



# University physical education and sports advancement program: provisions and analysis

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## Abstract

**Objective of the study** was to develop an Udmurt State University Physical Education and Sports Progress Program for the period up to 2030 (hereinafter referred to as the Program).

**Methods and structure of the study.** We used the following methods in the study: analysis of the valid legal and regulatory documents for the physical education and sports sector management and the relevant physical education and sports service policy documents for universities; questionnaire surveys using the Google Forms online service, interviews, and mathematical tools for the questionnaire survey data processing and analyses. The survey data produced by the Google Forms were instantly processed and analyzed. We sampled the 1-3-year students attending the university physical education and sports classes for questionnaire survey-1 in March 2018 (n=689) and questionnaire survey-2 in October 2020 (n=345).

**Results and conclusion.** The recent federal governmental policy documents to encourage the national physical education and sports progress require from the national higher educational establishment taking challenging projects to increase their habitually sporting student populations. The federal strategy sets the goals that should be attained on a systematic basis, with every university expected to develop and implement its own physical education and sports progress program. These university physical education and sports progress programs for the period up to 2030 should respect the following: every university's university sports progress history and traditions for the whole service period; key university sports progress provisions; university physical education and sport service assets/ infrastructure and accessibility; interests and needs of the student community profiled by the questionnaire survey; best practices and experiences of the peer universities implementing the similar Programs.

**Keywords:** Udmurt State University, methodology, university sports, program, progress.

**Background.** The recently adopted national Physical Education and Sports Progress Strategy for the period up to 2030 [2, 3, 4] laid a basis for further policy documents that spell out the specific relevant policies, tools and progress benchmarks for every sector including the higher education system. One of the main objectives set by the Physical Education and Sports Sector Progress Strategy and the interdepartmental progress programs is to have increased the young habitually sporting population (children and youth) to 80% of the total by 2024 [1]. The Strategy also sets the following physical education and sports progress

provisions: complement the academic education progress reporting system with the physical education and sport service quality rating criteria; monitor the university sports progress in every high educational establishment; and complement the effective contracts of the high educational establishment management personnel with the physical education and sports service management quality rating criteria.

**Objective of the study** was to develop an Udmurt State University Physical Education and Sports Progress Program for the period up to 2030 (hereinafter referred to as the Program).



**Methods and structure of the study.** We used the following methods in the study: analysis of the valid legal and regulatory documents for the physical education and sports sector management and the relevant physical education and sports service policy documents for universities; questionnaire surveys using the Google Forms online service, interviews, and mathematical tools for the questionnaire survey data processing and analyses. The survey data produced by the Google Forms were instantly processed and analyzed. We sampled the 1-3-year students attending the university physical education and sports classes for questionnaire survey-1 in March 2018 (n=689) and questionnaire survey-2 in October 2020 (n=345).

**Results and discussion.** Pursuant to the national policy documents for the long-term progress of the university sports, the Rector's office made Decision No. 25/1 dated 17.02.2020 to develop the Udmurt State University Physical Education and Sports Progress Program for the period up to 2030. The decision was based on the 2018-2020 questionnaire survey of the student population. Thus the questionnaire survey 1 in March 2018 (n=689) found 48.8% and 46.3% of the female and male groups (respectively) motivated for the GTO Complex tests. The questionnaire survey 2 in October 2020 (n=345) found the same enthusiasm in 42.6% of the sample. It should be emphasized that most of the sample reported the regular 4-hour [per week] trainings being too short for them and, hence, necessarily complemented (as reported by 56.4%) by extracurricular physical education and sports. Only 14.5% of the latter reported being driven by the academic physical education credits; whilst 19.4% reported needs for competitive accomplishments; 25.2% the physical education and sports versatility related needs; 19.7% socializing/ friends-making needs; and 17.2% health, weight control and performance/ fitness needs.

The Udmurt State University Rector effectuated by his Order No. 543/01-01-04 Dated April 27, 2021 the Udmurt State University Physical Education and Sports Progress Program for the period up to 2030 – to encourage the students' healthy lifestyles, habitual physical education and sports activity, access to the university physical education and sports infrastructure and competitive agencies, with the best athletes expected to qualify for the regional and national sports teams. The Program sets the following progress stages:

**Stage 1 (2021-2025)** designed to launch the physical education and sports infrastructure rehab, re-construction and development projects; establish the university physical education and sports management system; start up the physical education and sports service reform; expand the existing network of sports groups; offer new competitive events in the physical education and sports calendars; provide special funding for the formal team competitions; and secure growth of the habitually sport-ing student community up to 65% of the total; and

**Stage 2 (2025-2030)** to complete the major physical education and sports infrastructure rehab, re-construction and development projects; finalize the physical education and sport service reform; and increase the habitually sporting student community to 80% of the total.

It is handball and athletics that has been the core Udmurt State University sports for many decades. The women's "University" handball team was ranked the 8th in the 2020-2021 Russian Super League Championship, albeit it is still considered a backbone of the student national team. Taking pride in the Udmurt State University handball and athletics traditions and accomplishments, the Program provides for a new project to establish a sports training center for beginners to the sports elite. The Program gives a special priority to the university physical education and sports popularity by making provisions for improving the regular physical education and sport service and facilitate progress of the extracurricular physical education and sports including services of the student sports clubs and new sports training center.

The Program is expected to: attain the goals versus the progress benchmarks; develop a modern physical education and sports infrastructure for the amateur and elite sports; modernize the existing physical education and sport services; engage 80% of the student population in habitual physical education and sports; and promote the Udmurt State University sporting brand name in the Udmurt Republic, Russia and abroad.

**Conclusion.** The recent federal governmental policy documents to encourage the national physical education and sports progress require from the national higher educational establishment taking challenging projects to increase their habitually sporting student populations. The federal strategy sets the goals that should be attained on a system-



atic basis, with every university expected to develop and implement its own physical education and sports progress program. These university physical education and sports progress programs for the period up to 2030 should respect the following: every university's university sports progress history and traditions for the whole service period; key university sports progress provisions; university physical education and sport service assets/ infra-structure and accessibility; interests and needs of the student community profiled by the question-naire survey; best practices and experiences of the peer universities implementing the similar Pro-grams.

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