



Technology of integration of physical culture and sports activities and patriotic education of students

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The purpose of the research is to develop and test innovative forms of organization and development of physical culture and sports work with students at the university.

Methodology and organization of the study. The New Zarnitsa sports and patriotic program has been developed based on the technology of integrating physical culture and sports activities and patriotic education.

The results of the study and conclusions. The introduction and implementation of the Program's activities makes it possible to increase the effectiveness of the educational process of physical education universities, which is confirmed by the data of a sociological survey of teachers, coaches and students.

Keywords: *technology, integration, physical culture and sports activities (FSD), patriotic education, student youth.*

Introduction. Modern socio-political challenges and strategic tasks set for their solution actualize the need to integrate physical culture and sports activities and patriotic education of Russian youth, the development and introduction of new forms of physical education, school, student and mass sports based on the implementation of research and socially oriented projects using advanced and innovative experience [1].

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Methods and organization of research. The main conceptual idea of the New Zarnitsa Program was the technology of integration of physical culture

and sports activities and patriotic education, which involves creating conditions for the consistency of educational, physical culture and sports and civic-patriotic work at the university. The objectives of the technology are aimed at: attracting young people to a healthy lifestyle, engaging in military-applied sports; fostering a sense of patriotism; psychological preparation for overcoming difficulties, developing skills of action in extreme situations; development of various mass, accessible and popular forms of sports and recreation work; improvement of work on sports and patriotic education, civic formation of student youth.

The results of the study and conclusions. As part of the survey, experts (n=38) expressed the opinion that the integration of sports and patriotic education of students is an important element of their education and civic and personal formation (89.4%). During the implementation period, the participants of the Program improved their psychophysical preparedness (78.9%), moral qualities (92%), increased self-esteem (97.4%) and strengthened patriotic feelings (81.6%). These results confirm the importance of the task of forming civic identity and patriotism among students of physical education and sports universities, which has acquired special importance in the context of international sports isolation.

References

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