



Theoretical and practical tests in all-russian school physical education olympiad

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Abstract

Objective of the study was to analyze progress of the theoretical and practical test system for the school and municipal qualifiers for the All-Russian School Physical Education Olympiad.

Methods and structure of the study. The School Physical Education Olympiad theoretical and practical tests structure and contents are designed to test the competitors' theoretical competency and skills by combinations of highly challenging tests. The winners need to demonstrate excellent physical fitness standards and skills supported by a profound knowledge of the modern physical education theory within the school syllabus. The theoretical and practical tests are updated in contents and difficulty levels on an annual basis as provided by the guidelines of the Central School Education Methodology Commission. The competitors are tested by responses to a set of standard questions that test their knowledge and skills in the most difficult domains of the primary and secondary school Physical Education materials [2, 4].

Results and conclusion. The School Physical Education Olympiads in the Udmurt Republic have accumulated vast organizational and management experience and knowledge to effectively vary the theoretical and practical tests contents and focuses, plus fair scoring, ranking and winner nomination systems. The Udmurt Republic School Physical Education Olympiad Organizing Committee recommended the School Physical Education Olympiad related training elements for broader inclusion in the school Physical Education curricula. Since the School Physical Education Olympiad was first run back in 2001, the event with its theoretical and practical test system has made a great progress and now offers nine theoretical and practical test formats.

Keywords: *Physical Education Olympiad, development of theoretical and practical tests.*

Background. National education system ranks the School Physical Education Olympiad events among the most promising innovative methods for the school Physical Education promotion and motivations. The School Physical Education Olympiads are designed to test the students' progress and efficiency of the valid school Physical Education curricula and educational materials in practical competitive environments. For the last decade the School Physical Education Olympiads have demonstrated progress in popularity and participation as they effectively motivate the school-children for self-reliant physical education, physical progress and healthy lifestyles. The All-Russian event has evolved into something more than the talents finding mechanism as it rapidly shapes up into a popular

health movement that promotes athletics and health culture in the context of the best spiritual and intellectual progress values and priorities – and therefore, as we believe, deserves a special research [3, 5].

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Results and discussion. The school and municipal qualifiers for the School Physical Education Olympiad represented five districts of Izhevsk city. Table hereunder presents the sample test data [1].

It should be mentioned that the theoretical and practical tests questions covered the key terms and

meanings matching in 80% of the School / Municipal qualifier tests, albeit the sample showed much better performance in the School qualifier than in the Municipal qualifier. Note that one of the boys from Secondary school 72 made 97.1% success in the school theoretical and practical tests event – versus only 26.4% in the municipal event. And his peer from Secondary school 70 was ranked second with 96.1% and 11.7% success rates in the School and Municipal qualifiers, respectively. Going next is a Secondary school 70 schoolboy with 90.2% and 8.4% theoretical and practical tests success rates. The girls' tests showed the same trend.

The absolute theoretical and practical test champion from Secondary school 72 scored 94.1% and 31% success rates in the School and Municipal quali-

Table 1. Theoretical and practical tests data for the school and municipal qualifiers for School Physical Education Olympiad

Place	School	Qualifier's code	School qualifier score, points	School qualifier test success rate, %	Municipal qualifier score, points	Municipal qualifier test success rate, %
Boys						
1	Secondary school 72	M-11-331-20	99	97,1	24,25	26,4
2	Secondary school 70	M-11-151-11	98	96,1	10,5	11,7
3	Secondary school 70	M-11-231-8	94	92,2	32	34,8
4	Secondary school 70	M-11-331-22	92	90,2	7,75	8,4
5	Secondary school 72	M-11-331-16	91	89,3	23,5	25,5
6	Secondary school 57	M-11-151-17	88	86,3	38,75	42,1
7	Gymnasium 6	M-11-152-21	88	86,3	30,75	33,4
8	Secondary school 85	M-11-151-4	87	85,3	19,5	21,2
9	Secondary school 72	M-9	85	83,3	-	-
10	Secondary school 60	M-10-252-1	83	81,4	18,75	20,4
11	Kezabay Berda Udmurt Republic Gymnasium	M-10-151-16	80	78,4	37,25	40,5
12	Secondary school 7	M-11	78	76,5	-	-
Girls						
1	Secondary school 72	D-9-152-19	96	94,1	28,5	31
2	Secondary school 72	D-11-151-16	93	91,2	28,75	31,25
3	Secondary school 57	D-11-331-5	89	87,2	49,25	53,5
4	Gymnasium 6	D-11-231-12	88	86,3	18	19,6
5	Secondary school 27	D-9-331-21	87	85,3	26,5	28,8
6	Secondary school 89	D1	86,75	85	-	-
7	Secondary school 89	D-10-152-2	86,75	85	36,5	39,7
8	Secondary school 57	D-10-331-9	86	84,3	30,5	33,1
9	Gymnasium 6	D-9-253-8	85,75	84	13,25	14,4
10	Gymnasium 6	D-11-253-1	84	82,3	10,75	11,7
11	Secondary school 100	D-11-253-6	83	81,4	24,5	26,6
12	Secondary school 19	D-9-252-12	82	80,4	7,25	7,9



fiers, respectively. Ranked second was her peer from Secondary school 72 with 91.2% and 31.25% success rates, respectively. And ranked third was a girl from Secondary school 57 with 87.2% and 53.5% success rates in the School and Municipal qualifiers, respectively. The Municipal qualifier event was won by a girl from Gymnasium 83 with 89.49% theoretical and practical test success rate. Most unfortunate in the Municipal qualifier theoretical and practical tests event was a girl from Secondary school 7 with only 2.45% theoretical and practical tests success rate.

A comparative analysis of the theoretical and practical tests data shows better performance of the sample in the School qualifier. We analyzed the Municipal qualifier theoretical and practical tests quality and difficulty and surveyed the qualifiers to find the key difficulties in trainings for the School Physical Education Olympiad theoretical and practical tests. The sample reported a need for systematic theoretical training as Reason No.1 for the failures. They complained the school Physical Education theory being delivered on a fragmentary basis if any. This shortage forces the children to rely on the self-learning of the Physical Education theory— often from scratch – including the history of physical education, traditions and culture; motor skills training basics; Physical Education service design and management basics; self-reliant training systems; training progress tests and medical service basics, etc. Reason No.2 found by the survey is the shortage of the accessible literature in Physical Education theory recommended by the Central School Education Methodology Commission. The Physical Education literature available in the Udmurt Republic Library reportedly fails to cover the recommended list in full. And Reason No.3 mentioned by the sample is the surprises in the theoretical and practical tests difficulty levels and new tests coming up every year, with the children caught unprepared for such tests.

Having analyzed the failure statistics and reported reasons for the poor performances, we developed a pre-theoretical and practical tests training method. The method offers the following training algorithm for the School Physical Education Olympiad theoretical and practical tests qualifiers: learn every element of the Physical Education theory; run knowledge tests in every Physical Education test format (standard tests, open-end questions, enumeration and matching problems, etc.); detect errors if any; come back to the omitted/ challenging Physical Education theory elements to clarify and digest them; go to the next Physi-

cal Education theory domain. In the precompetitive period, we recommend the qualifiers run crash tests in every Physical Education theory domain with stepped difficulty levels, test numbers and growing time pressure in the tests.

The above precompetitive training algorithm was tested by the Udmurt Republic School Education Methodology Commission, with the trainees' progress in every Physical Education theory domain tested by combined versatile test sets. The precompetitive training algorithm has been tested prior to the municipal and republican School Physical Education Olympiad qualifiers and finals.

Conclusion. The School Physical Education Olympiads in the Udmurt Republic have accumulated vast organizational and management experience and knowledge to effectively vary the theoretical and practical tests contents and focuses, plus fair scoring, ranking and winner nomination systems. The Udmurt Republic School Physical Education Olympiad Organizing Committee recommended the School Physical Education Olympiad related training elements for broader inclusion in the school Physical Education curricula. Since the School Physical Education Olympiad was first run back in 2001, the event with its theoretical and practical test system has made a great progress and now offers nine theoretical and practical test formats.

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