



KAPITEL 9 / CHAPTER 9⁹
**MODERNIZATION OF STUDENTS' PHYSICAL EDUCATION: A
RESPONSE TO THE HEALTH CRISIS AND SOCIAL CHALLENGES**

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Introduction

Among the priorities of youth policy of our country now an important place is occupied by the development of mass sports, physical culture, the formation of a healthy lifestyle of young people [2]. Therefore, the proposals about the need to develop new conceptual positions and areas of physical education for students of university, the transition in this process to the paradigm of health as a means of improving its quality and one of the criteria of effectiveness [3, 4].

Nowadays more than 50% of students of university can not perform physical training tests and from up to 30.8% of them already have abnormalities in health, poor functional status and physical development, low level of physical fitness, more than 80% graduates are not ready for military activity [2, 4]. Therefore, the problem of improving the health of students poses quite difficult challenges for physical education professionals.

Student youth is a special social group, whose life is associated with a high level of learning and emotional overload caused by mental work in conditions of lack of time, nervous tension and stress [1]. In addition, an important factor that motivates professionals to appeal to the improvement of the process of physical education in the free economic zone are the low social factors of our society. First of all, low life expectancy, high mortality rate of people of working age and bad habits among all categories of the population [2, 4].

9.1 Actualization of the problem and definition of the tasks of physical culture and health-improving activities.

That now physical education in university is, on the one hand, physical culture and sports activities, and on the other - a discipline aimed at fulfilling the social order

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- training a comprehensively developed harmonious personality that meets the requirements of educational and qualification characteristics [2].

The processes of modernization at the present stage of development of society primarily affect the education system [2]. Currently, the conceptual definition of "modernization" is positioned as a defining feature of pedagogy. In particular, the Law "On Higher Education" (2014) emphasizes the need to modernize educational activities in higher education institutions on the basis of an innovative approach [4].

In the pedagogical interpretation, modernization involves innovations to improve the course and results of the educational process [5]. In the future, we coordinate our study by considering the process of modernization as a change in the elements of basic physical education of students in order to rationalize its course and heuristic solutions that can be implemented in the pedagogical process. We believe that given the limited number of program hours of physical education in the Free Economic Zone, the use of modernized new techniques is a significant opportunity to achieve a positive result in this process. It is in fact an opportunity to respond to new challenges on the path of innovation and reform.

Changing educational paradigms, Ukraine's entry into market relations have changed the socio-cultural situation in various spheres of life, including education. In a developed society, higher education institutions perform their main task - to promote the formation of an educated, well-developed specialist, ready for highly productive work in the field of production. Physical education is an integral part of the system of student education and one of the means of training qualified professionals. The priority goal of this process is the formation of a harmonious, competitive, with great potential for personal health [1, 4].

The negative trend in educational institutions of Ukraine in the permanent deterioration of the health of student youth at the present stage of development of higher education, leads to the search for ways to optimize their physical education, which is now an important social problem. The main tasks of physical culture and health activities of students are the following:

- formation of motivational and behavioral orientations of a healthy lifestyle;



- creating conditions to meet the needs of students in health, physical and spiritual development;
- increasing the volume of motor activity of students;
- improving the quality of the educational process in physical education;
- optimization of the process of physical education of university students.

It seems correct to specify the tasks of physical culture and health activities of students in higher education. We are impressed by the opinion [1, 3, 6] that the knowledge of interests, motives, factors of involvement of students in physical culture and health activities, will contribute to the full solution of their health problems.

The vector of social behaviour in the student environment to choose ways to achieve success in life, is seen as a motivational incentive for the formation of mass sports and leisure activities, as a tool for creating the desired image, which is an important component of a healthy lifestyle.

The deformation of the values of physical culture in the youth environment was a consequence of the limited physical education without taking into account the motivational sphere of interests. At the same time, understanding the need to take care of one's own health as an important component of lifestyle, is now crucial in achieving career and life success. Undoubtedly, the formation of interests and needs of students for physical culture and health activities should be a long-term and positive result of physical education in higher education.

9.2 Physical education and health activities: a reserve for increasing the effectiveness of physical education.

Realization of it demands creation of conditions for satisfaction of needs of students in strengthening of health, physical and spiritual development [1, 4]. Reforming higher education in the context of the implementation of the health function, which involves significant changes in the organization of the educational process, the approval of personality-oriented personal development requires a broad humanistic understanding of the quality of education. In relation to the purpose of physical education and the achieved results, the state of health of students is defined as an



integrated result of the educational process of physical education. The significance of physical culture and health activities is that it is an important reserve for improving the effectiveness of physical education. In this direction in the literature we find messages [2, 4, 5] about the need to change the target orientation of the current system of physical education in higher education. The current regulated nature of physical education classes does not allow to take into account the physical culture and sports interests and needs of students. Changing the target orientation of the system of physical education involves the transition to personality-oriented systems of physical education. Such systems open the possibility of creating new tools and forms of organization of physical culture and health activities in universities, which should become one of the main factors in attracting students to regular physical education classes. Various forms of classes, organized taking into account the interests and desires of the students themselves, should help them to organize their leisure time wisely and help to develop a habit of daily physical education [1, 2]. We agree on the positive impact of exercise, which is possible only if they are performed systematically, which grows into a habit and a need. At the same time, physical culture and health activities should have a clear purposeful nature, and students should be clearly aware of its need [4].

It is also interesting to think [3] about the physical culture and health activities of students who acquire forms of active recreation, which ensures the continuity of the process of physical education. The form of such classes is morning hygienic gymnastics, sports break, active rest during the school day, hardening procedures and activities, as well as sports and health and sports activities in the breaks between studies. Such activities provide healthy rest and satisfaction of emotional needs related to meaningful entertainment (health days, active recreation in the bosom of nature, weekend hiking, attending sports competitions). The latter belongs to the so-called health and recreation activities, the share of which in the total motor activity of students is constantly increasing. This area of work with students also includes the rational organization of recreation during the winter and summer holidays. At the same time, one of the main points in the organization of these classes is the choice of strategic areas in which they can be organized, according to their individual aptitudes and



abilities.

Thus, the analysis and generalization of the above allows us to state that physical culture and health activities, as an important factor in optimizing the physical activity of students, will primarily improve the quality of their physical education. Through the implementation of health, recreational and educational functions, such activities are the most important means of developing the human potential of society. The basis of physical culture and health activities in universities are ideas, technologies and techniques, the application of which overcomes the existing contradictions between society's need for specialists with a high level of physical health and the state system of physical education, which does not provide the required amount of physical activity. The effectiveness of mass physical culture and health work is directly dependent on the dominant motives, interests and needs, as well as the development of adequate mass sectional forms that can create optimal conditions for the rational use of health physical culture in students' free time and actively promote their comprehensive development.

The defining features of physical education in higher education institutions are powerful innovation and information processes. In the conditions of modernization, on the basis of adaptation of the advanced world experience to modern Ukrainian economic, socio-political and sociocultural conditions, innovative reorganization of physical education in higher education acquires special importance.

Given the significant problems in maintaining the health of young people on a national scale, one of the key problems is the proper organization of physical culture and health activities of students in extracurricular time. It is this activity that ensures the effectiveness of physical education of students, and thus contributes to their health [5]. It is believed that the formation of a strategy for extracurricular physical education has a significant place for effective physical education of university students.

The search for innovative approaches to modernize the process of physical education of students in extra-curriculum activities and improve its methodological foundations are dictated by time. Modernization of classes in in extra-curriculum activities fits into the overall strategy of improving the quality of physical education, aimed at meeting the needs of students and, consequently, society and the state [6].



Modern realities of modernization of education determine changes in the entire system of physical education and increases the requirements for its organization in in extra-curriculum activities. This necessitates the search for new, more effective modification approaches – innovative pedagogical technologies.

Theoretical principles of educational and pedagogical innovations are considered by scientists in a large list of scientific investigations. Consideration of the essential features of innovative pedagogical technologies requires the specification of the key concept of "innovation". "Innovation" means updating, changing, introducing a new [2]. In pedagogical interpretation, it provides innovations to improve the course and results of the educational process. In particular [1] innovations are considered in the form of changes in the elements of the main processes in education in order to rationalize, modernize and heuristic solutions that can be implemented in the pedagogical process.

Considering innovations as significant innovations that arise on the basis of innovations, we emphasize their positive impact on the development of the educational process. In general, innovations involve finding a way to solve existing pedagogical problems, namely forms, methods, tools for solving pedagogical problems [4], which leads to a fundamental renewal of physical education of students in non-academic forms or significantly improve its components.

Thus, regarding the introduction of innovations in the context of our study, on the one hand – ideas, approaches, methods, technologies that have not been used so far. On the other hand – a set of elements or individual elements of the pedagogical process, which have a progressive beginning in the formation of innovations in the system [1], which ensures the effectiveness of solving problems of physical education in non-academic forms in the course of change.

At the first stage of formation of pedagogical innovations the conformity of innovations to requirements to innovations is established. The first requirement is an idea [5]. Today, the process of modernization in education is evolutionary and is based on the introduction of new achievements and positive experience of the industry and the aggregate fields of knowledge on an interdisciplinary basis. The latter is associated



with the creation of new and more advanced mechanisms for organizing and methods of extracurricular activities at the intersection of scientific knowledge from other fields.

Main tasks of physical education and health activities specified tasks for improving the situation include:

- Formation of motivational and behavioral orientations of a healthy lifestyle.
- Increasing the volume of physical activity of students.
- Improving the quality of the educational process and its optimization.
- Taking into account the interests, motives and factors of student involvement.
- Formation of mass sports and leisure activities as a tool for creating the desired

image and a component of a healthy lifestyle.

9.3 Innovative ideas for modernizing the content of extracurricular activities and ways to implement them.

So, we present innovation as a process of modernization. At the same time, the renewal of the process of physical education in non-academic forms and the achievement of guaranteed results of this process takes place within its current organization. At the heart of this direction is a technological approach aimed at ensuring its high efficiency.

Thus, at the present stage of development of the theory and methods of physical education of students in in extra-curriculum activities, innovative ideas for modernization of its content and ways to implement the latter in free economic zones are identified, using features of development and updating of organizational and methodological support. Organizational and methodological support in terms of reforming the educational process and modernization of physical education and modern challenges acquires special features, such as:

- integrative fundamental and applied components of the content of physical education;
- accentuation of the specifics of in extra-curriculum activities of physical education;
- actualization of the configuration of the dominants of the organization of



physical education in extra-curriculum activities;

– the adequacy of the content of physical education of students in in extra-curriculum activities to their needs and preferences.

Innovation is an urgent need without which the connection with life is lost [4]. The introduction of innovative measures in this process is preceded by new scientific discoveries and research results. We believe that innovations in the direction of introducing interactive technologies in the physical education of students in extra-curriculum activities deserve special attention.

Interactive methods, in contrast to traditional ones, are based on the active interaction of participants in the educational process [4]. The essence of the use of interactive methods in the physical education of students in extra-curriculum activities is that this process takes place under conditions of constant, active participation of students. It effectively promotes the formation of values and skills of systematic classes in an atmosphere of cooperation, interaction. The defining feature of the use of interactive methods is the ability to intensify the process of physical education in extracurricular time, to make it interesting and personally meaningful.

The introduction of interactive methods in the process of physical education of students in extra-curriculum activities arouses their interest and motivation, teaches independent thinking and action. And the result of their use should be the development of life values and priorities of systematic physical education [5].

There are many interactive technologies today. Their integration into physical education naturally leads to the use in the educational process of active methods of obtaining knowledge by students, which they learn when performing certain physical actions. In the future, the formation of the ability to integrate theoretical knowledge and practical skills into a holistic system of physical education of students in extra-curriculum activities.

Considering interactive technologies of physical education as innovative, we note that it is necessary to consider it as a holistic system in the unity of its components and relationships. Only under this condition, such physical education effectively contributes to the strong acquisition of knowledge, the formation of skills and abilities,



the development of values of a healthy lifestyle. At the same time, intensifying the preventive process, the process of forming skills and needs of students for systematic motor activity changes positively.

Interactive physical education technologies include a clearly planned expected outcome. Certain interactive methods and techniques that stimulate the process of cognition, mental and educational procedures by which you can achieve the planned results, the very structure of the final result. Thus, the use of interactive technologies in the process of forming students' skills for systematic physical education is aimed at creating their interest and motivation, learning to think and act independently. At the same time, they provide in the process of physical education in non-academic forms an attractive novelty, as a result of which the achievement of the desired result is more intensive and holistic.

Necessity to find innovative approaches to optimize the educational process in non-academic forms in order to reorient the system of physical education to the European model of education, which implies the independence of students in choosing forms, intensity, convenient schedule, determines the importance of the study.

Summary and conclusions.

Today, higher education is faced with a very important task of updating and improving the technology of physical education. In the domestic education system, the implementation of this involves the creation and practical implementation of innovative highly effective methods of its implementation and integration of modern technologies.

Modernization as a necessity: The negative trend of deteriorating student health prompts the search for ways to optimize physical education. Legislative Framework: The Law "On Higher Education" (2014) emphasizes the need to modernize educational activities based on an innovative approach. Interpretation of Modernization: modernization is considered as a change in the elements of basic physical education in order to rationalize its course and implement heuristic solutions. Opportunity for



Improvement: given the limited number of program hours, the use of modernized new methods is a significant opportunity to achieve a positive result.

An important guarantee of successful integration of innovative technologies is their integrated use. Organic synthesis of elements of innovative technologies, technologies of interactive learning, individualization and optimization, personality-oriented approach to the formation of skills of systematic classes in extra-curriculum activities primarily provide stimulation and motivation in this process.



Verweise / References

Chapter 1.

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