

Elective Course as a Means of Forming a Sports Life Style of Students: Physical Culture and Sports



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Abstract: *Improving the quality of higher education in Russia necessitates its organization on the basis of modern approaches, including those affecting the field of physical education, upbringing, development and rehabilitation of students. It has long been proven that the basis of human life, his labor activity, achievements, longevity and success is his health. It, in turn, depends on socio-economic, sanitary-hygienic, material, technical, environmental conditions, as well as on the lifestyle of the person himself, his nutrition, on the healthcare system in the country, on the education of the person, and most importantly - on his level physical activity. The healing effect of various physical exercises is that the working muscles are closely interconnected with the human nervous system, its metabolism and the work of internal organs. Based on this, the article substantiates the role of elective courses in physical culture and sport in the educational and cognitive activities of students as the main tool for shaping a sports lifestyle, the need for active physical activity. The basis of elective courses in physical education and sports, the main purpose of which is to strengthen sports-oriented physical education, is to take into account the interests and needs of students involved in the optional sports complex of the educational organization in sports sections. The ability to choose the type of sporting activity and the lack of a form of control as an academic unit significantly increased the positive attitude of students to basic physical education classes.*

Index Terms: *physical education, physical education, sports, physical education elective course, sports lifestyle, sports-oriented physical education, sports sections, sports and fitness activities, physical activity.*

I. INTRODUCTION

The main goal of elective courses in physical education and sports is the formation of the physical culture of the individual, preparation for professional activities,

preservation and strengthening of human health. Man as a personality is formed in the process of social life: in study, work, in communication with people. Physical education and sport contribute to the formation of a comprehensively developed personality. For example, in training sessions, trainings, and especially during sports competitions, students endure great physical and moral stresses: rapidly changing environment, opponent's resistance, the dependence of the result of sports competitions on the efforts of each team member, the formation of such character qualities as willpower, courage, self-control, determination, self-confidence, endurance, discipline. At elective courses in physical culture and sports, students acquire knowledge about rational ways of performing actions, about using acquired skills in life, learn the rules of hardening the body, and the mandatory rules of hygiene. Studies show that physical exercises contribute to the improvement of the senses of visual and auditory perception, the development of memory.

The urgency of the problem of improving the physical education of students is due to the fact that the state of their health, as well as that of all young people, is noticeably behind the established norms of modern society. To be a healthy, full-fledged member of society, as some scientists note (A.S. Golobokov, M.S. Naumova, T.R. Solomakhina, etc.), it is necessary to engage in physical culture and sports, since movement is the biological need of the body, which regulates and stimulates human activity [1; 2]. In this regard, there was an objective need for the introduction of innovative technologies in the methodology of teaching physical education in higher educational institutions.

It should be noted that in the educational process of effective preparation of a student in the discipline "Physical Culture", the following organizational and pedagogical conditions contribute:

- instilling the skills of a healthy lifestyle through regular classes in physical education;
- education of personal qualities necessary for a sustainable desire to improve their physical culture;
- development of a focus on regular athletic and sports achievements

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Physical culture plays an invaluable role in the educational and practical activities of students, since intensive physical exercises have a significant effect not only on the physiological state of the individual, but also enhance metabolic changes in the body (A. Medvedev, A. I. Postelnyak) [3], increase anaerobic processes (A. V. Bazhin) [4], activate the activity of cardiorespiratory systems in the body (L. G. Pashchenko) [5], etc. The listed components in the aggregate significantly expand the functional capabilities of a person, defines Suitable his ability to perform their professional functions with high efficiency.

Thus, the teachers of higher education have an important task - the education of a physically healthy specialist, capable of long-term and successful fulfillment of their professional functions and meeting the requirements of the modern labor market. However, the number of hours in physical education, regulated by the content of the educational program, is not enough to organize sports-oriented physical education, contributing to the development of their mental and physical abilities, increasing overall performance, reducing the level of aggressiveness, and shaping a sports lifestyle.

II. RESEARCH METHOD

For the development of society and the state as a whole, human capital, that is, the education of a healthy, active, socially adapted generation, is of particular importance. The listed human qualities largely depend on his individual capabilities, but these indicators, as is known from the analysis of numerous studies (ER Kochiev) [6], can be improved with the help of active fitness activities. Scientists have also proved a direct relationship between the intellectual level of a person and physical fitness (I.N. Vorobyova) [7]. The problems of studying physical culture and sports in higher education are reflected in A.G. Bugulov, Kh.M. Sokaev [8], E.Yu. is engaged in questions of the formation of the value attitude of youth to a healthy lifestyle. Perkova [9]; B.A. Baskaev, A.S. Buzoev, A.M. Khubetsov [10]; VK. Doev, K.E. Ketoev [11]. The issues of motivation formation for physical exercises are considered in the research of T.R. Solomakhina. "The indicators of the need-motivating component, according to the researcher, are the need for knowledge about physical culture, physical culture activity, motives for knowing physical culture activity, cognitive interests, curiosity; design - the ability to set a goal and plan the process of cognition of athletic activities; executive-volitional - the implementation of the goals and objectives of cognition of physical activity, the manifestation of volitional efforts; emotional - satisfaction with the process and the result of knowledge of physical activity; evaluative-reflective - reflection and self-esteem of knowledge of physical culture activity, self-criticism "[2, p. 110–111]

Formation of the goals of the article (statement of the task). The passive attitude of the students of the university both to lectures and to practical classes in physical culture makes us look for new ways to introduce students to active motor activity, provided for by the curricula of higher education. This issue is particularly relevant in recent years, since there is a negative dynamics in the state of health and physical fitness indicators of students of all courses. There is a need to increase the effectiveness of physical education by attracting additional, more individually targeted courses. As a way out of this critical situation, the article considers the introduction of elective courses in physical education and sports, as a means of sports-oriented physical education, the conditions for the development of a steady interest in physical education classes.

III. RESULTS

Creation of conditions providing increased efficiency of physical education teaching in educational institutions, an opportunity for young people to lead a healthy lifestyle and systematically engage in physical education and sports is a key task at the present stage.

The concept of "elective" (from lat. Electus - elected) means "selective." Elective courses are the most important means of building individual educational programs, as they are most closely related to the choice of the content of education for each student depending on his interests, abilities, and subsequent life plans.

Elective courses provide students with the opportunity to choose the optimal mode of classes, a model of physical education, an interest group taking into account their individual characteristics based on both traditional and modern sports areas (general physical training group, section or group for a particular sport). Classes in elective courses also involve a consistent and detailed methodological explanation of the technique of performing physical exercises and the subsequent effect, providing the student with the opportunity to track these effects together with the teacher and independently, including assessing the state of his body and working capacity during the lesson.

The capabilities of the sports base of many classical universities and the qualifications of the teaching staff allow you to organize the educational process in the following sports areas as part of elective courses: sports games (basketball, volleyball, soccer, indoor soccer, badminton, tennis, table tennis, etc.), athletics, swimming, powerlifting, kickboxing, tourism, fitness aerobics, etc. [4-6]. Priority in the development of physical education and health areas should be chosen independently by each student, taking into account personal priorities: desires, interests, abilities and skills. Elective differentiation should become the basis of sports-oriented physical education, should introduce students to the values of physical culture and sports,

and form an internal need for systematic physical education and sports. The consolidated efforts of the administration of universities, teachers of the departments of physical education and sports, trainers, section managers should bring the expected result, namely the formation of an integrated system of physical and sports education for students. Physical motor activity should become a way of self-expression, be emotionally and aesthetically attractive. Particular attention should be paid to first-year students, using the last opportunity in the framework of the educational system to change the negative attitudes acquired at the previous stages of training.

Physical culture is an organic part of human culture, its special independent sphere responsible for the physical state of human health. It regulates the forms, methods and methods of physical activity, as well as the conditions necessary for the cultivation of processes aimed at mastering, developing and managing the physical and psychological abilities of a person, strengthening his health, and increasing his working capacity. The organization of physical education of students is regulated by the content of the main educational program of the corresponding direction and profile of training, and, as a rule, includes practical, theoretical and control-measuring blocks of educational materials. In the ordinary sense, physical culture and sport are an integral part of the general culture, which is a combination of theoretical knowledge and practical skills necessary for the mental, moral and physical development of a person.

The exercise, according to the fair remark of some researchers (A.G. Bugulov, Kh.M. Sokaev), helps to improve the anatomical structure, physiological capabilities of a person, his motor activity and social adaptation [12]. The content of classes with students of physical education and sports, writes N.V. Tychinin, based on knowledge and skills of using physical culture means [13]. It is based on the conduct of professional, physical and sports training in order to acquire positive experience in physical education and sports. Physical education, according to N.N. Vengerova, contributes to the mental, moral, moral education of students, the formation of a healthy lifestyle [14].

Students have physical exercises and sports relieve stress, increase efficiency, reduce the level of aggressiveness, contribute to the normal development of their physique, increase mental abilities. In universities, the elective course in physical education and sport is implemented as a compulsory discipline for 1-3 year students at all faculties. The content and the learning process depend primarily on the health status of students. If the basic course of physical education reflects the invariant part of education that is compulsory for all students and is aimed at mastering students by certain types of physical exercises, strengthening and maintaining the health of students (KE Ketoev) [15], then the elective course on physical education and sports, replenishing the limited possibilities of basic physical education courses are associated, first of all, with the satisfaction of individual

educational needs, inclinations and interests of each individual student.

In the framework of this discipline, physical education teachers implement a range of practical and lecture classes aimed at the formation of theoretical knowledge in the field of physical culture and sports, the development of speed, agility, coordination of movements, as well as mental cognitive processes: thinking, memory, speech, imagination, etc. d. Due to this, as you know, the body of students adapts more easily to various loads, the nervous system improves, the brain works faster and people make more appropriate decisions. It is the elective courses (KE Ketoev, FG Khamikoev), as the most differentiated part of the educational program, that are the main means of organizing sports-oriented physical culture, improving the anatomical structure, physiological capabilities of students, their physical activity and social adaptation [16, from. 85–86]. As a result of such work, the physical fitness of students is enhanced; their motor skills become more active; the level of development of vitality increases markedly and resistance to stress is strengthened (T.N. Ivanova); there is a moral, mental, aesthetic and intellectual development [17, p. 149-151]. All this, in our opinion, contributes to the formation of a sporting lifestyle in general.

With physical activity, muscles need increased blood supply, organs work more actively, saturate the blood with oxygen, blood vessels, the human heart strengthen, gaining endurance. During swimming lessons (E.Yu. Perkova), jogging significantly improves the condition of muscles and blood capillaries [18, p. 154-157]. As a result, metabolic processes in the human body improve, proteins are produced and new muscle cells are formed, and the nervous system is strengthened. In students, the heart and blood vessels adapt to various loads (E.Yu. Akimova, EA Bobrovsky) [19; 20], therefore, they can quickly recover from them. Physical activity increases the need for organs, tissues in oxygen, so a person breathes more intensively and more deeply. Sports such as swimming and running train your lungs well.

Regular exercise in the body produces an increased amount of lymphocytes, red blood cells, and they neutralize the harmful substances entering the human body. Daily physical education, running, training in the gym, yoga, save a person from spending money on drugs that gradually kill his health. Therefore, those who actively move rarely get sick, their immunity immediately destroys viruses, bacteria and prevents them from developing in the body. Particularly noteworthy is the fact that students involved in sports are less likely to experience depression, stress, and panic. They are always optimistic, L.V. notes Faleeva [21].

You can notice that if a person does not get annoyed over trifles, always finds a way out of any situation, lives in a measured way (M. Bekoeva) [22], plans everything carefully, he has no mood swings, which means that such a person goes in for sports [23, 24].

IV. CONCLUSION

Thus, the current level of social development requires constant improvement of students' physical and sports fitness; recognition of physical culture as one of the main values of modern society, intensification of the internal need for systematic physical exercises not only in the process of learning at a university, but also in their further life activities. Basic scientific research in this area, as a rule, is not accessible to a wide range of professionals, is put on commercial services and does not have free access to its results.

Most teachers understand the need for quality modifications of the practice of physical education and sports and strive to work in this direction. Elective courses in physical culture and sports should become an integral part of the system of modern education, as they have a huge educational, educational, health, socializing and general cultural potential. The value of their upbringing-educational and physical-health-improving opportunities lies not only in acquiring and maintaining health, but also in the fact that they manifest themselves as an effective tool for personality formation and character improvement, helping students - future specialists to successfully socialize and adapt in professional activities [25]. That is why the expansion of the elective courses of physical education and sports among students will contribute to the formation of a sports lifestyle, as well as the acquisition of a mass nature of physical activity.

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