

МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
ХАРКІВСЬКИЙ НАЦІОНАЛЬНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ



**IV Науково-практична конференція з
міжнародною участю**

**«Фізична активність і якість життя
людини»**

присвячена 95-річчю заснування кафедри фізичного
виховання та здоров'я ХНМУ

7 квітня 2023 року



**Харківський національний медичний університет
Харківський національний університет ім. В. Н. Каразіна
Харківська державна академія фізичної культури
Харківська гуманітарно-педагогічна академія
Національний юридичний університет імені
Ярослава Мудрого
Харківська державна академія культури
Національний аерокосмічний університет імені
М. Є. Жуковського
«Харківський авіаційний інститут»
Харківський національний педагогічний університет
імені Г. С. Сковороди
Харківський регіональний центр професійної освіти
«Поліграфічні медіатехнології та машинобудування»
Харківська академія безперервної освіти
Полтавський національний педагогічний
університет імені В. Г. Короленка**

«Фізична активність і якість життя ЛЮДИНИ»

Матеріали IV Науково-практичної конференції з
міжнародною участю
(07 квітня 2023 року, Харків)

2023 рік

**ШАНОВНІ КОЛЕГИ, ВИКЛАДАЧІ,
СТУДЕНТИ!**

**24 ЛЮТОГО 2022 РОКУ РФ ЦИНІЧНО ТА
ЖОРСТОКО НАПАЛА НА УКРАЇНУ.
СЬОГОДНІ В НАШІЙ КРАЇНІ ТРИВАЄ
НЕВПИННА БОРОТЬБА ЗА СВОБОДУ ТА
ЖИТТЯ ВСІХ УКРАЇНЦІВ. МИ
ВКЛОНЯЄМОСЬ ЗСУ, МИ ВКЛОНЯЄМОСЬ
ПЕРЕД КОЖНИМ, ХТО
БОРОНИТЬ НАС!**

**НЕ ДОЗВОЛИМО ВІЙНІ ЗАБРАТИ НАШЕ
ПРАВО НАВЧАТИСЯ ТА РОЗВИВАТИСЯ!**

Разом, ми - сила!

І разом ми переможемо!

Слава Україні! Героям Слава!

Солоха М., Пежемський Є., Білик О.А.

ІНФОРМАЦІЙНО-КОМУНІКАЦІЙНІ ТЕХНОЛОГІЇ В
ЗАБЕЗПЕЧЕННІ ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ,
ЗДОРОВ'Я І ЗДОРОВОГО СПОСОБУ ЖИТТЯ 155-158

*Старкова І.В., Олексієва С.А., Старкова В.Д.,
Чернявський А.В.*

ШЛЯХИ ПРОФІЛАКТИКИ ДІАСТАЗУ ПРЯМИХ
М'ЯЗІВ ЖИВОТА У ЖІНОК З ГІПОКІНЕЗІЄЮ 159-164

Poproshayev O.V., Bilyk O.A.

ADVANTAGES AND DISADVANTAGES OF THE
ORGANIZATION OF DISTANCE EDUCATION IN
PHYSICAL EDUCATION USING INFORMATION
TECHNOLOGIES 164-177

Tikhonova A.O., Kutsyi D.V.

FIGURE SKATING - INFLUENCE ON HEALTH 178-183

Удовиченко А. О., Полякова А.О., Якименко О.С.

ФІЗИЧНА АКТИВНІСТЬ ЯК АСПЕКТ ЯКОСТІ ЖИТТЯ
ЛЮДИНИ 183-188

Цигановська Н.В., Гончар В.В., Батулін Д.С.

ФІЗИЧНА АКТИВНІСТЬ ЯК ЧИННИК ЗМІЦНЕННЯ
ЗДОРОВ'Я МУЗИКАНТІВ-ІНСТРУМЕНТАЛІСТІВ 188-194

3. Квінікадзе М. А. Вплив гіпокінезії на перебіг вагітності у ранні терміни // Збірник тез міжвузівської конференції молодих вчених та студентів / Харківський національний медичний університет. Харків: ХНМУ, 2019. С. 268-270.

Poproshayev O.V.

PhD (physical education and sport), Associate Professor

Email: o.v.poproshayev@nlu.edu.ua

Yaroslav Mudryi National Law University

Bilyk O.A.

Senior teacher

Email: oa.bilyk@knmu.edu.ua

Department of Physical Education and Health

Kharkiv National Medical University

ADVANTAGES AND DISADVANTAGES OF THE ORGANIZATION OF DISTANCE EDUCATION IN PHYSICAL EDUCATION USING INFORMATION TECHNOLOGIES

Abstract. Features of distance learning, its advantages and disadvantages were analyzed. The problems of organization of the process of physical education of students in higher education institutions were highlighted. It is emphasized that distance learning is open and accessible, allows realizing the human rights

to receive information and lifelong learning. The most optimal variant of the organization of distance learning in physical education is determined.

Key words: distance learning, physical education, organization, efficiency.

Formulation of the problem. Conducting research on this topic is dictated by the need to identify modern trends in the development of the education system, the experience of European countries in distance learning, the introduction of innovative technologies, the identification of new forms and methods of organizing the educational process in institutions of higher education, and in particular in the field of "Physical Culture". This has become especially relevant in the conditions of the quarantine caused by the COVID-19 virus and the total implementation of distance education. The World Health Organization (WHO) draws attention to the fact that a decrease in the level of physical activity is most likely to contribute to the emergence and complications of cardiovascular diseases, type 2 diabetes and excess weight, therefore WHO recommends during voluntary social distancing 30 minutes of regular exercise per day for adults and one hour for children. The main thing is to engage in physical activity without harming your own health. To do this, it is necessary to follow the

methodological recommendations for self-control when conducting health-improving classes in physical education and to work remotely with a qualified specialist.

The problem of health, leading a healthy lifestyle of the younger generation should be considered as a priority direction for the development of the education system. The organization of the educational process in physical education, relying on the use of traditional and innovative forms of education, computer technologies, should solve the issue of acquiring knowledge, skills, and the formation of physical culture and health-related competencies of students at a high scientific and methodological level of higher education.

Analysis of recent research and publications. In modern literature, there are many publications that highlight the issue of reforming modern higher education in Ukraine in the context of the decisions of the Bologna process. There are also isolated scientific articles that consider the problems and prospects of teaching physical education in higher education institutions of Ukraine. [1-3]. However, there are practically no scientific works related to distance education and issues of reforming the educational discipline "Physical Education" taking into account the realities of today.

In this connection, the results of a study that examines the issue of distance learning are important. Distance education has its advantages and can significantly expand the circle of potential users, satisfy their educational needs and, thus, provide opportunities for their self-realization [1, 4, 5].

Advantages include convenience and profitability due to free access and the ability to plan your time. Limitations and disadvantages of distance learning include certain difficulties of conducting online courses in real time and synchronizing interactions, which require the personal presence of participants in the educational process, as well as the lack of natural communication [1, 6, 7].

Thus, the results of the analysis of the scientific and methodological literature on this issue show that the issue of implementing high-quality distance learning in physical education, taking into account world trends and modern realities of reforming the education system of Ukraine, remains insufficiently researched today. The problems and prospects of teaching the subject "Physical Culture" in institutions of higher education are considered in individual scientific articles [2, 8, 3].

Connection with scientific topics and directions. The study was conducted in accordance with the plan of research work

of the Department of Physical Education No. 1 of Yaroslav the Wise National University of Law for 2021-2025.

The aim of the study. To find out the effectiveness of the use of distance education in the organization of the educational process in physical education in institutions of higher education.

Objectives of the study:

1. To analyze the effectiveness of remote forms of organization of the educational process in physical education on the example of the Department of Physical Education of Yaroslav Mudry NYU.
2. Identify the features, advantages and disadvantages of distance learning in the education system.
3. To determine the most optimal variant of the organization of distance learning in physical education.

Research methods: theoretical analysis and generalization of materials of scientific and methodological literature, regulatory and legal acts, other sources of information and practical experience of specialists regarding remote organization of the educational process in "Physical Education".

Research results and their discussion. Distance learning in physical education should be considered as an element of the continuous education system and as a model of integration of correspondence and intramural forms of education, which allows

meeting the needs of all participants in the educational process in access to information of a specific (sports, physical culture) nature.

Based on the requirements for higher education institutions, the content of educational programs and their availability, the issue of implementing distance learning is quite relevant. In connection with these departments of physical education, it is necessary to develop and use in the educational process electronic educational and methodical complexes (ENMK), electronic educational and methodical aids (ENMP) and adapted curricula that correspond to modern trends in the development of the education system.

Physical education is a type of education, the specific content of which is learning movements, developing physical qualities, mastering special physical culture knowledge and forming a conscious need for regular classes. However, students of educational institutions of a *non-sports* profile a priori do not use the library fund of a sports university, special sports and physical culture and health literature (textbooks, study guides, methodical recommendations), which highlight the regularities of the development of physical qualities, functional systems of the body, human anatomy and physiology, biomechanical foundations

of sports movements and other topics. Based on this, it follows that the implementation of distance learning, electronic educational and methodological complexes, can solve the problem of wide access to information of *a specific nature*.

In the process of independent classes, self-organization, self-education takes place, students' diligence and self-discipline are nurtured, positive motivation for learning (classes) is formed, its internalization occurs, as a result of which the level of students' qualifications and competence increases.

The development of new and mastering of existing methods and technologies of distance learning is now one of the priority directions of the educational work of the Department of Physical Education of the National University of Law named after Yaroslav the Wise. To organize distance learning and involve student youth in physical activity in conditions of limited space during quarantine, the teachers of the department widely use methods and practices developed and tested by the team of the department.

Practical classes in the educational discipline "Physical Culture" and individual consultations are held in real time (online) on the *Zoom* platform, during which the teachers of the department carefully explain the methods of developing the main

physical qualities in accordance with the curriculum (strength, speed-power qualities, agility, flexibility, dexterity and coordination of movements and general endurance). Monitor students' health status (through surveys). Issues related to the applied and practical significance of acquired skills in future professional activities are discussed. They work on the formation of students' positive motivation and sustained interest in independent, conscious physical education classes in order to increase the level of adaptation of the body to environmental conditions. Students are directed to acquire knowledge, develop skills and physical culture and health-related competencies to strengthen health, improve work capacity, prepare and self-prepare for future professional activities, etc.

To communicate with students and carry out the educational process, teachers of the department actively use the structurally unified electronic educational complex "Physical Culture (Department of Physical Education), which is hosted on the Moodle platform. The structure of the complex includes general and thematic blocks. The general block includes: information about course teachers , the program of the academic discipline, the subject competencies that must be formed during the study of the academic discipline, an explanation of the

organization of the educational process using the distance learning system, the criteria for evaluating the knowledge, skills and abilities of students in the academic discipline, a glossary and the schedule of individual and group consultations of the course teachers. The thematic blocks in accordance with the approved curriculum include methodical advice on the development and improvement of the level of physical qualities and tasks for thematic control.

The third year of practical use of the educational electronic information complex (EIC), which is placed on the Moodle platform, allows us to confidently state that it is a basic platform for mixed or distance learning, which allows: to provide students with access to course materials regardless of location; provide systematic methodical support; to control the process and result of training and to carry out ongoing control of the assimilation of knowledge, abilities and skills of students in the academic discipline.

The YouTube channel of the "Physical Education" department has been created for visibility and facilitation of distance learning and practical assimilation of educational material by students. Leading docents prepare and post on the YouTube channel original sets of physical exercises for the

development of physical qualities and motivational videos for the popularization of physical culture and sports among student youth (in a short time, the number of views of video clips is more than 17,000);<https://www.youtube.com/channel/UChgbk03DRIDPc91OsEggstw>;

On the website of the University and the portal of ASU educational process, the department has posted all the necessary educational and methodical materials and plans, abstracts of practical classes for independent work of students and their preparation for thematic control and performance of control exercises.

Other forms of independent work are provided for students who, due to their health, are exempted from physical exertion or performance of control exercises, namely: writing essays and abstracts on a specific topic of the curriculum, preparation of abstracts of reports and participation in scientific and practical conferences, participation in student competitions scientific works in the direction of "Physical culture", compilation of therapeutic physical culture complexes according to the disease, performance of practical tasks, self-testing of physiological indicators, level of motor activity, etc.

During the academic year, the teachers of the department constantly monitor the activity of students in NEIC, which is posted on the Moodle platform. The number of tasks, their scope, types and evaluation procedure are provided by the work program of the educational discipline "Physical Culture", approved at the meeting of the department. Missed classes are made up through video conferencing on the Zoom platform.

According to the results of the assessment week in the first semester of the 2021/2022 academic year, 97% of students passed the test in the discipline "Physical Culture" and only 3% did not receive a pass. During the academic year, conducting practical classes and receiving thematic and final control took place using exclusively remote forms of organization of the educational process. This result testifies to the effectiveness of the department's efforts, which are primarily aimed at the formation of positive motivation in students for systematic physical education and physical culture-rehabilitation competencies to strengthen health, improve work capacity, prepare and self-prepare for future professional activities. Distance learning in physical education allows you to provide continuous education, to maximally involve all categories of participants in the educational

process to a healthy lifestyle and physical and recreational activities.

Conclusions:

The advantages of distance learning in physical education in institutions of higher education include convenience and profitability due to free access to information at any time and in any place. Limitations and shortcomings include the difficulty of conducting online courses in real time, the synchronization of forms of interaction that require the personal presence of participants in the educational process, as well as the lack of natural communication.

In order to optimize the educational process of physical education of students, it is necessary to implement the practice of supplementing traditional forms and methods of organizing classes with electronic educational and methodological complexes and manuals, methodical recommendations, video materials, conducting additional classes and individual consultations on the Moodle, Zoom, Classroom and other Internet platforms. resources. It is recommended that teachers of physical education departments of higher education institutions take advanced

training courses on working on a single Moodle information platform.

Prospects for further research in this direction. To study the experience of distance learning and conduct an analysis of the forms and methods of physical education of student youth in educational institutions of the European Union and the United States.

LITERATURE

1. Muntyan, V.S. (2016). Implementation of distance learning as a condition for increasing the effectiveness of physical education. Scientific journal of the NPU named after M.P. Drahomanova. Scientific and pedagogical problems of physical culture (physical culture and sport), 3K 2 (71) 16, 216–219.
2. Muntyan, V.S., & Poproshayev, O.V. (2019). Ways to increase the effectiveness of physical education of pupils and students. Scientific journal of the NPU named after M.P. Drahomanova. Scientific and pedagogical problems of physical education (physical education and sports). 3K (97) 19, 355-359.
3. Poproshayev, O.V., Bilyk, O.A., & Ostrovsky, M.V. (2015). Physical education in the context of integration into the pan-

European educational space. Sports science of Ukraine. No. 2, 36-43.

4. Sokolyuk, O.V., (2012). Distance learning in the system of professional training of future physical culture specialists. Bulletin of the Chernihiv National Pedagogical University. Series: Pedagogical Sciences, 234–238.

5. Starchenko, S.O., (2012). Priorities of remote training of physical education teachers in the postgraduate education system. Bulletin of the Chernihiv National Pedagogical University. Series: Pedagogical Sciences, 242–245.

6. Aeiad, Eiman, Meziane, Farid (2019). An Adaptable and Personalized E-Learning System Applied to Computer Science Programs Design Education and Information Technologies, v24 n2, 1485-1509.

7. Elena N. Shutenko & Andrey I. Shutenko (2015). Sociocultural Constructs of the Higher School's Innovative Potential. Journal of Psychology and Behavioral Science, v3, n1, 44-49.

8. Kuan-Ching Li, Yin-Te Tsai and Chuan-Ko Tsai (2008). Toward Development of Distance Learning Environment in the Grid. International Journal of Distance Education Technologies (IJDET), v6, is.3.