the city, the procedure for obtaining insignia; online registration of all comers with a motivational component (participation in a lottery among those who meet the standards). The total number of people who visited the sites was more than 700, active interest was observed to a greater extent among children and youth.

Another activity of the Center is the organization and holding on the basis of the university qualifying stages for the formation of national teams in order to participate in the regional and all-Russian stages of the VFSK GTO festival among university teams, holding the all-around GTO as part of the first-year spartakiad or the annual spartakiad of students, which are held jointly with the student sports university club and with the support of the teaching staff of the Faculty of Physical Culture and Sports.

The effectiveness of the functioning of the Center in a pedagogical university is due to the need to address the lack of targeted funding for areas of activity; high workload of sports facilities of the university, in connection with which we implemented two formats of work.

The first format is associated with the holding of sports festivals included in the calendar plan of the Center and the SSC "SPARTA", and supplementing the program of these events with a stage with testing of the GTO complex (intrauniversity stage of the VFSK GTO Festival among universities, GTO All-Around within the framework of the Spartakiad of students of UISUE named after I.N. Ulyanov and others). This format does not allow achieving high performance in terms of the quality of fulfilling the standards for insignia, but it allows to ensure the mass character of these events.

The second format is the organization of work according to the "schedule" within the framework of the availability of time free from the educational and training process at the university's sports facilities (track and field arena, stadium, shooting gallery, gym), which provides the opportunity to prepare, take part in tests and fulfill the regulatory requirements of the complex GTO for both students and all residents of the city.

**Conclusions.** In the course of the study, the issues of organizing the interaction of structural divisions of

the university for the implementation of the VFSK GTO complex were considered, a model for the functioning of the GTO Testing Center on the basis of a pedagogical university was developed, and the content of various areas of work of the Center with university students, various population groups was presented. The analysis of the Center's activities for the first three years testifies to the effectiveness of the developed model and allows us to identify further aspects of the strategic planning of work to promote the VFSK GTO, the development of mass physical culture and student sports.

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