

# Formation of professional sports culture of the personality of cadets of educational organizations of the federal penitentiary service of Russia in the aspect of methodological approaches

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## Abstract

**Objective of the study** was to theoretically substantiate the conceptual apparatus and methodological foundations of the formation of professional sports culture of the personality of cadets of educational organizations of the Federal Penitentiary Service of Russia.

**Methodology and organization of the study.** The work applies a theoretical analysis of scientific works of various authors, extrapolates and formulates the concept of professional sports culture of personality of cadets.

**Results and conclusions.** The concept of professional sports culture of the individual is clarified, a comparative analysis is carried out with such concepts as: physical culture of the individual, applied physical training, sports culture of the individual. Conceptual provisions for the formation of a professional sports culture of an individual have been developed.

**Keywords:** *professional sports culture of personality (PSCP), determinants, concept, conceptual apparatus.*

**Introduction.** To improve the quality of physical training of cadets of educational institutions of the Federal Penitentiary Service of Russia, various methodological approaches are used [3]. One of the promising approaches to increasing the level of physical fitness is the formation of a professional sports culture of the personality (PSCP) of cadets, this will increase the level of motivation for sports training, which will lead to an increase in the number of cadets regularly involved in sports and, as a result, an increase in the level of their physical fitness [4].

Objective of the study was to theoretically substantiate the conceptual apparatus and methodological foundations of the formation of professional sports culture of the personality of cadets of educational organizations of the Federal Penitentiary Service of Russia.

## Methodology and organization of the study.

The work applied a theoretical analysis of scientific works of various authors, carried out extrapolation and formulated the concept of PSCP of cadets.

**Results of the study and discussion.** Professional sports culture of an individual is part of a person's culture, personal education that determines a positive attitude towards sports training and sports. In the professional aspect, this phenomenon is expressed in the use of sports training to achieve high levels of psychophysical readiness for service, a high level of development of physical qualities and perfect mastery of professionally important motor skills.

The professional sports culture of an individual is closely related to the essential characteristics of physical culture, professionally applied physical training,



and sports culture. According to famous scientists L.P. Matveeva and A.D. Novikov, in a broad sense, the physical culture of an individual is the results of the use of material and spiritual values embodied in human activity that relate to the sphere of physical culture [8]. While V.M. Vydrin includes in the concept of physical culture of an individual everything that a person has used and achieved beyond what nature has given him [2]. In this context, V.K. Balsevich defines the physical culture of an individual as the totality of a person’s personal physical motor achievements (physical qualities, motor skills, performance, etc.) [1]. Based on the stated positions, it should be noted that PSCP differs from the physical culture of an individual in its sports orientation. Vocational applied physical training is a specially organized educational process aimed at developing the psychophysical readiness for professional activities of future specialists, using special means of physical activity [6]. In our opinion, an important

feature of PSCP is that it is a personal cultural quality, expressed in a positive attitude towards sports activities, and not only as a result of physical training. This thesis is confirmed by the opinion of V.I. Stolyarov and S.Yu. Barinov, who consider personal sports culture (SCP) as values, socio-pedagogical processes and relationships developed in society and passed on from generation to generation that develop during competitions and sports preparation for them [7]. In addition to this position, we will present the point of view of K.B. Tumarov in the understanding of sports culture as a holistic, systemically organized and personally determined characteristic of a person - a subject of sports activity [9]. Summarizing various approaches to understanding the essence of sports culture of the personality of L.I. Lubyshev and A.I. Zagrevskaya substantiate this phenomenon as an integrative personal education, including a system of means, methods and results of physical culture and sports activities, aimed

*Conceptual provisions for the formation of professional sports culture of the personality of cadets of educational organizations of the Federal Penitentiary Service of Russia*

Main blocks	Contents of blocks
Target	Theoretical-methodological and methodological-technological support for the process of formation of PSCP of cadets
Tasks	Improving the quality of the pedagogical process; Improving interaction between participants in the educational process; Formation of motivation for cadets to carry out sports activities. Development of sports infrastructure and increasing its accessibility for sports training by cadets
Methodological approaches	Axiological, environmental, systemic, competency-based, cultural, these are the approaches that make it possible to fully form PSCP
Patterns	Physical training of cadets of educational institutions of the FPS of Russia should be of a professional and applied nature; Unity of general and special physical training; The physical training of cadets is as versatile as possible in the general physical training section; Physical training should consist of the following sections: theoretical training, general physical training and special physical training, which includes combat techniques, overcoming obstacle courses
Determinants of the concept	Social order, domestic and international pedagogical experience, the changing functionality of a modern worker, practical experience in carrying out teaching activities
Methodological basis for constructing the concept	Content analysis, theoretical and methodological analysis, pedagogical extrapolation, pedagogical modeling
Legal basis	“The Constitution of the Russian Federation” (adopted by popular vote on 12/12/1993 with amendments approved during the all-Russian vote on 07/01/2020); Federal Law “On Education in the Russian Federation” dated December 29, 2012 N 273-FZ (latest edition); Federal Law “On Higher and Postgraduate Professional Education” dated August 22, 1996 N 125-FZ (latest edition); Federal Law of July 19, 2018 N 197-FZ “On service in the penal system of the Russian Federation” and on amendments to the Law of the Russian Federation “On institutions and bodies executing criminal penalties in the form of imprisonment”, Order of the Federal Penitentiary Service of Russia dated 06/13/2023 N 382 “On approval of the Procedure for organizing personnel training to fill positions in the penal system of the Russian Federation” (Registered with the Ministry of Justice of Russia on 07/13/2023 N 74247) and the federal state educational standard
Prerequisites for constructing the concept	Theoretical; Socio-historical; Practical.



at the perception, reproduction, creation and dissemination of physical culture and sports values and technologies [5]. Professional sports culture of the individual is a related concept of sports culture of the individual, however, unlike it, it has a pronounced professional orientation.

The conducted theoretical research raised the question of the need to formulate the main provisions of the concept of the formation of PSCP of cadets (see table).

**Conclusions.** Professional sports culture of an individual should be considered as an independent concept that characterizes the level of formation of professionally significant, physical and personal qualities of a specialist. At the same time, this phenomenon is an indicator of the effectiveness of the physical training process in a professional educational institution. The presented conceptual provisions for the formation of a professional sports culture of an individual determine the relevance of the transformation of methodological approaches in the physical training of law enforcement specialists.

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