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# PHYSICAL EDUCATION OF STUDENTS IN MODERN CONDITIONS

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Abstract:	Keywords:
Today, a significant number of studies are devoted to the problems of physical education of students and the formation of a healthy lifestyle of modern youth. Most authors agree on the need to introduce structural changes in the process of physical education of students in order to improve their health and develop physical qualities. The article deals with various structural forms of organizing the process of physical education of students in modern conditions.	Students, physical education, modular training, specializations, motor activity.

## Introduction

At present, a significant number of scientific studies are devoted to solving actual problems of student youth physical education. One of the most important problems is the state of physical health of modern young people. According to special monitoring data, only about 10% of young people have a level of physical development and health close to the norm. A sharp increase in cardiovascular and musculoskeletal diseases has been recorded, which is largely due to the insufficient level of physical activity of young people. In general, about 50% of young people with 2-3 different diagnoses of diseases come to higher education institutions, and only about 15% of graduates can conventionally considered healthy people [4, p. 15]. Another problem is the decrease in the effectiveness of educational technologies in the system of physical education of students of higher education. Scientific studies conducted in educational institutions show an unsightly picture of a sharp deterioration in the level of health and physical fitness of students for the loads that they may encounter in their subsequent work activity [1, p.91]. It is noted that today the teachers of physical education departments orient students only to pass the test in the subject, and not to the need to form special knowledge, skills, competencies, norms of a healthy lifestyle, improve the level of one's health, etc., therefore, qualitative changes are needed in the structure and methods of conducting physical education classes in universities in order to correct the situation [7, p. .116]. All of the above forms the relevance of this work.

Materials and methods. One of the ways to introduce qualitative and structural transformations into the educational process of physical education of students is to change the form and methodology of the classes in order to increase the level of development of physical qualities, improve health, and prepare for the upcoming labor and social activities. Similar (modified) modern forms of conducting training sessions in the discipline "Physical Education" include: specialized classes in selected sports (sports specializations), modular training of students, individual programs. Comparative analysis of the effectiveness of conducting training sessions according to these forms, in the context of increasing the level

of development of physical qualities and functional readiness among students, forms the scientific novelty of the study.

At the heart of the methodology for conducting classes with students in the form of specializations is a sport-specific approach - a pedagogical direction of physical education of students in a university based on practicing one or more sports using modern technologies for training athletes, adapted to the educational process and contributing to the realization of individual motor needs, the formation sports culture, increasing the physical and special training of young people in their student years [2, p. 135]. It involves the conversion of sports technologies into the process of physical education of students.

Modular training programs are based on the consistent development of students' basic motor skills: walking, running, skiing, swimming, etc. Classes with students are held in various, sequentially following each other, modules. As a rule, at the 1st semester there are: athletics, gymnastics, sports games (football), at the 2nd semester: athletics, swimming, sports games (volleyball, basketball). The modular training system includes blocks of training sessions (the number of sessions is 18 for each block), theoretical, methods of practical training and mandatory acceptance of control and technical standards. Today, this form of study prevails in most higher educational institutions of our country.

The practice of physical education shows that the effectiveness of physical training will be high only when physical activity is individually dosed, taking into account the level of health and physical fitness of a person. [5, p. 186]. Individual programs physical education students are intended for young people who, for health reasons, belong to the main and preparatory groups, but for any reason (recovery after diseases, insufficient level of physical development, etc.) cannot perform physical activity in full. At the heart of these programs there are methods of intensive physical and functional training of young people with mandatory control over the level of students' health. Thus, the total volume and intensity of physical exercises is limited by the functional state of the trainees, and does not depend on the subjective opinion of the teacher [6, p. 133].

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When conducting research on the effectiveness of modern forms of the educational process in the discipline "Physical Education and Sport", the authors used a set of control tests and tests that are widely used to assess the level of physical and functional state of students. The following were studied: the level of strength development (the number of pull-ups on the bar), the level of speed development (the time to overcome a 100 m distance), the level of flexibility development (forward bends in a sitting position), functional readiness (the time to overcome a 3000 m distance, a test with squats). It is believed that the results of these tests will most fully and accurately indicate the physical form of a person.

Separately, we should talk about the test with squats. This test is widely used in the practice of pedagogical observations and sports medicine to assess the level of functional readiness of the subjects. The essence of the test is to perform 30 squats in the shortest possible time. The test is convenient for its simple execution and the fact that it does not require expensive equipment, such as a bicycle ergometer or a treadmill - a moving track for running. For its implementation, it is only necessary to measure the pulse and blood pressure at rest and after exercise. For more exact calculations, the authors used the method of Professor A.I. Zavyalov on the calculation of systolic and minute blood volumes in the studied students [3, p. 70-75].

## Results

In the course of the research, data were obtained on the increase in the level of development of physical qualities and functional readiness of students [8, p. 348-364]. Students involved in programs of sports specializations and students of the modular form of education slightly (according to Student's t-criterion) increased their level of training. The level of functional training increased (according to Student's t-test) among students studying according to individual programs, statistically significantly. The full results of the research are presented in the table.

The discussion of the results. The data obtained by the authors indicate the possibility for teachers of physical education departments to choose the most suitable form for them (from climatic, logistical and other aspects) of conducting training sessions with students [9, p. 348-364]. The increase in the level of development of physical qualities and motor abilities is demonstrated by students of all studied forms of education. However, according to studies of no significant increase [10, p. 35]. According to authors, this fact can be explained by the fact that students attending modular training classes spend a significant part of their time learning technical actions and techniques to the detriment of the development of physical qualities [11, p. 72]. Students who attend classes in the form of sports specializations, on the contrary, concentrate their time on the development of any one quality (swimmer - endurance, athletes - speed, etc.). When selectively determining the indicators of other physical qualities, the development of which was not given due attention, it can be found that the increase may be small. An increase in the level of functional readiness for physical activity was also recorded in students of all forms of education, but a statistically significant increase according to Student's t-test ( $P < 0.01$ ) was recorded in students involved in individual programs

## Conclusions

Conducted by the authors of the study of the effectiveness of various structural forms of physical education classes for university students show:

1. There was no reliable significant advantage of any one structural form of conducting classes over others in the development of students' physical qualities. The increase in the level of development of physical qualities is demonstrated by both students involved in programs of various sports specializations and engaged in modular training programs, and

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students engaged in individual programs. Consequently, teachers of physical education departments for

2. effective development of students' physical qualities, you can use various forms of training sessions or combine them.

3. An increase in the level of functional readiness is also demonstrated by all the studied students, but significantly significant changes occurred in

4. students of individual form of education. If the differences among students enrolled in specialization programs and modules are not significant, then among students of the individual form, the significance was  $P < 0.01$ . Therefore, from the point of view of efficiency, the individual form of education is most suitable for increasing the level of functional training of students.

In conclusion, the authors want to note that the most promising form of organizing the process of physical education is the individualization of the educational process, taking into account the level of physical and functional state of young people. This form allows (unlike specializations and modular training) to involve students with different levels of physical and technical training, as well as students of special medical groups, in practical classes.

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