

Секция 1 ТЕОРЕТИКО-МЕТОДИЧЕСКИЕ И ПСИХОЛОГО-ПЕДАГОГИЧЕСКИЕ АСПЕКТЫ ФИЗИЧЕСКОГО ВОСПИТАНИЯ И СПОРТИВНОЙ ПОДГОТОВКИ

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MONITORING OF PHYSICAL FITNESS OF STUDENTS STUDYING IN ENGINEERING INSTITUTIONS

Annotation: The article discusses the issues of physical fitness of students in vocational education institutions. The indicators of the physical fitness of adolescents studying at vocational colleges in Karaganda were obtained.

Keywords: indicators of physical fitness, daily motor activity, locomotion, motor component, energy consumption.

The State Program for the Development of Education in the Republic of Kazakhstan for 2020-2025 sets of a radical modernization of the education system, restructuring of the vocational education system and training in accordance with the recommendations of the International Standard Classification of Education, improving the quality of training qualified and competitive personnel for all sectors of the economy, introduction of new pedagogical, informational and health-saving technologies. Particular attention is paid to the health of the younger generation. The creation of a highly effective national system of Technical and professional education is one of the main factors in ensuring the country's sustainable economic growth, social stability of Kazakhstan society, and a mechanism for maintaining stable youth employment. In the given system, students aged 15-19 study and get specialties. At the same time, as noted in the Program, young people of this age make up a significant part of the unemployed youth who have already graduated from school and are not studying in educational institutions, who do not have enough practical work experience to be in demand on the labor market. While there is a high shortage of healthy skilled workers in the labor market [1-2].

The economic and political stability of Kazakhstan, its environmental and national security is impossible without solving the problems of training healthy and highly qualified specialists. Physical education and sport play a key role in promoting public health and training. President K.K. Tokayev Message to People of Kazakhstan «Unity of People and System Reforms - Solid Basis of Prosperity of the Country» the objectives are to increase the proportion of the population of all ages engaged in physical activity and mass sports and to increase the competitiveness of human capital. The principle of joint responsibility for health, the population of healthy lifestyles and the training of qualified personnel are identified as the main priorities of education.

In this regard, the **purpose** of our work was to study the physical fitness indicators (PF) of students at Karaganda Engineering College.

Organization and methods of research. There were supervised 116 students of the 1st course. 17 people of these (1 group) are additionally engaged in sports on the basis of the Youth School of Karaganda in various sports and 99 people (2 groups) do not engage in sports. The conditions of education and the state of the institutions were hygienic. The work was carried out by the natural hygiene experiment, without disturbing the pedagogical process.

For the organization of the study, there was conducted an analysis of the scientific and methodical literature on the evaluation of students PF. The work used a complex of hygienic and pedagogical research methods, accessible, informative, adequate, reliable and simple, used in scientific and practical research by teachers, hygienists and other professionals.

Research indicators of PF: high-speed (30 meters), high-speed (long jump from place), power (high-bar lifts) and coordination (3 x 10 meters shuttle run) abilities, flexibility (forward sitting position tilt) and endurance (running for 6 minutes) tests [3-4]. The tests are fairly simple and do not require special equipment and are used to determine PF indicators and Ability Development for Students of Educational Institutions (EI).

There was conducted a survey to study the assessment of the lifestyle of students, developed by the staff of the Department of Hygiene of Children and Adolescents of the University of Moscow under the guidance of academician A.G. Sukharev. We also conducted a survey of students on the study of their motor activity (MA) which was developed by us to study the self-esteem of their physical condition of students.

Results of the study and their discussion. At the moment the role of physical education in improving public health, disease prevention, productivity, leisure, life extension and creativity is increasing.

In recent years both in the Russian Federation according to NCCH RAMS [5], and in Kazakhstan according to our data [6] there is an intensive differentiation of the education system, when new types of educational institutions (lyceums, gymnasiums, colleges, etc.) are compacted curricula, New pedagogical technologies are being introduced, as well as there is an increase in the amount of teaching workload in the context of a lack of time, all this leads to insufficient mobility, a decrease in physical development and physical fitness. According to many authors, adolescents are more susceptible to exposure to the working environment than adults and undergo greater functional changes in adapting to the working environment [2]. The most important characteristic that characterizes and determines the state of health of teenagers entering working occupations in the Technical and professional education system is their functional state, their suitability for work, as well as their successful adaptation to the conditions of educational and production activities, is the level of development of basic and special physical qualities united by the general concept of «physical fitness».

The analysis of the results of the research of the first-year students' physical fitness on endurance showed that the average value of the indicator for 6-minute running was 1305.88 97.29 meters in 1 group. In 2 groups - 1181.46 22.72 meters. According to the estimation tables of the surveyed persons, the level of development of this indicator is below-average, the second - low.

For speed and coordination abilities, the average value of these indicators was 4.53 0.09 pp. and 7.84 0.11 pp. The second - 4.86 0.09 pp. and 8.41 0.06 pp. respectively. In terms of the level of development of these qualities, they correspond to the average and below the average level, and the second below the average and low respectively.

In terms of flexibility, the former averaged 12.59 1.42 cm. and the latter 10.29 0.59 cm. This is in line with the above-average level of development of the former, while the latter is below-average. By strength, students of groups 1 and 2 have a low level of development in the average values of this indicator and were: 8.12 1.35 and 7.5 0.45 col. respectively.

In terms of speed and co-ordination, students in 1 group have a reliable better performance than students in 2 groups. For the first value at the level of $P < 0.05$, for the second - $P < 0.01$. According to the indicators of endurance, flexibility and speed-and-power abilities, a positive dynamic of differences based on the results of these tests was revealed. Students of 1 group compared to 2 groups have higher indicators at the level $t_{1, 24-1, 5}$.

The Lifestyle Assessment Questionnaire, consisting of 30 questions, allows you to assess the perception of the lifestyle of the person being surveyed. Students answer questions related to family composition, healthy lifestyle, eating, range of meals, special moments of the day, free time, sex education, harmful habits, motor activity, knowledge of personal hygiene and injury prevention, and poisoning; rules of behavior, training load, etc.

The assessment of the quality of lifestyle was carried out on a point system. The total of points from 30 to 39 was estimated that the student leads a healthy lifestyle. From 40 to 60 - estimated as the lifestyle is approaching healthy, but some correction is required. From 60 to 80 - the way of life is alarming, requires correction. From 81 to 90 - the lifestyle is extremely alarming and requires a significant correction.

An analysis of the questionnaire revealed that 58.8 per cent of students involved in sports lead healthy lives. In 41.2% of students, the lifestyle is approaching healthy, but correction is required. Students who do not participate in sports in 41.3% of cases lead a healthy lifestyle. In 58.7% of students lead a lifestyle that is close to healthy, but requires correction.

The following results have been obtained from the MA survey and the assessment of his physical condition.

To the question - How do you rate your MA, exercising or sports per day (hours) - 29.4% of students rated as average (2h), 15.2% - high (3h), 18.5 - do not exercise, 37% of students rate DA as low (less than an hour 16.3%) and below average (1 hour - 20.7%).

To the question - reasons that prevent you from doing physical training and sports - 14.1% of students say that they have a large academic load. A similar number of students note that they are too lazy to do. 10.9% - combine their studies with additional work. 21.8% have other interests and 26.1% do not have the conditions for physical training and sport.

At the same time, when asked - You are happy to attend physical education classes 97.8% of students answered «Yes».

When asked - What difficulties you experience in performing physical exercises in passing tests, examinations, physical fitness standards - 40.2% of students noted endurance (long distance running); 26.1% - pull-up at a high bar, and 12 per cent for lying-down push-ups.

To question - How do you rate your physical activity - 48.9% of students' rate as average, 30.6% - as high and above-average and only 20.7 as low and below-average. At the same time, when asked what physical qualities you have better expressed - 40.2% of students note that they have better developed strength abilities, 2.7% - speed and 19.6% - running endurance. 64.1% of students know how to improve their physical qualities. 32.6% would like to increase power, 27.1% - endurance, and 13-14% - speed, speed-force and flexibility.

When asked - Would you like to raise the MA by exercising and arguing to: improve physique - 39.1%; improve health - 25%; be able to stand up for yourself and develop physical qualities - from 16 to 20% of students.

To the question - What forms of physical education you are engaged in outside the class: - That 34.8% of students do not; independently - 30.4%; sports - 21.7% of students.

Thus, we received a more objective characterization of students PF during testing. At the same time, the effectiveness of additional classes in dispute students engaged in the Youth School, such indicators as flexibility, speed and speed-force abilities having a higher-middle and middle level of development of these indicators, compared to not engaged in, Having lower, medium and low levels of development of the examined physical qualities. It should be noted that the strength of both groups revealed a low level of development of this quality. In terms of endurance and coordination abilities, the former has been found to have a lower-average level of development. The latter - low. While 79.3 per cent of students assess their physical fitness to high based on self-assessments. In terms of motor activity, 58.7% of students rate it from medium to high. According to the assessment of lifestyle of non-athletes (58.7%) students, and athletes (41.2%) lifestyle is approaching healthy, but requires correction. The obtained data allowed us to substantiate practical recommendations to improve the physical condition of students of Karaganda Engineering College, with MA means of physical education and to increase knowledge on observance of a healthy lifestyle.

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МОНИТОРИНГ ФИЗИЧЕСКОГО СОСТОЯНИЯ ОБУЧАЮЩИХСЯ В УЧРЕЖДЕНИЯХ ПРОФЕССИОНАЛЬНО-ТЕХНИЧЕСКОГО ОБРАЗОВАНИЯ

Аннотация: В статье обсуждаются вопросы физической подготовленности (ФП) и физического развития (ФР) обучающихся в учреждениях профессионально-технического образования. Получены показатели ФП и ФР подростков обучающихся профессионально-технических колледжах г. Караганды.

Ключевые слова: показатели физической подготовленности, показатели физического развития, суточная двигательная активность, локомоции, двигательный компонент, энерготраты.

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MONITORING OF THE PHYSICAL CONDITION OF STUDENTS IN VOCATIONAL EDUCATION INSTITUTIONS

Annotation: The article discusses the issues of physical fitness (FP) and physical development (FR) of students in vocational education institutions. The indicators of AF and FR of adolescents studying at vocational colleges in Karaganda were obtained.

Keywords: indicators of physical fitness, indicators of physical development, daily motor activity, locomotion, motor component, energy consumption.

Экономическая и политическая стабильность Казахстана, её экологическая и национальная безопасность невозможна без решения проблем подготовки здоровых и высококвалифицированных специалистов. Основную роль в укреплении здоровья населения и их профессиональной подготовке выполняют физическая культура и спорт. В Послании Президента страны К.К. Токаева народу Казахстана «Единство Народа и системные реформы – прочная основа процветания страны» поставлены задачи об увеличении доли населения всех возрастов занимающихся физической культурой и спортом к 2025 году до 30 % и по-