



Organizational and pedagogical model of formation of physical culture of the country's population: theoretical aspect

UDC 796.0011



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Received by the editorial office on 17.12.2023

Abstract

Objective of the study was to substantiate and develop a theoretical model for the formation of physical culture of the country's population and test it in practice.

Methods and structure of the study. The main research methods in the work were: analysis of scientific and methodological literature on the topic of research, survey, questioning, structuring, systematization, modeling, comparison, graphic analysis, abstraction, interpretation, etc. The system of functioning of physical culture and sports among the population in the Krasnoyarsk Territory was also analyzed. All this as a whole made it possible to adjust and formulate a theoretical model for the formation of physical culture of the population of the Krasnoyarsk Territory, which, after testing, can be designed for all regions of the country.

Results and conclusions. An analysis of scientific and methodological literature and a number of sociological studies of physical education and sports of the country's population showed the following dynamics: in 2019, 40% of the country's population (58.6 million people) were engaged in physical culture and sports, in 2023 – 53% (70 million people), by 2030 it is planned to increase the number of students to 70% (93 million people). In order to achieve the above indicators, it is necessary to improve the system of physical education and recreational work among the population of the country, namely, to design its content to develop in people a culture of physical culture and sports, and the need for systematic physical exercise.

Keywords: *physical culture, population, formation, organizational and pedagogical model, stages.*

Introduction. At the International Forum “Russia – a Sports Power”, which was held in October 2023 in Perm, the President of Russia set a task for the Government of the country about the need to attract at least 70% of the state's population to mass physical education and sports. This important task can be solved if the country has developed and operates a comprehensive system for the formation of physical culture among the population, starting with preschool children and ending with the older generation.

The need to form a holistic and stage-by-stage organizational and pedagogical model of the formation of physical culture of the population, starting from preschool age and progressively covering the

older generation of people and to control the formation of physical culture involved in the means of GTO, was the goal of this theoretical study. All of the above will contribute to the formation and establishment of a system for introducing the country's population to mass physical education and sports and developing their need for systematic physical exercise.

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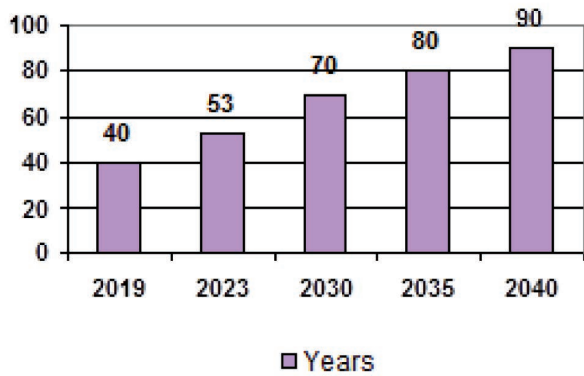


Figure 1. Dynamics of the country's population engaging in physical culture and sports, in %

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Results of the study and discussion. Human physical culture is, first of all, a formed need for systematic physical education and sports, aimed at strengthening health, developing and maintaining physical abilities in the process of all life activities. The need for systematic physical exercise, obtaining "muscular pleasure" is a basic component of physical culture.

At the heart of the theoretical organizational and pedagogical model is the basic goal aimed at developing the physical culture of the country's population and the need for systematic physical exercise. An analysis of scientific and methodological literature and a number of sociological studies of physi-

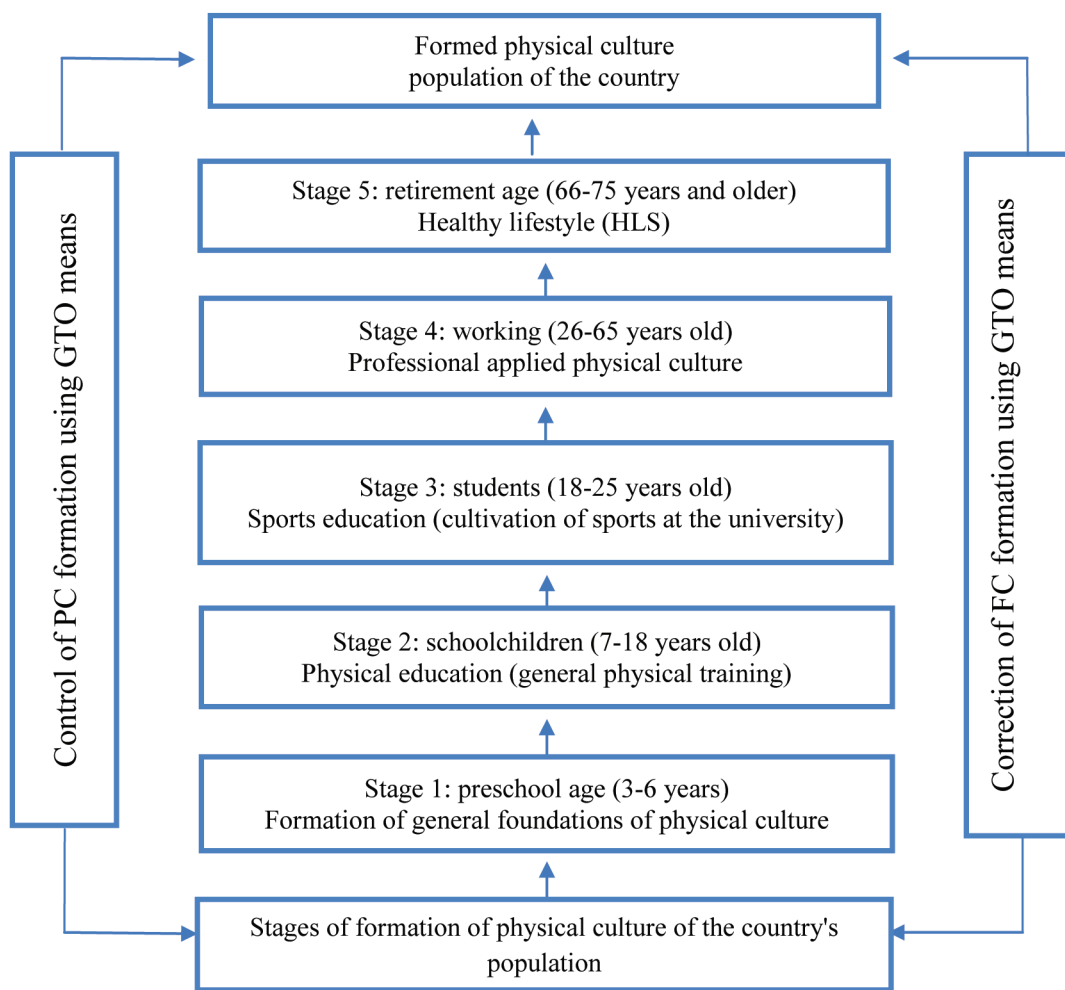


Figure 2. Organizational and pedagogical model of the formation of physical culture of the country's population



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Figure 1 shows a graphical display of the dynamics of physical education and sports activities of the country's population.

At the International Forum "Russia – a Sports Power", the President of Russia declared 2024 the year of sports. In order to achieve the above indicators, it is necessary to improve the system of physical education and recreational work among the population of the country, namely, to design its content to develop in people a culture of physical culture and sports, and the need for systematic physical exercise. In this target setting, a theoretical model of the formation of physical culture (PC) of the country's population was developed.

The organizational model for the formation of physical culture of the country's population, presented in Figure 2, includes 5 stages that progressively form the necessary theoretical knowledge and practical skills in physical culture and sports throughout a person's life.

Conclusions. The generated theoretical model includes five main stages of human life, where at the first stage, general physical education is formed in

preschool children; at the second stage, schoolchildren develop basic physical qualities; at the third stage at student age - inculcation of various sports (sports culture); at the fourth stage, the working population is supported with applied motor skills and abilities necessary in work; at the fifth stage, the older generation engages in a healthy lifestyle and prolongs their longevity. Such a systematic approach will contribute to the solution of all physical education and sports goals that the state and society plan to be a sports and healthy nation.

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