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Poproshayev O.V., Bilyk O.A.

**TEACHING OF PHYSICAL EDUCATION IN HIGHER
EDUCATION INSTITUTIONS OF UKRAINE: PROBLEMS
AND PROSPECTS**

Yaroslav Mudryi National Law University

o.v.poproshayev@nlu.edu.ua

Kharkiv National Medical University

Department of Physical Education and Health

oa.bilyk@kntmu.edu.ua

Abstract. In the article the analysis of existing regulatory and legal acts is carried out, as well as those ones which currently are under the public discussion regulating organization of physical education in establishments of higher education of Ukraine. Certain basic problems and prospects of the educational discipline «Physical Education» in the national system of education in a period of integration and reformation of home educational establishments of higher education in European educational space have been determined.

The project «Strategies for the development of sports and physical activity till 2032» is analyzed, which states that the problem of maintaining health and a healthy lifestyle of young people is considered by the state as a priority direction of the secondary and higher education system, and one of the steps to achieving this goal is to promote co-existence of two autonomous

systems: of physical education and sport in secondary and higher education institutions, and facilitate stimulation of educational institutions to improve the nation's health through physical activity during the educational process and extracurricular activities. The draft of this document demonstrates the interest of the state in the healthy young generation and the development of the physical and mental health of young people.

Key words: academic discipline, physical education, reformation, system, education, health.

Formulation of the problem. Currently, the national system of physical education of students is in crisis. Recently, the question of the place and role of the educational discipline "Physical Education" in the system of higher education of Ukraine has intensified, namely: its restructuring in accordance with the requirements of the European educational space.

In Western European universities, various forms and programs are used to ensure the motor activity of students, there are departments, clubs, recreation centers, special training courses for students of different levels of physical fitness.

In the universities of English-speaking countries, physical education programs are applied and implemented, which take into account the climatic and geographical conditions of the regions.

In institutions of higher education, studies are conducted to determine the state of health of students, training programs are in place for students with different levels of physical fitness, and testing of applied skills is implemented.

At the University of Oxford, one of the best universities in the UK and the world, there are about 80 educational programs and sports clubs in various types of physical activity and sports. For talented university athletes, there are special programs with tuition discounts and scholarships.

More than 28 training courses on motor activity and sports are available at Cornell University. In the first two semesters, first-year students must attend training courses on the chosen type of motor activity. (From the project "Strategies for the development of sports and physical activity until 2032").

In Polish universities, all students are taught "Physical education" in the first year, and "Sports sections" in the second year in the amount of 2 hours and a week with a credit at the end of the academic semester.

In Ukraine, despite revolutionary changes in society, integration into the world community, the modern system of physical education of students is in a state of crisis. The implementation of the Bologna system with the reorientation of

the educational space did not solve the problems in physical education, but on the contrary, it only deepened them, especially the transfer of emphasis from compulsory classroom forms of classes to optional ones without credit, as a result of which the attendance of physical education classes decreased significantly. In view of this, the representatives of the university community repeatedly appealed to the Ministry of Education and Science of Ukraine, and proposed to introduce sectional work on various types of sports as a mandatory element of the educational process. However, no positive response was received to these appeals. Therefore, the problem is currently open and is very acute [7, 52-53].

Analysis of the results of recent research and publications. Currently, there are publications on the reform of higher education in Ukraine in the context of the decisions of the Bologna process and the adaptation of the legislation of Ukraine to the legislation of the European Union. [1, 384 p.; 2, p. 36-38; 8, p. 28-29]. However, there are practically no scientific works related to the issues of reforming the educational discipline "Physical Education" taking into account national traditions and the realities of today.

In this regard, the results of studies that highlight the issue of reforming physical education and emphasize the importance of the role and functions of physical education departments and the preservation of their scientific and personnel potential, the introduction of innovative technologies into the educational process, the conformity (quality content) of variable educational programs draw attention, aimed at encouraging student youth, increasing their level of motivation and interest in physical education classes [3, p. 222-226].

The team of scientists analyzed the normative and legal acts that regulate the organization of the educational discipline "Physical education" in the system of higher education of Ukraine and provided suggestions for improving the organization of physical education and mass sports [4, p. 138-139; 5, 42-43]. On the basis of the analysis of legal acts and the state of individual health of student youth, the need to supplement the standard of higher education within each specialty with the general competence of the graduate, which involves beginners in motor activity, is scientifically substantiated [6, p. 72-73].

Analyzing the latest research of scientists of Ukraine, it becomes obvious the need to develop and implement a Strategy for the development of physical education, or a State program, for

five or ten years, aimed at forming new value orientations for improving the health of the nation, including by providing all the necessary conditions for attracting student youth to healthy lifestyle.

The purpose of the article: based on the analysis of current legal acts and acts that are currently under public discussion, as well as taking into account the real state of health and physical fitness of student youth, to determine the main problems and prospects of the educational discipline "Physical education" in higher education institutions of Ukraine.

Highlighting previously unsolved parts of the overall problem. This state of physical education in institutions of higher education became possible thanks to the fact that the Ministry of Education and Science for many years did not propose a clear state policy in the field of physical education, but on the contrary, after issuing a number of orders and instruction letters during 2014-2015, physical education ceased to be is a compulsory educational discipline and is gradually being excluded from the curricula. It should be noted that when making decisions about physical education, it is necessary to take into account the state of health of Ukrainian youth. Today, there is a steady trend in the deterioration of the health of students, the number of those who

are assigned to a special medical group due to their health status is increasing every year. Almost 90% of students have deviations in their state of health, and more than 50% have unsatisfactory physical fitness. This sad statistic is confirmed in the decree of the Cabinet of Ministers of Ukraine "On approval the concept of the state targeted social program for the development of physical culture and sports in Ukraine for the period until 2020" № 1320-r dated 09.12.2015, which states that one of the main problems to be solved by the approved concept are: the demographic crisis caused by the decrease in the population of Ukraine from 51.4 million in 1994 to 45, 2 million in 2014, and a sharp deterioration in the health of the population, compared to 2007, the number of people assigned to a special medical group increased by 40%. Research conducted by the Ministry of Culture, Youth and Sports and reflected in the project "Strategies for the Development of Sports and Physical Activity until 2032" also speaks of the terrible state of health and physical activity of Ukrainians. Only 17.5% of Ukrainians regularly engage in sports and various types of physical activity, of which about 7% are children aged 6-18. In European countries, the rate of physical activity of the population ranges from 40 to 70%. A global study by the World Health Organization (WHO) showed that more than two-thirds of

Ukrainian teenagers have insufficient physical activity, in 2016, 70.6% of boys and 83% of girls led a sedentary lifestyle. At the same time, 100% of the population of Ukraine goes through the education system, and according to independent studies, only 4 to 6% of schoolchildren graduate without chronic diseases, which is largely due to the low physical activity of schoolchildren. Cardiovascular diseases claim about 400,000 lives of Ukrainians every year, at the same time up to 140,000 new cancer patients are diagnosed, and the state spends almost UAH 1 billion on the purchase of drugs for diabetes. Studies from developed countries prove that regular physical activity helps to reduce cardiovascular disease by 36%, breast cancer by 11%, colon cancer by 20%, osteoporosis by 27%, and also lower blood glucose levels.

Research by scientists in Australia and New Zealand showed that if the entire population of these countries were physically active, it would reduce the number of deaths from heart failure, diabetes and colon cancer by 15%-22%.

Thus, in connection with the reformation of the national education system into a pan-European one, it is very necessary to take into account the realities of the present when implementing the new system. One of the possible and accessible ways to improve this situation is physical culture, which is an integral part

of the general culture of society, which is aimed at strengthening health, the development of a person's physical, moral-willed and intellectual abilities, contributes to the harmonious formation of his characteristics, is an important means of increasing social and labor activity, the vital need for mutual communication and the development of friendly relations.

Presenting main material. It is optimistic that there is an understanding in the State that physical education and sports are aimed at the development of the physical and spiritual strength of a young person, at his formation as an individual and a defender of the Motherland. This is confirmed by the current regulatory and legal acts, namely: the Constitution of Ukraine, which states that "the State takes care of the development of physical culture and sports" (Part 4, Article 49); the Law of Ukraine "On Physical Culture and Sports" as amended from 11/17/2009 No. 1724-VI.; by the Law of Ukraine "On Higher Education" dated July 1, 2014; By decree of the President of Ukraine dated February 9, 2016

No. 42/2016 "On the National strategy for healthy physical activity in Ukraine for the period until 2025 "Physical activity - healthy lifestyle - healthy nation"; By resolution of the Verkhovna Rada of Ukraine dated 19.10.2016 No. 1695-VIII "On ensuring the sustainable development of the sphere of physical

culture and sports in Ukraine in conditions of decentralization of power"; Resolution of the Cabinet of Ministers of Ukraine No. 1045 dated 09.12.2015 "On approval of the Procedure for conducting annual assessment of physical fitness of the population of Ukraine" (this testing is the main indicator of the system of monitoring the state of physical development and health of the population of Ukraine). The letter of the Ministry of Education and Culture of Ukraine draws attention No. 1/9-454 dated September 25, 2015. "Regarding the organization of the physical education in higher educational institutions" (which lists the basic models and various forms of their combination to ensure the teaching of the academic discipline "Physical education" and it is stated that conducting sectional classes on physical education should be taken into account in the main types of educational work and accounted for in accordance with the norms of educational work), and the letter of the Ministry of Education and Culture of Ukraine No. 1/9-541 dated September 10, 2018, "To the heads of higher education institutions" (in which, relying on the autonomy of higher education institutions in accordance with Article 33 of the Law of Ukraine "On Higher Education", the Ministry grants the right to create in the structure of higher

education institutions, two autonomous systems: physical education and sports).

Thus, we see the state's interest in modernizing the system of physical education in educational institutions, taking into account not only international experience, but also national traditions and domestic realities with the aim of forming the health of the younger generation, ensuring the nation's gene pool and strengthening the state's defense capabilities.

In 2019, the Ministry of Education and Culture of Ukraine developed and held a public discussion "Strategy for the development of physical education among student youth until 2025", the draft of which is already available on the website of the Committee for Physical Education and Sports of the Ministry of Education and Culture of Ukraine. The Strategy reflects the analysis of the current state of development of physical education in Ukraine and abroad, the problems and shortcomings that exist today, and the directions of reforming the system of physical education of student youth are identified. By adopting the "Strategy for the development of physical education among student youth until 2025", the Ministry of Education and Culture of Ukraine will propose a clear state policy in the field of physical education, which will provide an opportunity: first, to modernize

education as a whole, in particular, to promote the reform and optimization of curricula and programs in accordance with updated state education standards; secondly, it will significantly increase the number of student youth engaged in physical education during practical and sectional classes, as well as improving physical education health and sports mass work in institutions of higher education.

It should be noted that at the request of the Decree of the President of Ukraine No. 837/2019 of November 8, 2019 "On urgent measures to carry out reforms and strengthen the state", the Ministry of Culture, Youth and Sports of Ukraine developed the "Strategy for the Development of Sports and Physical Activity until 2032", the partners of the Strategy are the Ministry of Education and Science of Ukraine. In the section "Vector of the state: increasing physical activity", one of the goals of the transformation until 2024 states that the problem of preserving health, leading a healthy lifestyle of young people is considered by the state as a priority direction of the secondary and higher education system, and one of the steps to achieve the goals are to promote the functioning of two autonomous systems in secondary and higher education institutions: physical education and sports, and to stimulate educational institutions to improve the health of

the nation through physical activity during the educational process and outside school hours.

The drafts of these documents testify to the state's interest in a healthy younger generation, the development of the physical and spiritual strength of a young person, and their formation as an individual and a defender of the Motherland.

Models of the organization of the educational process in physical education can be different: traditional, sectional or mixed. But at the current stage, in our opinion, the combination of the traditional and sectional model is the most acceptable, because, on the one hand, students are engaged in the traditional program familiar to them from high school, thus there is a heritability between high schools and higher schools, on the other hand, in students have a choice of the sports and health section, the day of the week and the time of visiting this section, since the sections are scheduled during extracurricular hours according to the schedule of the physical education department. In addition, it is undeniable that the realization of the desire to use motor activity in everyday activities should take place on the basis of individual characteristics and needs each student. The formation of students' conviction in the need for regular use of various forms of physical education and mass sports during the entire period of study at

higher education institutions is of primary importance. The content and volume of relevant classes should be determined on the basis of scientifically based norms for student youth, existing motives and values, taking into account the nature of the student's motor activity in studies and future professional activities.

Conclusions and suggestions. In accordance with the letter of the Ministry of Education and Culture of Ukraine No. 1/9–454 dated September 25, 2015 "Regarding the organization of physical education in higher educational institutions" and taking into account the autonomy of higher education institutions, the norms of which are defined in the Law of Ukraine "On Higher Education" to continue work on the development the unified mechanism for the implementation of "Physical Education" as a compulsory educational discipline by higher education institutions of Ukraine.

During the reorganization of the system of higher education of Ukraine, to the requirements of the European educational space, the departments of physical education when reforming the curriculum must take into account the realities of today and the state of health of student youth, because the student age is characterized by significant changes in the human body, which serve as the basis for further development it both

biologically and socially. To this end, to introduce into the educational process new and more effective programs of motor activity, which are a promising means of improving the health of students and increasing their physical fitness.

In the project "Strategies for the development of sports and physical activity until 2032", one of the goals of the transformation until 2024 is that the problem of preserving health, leading a healthy lifestyle of young people is considered by the state as a priority direction of the system of secondary and higher education, and one of the steps to achieve the goals is to promote the functioning of secondary and higher education institutions autonomous systems: physical education and sports and stimulation of educational institutions to improve the health of the nation through physical activity during the educational process and outside school hours. Taking into account the autonomy of institutions of higher education, this opportunity is given to heads of educational institutions in the letter of the Ministry of Education and Culture of Ukraine No. 1/9-541 dated 10.09.2018. The modernization of the system of physical education in institutions of higher education should include: making changes to the structure of standards of higher education, and the inclusion of general competence aimed at improving the health of student

youth through the use of various types and forms of physical activity; ensuring the organization, preparation and conducting of the annual assessment of the physical fitness of student youth; the responsibility of the heads of educational institutions to ensure the proper conditions for the physical education of students and a healthy lifestyle life as the highest social value in the state.

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