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## **Intensification of sport activities in the process of training higher education seekers of various specialities**

### **Intensificación de las actividades deportivas en el proceso de formación de solicitantes de educación superior de diversas especialidades**

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### **Abstract**

The academic work aims to provide an assessment of scientific studies and to know the relevant practical aspects of the activation of the process of sports activities of higher education applicants of technical and humanitarian specialties. In the course of writing this academic article, analysis, synthesis, abstraction and comparison were used to characterize the scientific sources on the subject of sports activities in the training of applicants for higher education. In the course of the research, the main theoretical requirements for effective physical training of students of higher educational

institutions of various specialties were characterized, as well as certain practical aspects of the individual components of this process were clarified.

**Keywords:** physical education of students, comprehensive physical preparation, student sports, use of various forms of physical culture, organization of physical preparation of students.

## Resumen

El trabajo académico tiene como objetivo proporcionar una evaluación de los estudios científicos y conocer los aspectos prácticos relevantes de la activación del proceso de actividades deportivas de los solicitantes de educación superior de especialidades técnicas y humanitarias. En el transcurso de la redacción del presente artículo académico, se utilizaron el análisis, la síntesis, la abstracción y la comparación para caracterizar las fuentes científicas sobre el tema de las actividades deportivas en la formación de aspirantes a la educación superior. En el curso de la investigación, se caracterizaron los principales requisitos teóricos para la formación física eficaz de los estudiantes de instituciones de educación superior de diversas especialidades, así como se aclararon ciertos aspectos prácticos de los componentes individuales de este proceso.

**Palabras clave:** educación física de los estudiantes, preparación física integral, deporte estudiantil, uso de diversas formas de cultura física, organización de la preparación física de los estudiantes.

## 1. Introduction

One of the main goals of the university is the physical education of students. The educational process in institutions of higher education is implemented depending on the state of health, physical development and training of the education seekers, their needs for sports training and taking into account the conditions and type of future professional activity. In a higher educational institution, the general management of physical culture and sports activities of students, as well as the organization of monitoring their health, is entrusted to the rector, and their specific implementation is carried out by administrative divisions and state institutions of the university.

The theoretical provisions of the present academic paper outline the concept, structure, goals and main areas of sport activities for higher education seekers of various professional directions.

The practical aspect of the academic paper provides establishing the defining blocks of physical education of students of technical and humanitarian specialties, outlining the primary functions of sports classes, the main goals of doing sports for higher education seekers of technical and humanitarian specialties, as well as the purpose of improving the health of student youth as a component of the process of physical education in higher educational institutions.

In the course of the survey, it has been primarily found out that, according to the PE (Physical Education) teachers' viewpoint conducting training of students of technical and humanitarian specialties, physical education is the most important of all blocks of physical education of students. The survey has determined that the functions of doing sports for higher education seekers of humanitarian and technical directions are biological, aesthetic and communicative. As the research has shown, the primary goals of doing sports for higher technical education seekers are adaptation to intensive intellectual activity through physical education, cultivation of socially

significant qualities in young people, formation of the need for a healthy lifestyle. At the same time, students of humanitarian specialities are engaged in physical education mostly with the aim of developing in-depth knowledge of physical education techniques, cultivating discipline and diligence on the example of achieving physical perfection, adapting to intensive intellectual activity through physical education, and cultivating socially significant qualities. In the course of the research, it has been established that the purpose of improving the health of student youth as a component of the physical education process in higher educational institutions is physical health and maintaining an optimal psychophysiological state.

## 2. Literature Review

Classes on physical education and sports are aimed at meeting the higher education seekers' objective needs in mastering a system of special knowledge and acquiring professionally significant skills and abilities. They are included in the curricula of all disciplines and their implementation is ensured by the teachers of sports departments. Cross-cultural competencies of future teachers in integration processes, including in physical education, have been prepared (Borysenko et al., 2022). Self-study in physical education and sports contribute to a better assimilation of educational material, allow increasing the total time for doing physical exercises, and accelerating the process of physical development (Coman et al., 2020; Gurban, Zhiembaev & Zeybel, 2022).

During studies in institutions of higher education, classes on physical education involve solving the tasks as follows:

- cultivation of students' high moral-volitional and physical qualities, readiness for highly productive work;
- preserving and strengthening the health of higher education seekers, promoting the relevant and comprehensive development of the body, maintaining high work capacity throughout the entire period of study;
- comprehensive physical training of participants in the educational process;
- professional and applied physical training of students, taking into account the specifics of their future work;
- acquisition by students of the necessary basic knowledge of the theory, methodology and organization of physical education and sports training;
- preparation for work as a coach and a judge;
- improvement of sports behaviour of students - athletes;
- instilling in students the belief in the need to exercise regularly (Putro et al., 2020; Howley, 2021).

In recent years, there has been a steady tendency towards an increase in the time allocated to physical education classes in higher educational institutions, forasmuch as sport classes are aimed at strengthening the health of students, increasing their mental and physical performance, and improving the conditions of educational activities, living and recreation. This creates objective conditions for overcoming the one-sidedness and fragmentation of the training of higher education seekers, making the pedagogical process comprehensive and holistic (Sargent & Calderón, 2021).

At the same time, student sports are a general category of students' activities in the form of competitions and preparation for them, with the aim of achieving maximum results in the chosen sports specialization. Such an activity requires the education seeker to reveal the maximum psychophysical conditions for mobilizing his reserve abilities (Asogwa et al., 2020).

Doing sports is a form of self-expression and self-affirmation of the student, under which the pursuit for success, the desire of the individual to implement his potential in a specific sports scenario is in the foreground. The result of university sports activities of students is the development of socially significant qualities, namely: social activity, independence, self-confidence and ambition (Cheng & Chen, 2018).

In the field of sports as a form of active leisure time, the biological needs of students in motor activity, a healthy lifestyle and enthusiasm for various types of physical culture are implemented (Gawrisch et al., 2020).

Wide variability in students' choice of types of sport activities depends on a number of cultural and social factors, as well as on the biological needs of the individual.

The three-component structure of the system of physical culture and sports classes of students determines the specifics of distinguishing differentiated goals and pedagogical tasks of each of its structural blocks. However, this is a minor obstacle to determining the general goal of students' involvement in sport activities, namely: the purposeful cultivation of a harmoniously developed, highly intellectual and highly moral personality, a qualified specialist with knowledge and skills in the development of body culture (Goodyear et al., 2021).

The purpose of the organized survey is to establish the viewpoint of PE teachers of higher educational institutions regarding the features of intensifying sports activities of higher education seekers of technical and humanitarian specialities.

### **3. Methodology**

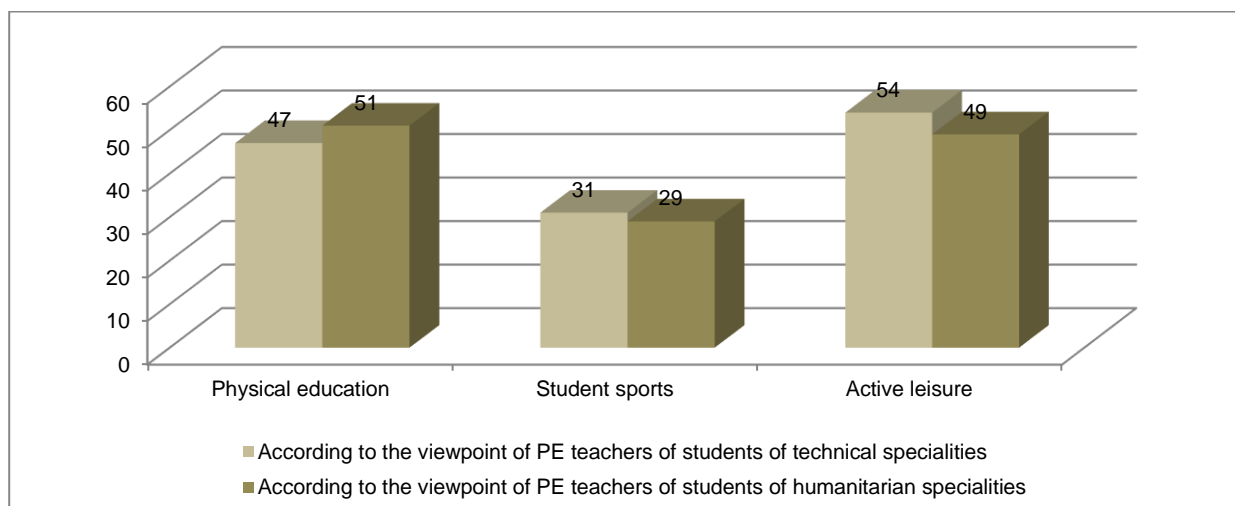
A practical study of modern tendencies in intensifying sport activities in the process of training higher education seekers of various specialities was carried out by surveying 122 PE teachers of students of technical specialities and 117 PE teachers of students of humanitarian specialities of higher educational institutions of Kyiv, Cherkassy and Chernihiv, Ukraine. The QuestionPro service was used during conducting the survey.

### **4. Results and Discussion**

In the course of the survey, primarily, the viewpoint of physical education teachers of technical and humanitarian specialities regarding the most common blocks of physical education for students was clarified (Figure 1).

According to survey participants' standpoint, the structure of physical education of students includes three relatively independent blocks: physical education, student sports and active leisure.

It should be mentioned that the most significant of them is physical education for both students - humanitarians and specialists in technical direction.

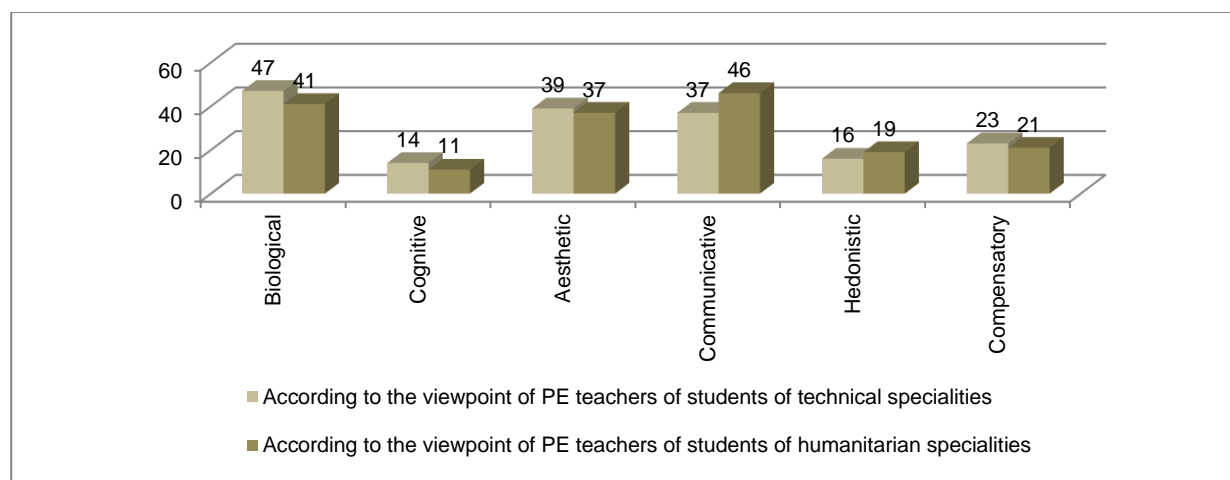


**Figure 1.** The most common blocks of physical education of students of technical and humanitarian specialties, %

Source: compiled by the authors

During the survey, the respondents have identified the following functions of doing sports for higher education seekers in humanitarian and technical directions (Figure2):

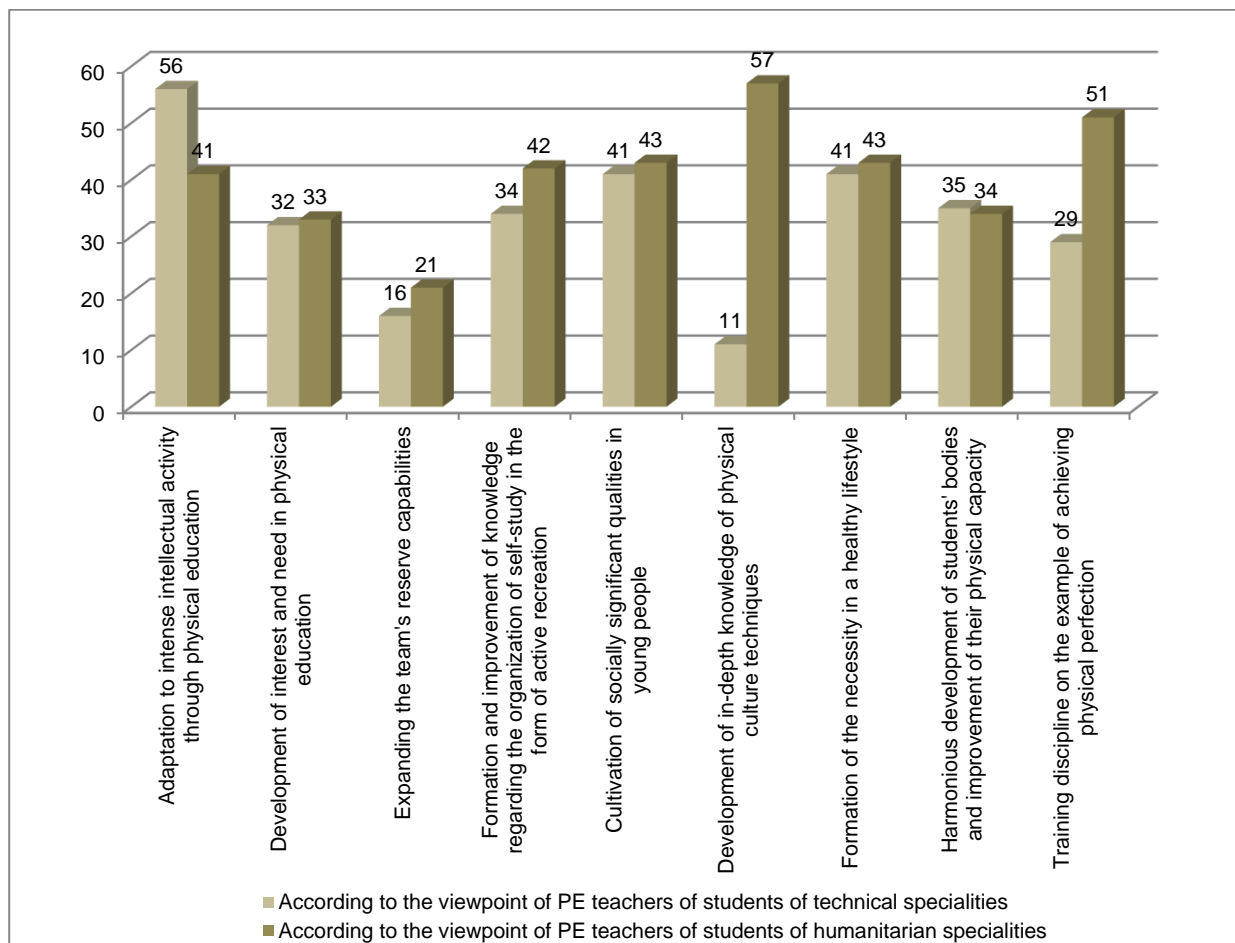
- biological;
- aesthetic;
- communicative.



**Figure 2.** Functions of doing sports for higher education seekers in humanitarian and technical directions, %

Source: compiled by the authors

By the way, the survey has made it possible to find out the basic goals of sport activities for higher education seekers, which, according to teachers' viewpoint, are the most significant for future specialists (Figure 3).



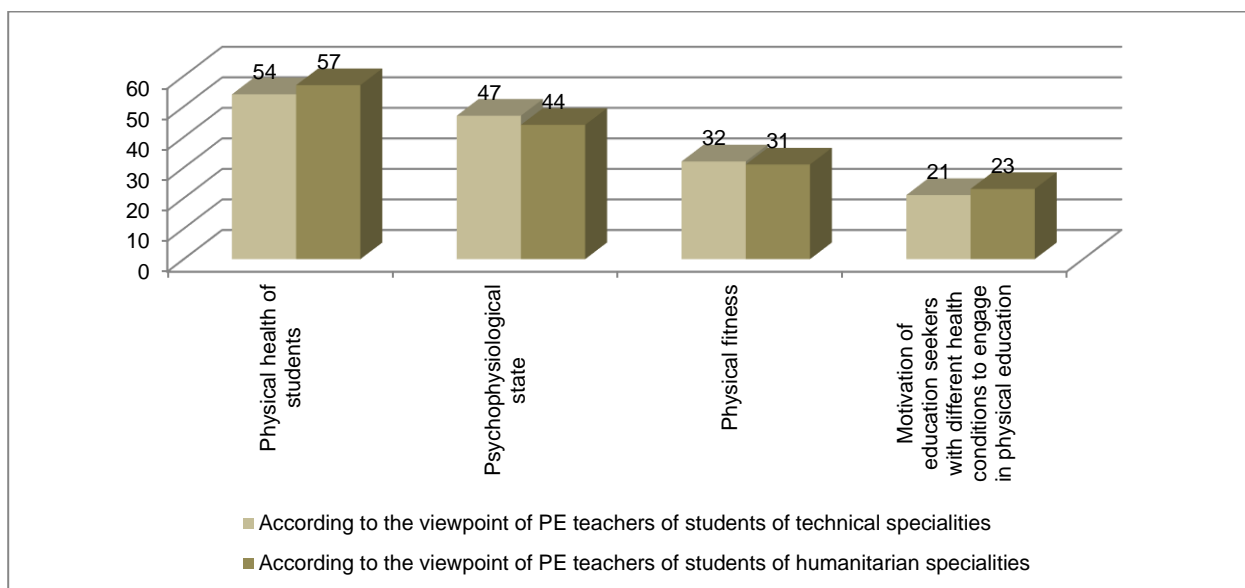
**Figure 3.** The basic goals of sport activities for higher education seekers of technical and humanitarian specialities, %

Source: compiled by the authors

As the results of the survey have revealed, for students of technical specialities, the most important goal of physical education and sports classes is adaptation to intensive intellectual activity through physical education, cultivation of socially significant qualities in young people, formation of the need for a healthy lifestyle. At the same time, students of humanitarian specialities are mostly engaged in physical education with the aim of developing in-depth knowledge of physical education techniques, cultivating discipline and diligence on the example of achieving physical perfection, adapting to intensive intellectual activity through physical education, and cultivating socially significant qualities.

In the course of the research, the features of improving the health of student youth as a component of the process of physical education in the higher educational institution have been studied; these are as follows (Figure 4).

As it can be observed from Figure 4, physical health and psychophysiological state are of particular importance for students of both technical and humanitarian specialities.



**Figure 4.** Purpose of improving the student youth's health as a component of the process of physical education in higher educational institutions, %

Source: compiled by the authors

The survey has also made it possible to find out the aspects due to which the relevance and expediency of studying the issue of sports development in higher education is enhanced (Figure 5).

- pronounced deterioration of student youth's state of health;
- awareness of wide opportunities and the determining role of health and physical fitness in the process of implementing pedagogical technologies of student youth;
- insufficient development of pedagogical conditions for using information and communication technologies in the physical education of students.

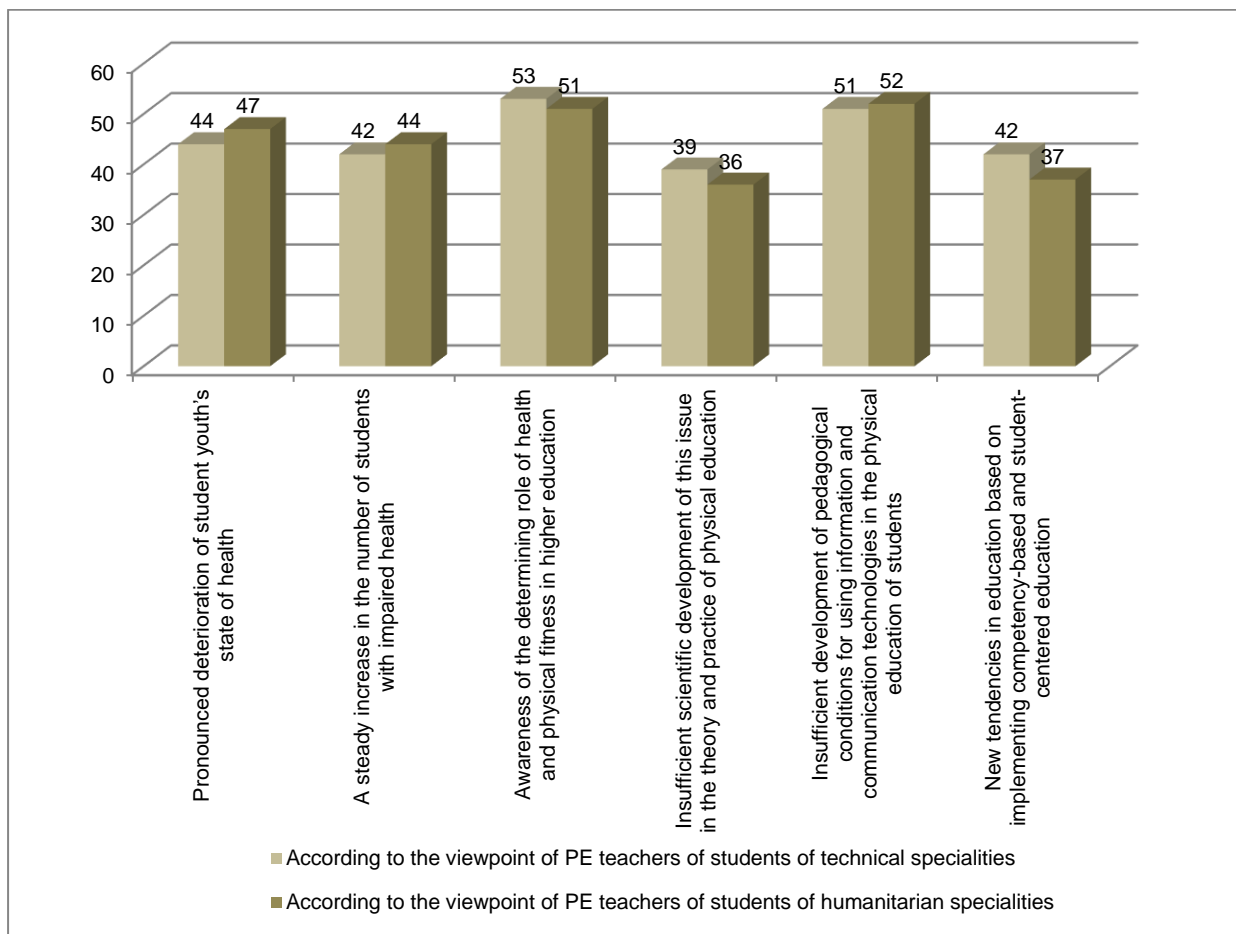
Physical education of students in the process of obtaining higher education is an integral part of physical development and personality formation (Jopp, 2020).

Tendencies towards the exclusion of physical education from the list of compulsory subjects in some higher educational institutions prove the importance of the issue raised in the present academic paper and indicate the need and relevance of work aimed at achieving a high level of effectiveness of physical education and sports of students in accordance with high educational standards of higher education (Koekoek et al., 2019).

Based on the analysis of scientific and methodological literature of the issue under study, students of certain professional groups are characterized by their conditions of doing sports and psychophysiological features of activity, which determine specific requirements for the level of

development of sports professionally significant qualities. Taking into account the requirements outlined, the choice of means, methods of physical education and forms of organization of sports activities of higher education seekers should be made (Krause, O'Neil, & Jones, 2020).

In order to increase students' interest towards sport activities in extracurricular hours, the latest modern technologies for organizing students' sports activities are often used (Papastergiou et al., 2020).



**Figure 5.** The relevance and expediency of studying the issue of sports development in higher education, %

Source: compiled by the authors

In recent years, a conclusion regarding the priority orientation of the process of conducting sport activities by higher education seekers can be made in view of the special organizational structure of physical education in higher educational institutions (Phelps et al., 2021).

In the vast majority of higher educational institutions, there are departments of physical education, which organize the educational process according to theoretical and practical blocks (Pill et al., 2021).



In addition, physical culture and sport activities of higher education seekers include participation in sports competitions and preparation for them, participation in sports of individual choice; any type of sport or motor activity of health and recreational orientation, group or independent activity without participation in competitions and passing exams; for learning the basics of the technique of the chosen type of motor activity in order to improve health or actively spend time and communicate with other students (Quennerstedt, 2019).

Currently, the system of physical education in higher educational institutions requires the introduction of modern types of physical activity, the use of additional methods for organizing the activities of those involved in it, as well as new approaches to organizing the system of physical education. In order to attract students to sport activities in in extracurricular hours, to increase interest in it, it is expedient to use the latest, modern forms of organizing classes that are in demand and arouse interest among young people (Yates et al., 2021).

A wide range of modern technologies for organizing students' activities, currently used in various areas of pedagogy, and especially in physical education and sports, makes it possible to develop an optimal system of sports training that allows developing the necessary professional qualities of various professional groups of students (Cicchella, Vecenane & Usca, 2022).

The advantage of using such technologies in physical education and sports is the possibility of a complex solution of the tasks of physical education with their help and the development of personal qualities necessary for a particular type of professional activity (Proença et al., 2020).

In order to form a motivational and valuable attitude of students towards sport activities and increase the effectiveness of training forms, it is recommended to use modern technologies of organizing the sport classes, the choice of which for various subject groups is determined by their ability to develop the qualities necessary for future professional activity (Sheldon et al., 2021).

The participants of the educational process, both students and teachers, highly appreciate the prospects of implementing various forms of organizing physical education and sport activities, believing that their use can significantly increase the effectiveness of physical training. At the same time, teachers note that in order to ensure the possibility of qualitative using any new forms of classes, it is necessary to improve the material and technical base and increase the level of scientific and methodological support, as well as professional training of pedagogical workers engaged in the process of physical education.

## **5. Conclusions**

Therefore, the analysis of the scientific literature and the results of the questionnaire on organizing sport activities of higher education seekers of various specialities show that currently the insufficient attention to this issue actualizes the need to search for the latest effective technologies for attracting student youth to physical culture and sport activities.

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