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PECULIARITIES OF THE INFLUENCE OF SPORTS GAMES ON THE DEVELOPMENT OF PHYSICAL QUALITIES OF STUDENTS DURING SECTION CLASSES

The article analyzes the impact of sports games on sectional classes. The article also considers the theoretical analysis of the impact of sports games on physical education classes as a means of improving the health of student youth in higher education institutions. It was determined that sports games provide a positive psychological, physiological and health-improving effect on the body, which is important for the comprehensive development of student youth. Therefore, at the current stage, the main task of teachers should be to preserve and strengthen the health of students, to form positive motivation for a healthy lifestyle, and to encourage them to play sports. This has a positive effect on the functional state of the body, on improving the functions of the cardiovascular and respiratory systems, on the changes that occur in the body under the influence of sports games. The need to perform precise and agile movements affects the development of the formation of accuracy and speed of movements, muscle strength, the development of physical qualities, the formation of increased resistance to colds and strengthening of immunity. During sports games, the ability to make quick independent decisions is cultivated, the ability to change one's movements in terms of speed, direction, and intensity is improved.

The more diverse and complex the techniques of a particular game, the more movements associated with intensive muscle work, the stronger it affects the body and is important for the comprehensive development of a young organism. The emotionality of game situations greatly eases the problem of dosage of physical load, and the variety of motor actions and their execution in a short period of time presents significant requirements for the development of physical qualities: flexibility, dexterity, coordination of movements against the background of the manifestation of speed and strength qualities, endurance, provide the necessary physical fitness of the body.

Key words: students, sports games, motivation, health, sectional classes.

Добровольський В., Сога С., Михайленко В. Особливості впливу спортивних ігор на розвиток фізичних якостей студентів під час секційних занять. У статті проаналізовано вплив спортивних ігор на секційних заняттях. Також у статті розглядається теоретичний аналіз впливу спортивних ігор на заняттях фізичного виховання як засіб підвищення здоров'я студентської молоді у закладах вищої освіти. Визначено, що заняття спортивними іграми забезпечують позитивний психологічний, фізіологічний та оздоровчий вплив на організм, що є важливим для всебічного розвитку студентської молоді. Тому на сучасному етапі основним завданням у діяльності викладачів повинно бути збереження і зміцнення здоров'я студентів, формування позитивної мотивації до здорового способу життя, спонукання до занять спортивними іграми.

Ключові слова: студенти, спортивні ігри, мотивація, здоров'я, секційні заняття.

Statement of the problem, relevance of the research. Implementation of the tasks of physical education of the adolescent generation in institutions of higher education requires, first of all, the use of popular, accessible and effective types of physical education exercises in various forms, including in the process of sectional work. The priority of using the sectional form of classes with of physical education is determined by the possibility of providing youth with rationally organized physical activity according to free choice Organization of the educational process of physical education of students according to the sectional principle with using types of physical culture and health activities that arouse interest, have health and applied value, is currently being actively implemented and developed [6].

Conceptual directions of physical education development in higher education institutions education and the mechanism of their implementation in everyday work require the use of new ones or the improvement of traditional ones approaches. Considering the lack of physical education classes, emphasis should be placed on the activation of sectional classes, which allows to effectively influence the development of physical qualities of student youth [3].

The optimal type of physical exercises that effectively affect the development of physical qualities of student youth is sports games Sports games contribute to the improvement of physical, mental and personal qualities of students, including motor, applied, volitional, moral, patriotic and aesthetic aspects of their life activities and future professional activity. Therefore, the effectiveness of the influence on the development of physical qualities of student youth in there is no doubt about the process of sectional classes on sports games in institutions of higher education.

Analysis of recent research and publications. At the current stage of development of higher education, the potential of physical education is not used enough, which is evidenced by low indicators of health, motor readiness and motivation student

youth to exercise [10]. Practice shows that the content of physical exercises is often not takes into account the interests of those who study, the volume of motor activity in the conditions of training is insufficient, the volume of physical activity loads are too small or too large, and therefore the effect of such an organization of physical education is low.

O. Oliynyk [6] notes that the sectional form of classes implies personal interest and high motivation of those who learns, while preserving the didactic component, provides the opportunity for differentiation, individualization and free choice content, means and methods of physical education in accordance with the motives, interests and needs of young people. Advantages of sectional form organizations of physical education of students confirm the results of the survey conducted by Yu. Vikhlyayev [2] in 98% students of sectional groups have a stable interest in classes, while in academic groups with a traditional form education, this interest is 42% less.

Along with this, Ya. Kravchuk [4] established that almost 83% of schoolchildren would like to engage in sports sections. Scientists have proven that sports games are popular among young people due to emotions, opportunities to act in a team, variety of motor actions. Research by Sotnyk, Temchenko, and others [8; 9] showed that about 50% of students prefer sports games in the content of physical exercises in conditions teaching.

Sports games are part of the physical education curriculum for students of higher education institutions, actively are used in the process of sports and mass work, during active recreation, etc. Ease of inventory, equipment and conditions of holding (both indoors and outdoors), opportunities for sports games for students with different the level of motor and technical readiness determine their active use in the process of physical education of students young people in learning conditions and outside educational institutions. The content of sports games is characterized by a variety of motor actions, variability of game situations, character - dynamic and emotional and high motor density. Justifies everything have a high educational, health and educational potential of sports games.

Presentation of the main research material. The use of sports games in solving the tasks of physical education is effective in a wide age range in the following areas: - formation of the perceived need to learn the values of health, physical culture and sports; - strengthening of health and physical development as conditions for ensuring full-fledged life activities and achieving a high level of physical readiness for socially significant types of activities; - the development of physical potential, which ensures the achievement of the necessary and sufficient level of physical qualities, the system of motor skills and skills; - general physical education aimed at learning the intellectual, moral, spiritual and aesthetic values of physical culture [11].

The health-improving effect of systematic sports games is justified by the wide range of opportunities for motor training and increasing the functional capabilities of those who practice. Increased muscle activity during the game contributes to the improvement of the regulatory activity of the nervous system, the strength and mobility of nervous processes, the acceleration of metabolism, the increase of the functional capabilities of the respiratory and blood circulation organs, the improvement of sensory systems and analyzers - the sensitivity of the motor analyzer, the functional stability of the vestibular analyzer, and the eye gauge. Sports games are characterized by dynamism, various variations and a combination of game actions, which contributes to the improvement of motor readiness of young people - the development of coordination and spatial-dynamic accuracy of movements, muscle strength, general and special endurance, speed, speed-strength qualities, increasing the mobility of joints and strength connection, increasing the body's resistance to colds.

Due to the high motor density, sports games are an excellent means of overcoming the motor deficit of student youth. Sports games are characterized by a physical load of mixed (aerobic-anaerobic) power on most muscle groups, work of variable intensity and the need to perform a large number of speed-power and precision movements. The ability to quickly, accurately and freely differentiate muscle efforts in a short period of time is a necessary condition for the correct execution of many movements in sports games.

According to S. Romanenko [7], sports games actively form the specific psychomotor abilities of those who are involved - on the basis of various sensory information, complex perception and accuracy of synthetic specialized sensations are improved ("sense of the ball", "sense of the court", "sense of time", "sense of distance", "sense of space", "sense of opponent", "sense of partner", etc.). Sports games are of great applied importance, as they include a wide arsenal of motor actions and technical techniques: running, walking, jumping, stopping, turning, driving, passing, catching, throwing, which enrich the motor experience of those who practice and have an applied nature. All movements used in sports games are natural, and therefore, with proper training, are relatively easy to learn. The effectiveness of sports games depends on the development of tactical thinking, and therefore they are intellectual in nature.

M. Tymchyk [11] notes that any game activity has a creative and cognitive character. During the games, players face certain difficulties, learn to overcome them, acquire certain knowledge, abilities and skills, the experience of which is then transferred to life. Game activity provides the necessary conditions for solving the entire spectrum of educational tasks, since in it the team is an active factor in the formation of personality and, at the same time, there is a real opportunity for self-expression and manifestation of individual traits.

Sports games of a team nature, such as football, basketball, volleyball, handball, contribute to the development of positive personality traits, namely, mutual respect, mutual benefit, a sense of duty, tolerance, the ability to act in a team, and resistance to conflict situations. The need to follow strictly regulated rules in the game fosters awareness, punctuality, discipline and responsibility.

The highly emotional and competitive nature of games fosters emotional contact and emotional stability, resistance to nervous and mental stress. In addition, systematic participation in sports games educates vitally and professionally important personality qualities - observation, intelligence, initiative and determination, and the ability to predict.

Participation in any sports game requires high-quality instant, continuous intellectual and mental analysis of various, often unpredictable, constantly changing situations, teaches rapid processing of visual, auditory and motor information, effective reaction and making an adequate decision using a large amount of technical techniques and actions in various movement

combinations and variations, the ability to change behavior depending on the conditions.

Sports games contribute to the formation of students' social skills, in particular, they develop the ability to translate care and planning, leadership qualities, endurance, self-confidence and purposefulness. Team games are aimed at achieving the common interests of the team, and victory is achieved only through joint efforts, which defines a certain role for each player and is determined by the initiative and creative activity of each player. From a psychological point of view, systematic sports team games form an attitude towards success, stimulate activity and self-determination.

The nature of sports activities is determined by the active inclusion of the mechanisms of conscious and creative activity. The situational nature of games implies the need for players to mask their intentions, change their behavior and independently choose a scheme of tactical actions, which develops creative potential and creative abilities [1].

Sports games have a positive effect on the nervous system and the development of the psyche of those who play. Sports games develop thinking and mental abilities, different types of memory - visual, motor, emotional, properties of attention - volume, distribution, stability, concentration and switching. Thus, during the game, players have to monitor the ball, the actions and localization of opponents and partners at the same time, they have to constantly change the types of movements, their direction and speed. Mental processes that occur during the game continue after its completion and are transferred to other activities, which is an important factor in professional development.

In addition, the multifaceted game types, their emotional saturation and spectacularity allow you to actively stimulate the motivational aspect. In addition, sports games are an excellent means of recreation and active recreation for young people in conditions of intensive educational loads.

Conclusions. Therefore, sports games are a popular, affordable and effective means of physical education of student youth. Sectional classes on sports games allow motor, physical and psychological training of young people, form life and professional necessary motor experience, contribute to emotional relief and have educational potential, which confirms the high potential in the development of physical qualities.

Prospects for the use of research results. The results of the research and the obtained conclusions can be used in the direction of studying the dynamics of the physical and motivational state of students in the process of sectional classes on sports games.

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