

## Mass sport events in the activity of children and youth clubs in Lviv to involve children into physical activity

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### Abstract:

The article covers the activity issues of the Administration of children and youth clubs in Lviv. The analysis and generalization of scientific and methodical literature about problems of providing optimal level of physical activity has been presented. Purpose- to identify the role of mass-sport events in the activity of children and youth clubs in Lviv. The Administration's plans and reports have been analyzed. The amount of planned and held mass sport events in all districts has been set and their efficiency has been defined.

**Key words:** administration of children and youth clubs, plans and reports, physical activity, mass sport events.

### Introduction

The lifestyle of the Ukrainian people and the condition of physical education and sport create a threat and are a huge challenge for Ukraine at the current stage of its development. A large part of the population has a rather passive lifestyle (Semal, N. 2010).

Death rate of able-bodied people in our country is increasing and it is higher than the same rate in European countries. There are many conditions which cause the increase of cardiovascular diseases. The decreasing number of Ukrainian population is developing from year to year, thus in 1992 there were 52.056 million people and in 2013 this number was 45.553 million.

The health level of the Ukrainian nation is very low. According to the researches in the field of physical education and sport it can be stated that a large amount of the population has insufficient level of physical activity. Being physically passive is immanent for all age categories.

According to the Main statistics department of Ukraine, especially the information about total budget of Ukraine in 2011-2013, we can see that the expenditure on physical culture and sport are very small. Thus, in 2011 these expenditures were 0.7%, 2012 – 0.8% and 2013 – 0.8%

13,5 % of population of Ukraine take part in physical activity and sport, only 2% take part in work of clubs, among them 14 % are at their work place, 13 % - place of their study, 73 % - place of living.

This situation needs to be altered and improved immediately. International experience shows us that problems of physical culture and sport activities can be more effectively solved with the help of specially organized system and the state aid policy for this sphere. Problems in this sphere can be solved on the basis of legislative providing with favorable conditions for development of physical culture and sport. To improve the situation in Ukraine and raise the level of physical activity of the population, there have been created different physical health clubs during many years. In particular, in 1993 the process of creating children and youth clubs began. These are out-of-school institutions, which provide education and upbringing of children in extracurricular terms. Local children and youth clubs are leisure centers for children and the youth. They are places for useful activities, including the improvement of the level of physical activity (Dedelyuk, N.A. 2004).

It is set in the reports of the Administrations, that a large amount of physical and sport events are conducted. That is why it is very important to examine their efficiency according to involvement of children and the youth to physical activity.

Main objectives of the Administrations are the following:

1. Organization of useful leisure time for children and youth in extracurricular terms at their place of living;
2. To fulfill social needs of the disciples;
3. Free development of the personality, creating conditions for self-actualization;
4. To develop patriotism and love to Ukraine, rights and freedom of a person and a citizen, the feeling of dignity, legal responsibility for their deeds, which have to exist in harmony with traditional national values and historical identity of the Ukrainian people;
5. To create healthy lifestyle of the disciples;

6. To develop new approaches, methods and effective forms of work with children and the youth at their place of living;
7. Cooperation with local departments of youth affairs and local departments of social work in order to involve children from unfortunate families, difficult teenagers, children from families with many children, orphans and children deprived of parental care into clubs, also to provide psychological help and support to the listed category of children;
8. To assist in socialization of children and the youth;
9. To do information, methodical and mass-organization work;
10. To organize and execute sport events, celebrations, concerts, festivals, meetings, exhibitions, recreation and other events;
11. To take part in realization of the State youth policy.

Having analyzed the aims given above, we can see that one of them is to organize mass-sport events, which have to stimulate people to systematic physical activity. Therefore, there is a need to examine the role of mass-sport events in the activity of children and youth clubs.

The aim of the research: to identify the role of mass-sport events in the activity of children and youth clubs in Lviv.

The objectives of the research:

1. To examine the nature of the activity of children and youth clubs.
2. To identify the efficiency of mass-sport events of children and youth clubs.
- 3.

#### Methods of the research

1. Analysis and generalization of the data from scientific and methodical literature.
2. Documentary method.
3. Methods of mathematical statistics.

The research is made according to theme 3.9 of the General plan of scientific research work in the field of physical culture and sport for 2011-2015 "Improvement of scientific basis of 'sport for all', fitness and recreation" (№ of state registration 0111U001735).

#### Results

Mass physical culture and sport events play a very important role in the system of healthy lifestyle of Ukrainian people organization. They are a method of involving a large number of people to physical culture and sport, body renewal, increasing of physical condition, development of moving skills. They also help to increase the motivation to physical culture and sport. Physical culture and health mass events combine in themselves not only sport competitions in order to check the skills gained in the process of trainings, but they also aim to provide active healthy rest (recreation), relaxation and rehabilitation. This requires the increase and extension of programs, usage of new technology, improvement of technical and tactical knowledge. This also increases requirements to preparation and holding of mass physical culture and health events with people of different age and social groups. It is highly recommended for such events to include a lot of people, who need to be involved to physical culture and health activities, sport schools. These mostly include pupils and students. So, the main aim of physical culture sport mass events is to create favorable conditions for recreation of Ukrainian people and to provide the right of citizens to do sports and physical culture, to meet their needs in health-improving services in the places of their living and mass recreation, to promote healthy life style.

Events held by the Administration may be divided into sport-mass events and culture-mass events. Sport-mass events mean general playing activity, where the participants have equal possibility to win, taking into consideration their age, gender and level of preparation. Culture-mass events mean pre-planned meetings of people, which have a set place, time, number of participants and is held in a form of celebration, cultural, educational or recreational event (Dutchak, M.V. 2009, Michuda, Y.P. 2007). The analysis of events held by the Administration in 2009 – 2012 has been made in order to calculate the correlation of these two types of events.

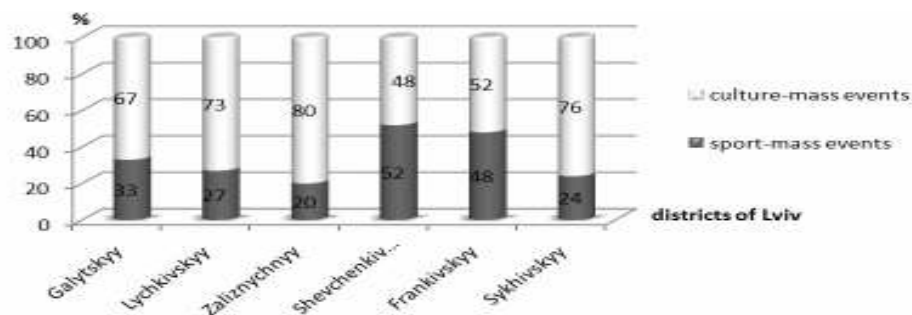


Fig. 1. Correlation of the events of different types held by local children and youth clubs in Lviv (2009 – 2012)

Therefore, we can see that culture-mass events dominate. Only the local Administration of Shevchenkivsjkyj district held 52 % of sport events during this period and accordingly 48 % of culture-mass events. The total number of planned events in 2009 – 2012 was 426 (sport-mass) and 721 (culture-mass events).

It might be supposed that such division is caused by the fact that each local Administration acts according to its material and technical resources and staff.

According to their aims and goals, sport-mass events may be divided into two categories: sport and health events and physical culture and health events. This division was taken from Dutchak M.V. ( Dutchak, M.V. 2009). The analysis of plans and reports of Administration of children and youth clubs shows discrepancy in correlation of these two types. There are 52 % planned physical culture and health events, and 61,5 % held sport and health events, which is more than planned. Having analyzed the number of planned and held events in Lviv, we can see that the number of events of different types is different (fig. 2).

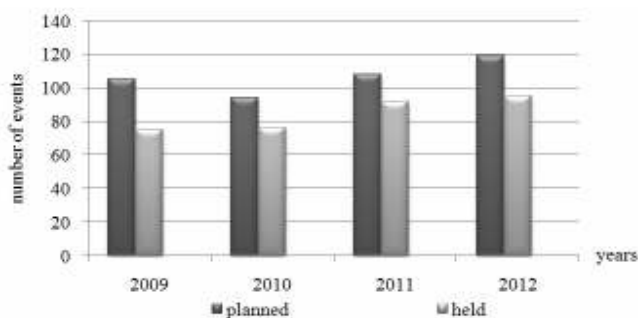


Fig. 2. Relation between planned and held sport-mass events of the Administration

Number of planned events predominates over held events. The biggest under-completion of the plan in 2009 is 29 %. The main reason for this was set to be the lack of money.

Also the analysis of documents about planned and held events in different districts of Lviv has been made (fig. 3).

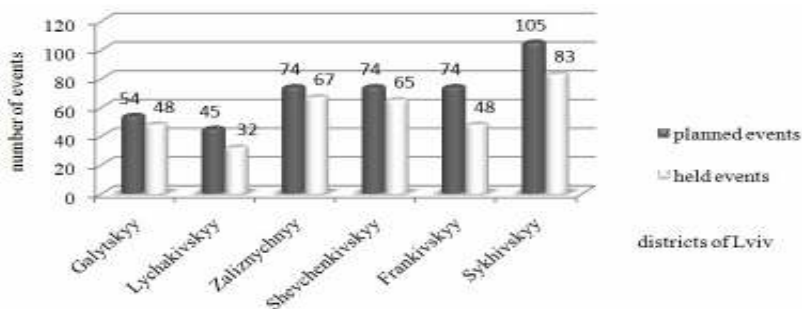


Fig. 3. The distribution of planned and held events in different districts of Lviv (2009 – 2012)

Given results show us that none of the districts has fulfilled the plan and the average level of under-completion is 20 %. The number of planned events in local Administrations varies from 45 (Lychakivsjkyj district) to 105 (Sykhivsjkyj district). This distribution reflects the population of the districts. There are 151000 people living in Sykhivsjkyj district (the first place in population) and 102000 people living in Lychakivsjkyj district (the fifth place in population).

A large number of events held by the Administrations of children and youth clubs involve a lot of youth to them (fig. 4).

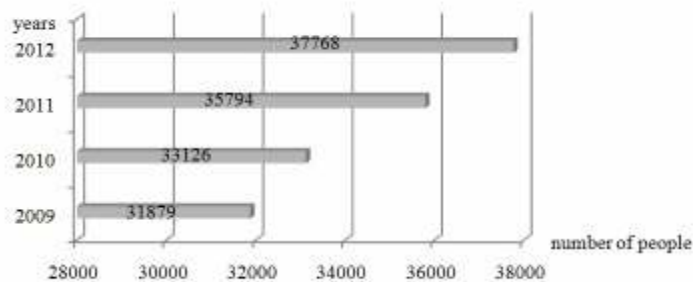


Fig. 4. Number of participants of sport-mass events, involved by the Administrations of children and youth clubs

Therefore, the general number of participants is increasing from year to year. However, the number of participants of each event is decreasing from year to year (fig. 5). In our opinion, this happens because the held event itself is more important than the number of involved participants.

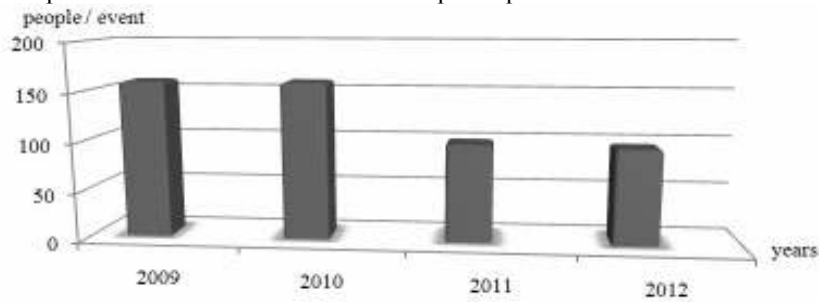


Fig. 5 Average number of involved participants of an event

The increase of participants number is disproportional to the events number. This means that the efficiency of each event is decreasing.

Funding is an essential part of activity of any organization. Since the information about expenses of the Administrations isn't specified to each event but general, so the information about "financial events" was used to make the analysis. "Financial events" are the events which were not paid by the Administrations but the co-organizers. The data on these events can be found in some reports and gives us the opportunity to calculate the amounts of the money spent. The number of such events varies and was in 2009 – 21 event, 2010 – 29, 2011 – 14, 2012 – 21 accordingly. To analyze the effectiveness of the usage of the money by the Administrations, we have estimated an average amount of money spent on one participant in an event (fig. 6).

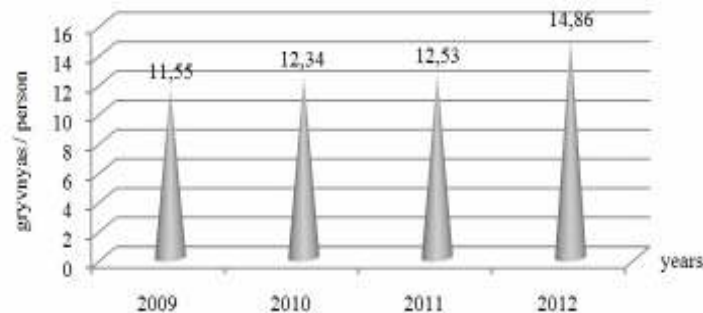


Fig. 6 The average amount of money spent on involvement of one participant to an event

It has been proved, that the sum of money is increasing every year. This way, in 2009 it was 11,55gryvnyas and in 2012 - 14,86 gryvnyas. However, this increase in the period of 2010 – 2011 is mostly caused by the inflation. To make the expenses analysis more impartial, we have converted them according to the foreign currency. The results received let us claim that the rate of money spent on one involved person increased in 2010 and 2012, but unfortunately it hasn't influenced the number of the people involved in the events during these years.

## Conclusions

1. It is set, that one of the tasks of primary importance for the Administrations of children and youth clubs in Lviv is to hold different events. The analysis of plans and reports of the Administrations of children and youth clubs in 2009-2012 shows us, that every year the organization doesn't hold all of the planned events and the level of under productivity is about 20%.

2. Our researches show that every year the number of the people involved in sport mass events is increasing approximately at 5,8 %. However when we compare the number of people involved, events held and the money spent, we can see some contradiction. In particular, the number of people involved in one event is decreasing in spite of the money spent.

General summary of the results of activity of the Administrations of children and youth clubs in Lviv connected with holding mass sport events show us some contradictions: the number of events is increasing but their efficiency is decreasing.

## Acknowledgments.

The effectiveness of sport-mass events and culture-mass events will be further defined separately. This will give us an opportunity to identify the prioritizing types of sport mass events.

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