

Organization of Pedagogical Control of Trainees' Physical Preparedness Based on on-Line Service "AS Phcsc Rld" Application



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Abstract: *The article presents the results of on-line service "AS PhCSC GTO" application in pedagogical control implementation in an educational institution in automation of information processing for management of trainees' physical training in a comprehensive school. On-line service "AS PhCSC GTO" application in pedagogical control implementation in an educational institution allows providing the main task (achieving the model level of physical preparedness (Gold, Silver, Bronze) of the main group) with effective solution, and also trainees support for physical preparedness correction.*

Index Terms: *pedagogical control, on-line service "AS PhCSC GTO" physical preparedness, trainees, an educational institution*

I. INTRODUCTION

Pedagogical control is one of the important factors in the management of the physical education of secondary school students. The implementation of pedagogical control over conditioned physical fitness of each student and class as a whole allows to observe the dynamics of motor abilities development in a timely manner, identify students with a low level of development and, based on individual correction of conditioned physical qualities, with the help of special pedagogical influences, achieve the desired effect in preparing for the implementation of standards of the RLD complex [2,3,4,6]. It is necessary to organize an educational process in physical education classes in such a way as to effectively implement the requirements of the curriculum for mastering the development of physical qualities in order to increase the level of conditioned physical fitness for the RLD standards.

II. METHODOLOGY

The purpose of the study is to identify the main problems of the implementation of pedagogical control in physical education of students and to summarize the results of approbation of the online service "AS FSK RLD" to organize systematic training of students to meet the standards of the RLD complex. Organization of the study. The generalization

and analysis of the problems of implementing the current control of physical education at school, as well as approbation of the new system of interaction of participants in the educational process in the field of "Physical Education" with the use of scientific and technical development of the online service "AS FSK GTO" was carried out on experimental sites of educational organizations in Surgut (MBOU SOSH No. 44) and Surgut district (MBOU SOSH Solnechnaya No. 1).

III. RESULTS

Analyzing the experience of teachers of physical culture, it can be stated that the quantitative information on the results of trial testing at school and official testing at the sites of the RLD testing center is recorded in written form in journals or in separate protocols, which is not always analyzed and summarized. As a result, the lack of generalized information does not allow the teacher of physical culture to identify the levels of physical fitness of students on the basic conditioned physical qualities that are necessary to fulfill the standards of the RLD complex. Accordingly, as a result, there are problems with identifying trained students and organizing feedback to correct students' physical fitness, who have not fulfilled the standards for the relevant types of tests that determine the levels of development of basic physical qualities, applied skills or abilities.

It should be noted that in practice a physical education teacher manages the physical education of students, which is built taking into account the program and regulatory framework of the RLD complex, according to three main components: 1) a database of information on the implementation of the standards of the RLD by students; 2) managerial decisions on individual correction of students' physical condition based on the results of testing according to the standards of the RLD complex; 3) the information content of the current pedagogical control over the physical condition and the effectiveness of the pedagogical effects on students. The existing regulation of the organization of testing for the RLD complex, according to recommendations of the federal RLD operator, excludes access of a physical education teacher to information that is sufficiently valuable for physical education, since it does not have access to the processed test results in the AIS of the RLD of its students, therefore give an objective assessment of its work he cannot. Accordingly, to form a bank of information on the state of physical fitness of students according to the standards of the RLD complex,

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the physical education teacher must manually report the test results provided by the RLD testing center or the information provided from the students, which is in their personal accounts on the RLD website. The obtained quantitative information from the testing center or students is reduced mainly to not quite high-quality and not always reliable characteristics of the student (such as low, medium, high level), according to the standards of the complex and, as a rule, is contained in the memory of a physical culture teacher. The content of pedagogical control conducted by a physical education teacher in practice is not enough to characterize the basic motor abilities of schoolchildren and, in particular, such important ones as strength and speed-strength abilities, etc. Two or one-time testing in an academic year is essentially only a formal registration of the condition of the pupil and it does not allow to carry out pedagogical correction of conditioned physical qualities in a general educational institution. Thus, in practice, there are no basic conditions for the implementation of full-fledged pedagogical control over the level of physical fitness of students based on the requirements of the RLD complex.

For the organization of pedagogical control and systematic work on high-quality training of students for the implementation of the standards of the RLD complex, it was proposed to introduce at experimental sites a scientific, technical and experimental development "Technology for correction of the conditioned profile of development of the physical qualities of citizens, taking into account government requirements for the level of physical fitness of the population within the RLD complex"[1,5].

The distinctive features of the organization of pedagogical control and system work with the use of the online service "AS FSK GTO" consist in the automation of information processing processes for managing physical education of secondary school students. In fig. 1 shows the model of pedagogical control of physical fitness, students on the basis of the automated system of the online service "AS FSK RLD". The model of pedagogical control of physical fitness, students on the basis of the automated system of the online service "AS FSK GTO" provides an opportunity to provide an effective solution to the main task - to achieve a model level of physical fitness (gold, silver, bronze) of the main group, as well as assessing physical qualities and online support students to improve or correct physical fitness. At the same time, the cost of a teacher's working time for the management process is several times less than with the traditional existing approach in preparing students for compliance with the RLD complex standards.



Figure 1. Model of pedagogical control of physical fitness, students on the basis of the automated system of the online service "AS FSK RLD".

The online service "AS FSK RLD" is a system for the implementation of pedagogical control of physical fitness of students on the RLD complex. The test results are digitized in the e-journal of a physical culture teacher, the test results are automatically calculated, access is provided to summarized information to analyze the initial level of readiness of each student, group or class to fulfill the standards of the RLD complex. The service also summarizes the monitoring data of physical fitness on basic conditioned physical qualities, provides feedback to students to correct or improve their physical fitness through the RLD complex. The service has implemented a full-fledged formation of a database of test results for state requirements of the VFSK "Ready for Labor and Defense" (RLD). Functional capabilities of the online service "AS FSK GTO" include automated processing, storing the information of registered users in the system, counting the level of compliance with standards, forming, preparing for printing individual protocols, reports and recommendations in the form of sets of pre-orders for improving or correcting students' physical fitness requirements of the RLD complex [1]. The interaction of students and those responsible for preparing for the implementation of standards in terms of obtaining final information and recommendations in the form of sets of pre-orders is carried out via remote access to the Internet through an online service on the site www.rosinwebc.ru.

The summarized results of the intermediate results of the implementation of the online service "AS FSK GTO" at the experimental sites allowed to organize a systematic work on preparing students for the implementation of the standards of the RLD complex, according to the algorithm of physical education teacher actions proposed by us:

- 1) collection of information on the testing of motor abilities in accordance with the state requirements of the RLD complex;
- 2) entering the received information into the online service "AS FSK GTO";
- 3) automated receipt of the results of individual, group reports and statistical data on the results of compliance with the standards of the RLD complex;
- 4) electronic transfer to students generated in the "AS FSK GTO" system of individual exercise complexes with visualization for the correction or improvement of basic physical qualities according to the conditioned profile according to the standards of the RLD complex;
- 5) evaluation of the results of self-mastering of exercises for preparation for the implementation of the RLD complex;
- 6) assessment of the formed learning activities for students in designing training complexes aimed at developing basic physical qualities with regard to the requirements for the level of physical fitness in the RLD complex.
- 7) assessment of the readiness of students to meet the standards of the RLD complex.

The first item of the teacher's activity is an element of the organization of monitoring, which includes the organization of test testing of motor abilities in accordance with the state requirements of the RLD complex. Trial testing for all motor abilities can be conducted two or three times in an academic year, and for lagging physical qualities another four to six times.

Testing intervals for 6–7 short controls during the school year should be 4–6 weeks. This period is sufficient for shifts in their level, as a result of the impact of the recommended exercises.

Testing "lagging behind" physical qualities 4-6 times a year does not require the teacher to spend additional time, because produced in the classroom during the lesson. At the same time, control exercises are simultaneously educational achievements of students.

The second stage of activity is the entry of information into the online service "AS FSK RLD", which is done by registering data about students and test results by combining homogeneous information into files. The results of the surveys are recorded by the teacher in the "Test" section to fill in an individual automatically selected test program for the appropriate level of performance standards. Data logging in the protocols does not require additional time. The data entered into the AS FSK RLD online service can be processed, transmitted and stored on various types of storage media.

The third stage of work is related to the receipt of individual, group reports and statistical data from the results of the trial implementation of standards from the AS FGC RLD service, processing the entered information and issuing information on the lagging motor abilities and corresponding exercise complexes for them correction.

The fourth stage is the transmission via remote access to the service, in electronic or printed form, of test results, the state of fitness physical qualities and recommendations for the development of a fitness profile according to the results of trial testing on the RLD complex of individual exercise complexes with visualization for correction or improvement. The fifth action of the teacher, according to the proposed algorithm, is performed if there are no shifts, then the teacher should perform to find out the cause, which can be reduced to three main factors: 1) The recommended complexes of exercises by the students were not performed; 2) the exercise dosage performed is individually inadequate; 3) an adequate response to physical exertion prevents any violation in the state of health.

At the first reason, explanatory work is carried out, at the second reason - the load is adjusted, under the assumption of the third option - it is consulted with the doctor.

After transferring the lagging physical qualities to a higher level (for example, a student in strength abilities was at the unsigned level, after performing the recommended set of exercises, he completed the standard for the bronze sign) exercises are sufficient to maintain it (structure, volume, intensity are stable at the same level).). To go from a bronze sign to a silver sign, an increase in the load value is necessary. This is done at the request of the student and is a mandatory task of the teacher.

After reaching the standard of the gold mark, the control over motor abilities must be continued, since the achieved level may be reversed, and this will require an appropriate pedagogical correction.

IV. CONCLUSION

The proposed system of interaction of participants in the educational process in the field of "Physical culture" using the online service "AS FSK RLD" allowed to determine the algorithm of actions for implementing pedagogical

control of physical fitness according to the standards of the RLD complex. Using the online service "AS FSK GTO" in the implementation of pedagogical control allows the teacher of physical culture with minimal loss of time to monitor the dynamics of physical fitness of students in the process of their education in school, as well as to carry out timely correction of physical fitness taking into account the program-normative basis of physical education in the Complex RLD.

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