

TECHNOLOGY OF FORMING A POSITIVE ATTITUDE TO PHYSICAL TRAINING STUDENTS OF SPECIAL MEDICAL GROUP

Mukhamediarov N.N.

Crimean Engineering-Pedagogical University

Annotation. Defined effective technology stages of forming a positive attitude towards physical education of students in special medical groups, stimulate motivation, epistemologically, informative, content-procedural, analytical and adjustment. For each stage technology offered special tools: lectures, seminars, analysis articles, mini conference on improving technique, racing games, mini-competitions, diagnostic interviews, questionnaires, analysis of log data on attendance. Selected criteria forming positive attitudes towards physical education: theoretical and practical, formed groups for research: experimental and control, analyzed results introduction of technology, efficiency of the proposed technology and means forming a positive attitude towards physical education students in special medical groups.

Keywords: health, personality, motivation, technology, tools.

Introduction

Health is the first and the most important human demand, that determines person’s ability for labor, ensures his harmonious development. It is and urgent precondition of cognition of environment, self assertion and happiness of a person. Unfortunately, application of this concept in the process of formation of special health group students’ positive attitude toward physical culture training is problematic at the present stage in connection with their insufficient understanding of physical loads’ positive significance. That is why development of technology of formation of positive attitude toward physical culture training has become an urgent problem. Analysis of health’s level, made in works by O. Vakulenko, A. Dubogray, S, Lapayenko, I Suschenko et al. [2, 4, 5, 9, 10], permits to make conclusion that low level of youth’s health has a number of certain reasons: among which there are absence of priority of health and motivation for healthy life style and culture of health; family conflicts; insufficient organization of eating in childhood, increasing of morbidity; sanitary-hygienic problems as well as dissatisfaction with organization of educational process. That is why the problem of formation of special health group students’ positive attitude to physical culture training requires separate, deeper study.

The research has been fulfilled with the frames of subject “Theoretical principles and methodic conditions of development of physical and psychological potential of students” (approved by scientific council of RVNZ KIPU minutes № 6, dt. Januaru 28th, 2013)

Purpose, tasks of the work, material and methods

The purpose of the researched determination of effective stages of technology of special health groups students’ positive attitude to physical culture trainings; marking out of criteria of technology’s efficiency; analysis of implementation’s results.

Results of researches

Motivation for formation of demand in health is stimulation of youth for action, oriented on strengthening and preservation of sound self-feeling [8]. Formation of positive attitude to physical culture trainings is a complex of influences on personality in order to create established motivation for active joining the world of physical culture.

The developed by us technology of formation of special health groups students’ attitude to physical culture trainings has the following stages.

Table 1

Stages of technology of formation of special health groups students’ attitude to physical culture trainings

Nos.	Stages of technology	Methods
1	Stage 1. Stimulating-motivational	Talks, discussions, mini-conferences
2	Stage 2. Gnosiologic - informative	Lectures, analysis of articles, health improving methodic
3	Stage 3. Intentional-procedural	Outdoor games, mini-competitions. Health improving exercises
4	Stage 4. Analytical-correcting	Questioning, analysis of data of register of trainings’ attendance

Stimulating-motivational stage envisages stimulation of students for understanding of prerogatives of sound physical health, motivation for mastering of physical exercises training skills. The methods, used at this stage: talks, stories, analysis of problematic situations. Unfortunately, many instructors in physical training do not pay sufficient attention to this stage. The absence of established students’ motivation results in passive attitude to physical culture trainings. Especially it concerns the students from special health groups, who have different complexes of diseases and do not have sufficient motivation for physical training.

For realization of gnosiologic informative stage we organized seminars for familiarizing with basic principles of physical health, discussions of problems in order to determine the possibilities of health improvement. Alternating health improving methodic also were presented.

Main ideas of this stage rest on humanistic concepts of the past and, first of all, on those, which were presented to the world by Ancient Greece. To them philosophy of Olympics is rated and connected with it idea of honest, noble competitiveness in sportsmen's competitions at Olympic Games. They were main sports event of all times and nations. Every Olympic Games became a national festival, a certain kind of congress for governors and philosophers, contest of sculptors and poets. Olympiads ennobled people, because they reflected world vision, in which the first place was taken by cult of spirit and body perfection, idealizing of harmoniously developed person- thinker and athlete [3,7].

Intentional-procedural stage stipulated involving students in physical culture training through outdoor games, improvised "Olympic competitions" and mastering of exercises of alternating health improving methodic.

In opinion of K. Abulkhanova-Slavaska, a person solves problem of arranging, comparing of objective and subjective factors of activity with the help of activity [1].

Analytical-correcting stage permitted to carry out analysis and correction of implementation's results of technology of special health group students' positive attitude to physical culture formation.

Criteria of positive attitude to physical culture trainings are theoretical and practical:

- theoretical – knowledge of history of physical culture development; hygiene and prevention from diseases, influence of harmful habits, connection of psychic state with the state of body, skill in taking care of body, in correct eating, regime of work and leisure;

- practical – skillfulness in correct fulfillment of physical exercises, understanding of significance of every exercise and how they influence on organism's state;

At concluding stage of experiment the following tasks were solved:

- studying of level of formation of positive attitude to physical culture training;

- analysis of influence of physical culture trainings' traditional organization on formation of positive attitude to them;

The stages of concluding part of experiment were as follows:

- theoretical researching – determination of theoretical material of problem's study from different aspects of philosophical, sociological, psychological and pedagogical knowledge; application of literature analysis methods, observation;

- diagnostic and problematic – selection of complex of diagnostic material, working out of questionnaires, determination of experimental and control groups, processing of results, determination of problem and tasks of research, determination of the purpose of research, formulating of hypothesis concerning the results of formation experiment;

- organizational – development of technology of positive attitude to physical culture trainings formation;

- purpose- motivated – transition period between concluding and formation stages of experiment – formation of motivation sets.

Concluding stage of experiment covered 160 students. The data of concluding experiment witness about mainly middle and low levels of formation of positive attitude to physical culture trainings. It is explained by the absence of steady motivation. There is no complex organization of educational process, the role of physical health in professional preparation is underestimated, no attention is paid to increasing of variety of active forms for formation of special health groups students' positive attitude to physical culture trainings.

At formation stage of experiment, in the process of physical culture trainings, technology of formation of special health groups' students' positive attitude to physical culture was implemented. Two groups were formed: experimental (45 students) and control (45 students).

The final stage of experiment implied generalization of current and total data of diagnostic methodic (analysis of attendance, progress at trainings and questioning), which reflect dynamic of changes of positive attitude to physical culture formation levels.

Table 2

Comparative table of levels of formation of positive attitude to physical culture by two group models before and after experiment in %.

Formation levels	Before experiment		After experiment		Increment (in %) of formation levels (FL)	
	C	E	C	E	C	E
High	8,5	8,6	9,2	29,7	0,7	21,1
Middle	24,9	24,5	25,7	48,5	0,8	24
Low	66,6	66,9	65,1	21,8	- 1,5	- 45,1

Summary

Results of the research prove that technology of formation of positive attitude to physical culture trainings is effective and necessary condition for complex development of personality, formation of integral world vision concerning healthy life style, creative realization in surrounding world.

The prospects of further researches. The presented technology has realistic opportunities of implementation at educational establishments, however adapting means of formation of positive attitude to physical culture trainings require additional development.

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Information about the author:

Muhamediarov N.N.: csepu@gala.net; Crimean Engineering-Pedagogical University; Educational str., 8, Simferopol', 95015, Ukraine

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