



Formation of independent skills physical training for university students

UDC 796.011.1

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Received by the editorial office on 24.08.2023

Abstract

Objective of the study was to develop pedagogical recommendations for developing students' skills in organizing independent physical training.

Methods and structure of the study. The pedagogical experiment was carried out on the basis of Belgorod and Moscow universities. 340 senior students took part in it. In the experimental group, complexes of special and methodological classes were used, as well as various activities aimed at mastering the skills of independent physical training during the semester at least once a week. To assess the level of mastery of the skills to organize independent physical training, a survey was conducted.

Results and conclusions. Of all the skills assessed, gnostic skills received the highest score. This emphasizes that knowledge, which must be up-to-date, plays an important role in organizing independent physical training. Organizational skills are considered important. As part of the classes, it is necessary to solve problems related to the formation of self-educational competence of students. This will allow, upon graduation, not to experience difficulties in organizing and conducting independent physical training to maintain a high level of physical fitness.

Keywords: *physical training, educational process, independent training, students.*

Introduction. Studying in higher educational institutions requires young people to be independent. This circumstance necessitates the development of a pedagogical system with the strengthening of self-educational activities of students. Many authors indicate that there is a need to develop skills in organizing independent physical training [2, 6]. In particular, this is due to the requirement to maintain a high level of physical fitness during educational activities [4, 5].

Modern activities of students in educational organizations are connected not only with educational activities. All this has an impact on the process of training future specialists [2, 3, 5]. In this situation, an effective means of maintaining the required level of physical fitness is independent physical training, which allows students to combat the negative factors of professional training [3, 5].

At the same time, studies [2, 5, 7] indicate that the majority of students do not have the skills to organize and conduct independent physical training. What is the result of the lack of classes related to the formation of these skills in the process of educational activities.

Objective of the study was to develop pedagogical recommendations for developing students' skills in organizing independent physical training.

Methods and structure of the study. To achieve this goal, a pedagogical experiment was organized and conducted on the basis of Belgorod and Moscow universities. It was attended by students who were divided into two groups of 170 people. In the experimental group, complexes of special and methodological classes were used, as well as various activities aimed at mastering the skills of independent physical training during the semester at least once a week.



To assess the level of students' mastery of the skills to organize independent physical training, a survey was conducted with the further use of the method of generalizing independent characteristics.

Results of the study and discussion. In the process of conducting a pedagogical experiment, students in the experimental group were introduced to the basic principles, means and methods of sports training. They also paid attention to the continuous updating of knowledge in the field of physical culture to increase the effectiveness of training and increase motivation. Practice has shown that the knowledge acquired by students largely determines the level of proficiency in organizing independent training. To test the effectiveness of the proposed means, students were surveyed and the results were further processed using the method of generalizing independent characteristics. Figures 1-3 present the results of various indicators that assess the ability to organize independent physical training.

Figure 1 shows the results of a survey of teachers of the Department of Physical Education, how they assessed the ability of students to organize and conduct independent physical training. Before the start of the experiment, students in both groups possessed the necessary skills at a fairly low level. By the end of the experiment, the studied indicators changed in the groups, but significant changes were noted in the experimental group.

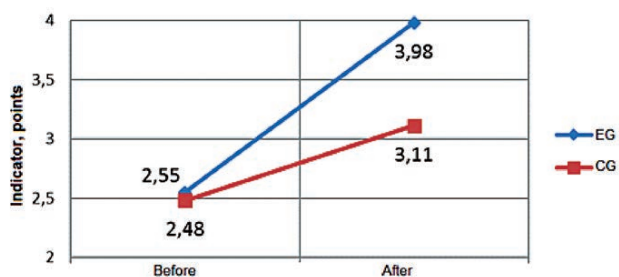


Figure 1. Teachers' opinions regarding students

An assessment of knowledge about methods of organizing and conducting independent physical training

is presented in Figure 2. The skills of self-control and determining the required level of physical activity were also assessed. Thus, by the end of the experiment, students in both groups had higher knowledge and skills in the studied indicators than before the start of the experiment. Significant changes were noted in the experimental group.

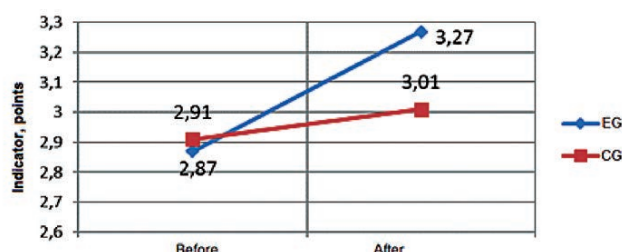


Figure 2. Assessment of knowledge about independent physical training

An important factor influencing the performance of independent physical training is the motivational component [1]. The dynamics of the motivational component among students is presented in Figure 3. Significant changes were noted in the experimental group. This is a consequence of regular activities associated with independent training, as well as stimulation for the constant search for new information regarding independent physical training.



Figure 3. Dynamics of the motivational component

The table presents the results of assessing general pedagogical skills. Of all the skills assessed, gnostic skills received the highest score. This emphasizes that

Dynamics of indicators of general pedagogical skills of students

Groups		Gnostic	Creative	Design	Organizational	Communication
CG	Before	3,52±0,15	2,89±0,17	2,73±0,18	2,84±0,19	2,51±0,14
	After	3,81±0,13	3,11±0,12	3,05±0,14	3,15±0,12	3,02±0,13
	P	-	-	-	-	-
EG	Before	3,57±0,14	3,52±0,12	3,41±0,14	3,43±0,15	3,42±0,14
	After	4,78±0,12	4,42±0,14	4,45±0,11	4,52±0,14	4,29±0,17
	P	+	+	+	+	+



knowledge, which must be up-to-date, plays an important role in organizing independent physical training. Organizational skills are considered very important. Creative and design skills come next, followed by communication skills.

Conclusions. The results of the study showed the effectiveness of the proposed methodological techniques for developing students' ability to organize independent physical training. But the process of their education in this matter should be carried out throughout the entire duration of their training in educational organizations. As part of the classes, it is necessary to solve problems to develop the self-educational competence of students. This will allow, upon graduation, not to experience difficulties in organizing and conducting independent physical training to maintain a high level of physical fitness.

To effectively develop students' skills in organizing and conducting independent physical training, it is necessary during classes to pay attention to finding and solving problems related to increasing physical fitness and functional fitness, creating sustainable motivation for physical education, instilling confidence in the ability to carry out independent physical training. training, mastering knowledge of self-control.

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