

• стимулирующие воздействия упражнений нейрогимнастики способствуют созреванию структур головного мозга, что обеспечивает всестороннюю готовность ребенка к требованиям образовательного процесса в школе.

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THE ANALYSIS OF PHYSICAL EDUCATION CLASSES IN STATE-OWNED UNIVERSITIES

Annotation: The value of Mongolia is a citizen who stays fit and healthful. Physical education /PE/ plays a significant role in improving the health and well-being of the students and youth who will be the leaders of the country's future development. We developed and conducted a survey of 8 questions to determine whether the set of physical education classes meets the student's desires, interests, and needs because physical education and sports play an important role in students' development /maturity/ and the formation of character. The survey was completed by 1,000 students from the National University of Mongolia /NUM/ and the Mongolian National University of Education /MNUE/. The aim of this study was to analyze whether the norm of credit hour package, the choice of sports and the content of PE meets or not the modern student's needs since the students' desires, interests, and needs are important to improve the organization of physical education classes and implementation of PE curricula at universities. The results of the study show that the types of PE classes offered to students, the gymnasium, the field, and the planning of credit hours for PE classes are different. This is a defective side in the implementation of the goal of improving the physical development and fitness of students in PE.

Keywords: student's attitude, desires, interests, physical education

Introduction

Physical training and sports have been passing through historical stages of development along with the development of modern society since ancient times when human originated, and human-kind has been using physical training and sports as a tool for physical education. Individual consciousness, desires, and interests are very important in acquiring any knowledge, education, upbringing, and development. Every person pays more attention and effort to something he or she enjoys, likewise, we believe that a student's favorite sport is as important as physical education. Engaging in interesting and favorite sports can have a strong influence on a student's attendance, assiduity, and attitude toward PE, and the goals of PE will achieve successfully. Many factors influence

in organizing intensive and effective PE classes, however, in this study we focused on identifying students' desires, interests, and attitudes toward PE.

Physical education and physical education and sports activities will play an important role in order to achieve this substantial goal. Researchers emphasize that PE and sports activities depend on the structure of mental interests and needs, and they are related to the personal characteristics, motivations, values, attitudes, and choices of the student. Students' attitudes to PE class are determined by their needs as a subjective or internal factor, interests in PE and sports, the state of the material base as an objective or external factor, the content of the educational process, and public arrangements.

Needs and demands of the study: Although university PE class is important to develop students' physical development, fitness, and preparation, to improve their physical ability to work and study, and to restore their health, the current reality shows that it is insufficient to meet these needs and demands. Therefore, the aim of the study was to identify the attitudes of university students towards PE class and how their needs meet.

Goal of the study: The aim of our study is to find out if PE classes of the university meet the desires, interests and needs of the students.

Objectives of the study:

- Analyze the specifics and differences of physical education curricula at state-owned universities
- Develop survey and collect data from students using it
- Analyze and evaluate research results

Framework of the study: Students studying physical education at Mongolian National University of Education and National University of Mongolia

Data collection procedures: The survey involved 500 students from MNUE and 500 students from NUM, of which 14.5% were male and 85.5% were female from MNUE, and 40.2% were male and 59.8% were female students from NUM, for a total of 1,000 students. Although female students predominate in the survey, the higher percentage of female students at MNUE may be related to the teaching profession.

The state-owned universities such as MNUE with 2 sports halls, 2 credit hour packages, 8 kinds of sports, NUM with 1 sports hall, 3 credit hour packages, 14 kinds of sports, MUST /Mongolian University of Science and technology/ with 2 sports halls, 2 credit hour packages, 8-9 kinds of sports offer their PE class in accordance with student's desires and interests. However, the MNUMS / Mongolian National University of Medical Sciences/ organizes PE class with 2 sports halls, 2 credit hour packages, 4-6 kinds of sports, and MULS /Mongolian University of Life Sciences/ organizes PE class with 1 sports hall, 3 credit hour packages, 6-7 kinds of sports (not optional) respectively by class and group system twice or three times a week. Their instruction is compulsory. That kind of arrangements makes it difficult to provide physical education that is suitable for modern youth and university settings, and to create conditions for them to go in for their favorite sports. In the case of Mongolian State University of Arts and Culture, PE classes are not included in their program, and professional stage classes are included. This shows that the arrangements of university physical education classes are different.

Results: The following survey was used to determine students' desires, interests, and attitudes toward PE class.

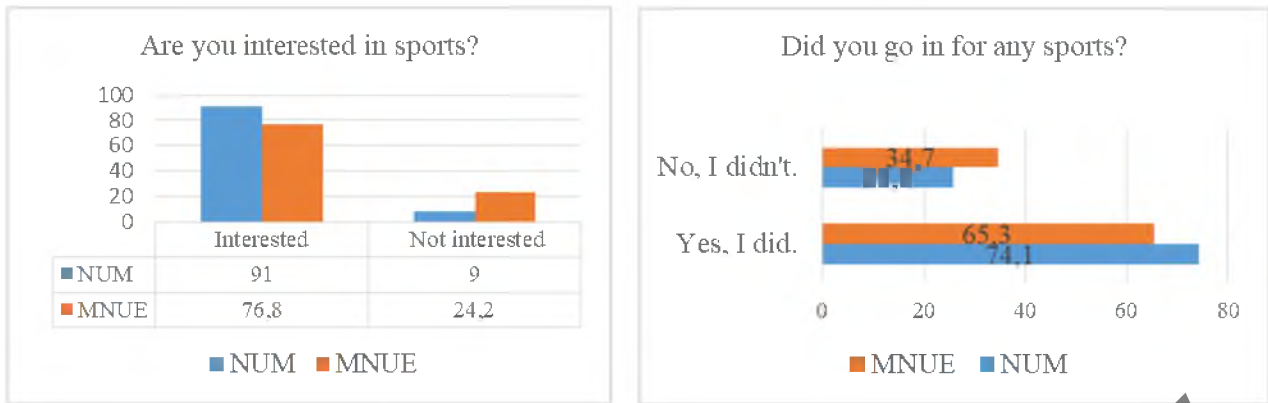


Figure 1. Interest in sports and whether you go in for any sports

According to the survey, 75-91% of students at the National University of Mongolia are interested in a particular sport, and 65-70% of students at the National University of Mongolia are interested in a particular sport before becoming a student.

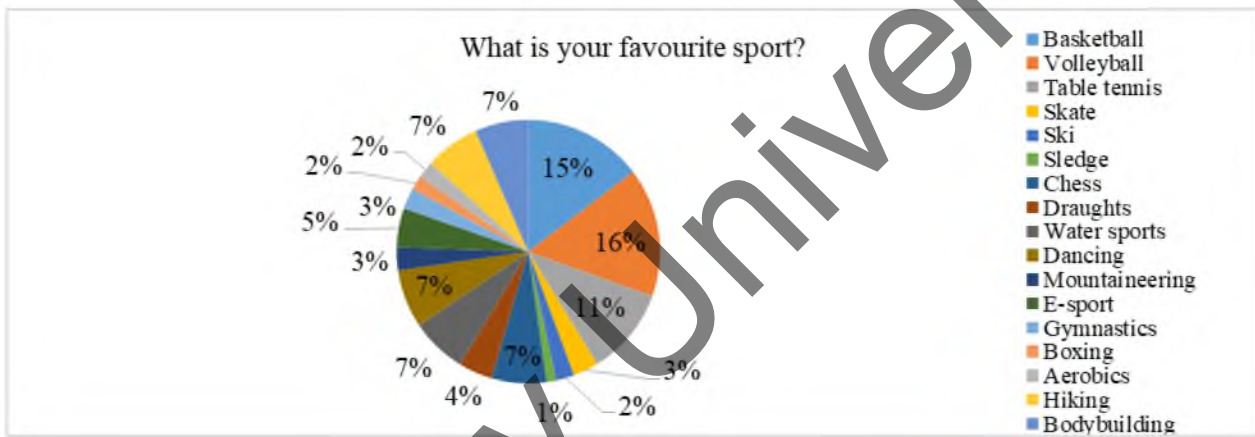


Figure 2. Student's favorite sports / Duplicated number /

Among the sports, university students who took part in the survey responded that team sports, such as basketball and volleyball, were the most popular. It accounts for a certain percentage of other sports and there is no answer that they do not like any sports at all. This shows that our students love sports.

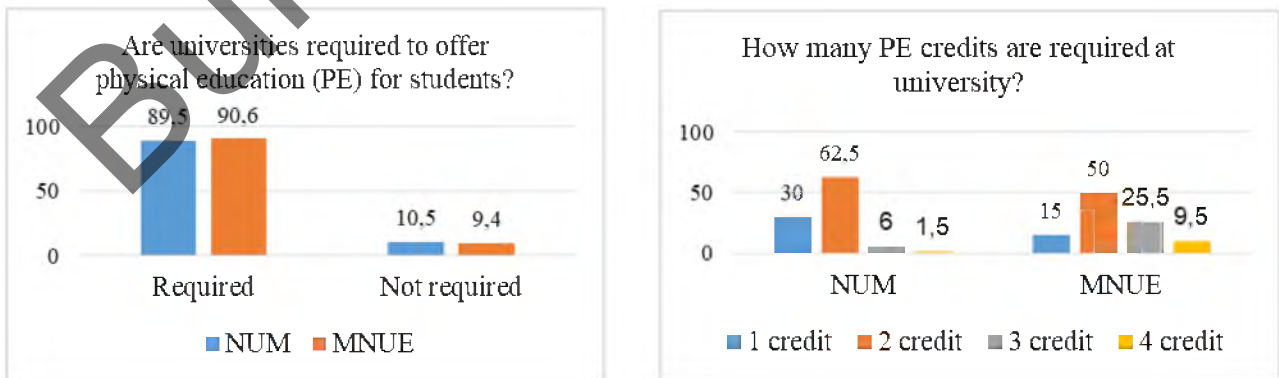


Figure 3. The requirements of PE class and credit hour packages

When asked if there should be 3 credit hour packages for PE class, 25.5% of MNUE students and 6% of NUM students agreed, but 15% of MNUE students and 30% of NUM students agreed for

1 credit. An analysis of the survey results shows that MNUE's physical education classes are taught for 2 credit hours, which is considered possible by students in the current situation, while NUM's PE class is taught for 3 credit hours, but 62.5% of students approved that 2 credit hour packages are suitable. The answer that it is best to take a credit is to focus on current educational activities and how accessible and meaningful they are for students.

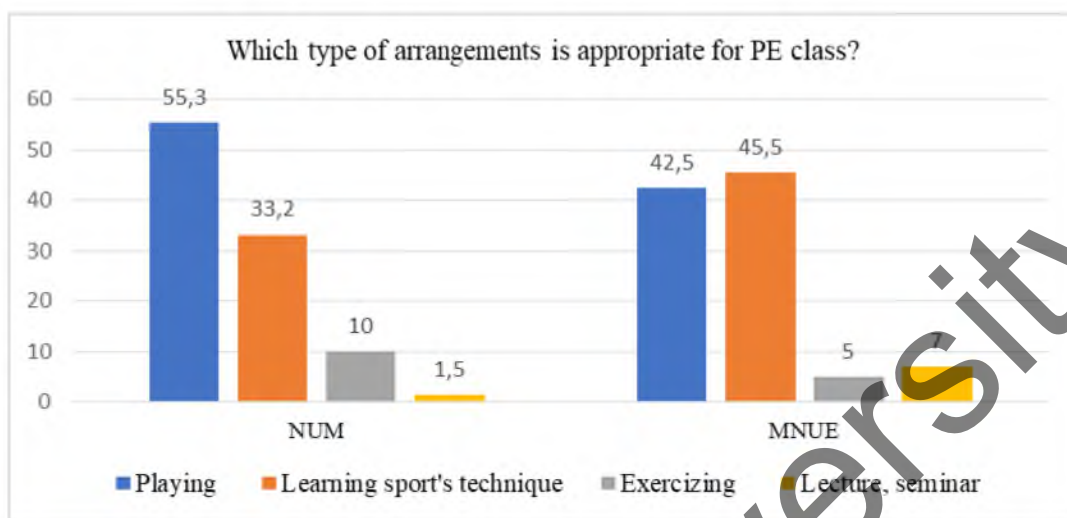


Figure 4. Forms of organizing Physical Education classes

When asked what type of physical education class students are interested in, they answered respectively that it is more effective for 43-55% play, 33-46% learn sports techniques, 5-10% do physical exercises, and 1.5-7% organize theoretical knowledge in the form of lectures and seminars. Generally, all students agreed that it was appropriate to practice and do activities, and that it was important to learn and practice sports techniques besides playing. However, a small number of hours should be devoted to theoretical knowledge in the form of lectures and seminars.

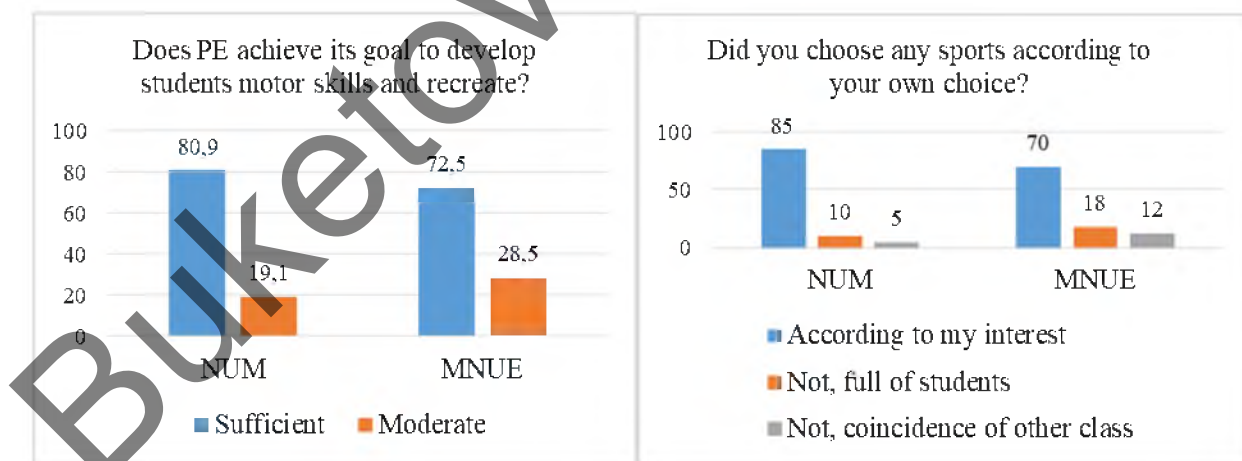


Figure 5. Satisfaction of Physical Education goals and students choice of sports

In order to determine whether physical education meets the needs and demands of students, 73-81% of the total respondents answered that they meet their goals, 19-29% answered that they did moderately, and 70-85% answered that they chose their sports according to their interests, the remaining 15-30% of the students responded that the number of students was full or coincided with other subjects.

Conclusion

1. The variety of credit hours for PE classes and forms of organizing physical education at state-owned universities are lacking in order to develop healthy and able-bodied citizens. Healthy and fit body is the physical culture and social values of modern students. The development level of physical education and sports infrastructure at universities does not meet modern requirements. In other words, there are not enough gymnasiums and sport halls, it is not possible to offer many kinds of sports to the students, there is no environment and opportunity to stimulate students' interest and to play sports in their free-time, which hinders to them for becoming well-prepared and creative individuals in the country. Therefore, in order to improve the instruction of the physical education and sports activities of state-owned universities, it is a very important issue to pay attention for the government, increase the number of gyms and playgrounds, and establish various sports grounds near university buildings.

2. We analyzed whether the norm of credit hour package, the choice of sports and the content of PE meets or not the modern student's needs since the students' desires, interests, and needs are important to improve the organization of physical education classes and implementation of PE curricula at the state-owned universities such as Mongolian National University of Education and National University of Mongolia, and the 70-90% or most of the students answered that physical education classes meet needs and requirements of the modern students. Although this indicator is sufficient, it is necessary to focus further research on whether students are able to develop a balanced physical development, health and a healthy lifestyle in the future.

3. It has been observed that there are lots of students who like physical education and a few who do not like. When asked if physical education was compulsory, 90% of students surveyed answered they needed to attend, indicating that they needed physical education. There are remaining 10% students who did not attend physical education classes at the secondary school or had an health problems. In such cases, it is considered possible to use motivational methods and motivate these students to achieve the desired results.

4. When asked how many credit hours is appropriate to take a physical education class, 9% of the respondents said that it is better to study more than 4 credits, 11% - 3 credits, 50% - 2 credits, and 30% - 1 credit. According to the results of the survey, it is better to study for 2-3 credits, which is 65%, which shows that the credit hours for physical education classes included in the current curriculum are planned as much as possible. However, most of the students who preferred 1 credit were students who were not interested in physical education, had poor physical development, and did not attend physical education classes before.

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