

Название публикации:

Program for the modernization of preparation of physical cultural bachelors in the field of recreation

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Аннотация:

The purpose of the research: development and experimental substantiation of the modernized program on formation of recreational competence of future bachelors in physical culture.

Material: the experiment was implemented on the basis of the Federal State Educational Institution of Higher Education "Tchaikovsky State Institute of Physical Culture" from 2014 to 2017 (2-4 years). The study involved students (n = 125, age 18-21) future bachelors of physical education. In the process of training, the students of the experimental group were introduced a program on the formation of recreational competence, based on basic and variable disciplines, with an emphasis on practice-oriented recreational activities and health fitness. The students of the control group were trained in identical basic disciplines, and the cycle of variative disciplines was chosen on the basis of sports games as a means of recreation, athletics and martial arts.

Results: the conducted pedagogical experiment revealed the advantage of future bachelors of physical culture of the experimental group in comparison with the control group in the ability to conduct recreational activities, the ability to compose an individual program of classes and nutrition; solving situational problems in the preparation of health programs, taking into account the age, gender and level of physical fitness of those involved; possession of techniques to reduce body weight; knowledge of models of recreational activities for preschool children, schoolchildren, students, adults; and also in organizational abilities (children's leisure, tourist activity, physical culture lesson, active rest on water, industrial gymnastics taking into account factors of labor activity). Conclusions: the conducted experiment proved the effectiveness of the developed program for the preparation of bachelors of physical culture, the result is provided with the content of basic and variational disciplines, developed by the authors, in the context of short-term training, the content of classes and their high practical and personal-oriented direction of training, with an emphasis on means of fitness in future recreational activities.

Ключевые слова:

Competence, Health fitness, Professional competence, Recreation, Recreational competence, Specialist in the field of physical culture and sport