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## **Historical Sciences**

# **FEATURES OF TEACHING PHYSICAL CULTURE IN HIGHER EDUCATIONAL INSTITUTIONS RUSSIA**

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## **Abstract**

The article discusses the features of teaching the subject "Physical Education" in higher educational institutions in Russia. It is shown that special attention is paid to the personality of the student, as an integral part of the professional training of students throughout the entire period of study. In modern conditions, the transformation of all aspects of sports activity is of decisive importance not only in the professional sphere, but also in the physical training of the younger generation, which is necessary for future work.

The problems of further improvement of physical education at the university are now the subject of close attention of leading experts.

**Keywords:** sport, endurance, occupation, leader, university.

## I. INTRODUCTION

The existing structure of physical education of students at the university, based on existing organizational and methodological programs, has ceased to satisfy the solution of the main task - effective rehabilitation and education of students from the position of conscious compulsory motor activity, as well as personal interest in the comprehensive development of the personality of a young specialist.

In the new conditions, the educational system of higher educational institutions, including in the field of physical culture, does not sufficiently create the necessary conditions for the formation of a common culture and an integral system of professional knowledge and skills of the individual, its readiness for self-study and self-development. For modern technical higher educational institutions, within the framework of which future managers of production teams are trained, the negatives noted above are fully characteristic. This circumstance predetermined the choice of the topic of our research.

It can be assumed that in the system of physical education of higher educational institutions, one of the most important tasks is to determine the degree of importance of the intellectual component of physical culture for the professional development of the personality of students, the understanding of a new organizational and structural structure of the educational process, the creation of health technologies not only basic, but also applied.

## II. METHODOLOGY

The methodological significance of the study is:

- Systematization of knowledge about the state, problems and trends in general higher education in the field of physical culture at a technical university. In determining the prerequisites for the implementation of general higher professionally oriented applied education and the possibilities of its theoretical, technological and organizational support, taking into account the production specifics of the specialty received by the student.

- In obtaining new knowledge about the essence of general higher education in the field of physical culture at a technical university and, in particular, about its two-component nature - basic general higher education, which determines the formation and development of the student's ability to create his own health values of physical culture, and professionally oriented applied education aimed at obtaining knowledge by the future head of the enterprise about the peculiarities of prevention and preservation of professional health of employees of the managed team in connection with the specifics of their work.

## III. RESULTS

Physical education classes in a technical higher educational institution have their own characteristics, due to the need to include additional modules in the curriculum. The professional and pedagogical training of future engineers includes, among other things, the acquisition of skills for sports, recreation, educational and mass sports work.

The main tasks of physical education of university students:

- formation of a student's system of theoretical and scientific-practical knowledge in the field of physical culture as part of a positive worldview position, orientation towards a healthy lifestyle and physical improvement;

- training in the ways and methods of physical culture and sports activities to achieve educational, professional and life goals;
- development of physical qualities and improvement of skills during general developmental and sports exercises;
- acquisition by students of personal practical experience of educational and training and competitive activities;
- prevention of diseases associated with educational activities, and restoration of body functions in students with health problems;
- preparation of students to perform health-improving, preventive and physical education work within the framework of their professional duties.

As you can see, the tasks set for the formation of a versatile harmoniously developed personality of a student can be divided into the following groups: educational, educational, developing and improving.

To achieve the goals set, training sessions are conducted in the form of:

- theoretical, practical (training and methodical-practical), control;
- individual and individual-group additional classes (consultations);
- self-study on assignment and under the pedagogical supervision of the teacher.

Theoretical classes are held in the form of lectures with an in-depth study of the basics of the directed use of physical exercises to improve the health of students, scientifically based management of the psychophysical performance of schoolchildren and students.

In the course of practical classes, in accordance with the profile of the educational department, additional training is carried out: physical education focuses on future professional activities.

When preparing students, the following methodological principles of physical education are implemented:

- the principle of consciousness and activity provides for the formation of a meaningful attitude and sustainable interest in physical exercises;
- the principle of visibility creates the correct representation, the image of a dynamic task or a separate element before trying to execute it;
- the principle of accessibility obliges to strictly take into account the age and gender characteristics, the level of preparedness, as well as individual differences in the physical and mental abilities of students;
- the principle of systematicity implies the regularity of classes, rational alternation of loads and rest;
- the principle of dynamism consists in setting more and more difficult tasks as the previous ones are completed;

In the course of training sessions, students receive a dynamic load, the necessary physical and functional training, gain personal experience in improving and correcting their physical development. In the process of training, professional skills are formed, physical qualities are developed. The content of classes in a special educational department is developed taking into account indications and contraindications for each student, has a corrective and health-improving and preventive orientation. The means of the educational process include exercises from the practice of physical therapy, the complexes of which are mastered by students for independent regular use during extracurricular time.

The means of practical training of the main educational department are determined taking into account the conditions of the sports base and the professional preparedness of teachers. At the same time, they necessarily include exercises from athletics, swimming, skiing, sports games and a general developmental nature. The selection of exercises for practical exercises is focused on improving previously studied and forming new motor skills and abilities, as well as developing the qualities of endurance, strength, speed, agility and flexibility.

An analysis of physical education programs for students of higher educational institutions shows that they are all constantly being improved and adjusted. The compulsory course of physical training was introduced into the program of universities since 1934, where in the first and second years compulsory classes were held in the amount of 160 hours, and in the senior courses optional classes in the amount of 60 hours. Currently, the teaching of physical culture in higher education institutions is carried out in accordance with the requirements for the educational minimum of a graduate of a higher school in the cycle "General humanities and socio-economic disciplines" and the provisions of the federal and sectoral sample curricula for higher education institutions.

On the basis of these programs, the departments of physical education can make changes and make their own work programs, taking into account the climatic and regional conditions, the peculiarities and specifics of the university, the state of the educational and sports base. In fact, the program consists of two components: mandatory and variable. The basic mandatory component includes part of the educational materials that ensure the formation of the basic knowledge, skills and abilities of the student. The variable component of the program, complementing the basic one, is designed to take into account the individual interests and needs of students in the field of physical culture and sports, which provides for the development of a variety of elective courses and the inclusion of additional thematic materials and exercise complexes in the educational process.

#### IV. CONCLUSION

The attention of numerous researchers to modern forms of organization of the educational process and new technologies for physical education of university students still does not weaken, but there are still contradictions in the choice of means and methods for evaluating the effectiveness of physical training of students. Earlier it was noticed that the physical fitness and health of students are gradually deteriorating. Most authors considered this to be a consequence of an ineffective state program of physical education. But since 1990, the state program has changed twice, and the result remains the same - the physical fitness of students continues to decline. The analysis of the pedagogical process in universities has shown that the content of curricula, methods, means and forms of its organization generally correspond to the basic didactic principles and reflect modern pedagogical approaches to teaching, development and education of students. But many opportunities for further improvement of the system of physical education in universities have not yet been fully realized.

In connection with the foregoing, we can draw the following conclusion: in order to interest students in increasing the level of physical fitness, it is necessary to intensify physical culture and sports activities. It is also necessary to diversify physical culture classes by including gaming and competitive methods, non-traditional types of physical activity in the program of higher educational institutions, which will allow each student to realize their own needs in movement in the process of physical activity. At the same time, it is of great importance to convey to students the relationship of physical culture classes with the main objects of care for the physical condition, the priority values of a healthy lifestyle. All this as a whole will help to form the need for students to engage in physical education throughout their subsequent lives, to realize that this is necessary in their future professional activities. Taking into account what has been said, the main ways of forming the necessary motivation in the professional activity of the teaching staff, as well as the creation of realistically achievable prospects in the physical culture and sports activities of students are determined. The Federal State Educational Standard of Third Generation Higher Professional Education in the discipline "Physical Education" provides for the acquisition by students of the competencies of independent and competent use of the means of physical development and self-development, increasing the level of their readiness for physical and psychological stress of a different nature. These competencies will allow a young person to successfully self-actualize in social and professional activities. The need to restructure the educational process in order to implement the new state educational standard contributes to the development of motivation among the teaching staff, involving them in the work to create new requirements for graduates, as well as new curricula and thematic plans.

Thus, the given data show that the specialists of the departments of physical culture and sports should significantly intensify their activities to develop students' interest in physical education and sports under the guidance of a teacher who involves students in the process of physical development as active participants, trying to interest and increase the emotional attractiveness of training sessions, as well as firmly consolidate the acquired skills for the rest of your life.

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## ОСОБЕННОСТИ ПРЕПОДАВАНИЯ ФИЗИЧЕСКОЙ КУЛЬТУРЫ В ВЫСШИХ УЧЕБНЫХ ЗАВЕДЕНИЯХ РОССИИ

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### Аннотация

В статье рассматриваются особенности преподавания предмета "Физическая культура" в высших учебных заведениях России. Показано, что особое внимание уделяется личности учащегося, как неотъемлемой части профессиональной подготовки студентов на протяжении всего периода обучения. В современных условиях трансформация всех аспектов спортивной деятельности имеет решающее значение не только в профессиональной сфере, но и в физической подготовке молодого поколения, которая необходима для будущей работы.

Проблемы дальнейшего совершенствования физического воспитания в университете являются сегодня предметом пристального внимания ведущих специалистов.

**Ключевые слова:** спорт, выносливость, профессия, лидер, университет.

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