

FORMATION OF ENVIRONMENT OF INCLUSIVE ACCESS TO ACHIEVEMENTS OF NATIONAL PHYSICAL CULTURE FOR YOUNG STUDENTS

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The topic is related to one of the sustainable development goals accepted by the UN Summit: «Ensuring healthy lives and promoting the well-being for all at all ages».

The essence of the project: scientific justification and development of methods for attraction of young students to the achievements of national physical culture; the main attention is paid to the formation of internal and external environment that let any student to find her or his individual way of physical improvement.

The target audience: The main role-players are the participants in the educational process at the university, and specifically teachers and students. The practical implementation of the project is carried out through the academic subject «Physical culture» as a unit «Elective course» of the basic part of the curriculum and during the extracurricular activities.

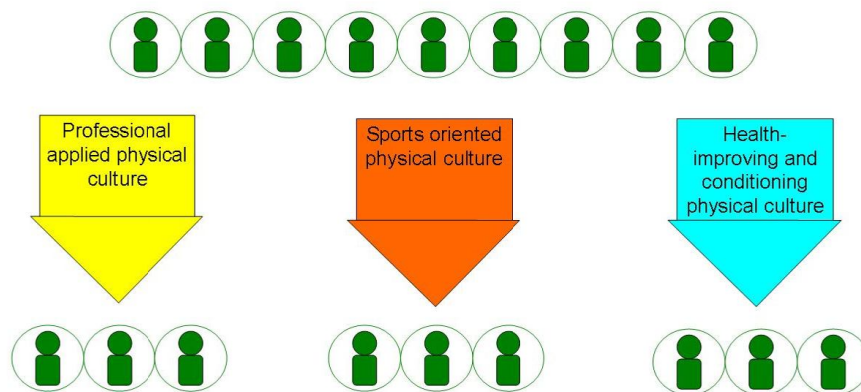
The essence of the project and its implementation technology: Under «physical culture» we understand the whole complex of theoretical knowledge and practical skills promoting the improvement of physical nature of a person and harmonizing his or her psychological, spiritual and moral foundations.

The achievements of national physical culture are its theoretical, methodical and organizational basics developed and scientifically tested by the experts of our country.

In the course of historical formation and development of national physical culture three basic directions of inclusion of students in sport and physical activity are formed at higher education institutions of our country:

1. Professional applied direction is oriented on preparation for professional activities and homeland defense.
2. Sports oriented direction is focused on sports improvement of the students, development of mass sport and sport of high achievements.
3. Health-improving and conditioning direction guides the students to promoting and preserving their health.

At the first stage of project implementation (the first year of studies at the university) the students are taught theoretical and methodical knowledge in each direction through the academic subject «Physical culture» within its basic part. The main forms of classes are lectures, seminars, methodical and practical classes. After the first year of studies the students choose on their own the direction of physical culture that best meets their needs and corresponds to the level of their physical fitness (Fig. 1).



At the second stage of project implementation (the second year of studies, the elective course) the students together with their teacher choose specialized means and methods of physical culture as a part of each direction solving individual problems. The main forms of classes are practical individual consultations.



At the third stage of project implementation (the third year of studies, the elective course) the individual programs of extracurricular physical culture self-study are developed with the implementation perspective in professional and personal life after graduating from the university. The main forms of classes are practical individual consultations.

Fig. 1 Stages of project implementation

The project testing was realized in the educational process at the Volzhsky Polytechnic Institute in 2015-2017. In this time period the amount of the students engaged in physical culture and sports regularly and leading healthy lifestyle has increased from 18% to 46% of all students of the university (Fig. 2).

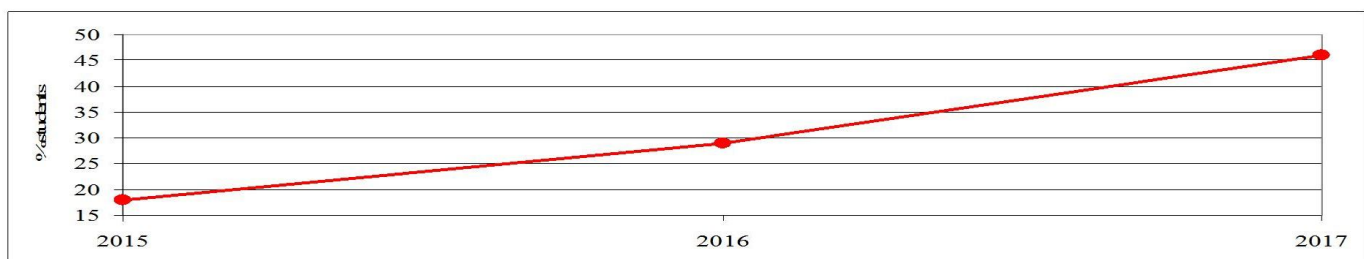


Fig. 2 Results of project implementation

Conclusion: attraction to national physical culture with attention to its peculiarities significantly increases the amount of students engaged in physical exercises or different sports regularly and it forms their healthy lifestyle.