

Improvement features of the Ukrainian physical education system

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Abstract:

The article attempts to justify the ways and peculiarities of Ukrainian modern system of physical education improvement in the development of Ukrainian society. The acceleration of science and culture development, a rapid change and appearance of new kinds of activities inherent in modern professional work, require continuing professional growth and self-improvement. It is proved that the main factors that influenced the content and structure of physical education and sport specialists' professional training were the changes in social and economic development. We carried out an analysis of the future physical education specialists' professional training in specialized educational institutions of Ukraine (1930-1991) of XX th century.

Key words: physical education, special education, sports, physical education specialist.

Introduction

The prerequisites for the creation of specialized higher educational institutions for physical education and sport specialists' training in Ukraine became the state of public life and social order, development of social and educational movement in support of the idea of a students' healthy lifestyle formation, active involvement of educators of the past in the field of physical education. The problem of physical education and sports training, in addition to health questions was actualized by political and defensive factors. It is now recognized that a healthy lifestyle has become a factor of decisive importance for university students, as it is critical to their professional longevity and overall health. A high standard of health is characterized by low disease incidence and the equilibrium state of body systems. The level of health among university students is dependent on their interactions with the environment and their social behaviour [6, 362].

At the stage of state and national revival of Ukraine important task of higher education is to increase the level of training in various fields of public and social life. Today higher education is taking into account requirements and needs of the time should not only lay a solid foundation of knowledge but also teach students to enrich and update them.

Taking into consideration current realities we can note that perfect physical education specialists' training that would successfully complete the task of citizens' physical and mental health improvement, avoid serious and chronic diseases, extend lifespan in the country, increase resistance to stress and endurance of the body and form aspirations of everyone to a healthy lifestyle it is necessary: to form the process of specialists' training in the field of physical education and sport based on human, national and natural principles; the formation of future teachers of physical education should be within the framework of the national culture, traditions and positive Ukrainian historical experience in the practice of body-education of healthy traditions; the content of physical education should reflect the best international and European models in order to use them for the Ukrainian system of physical education expansion.

Problems of teachers' training in physical education and sport in native science investigated G. Arzyutov, B. Ashmaryn, A. Vatsaba, L. Volkov, Yu. Zhelezniak, W. Zavatsky, T. Krutsevych, G. Lozhkyn, G. Maksimenko, A. Novikov, V. Peshkov, A. Soltik, M. Filippov, S. Fil. A. Tsos, B. Schyyan, Yu. Shkrebtii and others.

The **methodological bases** of the study are the principle of objectivity, evidence; regulation of the separate unity, particular and universal, special and general, national and human, historical and logical; ideas and rules enshrined in legal documents of the physical education specialists' training in (laws of Ukraine "Pro osvitu", "Pro vyshchu osvitu", "Pro fizychnu kulturu i sport", National Strategy for the Development of Education in Ukraine for 2012 - 2021 years, the National doctrine of physical culture and sport development in Ukraine, etc.).

The set of scientific research **methods** were used to solve the tasks: comparative historical - to expose the features of organization, management and financing of higher specialized sports schools; chronological - to determine the common and distinctive features trends in the development and operation of the training system in

physical education and sport in higher sports educational institutions different periods; periodization and classification methods used in the analysis of historiographic revision and generalisation of research sources.

The **aim** of the research is to examine and study ways of improving features and modern Ukrainian system of physical education during the development of Ukrainian society.

Results

Our study shows that the actuality and importance of problem solving of quality physical education and sports specialists' training are determined by a number of reasons that are important for each country and citizens, namely:

- in the transition, crisis period of the state life (and this is the time of Ukraine's independent construction) values generally are changed and some experience is lost in the hope of building a new strategy and tactics of physical education, culture and sport;
- the education system is in a difficult state to find new educational targets and often losing national identity and authenticity, tradition does not include those who were gains over a long time of its existence and are still relevant in today's conditions;
- an artificial priority of material and economic constituents in the state led to the destruction of the material base of physical education and sport, which in Soviet times was quite perfect and affordable for all population segments; negative trends are reorientation of physical education and sport field to entertainment and leisure;
- the training and employment of competent personnel in the field of physical education and sport is especially significant, to ensure proper functioning of higher physical education and sports institutions which have continuous practical and scientific traditions of physical education specialists' formation and have appropriate material base and facilities for complete organization of educational process;
- finally, the formation of such government policy, where physical and mental health of every citizen is the priority, and educational institutions working in this field, are recognized as important strategic objects, which the state promotes. This is, in our opinion, state's Ukrainian strategy that will efficiently solve not only the issue of preserving and strengthening the specialized educational institutions in the field of physical education and sport but also improve the length and quality index of life [12, 2].

In modern pedagogical science there are different views of scientists and educators in ways to improve the current system of training in physical education and sport for the realization of the urgent physical education tasks : the transition to subject-teacher model of interaction with students (M. Vilensky, G. Vlasyuk, E. Ilyin, A. Opletin, S. Filimonov, B. Shyian et al.); organization of productive interpersonal interaction among students (A. Baranov, M. Zaitseva, E. Korotkov, A. Tsos etc.); introduction of innovative methods and techniques (M. Zubaliy, I. Mokrushyna, S. Selyunin, V. Yakymovych et al.); sports character of schools (L. Lubysheva, M. Pravdov, M. Rodin, G. Severuhin etc.), actualization of spiritual potential value of physical education (V. Ivaschenko, M. Pantyuk, H. Pytlovanyi, E. Prystupa, V. Stolyarov etc.); implementation of personality oriented technologies (O. Aksenov, O. Dubohay, N. Peshkov, N. Frolov, etc.) [10, 134].

The process of specialists' pedagogical skills formation in physical education and sport reflects general trends of society and how scientists prove, goes through certain stages [5, 22]: *methodological models* (examples) using teaching experience those who have achieved great results in work; *critical thinking of teaching experience*, it is the choice of its components, which impressed him most and are suitable for use in the pedagogical activity; *self-esteem stage* - self-critical attitude to personal experience, identifying positive and negative aspects of the pedagogical activity; *creativity stage* - the highest level of pedagogical skills when the teacher is working outside the box, creatively and is in constant search of the most effective ways of the complete challenges of physical education students. In order to form such individual professional culture an appropriate social and personal background should be created as diverse motifs are the driving force for productive activities of the individual.

In unison with these positions are Polish scientists who insistently seek optimal model of physical education and sport specialists' training. So J. Belsky argues that "the activities of physical education teachers are a particular technological system, algorithm implementation of which must be not only educationally appropriate but also scientifically verified and correct. We can assume that the "correctness" of educational activity depends on the teachers' skills to carry out physical training educational process at school scientifically grounded, focused and organized. Thus, the essence of the "correctness" ... is conditioned by certain professional teachers' skills, which determine its effectiveness of didactic, pedagogical and educational activity" [5, 3]. The scientists carried out the search for new methods and technologies of physical education teachers' training in the new modernized, mechanized, informative society that is mostly detrimental to physical health.

Our research shows that during the specialists' university training in physical education and sports, there are certain shortcomings in the theoretical and methodological training of future teachers. Scientists emphasize that perfect formation of scientific, pedagogical, structural, perceptual skills, ability reasonably and objectively evaluate the advanced pedagogical experience, work with scientific sources, form own author's model of physical education is very significantly and advisable for graduates. It is reasonable to conclude that the system of specialists' training in physical culture and sport in Ukraine definitely need updating as traditional

contents, forms and methods of theoretical and methodological training of physical education teachers require a consideration of modern life realities and the children's and youth's state of health. This emphasizes modern scientists (B. Shiyani, V. Shpytalnyi, V. Yalovyk, J. Belsky and others) [3, 12 - 13].

Taking this into account, scientists stress the importance of developing computerization in physical education. For the success of this process, P. Petrov indicates that it is necessary to:

- develop pedagogical concept of physical education and sport specialists' training in the use of modern informational and communicational technologies;
- develop basic requirements for the informational physical education and sport specialists' training for the submission of qualification characteristics and state educational standards of new generation;
- conduct research in order to study modern informational and communicational channels during physical education and sport specialists' training
- carry out advanced training of the teaching staff systematically of the use of modern information technology in physical education;
- specifically address issues related to equipping schools with appropriate technical and communicational means [11].

The problem of implementing learner-oriented technologies in the modern system of students' physical education is implicitly relevant. So, S.Moyiseyev argues that it is "conditional alarming trends in health school graduates (N. Vasylyshyn, M. Zubaliy, A. Leonov, N. Nikolaenko et al.); a decrease in physical activity of boys and girls (O. Dubohay, M. Dutchak, R. Levin, S. Operaylo, O.Yaremenko etc.); the deterioration of their physical fitness (D. Glazyryn, G. Leshchenko S. Operaylo etc.); increase in the number of deaths during physical education classes (G. Apanasenko); existence in the school physical education process authoritarian, extensive methods of teaching, education and child development (A. Dubenchuk, M. Dutchak, N. Frolov, etc.)"[10, 1].

The issue of physical education and sport in Ukraine is still very important and require constant researchers' attention - field experts. Evidence of this is the scientists' researches that are published at scientific conferences held in higher educational institutions involving scientists' specialized sports institutions. Thus, in Donetsk "Actual problems of physical education in high school," has become a traditional Ukrainian conference which discusses the theoretical, applied and staffing issues in physical education and sport [3, 34 - 37].

30 November - 1 December 2006 International Conference held in Kharkiv on "Actual problems of physical education and sport" where actively discussed the state and problems of training. The orientation of physical education and physical education teachers' training was determined which was reflected in a number of reports, including: "The formation of the physical and spiritual interests of the future physical education teacher" (V. E Andrianov, N.G. Makarenko) [1]; "The optimal development of physical fitness of students during physical education classes" (T.L. Bilous) [4]; "Some solutions to physical education problems" (E.S. Zadoya, V.G. Bogatyr, V.A. Mayorov) [8]; "The organization of specialized training in terms of bachelors of physical rehabilitation during their studies at the Master" (S.Yu. Kapralov, Yu. O. Lyannoy) [9] and others. The Conference reaffirmed the importance and actuality of the aforementioned problems and identified specific ways and means of solving the issues of high-quality training in the field of physical education.

The researchers emphasize the need for instrumental revision of specialists' training in physical education and sports. Promising in this direction is the introduction of modern teaching methods that would have intensified the educational process. Among them: "widespread use problem lectures, discussion seminars, various forms of creative work of small students groups (micro studies " auction ideas " didactic games, simulation of different teaching situations and their solutions) for formation of important pedagogical skills" [5, 24]. Native and foreign scholars emphasize the integrity approach to the specialists' training in physical education and sport. The effectiveness of teachers educational work, proves J. Belsky depends on the combined effect of three groups of factors: steering, tool and situational factors: "Studies indicate that the most significant impact have tools and steering factors which are concentrated around intellectual and emotional teacher's motivational sphere. These include: teaching experience, which is considered by us as a component of teacher professionalism; his intense intellectual and creative activity in practice; commitment to continuous improvement of their pedagogical skills in the post-graduate education, which is carried out by individual forms of self-education and advanced training of teaching staff" [5, 24].

Discussions

In the context of our study, given the historical retrospective of the problem should also stress the importance of creativity as an important component in the development of specialist physical education. Our research shows that a creative approach to physical education in today's conditions require new approaches and methods. In this position, emphasizing both Ukrainian and foreign scientists: "It should be noted that many of the teachers working creatively (26.3%), indicating a lack of specialized training and teaching in higher education. This assessment is right" [5, 12].

Exploring the views of foreign (A. Adlera, H. Olporta, A. Bandury, K. Rodzhersa ta A. Maslou) and native (I. Ivanov, H. Kostiuk, K. Platonov, S. Rubinshtein et al.) psychologists nature, activity and structure of the individual, Ukrainian scientists emphasize that it is multicomponential and consists of items that have

different key determinants of development (social, biological and personal) [10, 8]. Scientists, educators argue that the basis for building a personality oriented system of physical education should be a position stating that the student is little more than the product of social and biological factors "In the course of his individual mental and physical development is crucial: the creative force self managing mechanisms of personality, a tendency to self-knowledge, self-awareness and self-actualization, that without the support of an effective training and education of the individual is impossible" [10, 8].

Common to higher educational institutions that train specialists in physical education and sports is also a clear system of vocational guidance and selection of school leavers in higher education institutions that prepare teachers of physical education. Scientists emphasize the erroneous approach to business professional selection "Quite often in the fitness universities coming young men and women who have high achievements in different sports, but they lack the necessary skills to educational work with children and youth" [5, 12].

Conclusions

Our research shows that higher specialized educational institutions of Ukraine in the field of physical education and sport actively involved in another particularly important aspect of society - public participation in the Olympic movement. Scientists indicate that the system of Olympic education in Ukraine is well-established due to the fruitful cooperation of the National Olympic Committee and the Olympic Academy of Ukraine: "The bases of the system of Olympic education are higher educational institutions of physical culture and sports, on which regional centres of Olympic education and research are established. A significant role in the centres' activity play department of Olympic and professional sport "[2, 7]. Our research shows that for Ukraine as a European state that takes care of the physical and mental health of each of its citizens, it is important to train highly qualified personnel, able to spread the ideology of the Olympic movement and to bring it all segments of the population. Implementation of this task will be an important evidence of higher educational institutions effectiveness functioning in Ukraine.

The process of Ukraine's entering in the world educational space is an important collaboration of higher educational institutions of physical education and sport of foreign institutions in this field. And this practice exists. Experience and practice of the Lviv State University of Physical Culture argues that in the field of developing training programs in physical rehabilitation, carried out according to international standards, the Institute collaborates with universities Queen's, McMaster, Manitoba (Canada) for the Ukrainian-Canadian program "Partners in Health". LSUPC is a partner in a joint Ukrainian-Dutch project RESPO, which aims to develop recreational sports among the disabled. The agreement on cooperation with the specialists' training was signed with Wrocław Academy of Physical Education (Poland). The Institute is a member of the European network of Physical Education and the International Council on Health, Physical Education, Recreation, Sport and Dance (ICHPER-SD) [7, 5]. International cooperation allows institutions and organizations interact as in the case of training, and the organization of physical education work among the various segments of the population; facilitate the exchange of experience and tradition; mutually enriching experience of physical culture and sports; contributes to the cultural, intellectual, physical, citizens' health perfection.

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