

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ  
ХАРКІВСЬКИЙ НАЦІОНАЛЬНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ  
КАФЕДРА ФІЗИЧНОГО ВИХОВАННЯ ТА ЗДОРОВ'Я**



## **ЗБІРНИК НАУКОВИХ ПРАЦЬ**

**II Всеукраїнської науково-практичної конференції з міжнародною  
участю**

**«Сучасні досягнення фізичного виховання»**

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Сучасні досягнення фізичного виховання : зб.матеріалів II Всеукраїнської науково-практичної конференції з міжнародною участю (електронне видання) 29 листопада 2023 р. Харків : Харківський національний медичний університет, 2023. - 168 с.

Збірник містить матеріали II Всеукраїнської науково-практичної конференції з міжнародною участю в якій взяли участь науковці, викладачі та здобувачі закладів вищої освіти України та інших держав, а також фахівці з фізичного виховання, спорту та фізичної реабілітації.

У наукових працях висвітлено актуальні проблеми та розвиток фізичного виховання молоді в умовах воєнного стану, актуальні питання фізичного виховання у закладах вищої освіти, інновації при організації занять спортом та фізичною культурою в сучасних умовах, здоров'язбережувальні технології у фізичному вихованні, популяризація здорового способу життя, професійно-прикладна фізична підготовка. Матеріали конференції можуть бути використані в науково-дослідній роботі та освітньому процесі закладів вищої освіти.

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## **THE ROLE OF PHYSICAL CULTURE IN THE SYSTEM OF MODERN EDUCATION**

**Annotation.** This article describes the role of physical education in the educational system.

**Problem statement.** The modern content of education in the field of physical culture aims not only that the school graduate went out into life with sufficient physical fitness, but also that he was really educated in physical culture: he possessed the means and methods of working with his body, knew it and was not afraid of it; possessed the means and methods of strengthening and preserving health, increasing the functional capabilities of the main systems of the body; was able to organize and competently conduct his physical exercise classes. Today, school physical education is increasingly becoming responsible for the formation of schoolchildren's orientation to a healthy lifestyle. Physical education at school teaches pupils self-control, self-criticism, it means to value time, to organize daily routine, without which it is impossible for any person to live a normal life.

**Analysis of studies and publications.** Physical culture in the life of society fulfills a number of essential functions. The developmental function is to improve all physical essential forces of people, including muscular and nervous systems, mental

processes; arms and legs; flexibility and slenderness of the body, eyes and ears, the ability to navigate in space in extreme situations, to adapt to changing conditions.

Physical education forms a system of value orientations of the individual to a healthy lifestyle, provides motivational, functional and motor readiness for it. It is carried out in accordance with the general and specific to it laws, principles and rules of the pedagogical process. It influences intellectual, mental, moral and volitional and other qualities of personality.

**Presentation of the main material.** Physical education in the education system is traditionally responsible for the physical development and physical training of the younger generation. Education of a new, comprehensively developed person is one of the necessary and decisive conditions for the successful development of modern society, strengthening of biological and mental processes occurring in the human body.

No one can compare with the transforming power of physical culture and sport. This power makes the clumsy - agile, slow - fast, weak - strong, always complaining of fatigue - enduring, sick - healthy. Good physical training allows you to more quickly master new complex production professions; it also became one of the decisive factors in the training of pilots, military.

Physical culture and sports contribute to the development of intellectual processes - attention, accuracy of perception, memorization, reproduction, imagination, thinking, improve mental performance. Healthy, hardened, well physically developed boys and girls, as a rule, successfully perceive the educational material, less tired at school lessons, do not miss classes because of colds.

However, intense mental work at school and at home, as well as other activities cause students a significant overload of the body. At the same time, they spend most of their free time in front of a computer or watching television. Teenagers lead a sedentary lifestyle. And this has a negative impact on physical development, general health, the level of physical fitness. That is why physical culture and sports are vital, which allow to strengthen health, purposefully affect the whole body to improve motor activity and form physical qualities.

The modern content of the subject of physical education at school should be based on the following conditions:

- physical culture should meet the interests of society in the comprehensive physical development of schoolchildren;
- physical culture should be used as a means of organizing a healthy lifestyle, strengthening health and maintaining longevity;
- physical culture should contribute to the individual development of the schoolchildren's own body culture, the opportunity to be actively involved in a variety of labor, physical culture, sports and cultural activities;
- physical culture should ensure the formation of knowledge, skills and abilities in organizing and conducting independent forms of exercise in order to use physical exercises for the purposeful development of physical qualities, motor training and movement culture, formation of posture and physique;
- physical education should develop thinking, teach interpersonal communication, respect for oneself and others, provide opportunities for self-expression and promote self-determination.

Based on this, we can draw conclusions about the importance of the role of physical culture in the formation of students' personality, their interests and creative abilities, in the improvement of motor and psychophysiological qualities, in health promotion and disease prevention of schoolchildren. Physical culture is the development of the physical and spiritual in a person, it is a way of life and a way of developing an integral personality.

Therefore, in the structure of general secondary education the subject of physical culture should occupy one of the leading places among other subjects and contribute to the solution of important general pedagogical tasks. Physical culture should not be just a school subject, it should be a way of life for children.

For this purpose it is necessary to overcome outdated traditional forms, methods and means of pedagogical activity, in which our physical education would remain in school education only as a process of physical training and a means of strengthening the health of schoolchildren. While solving traditional tasks on formation of motor skills,

education of physical qualities and coordination abilities, many teachers often forget about formation of positive attitude and interest of schoolchildren to physical exercises and physical education lessons. One of the main tasks of physical education teachers in general education schools should be to develop positive attitudes towards physical education among students. To solve this problem it is necessary to use a variety of all available means and methods.

In many schools our lessons follow the scheme: walking, running, rearrangement of four, exercises such as exercises with counting, relay races (the class is divided into two teams) and in conclusion - a game. Such lessons quickly bore both students and teacher. Discipline in discipline in lessons falls, it is very difficult to teach anything. More experienced teachers "keep" discipline, but usually it is based on shouting, fear. And the result: children do exercises in a shoddy manner, only signaling their performance. Everything goes to waste, even if a good lesson plan is drawn up.

We are sure that there is only one salvation: to teach children to work consciously at lessons. Improving the effectiveness of the lesson, we can consider, and is one of the central tasks of school reform. And the basis of lesson efficiency is conscious discipline and conscious, active, independent fulfillment of exercises.

Weak employment of all students at the lesson, lack of educational and cognitive interest, low motor density, i.e. idleness, lead to a decrease in attention, to the deterioration of discipline. If there is no constant excitement, interest, no positive emotions, no individual tasks, no situation of success, there is no reason to stimulate students - approval, support, praise. It is known that one praise can raise the mood for the whole lesson.

If we look closely at the activities of teachers who achieve great success in teaching and education, it is easy to conclude that everything starts with the quality of the lesson. It does not stop at the lesson, it starts with the lesson.

Famous teacher V.A.Sukhomlinsky wrote: "The process of education is not some mechanical transfer of moral norms, requirements, rules from the educator to the pupils. Upbringing - it is a live relaxed human relationship between the teacher and the schoolchild; on what prevails in these relations, depends on the result of education.

Here it is - the pedagogy of cooperation. And further: "If a child does not see success in his academic work, his heart seems to go out, he loses faith in his strength, he seems to bristle, responds with insolence to the advice and remarks of teachers".

Therefore, the first thing to which it is necessary to strive in educational and extracurricular activities is to create an atmosphere of interest in classes.

There are many techniques in this case:

- explain the importance of classes for health promotion, the need for active and independent exercise;

- explain (very briefly) the importance of each general developmental exercise in further training of useful skills;

- provide a sufficient number of small handouts, which helps to increase the occupation of pupils;

- regularly use game and competitive methods that create positive emotions in the lessons;

- introduce independent work at the lesson as a means of active cognitive activity. Pupils' interest is noticeably increased at the lessons of the training plan; athletics lesson, gymnastics lesson, games lesson. Each of them has its own structure and exercises peculiar to the sport.

**Conclusion.** Physical culture, being a part of general culture, contributes to the development and preparation of schoolchildren for further independent life, and sport is the so-called "school of life". After all, in sport they learn not only to play a particular type of game activity (if we are talking about game sports), but also to work in a team, tactics, strategy, learn to lose and win, relationships with opponents and relationships in their team (especially in competitive activities), to make independent decisions not only in the game, but also in life and much more.

Physical education and sports form healthy ambition, self-esteem, the ability to hold a blow, and not only in the gym, bring to the spirit of fair competition, which is especially important for the younger generation of Ukraine.

School physical education lays the foundation for the formation of personal qualities such as diligence, positive activity, the desire to keep up with others. It is an



effective means of directing schoolchildren's energy in a constructive direction. In this case, the behavior, knowledge and skills, personal example of the teacher of physical education become more important guidelines for students than instructions and admonitions. And if the teacher of physical education helps to form in students the needs for constant self-education and self-improvement, it will be easier for them to realize and accept for their lives such social concepts as friendship, equality, justice, beauty, the right to an interesting life, freedom and happiness.

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