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MOTIVATION FORMATION TO AN INDEPENDENT USE OF PHYSICAL CULTURE AND SPORT MEANS IN ORDER TO PRESERVE STUDENTS’ HEALTH

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Annotation. Nowadays in conditions of a political and social-economic instability, which has a negative influence on a psychological and physical health, urgent becomes the problem of a need formation for an independent use of physical culture means as a powerful factor of a spiritual-moral and physical development, an intellectual and physical working capacity increase, muscular power, quickness, endurance indices increase and other motional-coordinating qualities as the base for a normal functioning of an organism.

Research methods: scientific-methodical literature analysis and summarizing, a pedagogical experiment, testing, statistical data manipulation.

Results. Modern research works show, that a traditional approach to physical upbringing process organization in different parts of a state educational system makes a negative impact on a health state of children, teen-ages and students, doesn’t provide a positive motivation formation to a volume increase of a motional activity to individually optimal values; a sense of satisfaction with physical culture lessons. The author created a methodology of a need formation for an independent systematic physical exercises fulfillment, which provide an optimal volume of motional activity. The content of the methodology provides the system formation of special exercises, the demands creation to lessons organization, the realization of which provides the following: a positive psycho-emotional atmosphere; a sense of satisfaction with physical exercises; the dependence realization of own health on a purposeful physical load; the need for an independent use of physical culture and sport means; a positive motivation to take part in physical-health-improving and sports-mass activity.

Conclusion. Physiological mechanism understanding of physical exercises influence on physiological systems and functions of an organism;the dependence realization of own health on a life style are the main conditions for a motive formation to an independent use of physical culture and sport means in order to preserve and improve health. The results of a pedagogical experiment proved the effectiveness of a created by the authors methodology; the expediency of the conditions use, which provide an effectiveness increase of physical culture lessons and motives formation to an independent fulfillment of physical exercises during extra-curricular time.

A political instability, global ecological crisis, low tempo of social-economic development of a country conditioned instability, decrease of psychic and physical health level among population. At the same time, it is known that an intellectual and physical working capacity, high indices of physical fitness and a functional state of an organism determine labour productivity, spiritual-moral development, satisfaction with life.
The results of many research works prove, that health mainly depends on a person’s own attitude to it and it demands a personal responsibility formation for a spiritual-moral and functional state. [1, 2, 4-6, 8].

The aim of this research work is a theoretical substantiation of the importance to form a motive to an independent use of physical culture and sport means in order to improve students’ health indices at not physical culture higher educational establishments.

Objectives:
1. To reveal the conditions of a motivation formation to an independent use of physical exercises after their mastering at the lessons.
2. To create a methodology of a need formation for physical exercises fulfillment, which provide an optimal volume of motional activity and to check its effectiveness during the pedagogical experiment.

An educational process organization on physical upbringing of students at not physical culture higher educational establishments (as showed the research works results held by E.S. Borisov, 2008; D.L. Porozov, 2009; Z.M. Kuznetsova, 2011; A.G. Madzhuga, 2011 and others) demands a serious rethinking; it doesn’t correspond to modern demands. Physical culture lessons don’t provide a necessary volume of motional activity, the level of physical fitness, an optimal intellectual and physical working capacity. The teachers at not physical culture higher educational establishments are not ready to reveal earnestly the essence of a purposeful muscular activity as one of the main factors of a person’s health improvement; to show the role of a healthy life style in a spiritual-moral and physical health improvement; to form motivation to an independent use of physical culture and sport means.

In the conception of a Federal target-oriented program “Physical culture and sport development in the Russian Federation during the period 2006-2015” it is mentioned, that it is important to improve health, to increase the effectiveness of an educational process of students’ physical upbringing – the future specialists, who provide social-economic development of a country; the formation of their motivation to an independent fulfillment of physical exercises, the yearning for a sports life style.

In the research work, held by A.G. Madzhuga (2011), it is underlined, that an individual program creation of a healthy life style is based on a dominating motive, which determines the necessity realization to provide an optimal volume of motional activity, introduction into worldwide values of physical culture and sport and creation on their basis a personal system of values as a condition for a kinesiological potential realization.

One of the ways of motivation formation to an independent use of physical culture and sport means for health indices increase among students of not physical culture higher educational establishments, as our research works show, is conditions creation for own health realization as a transient value. For students it is necessary to understand, that diseases appearance and development during the study at a higher educational establishment are not the results of an accident influence of an infection, cold, food intoxication and other factors, but the results of not correct, unhealthy life style: improper feeding, a deficiency of motional activity; an optimal ratio of labor and rest violation; skills absence of psycho-emotional state management, of success and failures analysis and so on. The realization of own health dependence on a life style, a physiological mechanism understanding of physical exercises influence of an organism the systems and functions are the leading conditions for a motive formation to an independent use of physical culture and sport means in order to preserve and improve health.

Scientific and scientific-methodical literature analysis on the problem of the research work, a personal experience summarizing of physical culture lessons organization for students of not physical culture higher educational establishments, showed, that motivation formation to an
independent use of physical exercises in order to improve and preserve own health of students is successfully realized in case of the following conditions:

- inclusion into the content of the lessons physical exercises with an ideal demonstration and importance explanation of each exercise (during fulfillment) for activity improvement of the physiological systems of an organism;
- the use of new motional actions at every lesson, different ways of their fulfillment, taking into consideration the peculiarities of influence on cardiovascular system, respiratory system and other physiological systems for motional-coordinating qualities development;
- a rational succession explanation of motor acts use, an optimal dosage, taking into consideration their qualitative characteristics, depending on the set aim;
- the control skills formation of physical exercises fulfillment: the correspondence of spatio-temporal and spatio-power parameters of each of them to the set parameters; the functional state indices control;
- the influence explanation of a warming up on an organism during the preparatory part of physical culture lesson, during an independent fulfillment of the exercises.

In order to check the effectiveness of these conditions realization a pedagogical experiment was held. 48 students from the 2nd course of a technical higher educational establishment took part in the experiment. Two groups were organized: the control group (CG) – 23 students, and the experimental group (EG) – 25 students. Before the pedagogical experiment a test was held in order to evaluate the initial level of physical fitness. The following control exercises were used: 100 meters running (seconds), 2000 meters cross-country race (minutes), standing long-jump (centimeters); arms-pumping in a front lying support (quantity); legs lifting till touching the floor over the head from a lying support (quantity).

The research data analysis didn’t reveal considerable differences according to the level of students’ physical fitness from the CG and the EG (p>0,05). Also the level of motivation formation to independent, systematic physical exercises was revealed. Scientific and scientific-methodical literature analysis shows a great importance of socially important motives formation to self-development by means of physical culture and sport [1-3, 6, 9]. The choice of sports activity motives is conditioned by the need for self-actualization, physical culture and sport values realization, the structural components of which are a positive, emotional and behavioural, which are revealed in personal mind-sets, aims, the choice of the corresponding kinds of activity. In this case, the importance of knowledge formation on the character of health indices interaction, the volume of motional activity, the choice of physical culture and sport means, the forms of knowledge; the ratio of an educational and independent physical-health-improving activity, the motives of physical exercises use increases.

Before the pedagogical experiment by means of an oral test the following leading motives of physical culture lessons attendance by the students from the CG and the EG were revealed:

- a good mark;
- to avoid a teacher’s and dean's office complaint, as physical culture is a compulsory subject.
- to lose weight.

The lessons in the CG were held in accordance with a program of physical culture, recommended by the Ministry of Education of the Russian Federation. In the EG created by us methodology of a motivation formation to an independent use of physical culture and sport means in order to improve health indices was used. The methodology contents included the following:

- the factors explanation, which determine health state; the reasons for diseases; the role of medicine and physical culture in health preservation; a physiological mechanism revelation of a purposeful, systematic physical exercises influence on a functional and psycho-emotional state; the demands fulfillment to an independent use of physical culture means;
- the use of new exercises;
- the use of games and competitions during every part of a lesson, directed at a qualitative, precise, nice fulfillment of motional tasks;
- an emotional explanation of motional tasks, the use of vivid comparisons, images;
- a rational breathing, a correct dynamic and static bearing, the methods of a bearing control formation while dynamic and static poses fulfillment; a light walk formation – by means of different kinds of walking use, dancing movements and steps;
- the importance substantiation of an independent, systematic fulfillment of physical exercises, mastered during physical culture lessons;
- different kinds of warming up before an independent fulfillment of physical exercises out of the lessons;
- the skills of self-control formation of a functional state.

During the pedagogical experiment attention was paid to the choice of a rational time for an independent use of physical culture means; the necessity to prepare an organism beforehand for a muscular load, its gradual decrease to the end of the training; the importance of a psycho-emotional mood.

After the pedagogical experiment one more test of physical fitness was held in order to reveal the dynamics of its indices. The received data analysis showed, that the results improved in both groups: the CG and the EG, with a considerable improvement in the EG. In a standing long-jump in the CG with the initial indices 169,5±14,5 centimeters, to the end of the pedagogical experiment the improvement was to 174,8±12,9 centimeters (p>0,05); in the EG with the initial results 168,4±13,0 centimeters the indices increased and were 181,16±14,7 centimeters (p<0,05). In the CG with the initial data in arms-pumping in a front lying support 5.89±0.39 times, to the end of the experiment the improvement was to 9.76±0.45 times (p<0.05); in the EG with the initial results 5.98±0.41 times, to the end of the pedagogical experiment the data increased to 14.11±0.26 times (p<0,05). The same tendency of a considerable improvement in the EG was revealed according to other tests.

The results of the pedagogical experiment helped to state considerable changes in the motivational sphere of the students in the EG. In the CG the motives of physical culture lessons attendance stayed mainly the same, in the EG the leading motives became the following:
- to master new exercises for an independent fulfillment;
- learn to fulfill a warming up before the main training load during the independent fulfillment;
- to improve physical fitness level in order to fulfill the control normatives successfully during the lessons.

Thus, during the pedagogical experiment were received the results, which prove the necessity to reveal the leading motives of responsible attitude to physical culture lessons among the students from the technical higher educational establishments. Students’ motivational sphere management helps to transform personality oriented motives into socially important ones on the basis of the conditions realization, which provide students’ interest in independent use of physical culture and sport means in order to improve physical fitness indices.

The article gives a theoretical substantiation of the importance to form the motives to the independent use of physical culture and sport means for students’ health indices improvement at the technical higher educational establishment; to revel the conditions for their involvement into the systematic fulfillment of physical exercises during extra-curricular time.

References


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