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INNOVATIVE FORMS, MEANS AND TECHNOLOGIES IN PHYSICAL EDUCATION OF STUDENTS

Higher educational institutions of our country are called upon to graduate not only competitive, highly qualified specialists, but also spiritually and physically developed people, healthy and seasoned, capable of fruitful work and defending the Motherland. Strong health and good physical fitness of young people are one of the most important criteria for the development potential of modern society and indicators of the level of the cultural appearance of an individual. Education and comprehensive training of new quality specialists is possible only with the help of modern methods based on the latest achievements of information technology. The most pressing problem in physical education is the low level of physical health and physical fitness of students. According to many studies, students often have a negative attitude towards physical education. This indicates that physical education as a part of the general culture of the individual is not formed in students. Practice shows that not all students of the main group fulfill the standards of the work program, some students belong to a special medical group, about a third of students are generally exempted from practical classes due to health reasons. Low level of physical fitness and lack of systematic knowledge of physical education are associated with the lack of continuity in physical education of students in comprehensive schools and universities.

Innovative technologies in the field of students' health help in the formation of the necessary knowledge, skills and abilities for a healthy lifestyle and help to use the acquired knowledge in everyday life. The cognitive activity of students is based on the optimal combination of motor and static loads, the use of special exercises for the prevention and correction of posture, vision training, the use of visualization and a combination of various forms of information. Of particular importance in mastering the basics and a healthy lifestyle of students is the optimization of their physical condition, preparation for life practice, which are considered as a huge contribution to the development of the culture of society and as a means of educating a comprehensively developed personality of students in the context of exclusively material values. Pedagogical technologies allow us to minimize improvised learning and move it to the path of preliminary design of the educational process and subsequent practical implementation.

Key words: *information technology, physical education, teacher, student, training.*

Гаврилова Надія, Лускань Олег, Кузьменко Наталія. Інноваційні форми, засоби та технології у фізичному вихованні студентів. *Вищі навчальні заклади нашої країни покликані випускати не тільки конкурентоспроможних, висококваліфікованих спеціалістів, а й духовно і фізично розвинених людей, здорових і загартованих, здатних до плідної праці та захисту Батьківщини. Міцне здоров'я та добра фізична підготовленість молоді є одним із найважливіших критеріїв потенціалу розвитку сучасного суспільства та показників рівня культурного вигляду особистості. Виховання та всебічна підготовка нових якісних спеціалістів можливе лише за допомогою сучасних методів, що базуються на останніх досягненнях інформаційних технологій. Найбільш актуальною проблемою фізичного виховання є низький рівень фізичного здоров'я та фізичної підготовленості студентів. За даними багатьох досліджень, студенти часто негативно ставляться до фізичного виховання. Це свідчить про те, що фізичне виховання як частина загальної культури особистості не сформована в учнів. Практика показує, що не всі студенти основної групи виконують нормативи навчальної програми, деякі студенти належать до спеціальної медичної групи, близько третини студентів взагалі звільняються від практичних занять за станом здоров'я. Низький рівень фізичної підготовленості та відсутність систематичних знань з фізичного виховання пов'язані з відсутністю наступності у фізичному вихованні учнів загальноосвітніх шкіл і ВНЗ.*

Інноваційні технології у сфері здоров'я учнів сприяють формуванню необхідних знань, умінь і навичок здорового способу життя та допомагають використовувати набуті знання у повсякденному житті. Пізнавальна діяльність учнів базується на оптимальному поєднанні рухових і статичних навантажень, застосуванні спеціальних вправ для профілактики та корекції постави, тренуванні зору, застосуванні наочності та поєднанні різноманітних форм

інформації. Особливе значення в засвоєнні студентами основ здорового способу життя має оптимізація їх фізичного стану, підготовка до життєвої практики, які розглядаються як величезний внесок у розвиток культури суспільства і як засіб виховання всебічно розвиненої особистості студентів у контексті виключно матеріальних цінностей. Педагогічні технології дозволяють звести до мінімуму імпровізоване навчання і перевести його на шлях попереднього проектування навчального процесу та подальшої практичної реалізації.

Ключові слова: *інформаційні технології, фізичне виховання, викладач, студент, навчання.*

Formulation of the problem. Currently, approaches and requirements to physical education of students are changing. These requirements are expressed in the fact that the educational process itself should become more attractive, emotional, diverse in the choice of means and methods of physical education. A special place in this direction should be given to the introduction of innovative technologies into the educational process aimed at developing physical qualities and improving special skills and abilities. Effective implementation of an integrated approach to physical education of students involves the use of modern pedagogical technologies. Pedagogical technology should be understood as a project of the educational process, as a model of this process, as the laws and principles of its organization, as a system of the educational process, as the process itself, as methods, means, operations, techniques, methods, conditions, forms of organization of the educational process.

As practice shows, many students do not have a clear idea of the goals and objectives of physical education of young people, which complicates the process of their adaptation to educational activities at the university at the initial stage of training, the formation of professional activity. In this regard, the most important task of physical education in higher education is the formation of a conscious desire in students to engage in physical education and sports. Its solution without the use of modern information technologies is impossible, but, as practice shows, their active implementation in physical education cannot be carried out without solving the following problems: - development of computer software and methodological support for the discipline "Physical Education"; - creation of an information environment for physical education in the university with the presence of multimedia publications, electronic libraries, etc.; - increasing the level of information preparedness and computerization of the department.

Analysis of literary sources. In scientific literature we find a number of scientific studies devoted to the problem of applying innovative technologies in the physical education system: Balsevich V.K., Lubisheva L.I. [1], Vitvytska S. S. [2], Zaklyuzhny V.L. [3], Leonenko A.V., Krasilov A.D. [4].

All the above constitutes the essence of the contradiction between the level of development of modern information technologies and the insufficient development of pedagogical conditions for their application in the field of physical education of students. One of the modern methodological approaches that allows us to rethink the current state of pedagogical activity as an educational space and outline ways to modernize it in the country is innovative activity. Innovation is the result of the implementation of new ideas and knowledge with the aim of their practical use to meet certain needs of a person, society and the state. At the same time, the criteria for novelty should be scientific novelty and its practical implementation. In the field of physical education and sports, a certain amount of modern innovative technologies has been accumulated, which are aimed at forming a new younger generation with the necessary level of physical and sports culture [1].

Among the main innovative technologies, we will highlight sports-oriented physical education; personality-oriented physical education; professionally oriented physical education; environmental education; Olympic education; sports-patriotic education; monitoring of physical health. These technologies have not yet been fully implemented in practical pedagogical activity, and this significantly slows down the innovative process of modernization of physical education as a whole. This indicates that innovative technologies in health-improving physical education do not have sufficient methodological support and, consequently, their practical implementation is weak.

Technology in physical education is an interconnected, ordered set of optimal and effective means, methods and techniques aimed at ensuring the planned sports result or physical fitness indicator, under metrological medical and pedagogical control. Technologies of sports pedagogy and didactics are part of the intellectual vector of physical education and physical education knowledge, which are based on fundamental sciences. According to the classification of knowledge in the field of physical education at four levels, technologies are aspects of the second and third levels, i.e. they include social and biological determinants of the processes of mastering the values of physical education and various disciplines (their technological continuations), which determine specific ways and means of implementing scientific achievements in the practice of human physical education interests.

Modern technologies in physical education are aimed at finding optimal human motor activity. Physical education directly and indirectly covers such properties and directions of the individual that allow him to develop in unity with the culture of society, to achieve harmony of knowledge and creativity, feelings and communication, physical and spiritual, to resolve contradictions between nature and production, work and rest, physical and spiritual [2]. Achieving such harmony by a person provides him with social stability, productive involvement in life and work, creates his spiritual comfort. Physical education acts as a socio-cultural layer of practice, aimed at mastering the natural powers of students and mediated by their cultural attitude to their physical capabilities. The development of the physical abilities of a student is considered within the framework of the educational process as the development of elements of culture.

The novelty of the educational process emphasizes the enormous role of personality development and self-esteem. Only then can it reach a state in which social and individual processes of self-development, self-education, self-improvement, self-government, and self-determination become possible and necessary. They reflect the most effective and long-term results of education in physical culture [2]. This activity in the system of multi-level physical education and physical culture training involves the development of various scientifically based health and educational programs. The proposed programs should contribute to

increasing the students' motor activity in a weekly cycle, increasing general literacy, and reducing the negative impact of both classroom factors and the environment.

A pressing issue in the theory and practice of health-improving physical culture is the development of methodological foundations for the implementation of the state program for the formation of a healthy lifestyle for the population of Ukraine. To do this, it is necessary to create such technological models of health-improving physical culture that would significantly change the problem situation, the attitude of the individual to his or her health. In this regard, the creation of pedagogical technologies that take into account all forms of organizational and pedagogical activity, conditions that ensure the involvement of students in a healthy lifestyle is of particular importance.

Psychological and pedagogical technologies are a system of methods of influencing a person through the mechanism of psychological and pedagogical regulation of his social well-being and behavior. The student-oriented technology forms practical skills necessary in various physical situations, a conscious and active attitude of students to physical education, explains the importance of regular and systematic physical exercise [4].

Information and communication technologies allow organizing the educational process at a new, higher level, provide a more complete assimilation of educational material. Physical education classes include a large amount of theoretical material, which is allocated a minimum number of hours, so the use of electronic presentations allows you to effectively solve this problem. Explanations of the technique for performing the movements studied, historical documents and events, biographies of athletes, coverage of theoretical issues in various fields.

The technology of differentiated physical education is a targeted physical development of individual abilities of students, through a system of means, methods and organizational forms, ensuring the effective achievement of the goal of education [3]. The content is a complex of pedagogical technologies for differentiated teaching of motor actions, development of physical qualities, formation of knowledge, methodological skills, technologies for managing the educational process, ensuring the achievement of physical perfection.

The preferential use of means belonging to a particular group can be determined by many factors - age and gender characteristics of those involved, their interests, material and technical capabilities, health status and physical fitness, etc. However, regardless of all these factors, the optimal regime of physical activity should ensure the maintenance of normal functioning of the body, strengthening of its vital organs and functional systems, disease prevention and much more, that is, promote everything that a person's full physical fitness provides. The optimal regime of specially organized (except for everyday) motor activity for various categories of those involved, regardless of age, gender, interests, conditions, etc. should include three groups of means: 1) aerobic exercises that help to increase and maintain a high level of functional capabilities of the cardiovascular and respiratory systems; 2) strength exercises that help to strengthen the musculoskeletal system - the muscular system, skeletal system, connective tissue of ligaments, tendons; 3) exercises aimed at developing flexibility, helping to improve the condition of muscle, connective and bone tissue, and prevent diseases of the musculoskeletal system [1].

One of the directions of the modern education system is the focus on the inclusion of students in independent creative activities. In physical education, such a form of activity is physical self-education. The inclusion of student youth in independent physical education classes involves joint active work of the student and the teacher. Innovative teaching technologies have the following directions: - "activation of cognitive activity" - the student receives information from the teacher in a ready-made form. The nature of training is passive, there are no elements of creativity, there is no independence. In this direction, the student acquires knowledge and skills without applying them in practice; - "interactive learning technologies" - an oriented direction in education.

Focusing on the student as a developing personality capable of self-expression and self-realization. This technology is based on personality-oriented interaction between the student and the teacher. Interactive learning is formed in the form of dialogue influence of students, during which the skills of joint activities are developed. In such learning, the student is not a passive object of the educational process, but an active subject and participant. Recently, teachers have widely used interactive learning, which is based on interactive forms of the educational process. The path of interaction of such learning: student ↔ teacher. The most popular methods of interactive learning include round tables, brainstorming, discussions, including a collective approach to learning [3].

Important ways of implementing the concept of physical education of students based on the creation of an integrated physical education and sports environment are: the introduction of humanitarian technologies that increase the effectiveness of the conditions for the development of the personality of students; increasing the professional competence and mobility of teachers in the development and implementation of innovative approaches to the practice of physical education; updating the goals of physical education for the comprehensive, harmonious development of the student's personality, understood as achieving an optimal psychophysical state and acquiring a value orientation towards a healthy lifestyle; integration of the educational and physical education and sports environment.

Conclusions. The efficiency of physical education of students can be increased by organizing an integrated physical education and sports environment that allows creating conditions for the harmonious development of the student's personality and his/her self-realization in physical education and sports. The introduction of the concept of physical education of students based on the creation of an integrated physical education and sports environment as one of the important factors in the modernization of physical education using the possibilities of the variable part of the content of the physical education program. Culture and solving the issues of planning, organizing and monitoring independent work, creates the most favorable conditions for the inclusion of students in independent motor activity. Within the framework of the traditional organization of physical education, there are not always opportunities for the implementation of an individual approach, although it is so necessary, since we are talking about the health of young people. New methods include the use of non-traditional types of physical education and sports in educational practice. Many non-traditional types have come down to us from ancient times. According to the analyzed data, the modern system of education in the university is characterized by a high intensity of the educational process, information saturation. Students spend

a lot of time in classrooms, libraries, computer rooms, and preparing for classes at home takes a lot of time. All this cannot but have a negative impact on the state of various body systems.

Students' interest in the subject can be created by using creative teaching methods, activating the learning process with the help of problem-based learning, which causes a desire to search. The key to independent physical exercise classes is systematic homework in physical education, which is also a powerful reserve for increasing the students' motor regime, unloading students, switching them from mental to physical work. Independent classes help relieve fatigue, stress, increase vitality and efficiency. Practice also shows that independent sports competitions and sports festivals stimulate students to the greatest extent to do independent classes. Such interesting forms of extracurricular activities as an aerobics club, hiking trips, health days, sports quizzes and sports festivals effectively contribute to increasing students' motor activity. In my message I will focus on three most important, in my opinion, ways of increasing the activity of physical education in secondary vocational educational institutions: organizing a circular training method in classes, means and methods of introducing homework, organizing non-standard forms of unexpected work.

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FEATURES OF PERSONAL AND PROFESSIONAL DEVELOPMENT IN THE CONDITIONS OF EDUCATIONAL INNOVATIONS

Our century gives psychology a variety of concepts that describe the integrity and uniqueness of a person at the highest levels of their manifestation. That is, a person is not something given in advance, but an "open opportunity" for unique self-actualization inherent only to a person. To study personal and professional development, we turn to the idea of science as an open self-organizing system that allows us to consider the phenomena under study in the dynamics of their development. We adhere to the views that believe that the psyche (consciousness) is the most complex of the known mechanisms of selectivity, transforming the "world in itself" into the "world for us" - a multidimensional world of a person in which one can act, understanding the meaning and value of one's actions, and therefore, being responsible for what one has done. Our initial assumption is that the completeness of the study of the phenomenon of personal and professional development in the context of higher professional education can be achieved if we consider it as a form of manifestation of human self-organization as an integral psychological system.

Understanding personal and professional development in the most general sense as an adequate process of self-development for a person endowed with consciousness, characterized by a progressive direction (constructive intention), intensity (avalanche-like dynamism), fundamental incompleteness (openness to the next round of development), we consider it an imminent, invariant feature corresponding to human nature. Thus, the formulation of the problem of personal and professional development in the context of higher professional education inevitably leads to the need to involve systemic analysis in addition, the theory of psychological systems allows us to consider the educational environment as the reality of a given person, containing his own subjectivity, "settled" on objects and turning them into objects that have meaning, sense, and value for a person.

Key words: *education, innovation, student, training, professional status.*

Єфременко Вікторія, Сироватко Зоя. Особливості особисто-професійного становлення в умовах освітніх інновацій. *Наше століття дає психології безліч понять, що описують цілісність і неповторність особистості на найвищих рівнях їх прояву. Тобто особистість – це не щось наперед дане, а притаманна лише людині «відкрита можливість» унікальної самореалізації. Для вивчення особистісно-професійного розвитку ми звертаємося до ідеї науки як відкритої самоорганізованої системи, що дозволяє розглядати досліджувані явища в динаміці їх розвитку. Ми дотримуємося поглядів, згідно з якими психіка (свідомість) є найскладнішим із відомих механізмів вибірковості, перетворюючи «світ у собі» на «світ для нас» — багатовимірний світ людини, в якому можна діяти, розуміючи сенс і цінність своїх дій, а отже, відповідаючи за свої дії. Наше вихідне припущення полягає в тому, що повнота дослідження феномену особистісно-професійного розвитку в контексті вищої професійної освіти може бути досягнута, якщо розглядати його як форму прояву самоорганізації студента як цілісної психологічної системи.*