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FEATURES OF DETERMINATION OF PHYSICAL DEVELOPMENT AND MOTOR READINESS OF STUDENTS IN THE PROCESS OF FOOTBALL CLASSES

The article analyzes the peculiarities of determining the physical development and motor readiness of students of higher education in the process of playing football. The dynamics of indicators of motivation and motor readiness of students during football training in the conditions of the academic year were studied. The article revealed that football is one of the most popular sports among students.

An assessment of the dynamics of motor readiness was carried out based on the results of pedagogical testing of the development of spatio-temporal accuracy of movements of higher education applicants and the formation of technical skills and skills of student youth, taking into account the level of playing skill. Therefore, the use of football characterizes it as one of the most effective means of physical training of students. That is why a detailed analysis of the use of football tools as a basic sport, characteristics of its means and combinations with other sports, taking into account their "energy intensity" and wellness efficiency, could significantly contribute to the optimization of the educational process for the physical education of students of higher education.

The use of the method of physical training of students by means of mini-football proves its effectiveness. Students increase physical fitness, motor activity, and motivation for physical education increases, which has a positive effect on their lifestyle. It develops the ability to overcome some stresses and difficulties. In the process of football classes, students have a number of important moral and volitional qualities: collectivism, purposefulness, endurance, discipline, courage. Football can be widely used as a means of professional - applied physical training of students of different specialties.

Keywords: physical education, football, physical exercises, students of higher education institutions.

Гаврилова Н., Мохунько О. Особливості визначення фізичного розвитку та рухової підготовленості студентів у процесі занять футболом. В статті проаналізовано особливості визначення фізичного розвитку та рухової підготовленості здобувачів вищої освіти у процесі занять футболом. Вивчалася динаміка показників мотивації та рухової підготовленості студентів під час навчання футболу в умовах навчального року. В статті виявлено, що футбол є одним із найпопулярніших видів спорту серед студентів.

Було проведено оцінювання динаміки рухової підготовленості за результатами педагогічного тестування розвитку просторово-часової точності рухів здобувачів вищої освіти та сформованості технічних умінь та навичок студентської молоді з урахуванням рівня ігрової майстерності.

Ключові слова: фізичне виховання, футбол, фізичні вправи, студенти закладів вищої освіти.

Formulation of the problem. In connection with the European orientation and entry of Ukraine into the European educational and scientific space, the idea of the Bologna Process is realized by the system of higher education of Ukraine. Strengthening the statehood of Ukraine and integration of it into the world community are impossible without reforming the national higher education system, which should be aimed at the development of the personality of the future specialist, ensuring his mobility, employment and competitiveness in a market economy. According to normative documents, the main tasks of the subject of physical education in higher educational institutions include the development of students of basic physical qualities and motor abilities, the formation of vital motor skills and skills, the education of moral and volitional and psychological qualities of the individual [5].

Public testing and assessment of physical fitness of different groups and categories of population becomes important for the activation of students in the process of physical education, to which about 8 million people are involved in Ukraine every year, the population for students of mandatory tests for physical education, which provide a report from theoretical, methodological and physical fitness. The involvement of students in mass sports through a multi-stage system of sports competitions of different levels also plays a significant role. [2]

In many higher education institutions, management tries to strengthen the health performance of physical education by expanding sports departments and the introductions of "sports specialization".

Today, new approaches to improving the quality of physical education in higher education have been developed.

Thus, in modern conditions, various studies of improvement of physical education of students in higher education are

conducted.

Analysis of literature sources. The authors emphasize that their main focus is wellness, provided the rational dosage of loads in accordance with individual indicators of physical condition.

In order to fully use the values of physical culture, in order to form the basics of healthy lifestyles, to increase the level of physical fitness of students of higher education, it is necessary to use various forms and variability of the content of physical education in higher education institutions, which, in turn, to organize physical activity according to its value orientations, interests, needs. In view of this, the optimization of physical activity, as the main factor in improving the health of students, through the use of health fitness is relevant and socially important. And although fitness is a young type of exercise, it is developing very rapidly, which leads to the study of the problem of individualization of health fitness programs. Unfortunately, we should state that scientifically sound studies devoted to the theoretical and methodological substantiation of football as an independent sport and the possibilities of its use in the physical education of student youth [1].

Thus, an important scientific and applied problem of inconsistency of existing approaches aimed at the formation of a high quality of life, the needs of society and the state. In this regard, it is important to develop the theoretical and methodological foundations necessary for the applied adjustment of quality of life with the use of recreational and health technologies.

Presentation of the main material of the study. At the same time, taking into account students' desire to exercise is quite important because with a limited choice of forms and types

Physical and sports and wellness classes without reliance on specific interests of students, significantly reduced the number of persons involved in them.

One of the universal means of solving these problems, from our point of view, is the use of football in the physical education of students of higher education. Football belongs to universal sports that contribute to the versatile physical development of a person. Classes conducted with students both in the open air and in the gym, provide a health impact, which helps to strengthen the nervous system, the development of the motor apparatus, improve the work of the cardiovascular and respiratory system, improve metabolism in the body. Football expands the range of functionality of the body.

Despite the particular popularity of mini-football among students, both among boys and girls, and the availability of scientific research on

Football, it should be noted that for objective and subjective reasons football, as an effective means of increasing the level of physical fitness, motor activity and maintaining constant interest in classes, did not find its use in physical education programs for students of higher education institutions.

It should be noted that the implementation of pairs by existing rules requires a good material base, quality equipment and equipment. A small number of hours allocated for sports games in training sessions. It also interferes with their students. All this indicates that at the present stage of development of higher education in Ukraine it is advisable to develop football among students, in fact, a simplified version of large football, that is, playing on a smaller playground and with a smaller number of players in teams.

For a detailed study of motivational priorities, emotional and value attitude of young people to physical activity as a whole and interest in football as a type of physical and health activity, a questionnaire was conducted. The results of the survey made it possible to make a general idea of the motivational state and needs of students, and their comparative analysis by years of study made it possible to find out the basic tendencies and dynamics of motivation to exercise young people.

According to the results of the survey of students of higher education institutions, it is found that the vast majority of respondents 78.5% consider physical education an important subject, while the value attitude towards it is reduced by 63.2%. With regard to the content of exercise, 73.2% consider it interesting. The reasons for insufficient interest in attending physical education classes in the training schedule 56.3% of respondents indicate a low level of logistics, 18.2% indicate insufficient measures to increase motivation to teachers, 5.6% of young people indicate the lack of need for motor activity. Moreover, 74.2% of students consider evaluation one of the main incentives for football classes.

Thus, analyzing the results of the survey on motives for motor activity, studying subjective data on their interests and needs, it can be argued that in general the motivation of higher education applicants for physical education is positive, most students understand the positive impact of physical exercises, feel the need. In motor activity and exercise independently. Football is popular with students, young people show a desire for classes, most have techniques of playing at different level and shows interest in the use of technical equipment in the process of classes.

Anthropometric and physiometric measurements showed that indicators of physical development of students of different levels of playing readiness differ reliably. It was established that the level of physical development of students with a high level of game preparation in football is higher than that of students who do not play sports. Thus, the height of boys with a high level of mastery of football technique is on average 14.1 cm higher than that of boys with an elementary level, the height of girls is correspondingly higher by 13.3 cm (at $p \leq 0.05$). The body weight of students who play football is greater: in boys - on average by 9.3 kg, in girls - by 11.2 kg on average (at $p \leq 0.05$). The average statistical indicators of in technically trained students are higher by 627.9 ml and by 755.6 ml in boys and girls, respectively (at $p \leq 0.05$). The average statistical indicators of dynamometry in students with a high level of mastery of football technique are higher than in beginners by 7.8 kg in boys and 8.3 kg in girls, respectively (at $p \leq 0.05$).

It was established that the motor performance of students depends on the level of mastery of football technique. The level of manifestation of explosive power and dexterity of football students is significantly higher than that of boys and girls with an initial level of playing skill ($p \leq 0.05$), the average speed and flexibility of high school students with a high level of mastery of football technique are higher, however the difference was found to be unreliable (at $p \geq 0.05$).

Thus, the results of the ascertainment stage of the pedagogical experiment made it possible to find out the peculiarities of the motivational and value sphere of students of higher education institutions, to determine the main motives for physical

exercises and the physical culture and sports interests of young people; to determine indicators of physical development and motor readiness of students with different levels of mastery of football technique. Analyzing the obtained data, the popularity of football among students and interest in football classes was determined, as well as the differences in anthropometric, physiometric and motor indicators of the development of the body of students with different levels of game readiness.

The main task of the modern system of physical education in institutions of higher education is to increase the level of physical fitness of students, providing optimal conditions for their physical development, forming the need for systematic physical exercises and observing the norms of a healthy lifestyle. Modern approaches used during the organization of the educational process of physical education in institutions of higher education are insufficiently effective in solving the specified tasks.

Changes in the target orientation of physical education, the essence of which is reduced to the formation of the physical culture of the individual, require the educational process to be abandoned from authoritarian methods, taking into account the interests and needs of students in the field of personal physical and spiritual improvement [1]. The dynamics of socio-cultural processes in society lead to the desire of student youth to deny established physical culture and sports traditions in institutions of higher education and the formation of new stereotypes of various manifestations of motor activity, optimally corresponding to their style, lifestyle, social, psychological and morphofunctional status, peculiarities of mentality.

Investigating the problem of forming students' motivation to engage in physical education, he notes that the effectiveness of physical education largely depends on the motives that stimulate activity personality of the student. At the same time, it is emphasized that the traditional organization of physical education is not focused on the possibility of a student choosing a type physical activity, which does not stimulate interest in physical exercises and does not provide an opportunity to implement an individual approach. The traditional system of physical education in institutions of higher education does not solve the problem optimization of physical fitness and formation of the motivational sphere of student youth [4].

The modern physical culture and health educational space should take into account the importance and necessity of forming systemic holistic health-preserving orientations of students, motivation for a healthy lifestyle as an opportunity to rationally approach the search for new ways of expanding the physiological reserves of one's own body.

Conclusions. Therefore, the use of football characterizes it as one of the most effective means of physical training of students. That is why a detailed analysis of the use of football tools as a basic sport, characteristics of its means and combinations with other sports, taking into account their energy intensity and wellness efficiency, could significantly contribute to the optimization of the educational process for the physical education of students of higher education.

The use of the method of physical training of students by means of mini-football proves its effectiveness. Students increase physical fitness, motor activity, and motivation for physical education increases, which has a positive effect on their lifestyle. It develops the ability to overcome some stresses and difficulties. In the process of football classes, students have a number of important moral and volitional qualities: collectivism, purposefulness, endurance, discipline, courage. Football can be widely used as a means of professional - applied physical training of students of different specialties.

Summing up, we note that football for student youth is a game of exciting, interesting and necessary to promote their health and recommends playing football in the educational and pedagogical process of departments of physical education and sports of higher education institutions.

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