SPORTS-CULTURAL HERITAGE IN PHYSICAL UPBRINGING OF SCHOOLCHILDREN, WHO HAVE PROBLEMS WITH HEALTH STATE

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Annotation. According to different sources, from 13.4 millions of schoolchildren more than 53% have poor health. One of the important and urgent aims of modern school is a problem solution on involving pupils, who need a special regulation of their physical load intensity, preventive and educational activity, into the system of physical upbringing. Scientists’ and practitioners’ experience proved health-improving abilities and the effectiveness of physical culture and sport means for health rehabilitation, improvement and preservation. The specialists admit that physical culture and sport is powerful means of influence on personality development and perfection in the social and biological aspects and say, that creative potential of the physical-sports sphere stays almost unclaimed in the pedagogical practice.

Research methods: a theoretical analysis and summarizing of the literature and documents, pedagogical observations (direct and indirect), interviewing, a conversation, a questionnaire survey and research materials handling, notional dictionary formation, pedagogical modeling, generalization.

Materials. The content and organization of the scientific-research project, realized at schools of Ulyanovsk region is presented. A scientific novelty and the received practical results of the held research are considered.

Conclusion. An expected result is a physical-educational process optimization among schoolchildren, who have problems with health, by means of the level increase of the intellectual-motional and physical readiness, spiritual-moral development of pupils, increase of their motional activity, health state improvement, in active kinds of sports-health-improving activity involvement, an interest formation for independent physical exercises. The presented project can be a model program for an analogous activity development in municipal and federal educational establishments.

Introduction. In spite of radical improvement of physical-sports sphere functioning conditions, statistics defines an unsatisfactory state of physical fitness and a low motional activity of pupils in educational establishments [1, 4, 6]. More than a half of modern pupils have chronic diseases and progressive disorders and it conditions the character, volume and intensity individualization of a physical load. These diseases and disorders cause definite contradictions and restrictions in the kinds and ways of physical-sports activity. All these circumstances have the negative influence on the interest formation to physical exercises among pupils, don’t provide motivational-requirement aims formation for an active life-style.

The state and medical-pedagogical community take measures on the situation optimization. The scientists and practitioners try to find not used reserves on pupils’ involvement into active physical culture and sport [4, 5, 6].

Own pedagogical experience and a special literature analysis in the sphere of the strategy and tactics determination of health-improvement aims realization of the physical upbringing among schoolchildren, who have problems with health, defined two directions of the given process effectiveness increase: intellectualization and sports orientation [4, 5, 6].
The aim of the research. Mentioned above circumstances and experimentally grounded scientific-practical conclusions helped us to create a research project and determine the definite aim, the content of which is directed at this aim achievement: theoretical and experimental substantiation of the innovative pedagogical technology of students’ physical education in Ulyanovsk region, who have health problems. This technology is created on the basis of an integrative approach using sports-cultural heritage.

A sports-cultural heritage, as we understand it, is an integrative connection (a range) of valuables, traditions, kinds and elements of sports and a cultural heritage as a part of a material-spiritual culture, created, historically proved and conveyed to the future generations as something valuable and honored.

Research methods and organization. The offered innovative scientific-practical project is created to reveal methodological tooling, which helps to realize the mechanisms of sport elements, culture and a healthy life-style conversion into the practice of physical upbringing by means of pedagogical technologies, directed at pupils’ (with health problems) spiritual-moral and physical development harmonization and integration.

The choice of this direction as the perspective of physical-educational process optimization of schoolchildren with different nosological forms is based on the scientific hypothesis that it has a positive influence on pupils’ motional-cognitive activity as the means of a successful socialization, biological needs and cultural demands of people satisfaction [1, 2, 3].

The creation and introduction of a pedagogical technology into an educational-upbringing process of schoolchildren in Ulyanovsk region includes the following:
- cultural and functional features revalorization of sports heritage elements, their adaptation to the process of children physical education, who have health problems;
- a program creation on the sports-health-improving work in an educational establishment;
- a professional training modeling of the future specialists in physical culture and sport on the questions of schoolchildren physical upbringing, who have health problems.

The novelty of the set objective is in the following:
- in the structure and the content “A sports-cultural heritage” specification in the context of schoolchildren upbringing, who have different nosology’s;
- in the concept creation of the sports-cultural heritage, which provides a phenomenon actualization of the sports culture, a scientific-theoretical and methodical substantiation of an integral-joint combination of the traditions and values of sport, culture and a healthy life-style;
- in creation and approbation of an innovative pedagogical technology on the basis of the sports-cultural heritage integration into the physical-educational process of pupils in Ulyanovsk region, who have health problems;
- in an experimental program creation on the sports-health-improving work at an educational establishment on the basis of an integrative combination of the means of knowledge and exercises formation, which take into account the interests and demands, nosological forms and a health state of pupils; in a program introduction into the educational process at school;
- in an algorithm creation of the integrated forms of physical-health-improving work organization, using the recourse of a sports-cultural heritage;
- in a model and conceptual regulations creation of the professional training process of the future specialists in physical culture and sport on the basis of an integrated elements conversion of sport and culture into a physical-educational process of the students;
- in a criterion-evaluating system creation of the professional education quality among teachers in the context of the offered pedagogical technology realization.

Results. At the first stage of the project realization the literature on the problem was chosen and analyzed, research methods and the diagnostic apparatus were defined, a synthesized analysis of the physical upbringing of pupils’ sports orientation state was given (in Ulyanovsk region). It was revealed that among the examined schools of Ulyanovsk (n-65), only in 9 schools (13.8%) sports content of the 3rd hour of physical culture is realized, it means that the lessons are held
according to the program of physical upbringing on the basis of a thorough study of the kinds of sport.

Since April, 2014 the introduction of a created innovative pedagogical technology and an experimental program on sports-health-improving work was started in several “pilot” schools in Ulyanovsk, which was accompanied by the sociological study of the historic-cognitive knowledge of the respondents in the sphere of physical culture and sport.

The results of the survey showed that almost nobody (85,68%) knows famous sportsmen of Ulyanovsk, 4,76% of children think that Y. Lipnitskaya and V. Tretyak are our countrymen. Children know the following sports buildings in Ulyanovsk: “Leader” - 37,6%, “Volga-Sport-Arena” - 23,8%, “Spartak” and “Labour” - 9,5% each, as a sports gym “Pioneers’ palace” was named by 4,7% of schoolchildren and 14,9% of the respondents couldn’t name any sports complex in the town. 14,3% of schoolchildren go to “Spartak”, a stadium “Labour” attend 9,1% of pupils, “Volga-Sport-Arena”, “Motorist” and “Torpedo” are attended by 4,7% of schoolchildren each, 62, 5% of pupils don’t attend sports structures at all.

A lot of children (71,4%) don’t know which great international competitions will be held in Russia in the future, 19,1% of the respondents named Russian hockey, skiing and figure skating - 4,75% each.

As the first stage of the research was held during the Olympic Games in Sochi, most questions in a questionnaire were about this sports event.

According to the survey results, all the sports event TV transmissions watched 38,1% of schoolchildren, 47,6% saw only the chosen kinds of sport, 14,8% of schoolchildren watched the event only sometimes. The children were impressed greatly by the following kinds of sport: figure skating – 42,8% of children, biathlon - 19,1%, curling - 4,6%. All the respondents were the fans of Russian sportsmen. Girls supported A. Sotnikova and Y. Lipnitskaya, boys supported A. Voevods, A. Legkov, V. An, A. Zubkov, A. Demchenko.

After the end of the Olympic Games 22,3% of pupils started to watch different sports programs, 68,1% watched them when they wanted, 9,6% of schoolchildren didn’t start to watch the programs about physical culture and sport.

After the Olympic Games in Sochi 9,5% of schoolchildren started to attend different sports sections, 47,6% of schoolchildren plan to go in for sports, 33,8% of children didn’t change their attitude to sport, 9,1% of the respondents were not interested in sport after the Olympic Games.

The data of our last year sociological surveys show, that schoolchildren couldn’t name any famous Russian sportsman, except A. Arshavin. It proves that the Olympic Games had the stimulating effect on schoolchildren, who were not interested in physical-sports activity and preferred to spend time with computers.

**Conclusion.** To extirpate a negative tendency, which led to the fact that a modern Russian system of physical upbringing is not the leading one in spare time organization among schoolchildren, it is possible to use an axiological potential of sport in order to involve children and youth into different physical exercises.

The elements and forms of sport create organizational-pedagogical conditions for making lessons content attractive for schoolchildren, provide the correspondence between the educational and training effects during physical culture lessons and age-related peculiarities, between the pupils’ motor activity, psychic and their sports interests; give an opportunity to master intellectual, ethic, spiritual-moral and health-forming cultural values.

We consider, that this direction should become popular in an ineffective physical process of pupils with health problems, taking into consideration the existing scientifically proved effective experience (Timoshina I.N., 2008; Parfenova L.A., 2009).

The expected positive results of the scientific-practical project will help to improve the quality of physical education among schoolchildren with different nosologies and will condition the practicability of a wide introduction of the received experience into an educational practice of the Russian regions on the basis of their cultural-ethnic peculiarities and sports traditions.
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