

Drohobych Ivan Franko State Pedagogical University

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**PROFESSIONAL ACTIVITY IN THE SPHERE
OF PHYSICAL CULTURE**

Methodological recommendations for seminars
for the specialists of the second (master's) level of higher education, field of study:
01 Education, subject area: 014.11 Secondary Education (Physical Culture).

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The methodological recommendations for seminar sessions are prepared in accordance with the curriculum of the academic discipline "Professional Activity in the Field of Physical Culture" for the training of specialists of the second (master's) level of higher education, in the field of knowledge 01 "Education", specialty 014 "Secondary Education (Physical Culture)".

This manual provides methodological advice on preparing students for seminar sessions in the course "Professional Activity in the Field of Physical Culture," mastering the theoretical and practical principles of implementing organizational aspects of professional activity, taking into account the complex conditions of its implementation.

CONTENT

Introduction	4
1. Syllabus of the educational discipline «Professional activity in the sphere of physical culture».....	5
2. Seminars and methodological recommendations for them	9
Seminar 1. Normative-legal and scientific foundations of professional activity in physical culture.....	9
Seminar 2. Organizational and management aspects of professional physical activity as a system	16
Seminar 3. Implementation of professional physical education in different social fields	21
Seminars 4, 5. Features of professional activity of the teacher of physical culture: principles, forms and methods of physical education of students	25
Seminar 6. Features of physical and sports activities in extracurricular institutions	31
Seminar 7. Technological features of exercising physical activity in the educational sphere	37
Seminar 8. Implementation of physical education in club forms of professional activity.....	41
Seminar 9. Psychological and pedagogical foundations of professional activity in the field of physical culture	48
Seminars 10, 11. The current state of professional training of specialists for the field of physical culture in the higher education system of Ukraine	53
3. Examination Questions for course «Professional activity in the sphere of physical culture».....	58
4. Literature	60

INTRODUCTION

The contemporary conditions of Ukraine's development demand the preparation of highly qualified, competent specialists, particularly in the field of physical education.

A physical education specialist should be well-versed in a complex of issues regarding physical education: its content, participants involved, their functions, and the technology of achieving specified goals, as well as the requirements placed on the professionals in its implementation. The lecture course "Professional Activity in the Field of Physical Culture" (for the training of specialists of the second (master's) level of higher education, in the field of knowledge 01 "Education", specialty 014 "Secondary Education (Physical Culture)") and methodological recommendations for preparing for seminar sessions in this academic discipline are aimed at fulfilling these tasks.

Seminar sessions are designed to deepen students' knowledge acquired during lectures, foster independence, critical thinking, and a creative approach to material assimilation, as well as to cultivate professional interest, practical skills, and necessary abilities such as analyzing facts and drawing general conclusions.

An important task of seminar sessions is to engage students in independent study of scientific and methodological literature, utilizing it as a crucial informational resource in the formation of professional competence.

1. SYLLABUS OF THE EDUCATIONAL DISCIPLINE «PROFESSIONAL ACTIVITY IN THE SPHERE OF PHYSICAL CULTURE»

The essence and importance of professional activity in the field of physical culture

Characteristics of the conceptual apparatus of the theme. The essence of concepts: activity, profession, professional activity, physical culture, physical education, sports. Definition of the concept of «professional activity in the field of physical culture». Special and personal value of physical education. The current state of functioning of the sphere of physical culture in Ukraine, its problems. Updating the tasks of professional activity in its solution.

Regulatory framework and scientific support of professional activity in the field of physical culture

Normative and legal conditionality of professional activity in physical education. Normative and legal acts regulating professional activity: the Constitution of Ukraine, laws of Ukraine, decrees of the President, resolutions of the Cabinet of Ministers, orders of the Ministry of Youth and Sports, the Ministry of Education and Science of Ukraine and others.

Analysis of the Law «On Physical Culture and Sport», «State Requirements for the Physical Education of Children, Student and Student Youth» and other normative legal acts in the context of their importance for their professional activity in the field of physical culture.

The role of science in effective activity in the field of physical culture. Directions and themes of scientific research.

Organizational and management aspects of professional activity as a system in the physical education industry

Analysis of the basic concepts of topics: system, organization, management, subject. The concept of professional activity in the field of physical culture as a system. Structure of professional activity in the field of physical culture.

Components of the system of professional activity: subjects, principles, purpose, tasks, functions, implementation, result. Characteristics of system components.

Implementation of professional physical education in various public spheres

State normative legal acts on spheres and organization of professional activity of the field of physical culture.

Organization of professional activity in physical education in the educational sphere. The system of management of this activity in different types of educational institutions. Functional responsibilities of physical education subjects. Technological features of activity.

Production sphere as an object of activity in the field of physical culture. Tasks of activity, directions and forms of its realization.

Carrying out activities in the field of physical culture in the social and household sphere. Modern problems of functioning of the industry. Forms of organization of activity.

Organization of physical education and sports with categories of population with specific professional or physical characteristics.

Characteristics of the professional activity of the teacher of physical culture

Physical culture (physical education) as the main subject of implementation of a complex of tasks of physical education (educational, wellness educational) in a comprehensive school.

The main features of professional activity of the teacher of physical culture. The professional activity of the teacher in the field of physical education as a holistic system.

Model of teacher's professional activity in physical education. Implementation of principles and methods of physical education. The teacher of physical culture as an organizer of extracurricular physical education activity.

The teacher of physical culture as a researcher.

Implementation of physical education in club forms of professional activity

The general concept of club activity. Club as a modern form of organization of physical and health and sports activities. Principles, tasks and technology of activity of physical, health and sports clubs in the educational sphere. Activities of physical and health and sports clubs at the place of residence.

Psychological and pedagogical foundations of professional activity in the field of physical culture

Psychological and pedagogical foundations of professional physical activity as its organic component. Taking into account in the professional activity of the subjective and subject nature of the relations of the accomplices of the physical process, the specifics of the complex of tasks of physical and sports activity, age and individual characteristics of mental development of children, young people, adult population.

Creative approach to activity. Psychological and pedagogical qualities of subjects of professional activity. Pedagogical culture. Resolution of conflict situations.

Preparing for professional activity in the field of physical culture

Issues of personnel support of professional activity in normative and legal documents. Structure of training of physical education personnel. Educational institutions of Ukraine, which prepare specialists for the physical education

industry. State requirements for professional training of specialists in the field of physical culture.

Students' programme learning outcomes:

To analyze the teacher's pedagogical activity, to form his/her own style of pedagogical activity and to model the prospects of professional growth.

To apply knowledge of foreign languages in professional and self -education activities.

To possess a culture of speech, choose the optimal communication strategy in communication with groups and individuals.

To carry out pedagogical activity, have the means, forms, methods and innovative educational technologies of teaching students, to introduce and adapt scientific knowledge in the process of professional activity.

To use appropriate terminology to discuss facts, concepts and interpret them.

To use in professional activity information and communication technologies of education and training.

To possess psychological and pedagogical tools for the organization of the educational process.

To apply modern techniques and technologies of students' motivation to healthy lifestyles, systematic physical education and sports.

To provide consultations on practical issues of healthy lifestyle, development of physical qualities, study and improvement of vital motor skills and self -control skills, hardening.

To draw up planning and reporting documentation, organize and conduct mass physical education and sports competitions.

2. Seminars and methodological recommendations for them

Seminar Session №1

Topic: "Normative-Legal and Scientific Foundations of Professional Activity in Physical Culture"

Plan:

1. Explore the integrated essence of the concept of "Professional activity in the field of physical education". Explain the concepts of "physical culture", "physical education", "sport", and their interrelation.
2. What normative-legal acts determine professional activity in the field of physical education?
3. Justify the guiding role of the Law "On Physical Culture and Sports" in conducting professional activities in the field of physical culture.
4. Analyze (at your own choice) one or two normative-legal acts that guide the practice of subjects of physical education.
5. Explain the significance of scientific research for the effectiveness of professional activity in the field of physical education. What are the known directions and themes? Describe (at your own choice) a specific scientific work.
6. Reveal the societal and personal value of physical education and the significance of professional activity in this field.

Literature:

Core:

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6. Словник основних понять з фізичної культури : для студентів факультетів фізичного виховання вищих пед. навч. закладів / уклад. О.А. Согоконь, О.В. Донець. Полтава : Сімон, 2020. 111 с.

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Additional:

8. Реалізація здорового способу життя – сучасні підходи : збірник наук. статей II Міжнародної конференції 22–23 травня 2003 р. Дрогобич, 665 с.

9. Фізична культура, спорт та здоров'я нації : збірник наукових праць. Київ – Вінниця, 1998. 349 с.

10. Вацеба О. Молода спортивна наука України. *Фізичне виховання в школі*. 2000. № 3. С. 53.

11. Зубалій М., Савченко А. Лабораторії фізичного розвитку інституту проблем виховання АПН України – 60 років. *Фізичне виховання в школі*. 2004. № 2. С. 51–55.

Main concepts: profession, activity, professional activity, physical education, physical culture, sport, normative-legal basis, laws of Ukraine, resolutions of the Cabinet of Ministers, scientific support.

Theoretical information

Profession is a specific type of human labor activity that serves as a source of livelihood and requires specialized theoretical and practical training according to

its characteristics. **Professional activity** in any field is paid activity that requires the subject to have specialized professional training. **Professional-pedagogical activity** is the activity of an educator (teacher, instructor) aimed at guiding the activity of students in the educational process. The professional-pedagogical activity of a teacher (instructor) in the field of physical education involves guiding the physical education and sports activities of students and young people.

Physical culture is an integral part of the general culture of society aimed at strengthening health, developing physical, moral-volitional, and intellectual abilities of individuals for the harmonious formation of their personalities. Physical culture serves as a means to increase the labor activity of people, satisfy their creative needs, and fulfill the need for mutual communication. The main indicators of the state of physical culture are the level of health and physical development of various segments of the population, the extent of the use of physical culture in various spheres of activity, and the level of development of the system of physical education and sports. [2].

V. Naumchuk notes that physical culture, as part of general culture, represents creative activity aimed at assimilating accumulated and creating new values primarily in the field of physical development, health improvement, and education of people.

There are scientific approaches to understanding this concept. Physical culture is a part of society's culture that encompasses the system of physical education, a set of specialized scientific knowledge, and material resources necessary for the development of human abilities.

According to B. Shyian, physical culture is the sum of society's achievements in the creation and rational use of special means, methods, and conditions for purposeful physical improvement of a person. Activity in the field of physical culture has both material and spiritual forms of expression. By influencing the biological sphere of humans with a complex of means and methods, physical culture affects the intellectual and spiritual sphere of the individual. Physical culture is associated with the process of motor activity, which materializes in the

physical qualities of a person. Additionally, it relies on material infrastructure (halls, courts, sports equipment, inventory) [8].

Therefore, the physical culture of an individual can be defined as a set of characteristics acquired through physical education and manifested in their active pursuit of comprehensive improvement of their physical nature and maintenance of a healthy lifestyle.

Considerable attention is paid by pedagogical science to the concept of "physical education." In the Law of Ukraine "On Physical Culture and Sports" (February 10, 2000), physical education is defined as the main direction of implementing physical culture and is an organic part of general education aimed at developing physical, moral-volitional, intellectual abilities, and professional-applied skills of a person [2].

O.M. Vatsaba and M.S. Hertsyk define physical education as a specially organized process of comprehensive development of physical and moral-volitional abilities, formation and development of vital motor skills and abilities of a person [2]. It is primarily carried out in the educational sphere (various types of educational institutions) by specially trained specialists. V. Naumchuk identifies physical education as a type of activity, the specific content of which includes teaching movements, forming physical qualities, mastering specialized physical culture knowledge, and developing a conscious need for physical activities.

Close to such an approach is the definition by B. Shyian, who sees physical education as a pedagogical process aimed at the physical and spiritual improvement of individuals, their mastery of systematic knowledge, physical exercises, and methods of their independent use throughout life [8]. I. Glazyrin emphasizes that physical education is a specially organized pedagogical process aimed at shaping a healthy, physically fit, prepared, active, agile, resilient younger generation, at strengthening health, comprehensive development of physical and spiritual forces, increasing work capacity, creative longevity, and extending the lives of people engaged in all spheres of society.

Therefore, the concept of physical education is comprehensively interpreted by pedagogical science, closely linking its various components.

The essence of the concept of "sport" is also defined in the law "On Physical Culture and Sports" and is considered as an organic part of physical culture, a special sphere for the demonstration and unified comparison of achievements of people in certain types of physical exercises, technical, intellectual, and other training through competitive activities [2].

The activities of professionals in the field of physical culture are aimed at strengthening the health of the population, increasing the labor capacity of citizens, physical education, forming physical culture among children, youth, and the entire population. The state of physical education and physical culture in modern conditions requires significant improvement and enhancement of professional training.

Professional activity in the field of physical education, physical culture, and sports is carried out with the support of the relevant legislative framework, normative-legal acts. It consists of laws of Ukraine adopted by the Verkhovna Rada, decrees of the President of Ukraine, resolutions of the Cabinet of Ministers, orders of various ministries. Since 1992, over 50 different normative-legal documents have been issued, constituting the legal basis for the organization of activities in the field of physical culture and sports. Among them are the Law "On Physical Culture and Sports," the Targeted Comprehensive Program for 1999-2005 "Physical Education - Nation's Health," the National Doctrine for the Development of Physical Culture and Sports, the State Program for the Development of Physical Culture and Sports for 2012-2016, State Requirements for the System of Physical Education for Children, Students » [19; 30; 34] and Others.

The development of scientific research, which constitutes scientific support for the activities of specialists, is of significant importance for the effectiveness of the functioning of the field of physical culture and sports. It includes:

- development of the concept of further development of science in the field of physical education, physical culture, and sports, programs of relevant directions of these scientific research;

- development of program-normative foundations of physical education;

- creation of computer technologies for the development of individual physical rehabilitation programs and sports training plans;

- creation of a network of regional scientific research centers, scientific laboratories, and others.

Methodological recommendations for preparation for classes:

1. ****Understanding Concepts****: Begin by grasping the essence of terms such as "professional activity," "activity," "profession," "culture," "physical culture," and "physical education." Seek sequential connections between them and identify how they manifest in the field of physical education and physical culture.

2. ****Understanding Physical Education and Physical Culture****: Pay attention to how physical education is an integral component of physical culture. Consider sport as an organic part of physical culture, especially in the context of demonstrating and comparing achievements in certain types of physical exercises, physical, intellectual, and other forms of training through competitive activities.

3. ****Defining Professional Activity in Physical Education****: It is pertinent to rely on the definition of "professional activity in the field of physical education." This encompasses paid labor activities where individuals, after studying in relevant professional educational institutions, implement their professional, including pedagogical specialization in the field of physical education, at various levels of its functioning.

4. ****Familiarization with Normative-Legal Basis****: Familiarize yourself with the legal framework of physical culture and sports: specific laws of Ukraine, Presidential Decrees, Cabinet of Ministers Resolutions, Orders, and Regulations of Ministries related to the sphere of physical culture, physical education, and sports.

It's crucial to study the structure of specific normative-legal acts and, most importantly, their key provisions and their significance in practical activities.

5. ****Engaging with Scientific Research****: Understand the purpose of scientific support for the field of physical education, including existing research directions, problems, themes, forms of research implementation, and dissemination of research results. The theoretical material should be illustrated with specific examples from various academic sources, including dissertations, abstracts, collections of scientific papers, professional journals, etc.

Questions for Self-Assessment:

1. What constitutes the normative-legal basis for professional activity in the field of physical education?
2. Name a series of normative-legal documents regulating professional activity in the field of physical education. Conduct a detailed analysis of one or two of them.
3. What is the guiding significance of legislative acts for the field of physical culture and sports, particularly physical education?
4. What is the purpose of scientific support for the field of physical education?
5. Where and by whom are scientific researches conducted in the field of physical education? What problems are they dedicated to?
6. What forms exist for disseminating the results of scientific research?

Seminar Session № 2

Topic: Organizational and management aspects of professional physical activity as a system

Plan:

1. The essence of the concepts "system," "organization," "management."
2. Components of the structure of professional activity in the field of physical culture.
3. The purpose and principles of professional activity in the field of physical culture.
4. Directions and tasks of the activities of central authorities in the field of physical culture (governmental and non-governmental).
5. Features of the functioning and typology of modern physical culture and sports organizations.
6. Functions of subjects of professional activity, their cyclical nature. The content and sequence of stages.

Literature

Core:

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Main concepts: system, organization, system subject, management, goal of activity, functions of the subject of activity, principles.

Theoretical information

Professional physical culture activity is a complex social phenomenon that constitutes a system with its components. By system, we mean a complex whole, a combination of parts of a certain phenomenon that are interconnected and give it certain qualitative characteristics.

The main component of any social system is the individual as a subject who carries out practical activity, initiating necessary changes in society, fields of activity, and in themselves. Individuals intentionally influence the development of the system not only as separate individuals but also as specific organs of organizations, institutions, acting as collective management subjects, engaging in

joint activities. The functions of management subjects replicate the actions that the activity subject must perform to ensure its necessary quality.

The basic form of operation of the field of physical culture and sports is a specific organization - a group of individuals whose activities are purposefully coordinated to achieve its goals. All physical culture and sports organizations can be divided into certain types.

The typology of physical culture and sports organizations can be based on various indicators:

- the purpose of activity;
- functional purpose;
- nature of relationships with the external environment;
- organizational-legal status.

The system of managing physical culture and sports activity includes not only activity subjects but also the goal and specific tasks, principles of implementation, motivation, means of implementation, and results.

The principles of implementation include:

- clear purposefulness of activity,
- integration of scientific principles,
- differentiated approach,
- systematic approach,
- cultural orientation,
- priority of health-related tasks,
- democratic-humanistic and personal orientation,
- creative approach to activity

Methodological recommendations

Work on the topic should begin with an analysis of the basic conceptual apparatus of the topic: system, subject, organization, functions. It is important to understand that a system is a complex whole, a combination of certain parts – components of a certain phenomenon that are interconnected.

Professional physical culture and sports activity is a component of the entire field of physical culture and sports in the country as a systemic phenomenon. It is also a system, having several components. It is necessary to understand these components, including the subjects of professional activity, its motivation and principles of implementation, goal and specific tasks, technology of implementation, and results.

It is important to note that the individuals involved in professional activity play a significant role as carriers of practical and cognitive activity, initiating necessary changes in the field of physical culture and sports, implementing management functions. In this regard, it is necessary to distinguish between state and public management bodies, collective subjects of management, and individual activity.

Specific characterization of the content of the activities of state subjects in managing the field of physical culture and sports and public management bodies is required. Particularly emphasized should be the importance of professional activity at the individual level of such subjects as physical education teachers, coaches, lecturers, and others. It is important to well understand the principles they follow in their activities (clear purposefulness to achieve the goal, integration, differentiation, priority of health-related tasks, systematic approach, etc.), what their goal and specific tasks are, clearly imagine the functions of physical culture and sports activity subjects, the classification of which varies in science. The main ones include: analytical, predictive, organizational, communicative, coordinating functions, which operate interdependently.

Questions for Self-Assessment:

1. Explain the essence of the following concepts:
 - system,
 - organization,
 - subject,
 - management,
 - functions.

2. What subsystems are included in the entire field of physical culture and sports?
3. Explain what you understand by professional physical culture and sports activity as a systemic phenomenon.
4. Name the components of professional physical culture and sports activity.
5. Analyze the composition of subjects of professional physical culture and sports activity.
6. Describe (at your discretion) the characteristics of the activities of one of them.
7. Name the principles of professional activity implementation and explain their essence.
8. What is the purpose of professional physical culture and sports activity?
9. Analyze the specific tasks of certain subjects of physical culture and sports activity.
10. What do you understand by motives of activity, particularly in physical culture and sports activity?
11. What means are used to implement professional physical culture and sports activity?
12. What functions do the subjects of this activity perform?

Seminar Session № 3

Topic: Implementation of professional physical education in different social fields

Plan:

1. The system of professional physical culture activity in the educational sphere.
2. Functional responsibilities of subjects of professional physical culture activity in educational institutions of certain types.
3. Forms of physical education implementation in the educational sphere.
4. Features of professional physical culture activity in summer health camps.
5. Factors and indicators of successful physical culture activity in the educational sphere. Analysis of specific examples.
6. The production sphere as an object of physical culture activity.
7. Physical culture and sports professional activity based on the population's place of residence.
8. National strategy for health-enhancing physical activity in Ukraine for the period up to 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation".

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Key concepts: spheres of physical culture activity, positions of physical education specialists, functional responsibilities of specialists.

Theoretical information

Professional physical culture activity is carried out in the educational, physical rehabilitation, sports, industrial, social and domestic spheres. A physical education specialist holds positions in educational, developmental, industrial, recreational, military, sports, and other governmental and non-governmental institutions and organizations. These positions include: physical education instructor, physical education teacher (lecturer), physical training leader, tourism and recreation organizer, physical education methodologist, recreational activities organizer at workplaces or residential areas, coach, and sports club worker.

Each specialist in the field of physical culture and sports has a range of professional duties performed in preschool institutions, general education schools, gymnasiums, vocational schools, higher educational institutions, youth sports schools, industrial settings, and residential areas. The tasks and content of activities of physical culture and sports subjects are determined by a number of regulatory documents.

Methodological recommendations:

Studying this topic requires a specific understanding of the spheres in which a physical education specialist works and the positions through which the goals and tasks of physical education are achieved. It is particularly important to grasp the functional responsibilities of physical culture and sports specialists in various types of educational institutions, as well as in industrial and social spheres. To do this, it is necessary to refer to the Regulation "On the Organization of Physical Education and Mass Sports in Preschool, General Education, and Vocational Schools of Ukraine."

An important aspect of mastering the topic is understanding the organization of the activities of physical education specialists in the educational sphere, particularly in general education schools, where a physical education teacher performs a complex of physical education tasks: health, educational, developmental, educational, with a priority given to health tasks. This requires broad and in-depth knowledge in various subject areas, readiness to conduct various forms of work: lessons, physical education and health events during the school day, sports holidays, competitions, Health Days, organizing sports clubs, etc.

Attention should be paid to the importance of studying the activities of physical education specialists in health camps.

When studying the materials of the topic, it is necessary to realize that the organization of physical education specialists' activities is based on specific regulatory and legal documents, state standards, educational plans, and programs. However, their effective implementation depends on mastering the methodology of defined tasks.

In this regard, it is advisable to refer to the positive experience of educational work of teachers and coaches, systematically presented in the journals "Physical Education in Schools" and "Physical Education in Ukrainian Schools." Many interesting materials in the first journal are analyzed by scientists M. Zubaliy and V. Stolitenko. Publications by I. Nekrasova "Youthful Fun" and O. Tylikov

"Joyful Starts of Young Erudites" ("Physical Education in Ukrainian Schools" No. 6, 2010) deserve attention.

It is necessary to know other (besides those mentioned above) factors that determine the successful physical culture and sports activities in the educational sphere in all its components, including higher education institutions, the activities of physical education teachers, and the organization of sports activities.

The study also requires an examination of the current state of physical culture and sports activities in the industrial sphere and residential areas with reference to existing shortcomings and positive aspects. To understand what measures are planned and implemented practically to overcome shortcomings and strengthen and develop positive factors in physical culture and sports activities, it is necessary to study the National Strategy for Health-Enhancing Physical Activity in Ukraine for the period up to 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation."

Questions for Self-Assessment:

1. Name the spheres in which professional physical culture activities are carried out.
2. What positions can a physical education specialist hold?
3. Describe the functional responsibilities of subjects engaged in professional physical education activities in the educational sphere.
4. What are the peculiarities of physical culture activities in industrial and social spheres in modern conditions?
5. Explain the importance of organizing recreational, rehabilitation, and sports activities among people with disabilities.
6. Describe the essence and significance of sports activities.
7. Characterize the main provisions of the National Strategy for Health-Enhancing Physical Activity in Ukraine for the period up to 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation."

Seminar Session № 4, 5.

Topic: Features of professional activity of the teacher of physical culture: principles, forms and methods of physical education of students

Plan:

1. Characteristics of the Functions of Physical Education Teacher Activity.
2. Pedagogical Skills of the Physical Education Teacher
3. Features of the Professional Activity of the Physical Education Teacher
4. Pedagogical Mastery of the Physical Education Teacher, Its Main Components
5. Principles of Physical Education for Students
6. Forms and Methods of Physical Education for Students in the Activities of the Physical Education Teacher
7. Features of the Research Activity of the Physical Education Teacher

Literature:

Основна:

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9. Сучасні фізкультурно-оздоровчі технології у фізичному вихованні : курс лекцій / уклад.: Гарлінська А.М., Корнійчук Н. М. Житомир : Вид-во ЖДУ ім. І. Франка, 2022. 68 с.

Додаткова:

10. Актуальні проблеми фізичної культури, спорту і здоров'я : матеріали міжн. наук. інтернет-конф. (Черкаси, 25–26 травня 2023 р.). Черкаси : Черкаський національний університет імені Богдана Хмельницького, 2023. 173 с.
11. Папуша В. Методика фізичного виховання школярів: форми, зміст, організація. Тернопіль : Підручники і посібники, 2008. 192 с.
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Main concepts: teacher, physical education, physical culture, teacher's functions, pedagogical knowledge, skills, abilities, competencies, pedagogical activity, teaching, character traits, research activity, research methods.

Theoretical information

The physical education teacher is the primary figure responsible for the physical development of students in a general education school. They direct the activities of both students and the entire teaching staff towards implementing the tasks of physical education for students using appropriate means. Through various forms of educational and developmental work, the physical education teacher instills the principles of physical culture in students, ensuring their acquisition of necessary knowledge, skills, and abilities, as well as the development of physical qualities, strengthening of health, and promotion of a healthy lifestyle.

The pedagogical functions of the physical education teacher are diverse and include organizational, developmental, motivational, informational, constructive, communicative, and cognitive (research) functions. Each of these functions serves its own purpose and content.

To fulfill the pedagogical functions, the teacher must possess pedagogical skills. Pedagogical skills encompass a variety of actions by the teacher, reflecting their individual characteristics and indicating their subject-professional competence.

The professional activities of a physical education teacher, like any other profession, have their main features, which manifest in the goals, specific tasks, content of activities, and methodology for achieving defined objectives. All of this requires the physical education teacher to acquire special knowledge, skills, and competencies through specialized professional training in educational institutions.

The peculiarities of the professional activities of a physical education teacher are embodied in conducting lessons as the main form of physical education for students, preparing students for independent physical exercises, in forms of physical education throughout the school day (gymnastics before classes, physical activity breaks, health hours), and in various extracurricular activities involving physical exercises, such as competitions, contests, various games, physical and sports events, and sports and artistic evenings.

The professional activities of a physical education teacher are multifaceted and comprehensive. Scholars highlight the importance of pedagogical craftsmanship, the pedagogical techniques of the teacher in implementing physical education.

Today's understanding of professional mastery includes the ability not only to convey knowledge and present material in a popular and understandable manner but also to organize students' independent work, intelligently manage students' cognitive activity, and direct it in the desired direction.

Research activity holds a special place in the work of a physical education teacher. Purposeful pedagogical influence on the body and personality of the

student as a whole is possible only through the study of their potential capabilities. Therefore, effective work of a physical education teacher requires:

Research in physical education involves a detailed scientific analysis of various pedagogical phenomena aimed at understanding their mechanisms, causes, and consequences to generalize and determine effective means, methods, and forms of pedagogical influence.

There are three main types of pedagogical research in physical education:

1. Methodological works, which do not aim to identify laws. Such works include, for example, studying the experience of educators.
2. Scientific-methodological works, which aim to search for new ways of implementing the tasks of physical education (methods, means, forms) and reproducing known regularities in experiments.
3. Scientific-research works, which are dedicated to studying a wide range of issues beyond the scope of teaching methodology and can address problems such as technique of physical exercises, management of the physical education process, economics of physical education and sports etc.

Research methods in physical education may include:

- Studying the physical development, physical fitness, and functional state of students.
- Analyzing the class or group of students.
- Observing and analyzing lessons.
- Selecting appropriate teaching methods and tools.
- Analyzing one's own activities and colleagues' work experience.
- Testing the effectiveness of different modes of muscular activity.
- Planning lessons and sports training in sections.
- Determining suitable loads for students during various types and intensities of physical exercises.
- Assessing the dynamics of physiological functions, operational and cumulative effects achieved as a result of physical activity.

Methodological recommendations:

Approaching the study of the topic, it is essential to understand its significant importance in mastering the entire course and thoroughly conduct a study of literary sources and the completion of independent tasks.

One must fully grasp the role and tasks of the physical education teacher, their functions in implementing the physical education of students, aimed at fulfilling a complex of educational, upbringing, developmental, health-improving, value-oriented, moral-volitional, and other tasks in personality formation.

Special attention should be paid to the organizing and stimulating role of the physical education teacher in directing the pedagogical team of the school to implement the tasks of physical education for students. It is necessary to thoroughly master the functions of the teacher, the importance of acquiring not only theoretical knowledge relevant to the profession but also a significant amount of practical skills and abilities.

In acquainting oneself with the main features of the professional activities of a physical education teacher, it is important to consider that they are determined by the characteristics of the goals, objectives, and technology of implementing physical, rather than any other type of education. These issues are quite fully and specifically disclosed in the works of B. Shyian, V. Arefiev, H. Yedynak, O.M. Zhdanova, M.D. Zubaliy, Ye.N. Prystup, O.M. Khudoliy, and other researchers.

The theoretical foundations of these issues are further specified in many articles published in various journals covering the problems of physical education in schools. Familiarization with materials, the advanced experience of physical education teachers and entire school teams will enhance the perception of theoretical material, making it more convincing.

It is important to comprehend the research direction of the activities of a physical education teacher, as it is an integral component and has significant importance for the effectiveness of professional activities. It is essential to become familiar with the types of research and know which methods they are conducted with.

As a result of processing the material, one must deeply understand that for competent and effective performance of professional activities, a teacher needs to know a lot, be able to do a lot, and possess necessary personal qualities. Continuous work on self-improvement, development of pedagogical skills, and a creative approach to solving diverse tasks during lessons, various extracurricular activities, and work with the public and parents of students are essential.

Questions for Self-Assessment:

1. Explain why the physical education teacher is the main subject of physical education in school.
2. What tasks of physical education does the physical education teacher perform in school?
3. Describe the functions of the physical education teacher. What is their essence?
4. What skills are key in the professional activities of a physical education teacher? Describe them.
5. Through what forms of activity are the tasks of the physical education teacher implemented?
6. Describe the main features of the professional activity of a physical education teacher.
7. What are the components of the pedagogical mastery of a physical education teacher?
8. How does the research activity of a physical education teacher manifest itself?
9. What personal qualities should characterize a physical education teacher?
10. Provide examples of the activities of one or two advanced physical education teachers (based on literary sources or your own study of practice).

Seminar Session № 6

Topic: Features of physical and sports activities in extracurricular institutions

Plan:

1. The system of extracurricular education, its current state, and features of operation.
2. Educational institutions with a focus on physical education and sports.
3. Directions of activity of extracurricular educational institutions.
4. Content, forms, and methods of physical education and health work.
5. Sports schools and clubs, peculiarities of their activity.
6. Sports facilities and forms of physical education, health, and sports work with children and youth.

Literature:

Core:

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Additional:

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Main concepts: Extracurricular Education Institution, Structure, Tasks, Directions of Activity, Organizational Forms of Operation, Content of Activity.

Theoretical information

The structure of the extracurricular education system includes:

- Extracurricular education institutions;
- Clubs, sections, clubs, cultural and educational, sports and recreational, scientific and search associations based on general secondary education institutions;
- Clubs and associations based on place of residence;
- Cultural, educational, physical education, sports, and other educational institutions and establishments, etc.

The modern tasks of extracurricular education institutions are as follows:

- Personality upbringing and development;
- Creating favorable conditions for intellectual, spiritual, and physical development;
- Creating an inclusive environment for children and youth with special educational needs;
- Instilling a responsible attitude towards one's own health and the health of others in students; maintaining health, forming habits of a healthy lifestyle;
- Organizing meaningful leisure and recreation for students, ensuring their health improvement, prevention of harmful habits;
- Prevention of neglect, delinquency, etc.

An important task of extracurricular educational institutions is to diagnose giftedness and involve gifted and talented students in relevant activities in specialized clubs, sections, associations, centers, etc.

The forms of operation of extracurricular education institutions can vary, including:

- Centers, houses, clubs;
- Art studios or schools;
- Sports schools, youth sports schools for Olympic reserves;
- Sports clubs based on place of residence;
- Physical education and health clubs for people with disabilities;
- Specialized youth sports schools for Olympic reserves;
- Children's stadiums, health institutions providing extracurricular education (part 3 of Article 12 of the Law of Ukraine "On Extracurricular Education").

Types of extracurricular education institutions:

- Comprehensive ones - centers for children and youth creativity, houses or palaces of children and youth, which simultaneously carry out activities in many areas, including tourism and local lore, and physical education and sports work;
- Profiled ones - institutions focused on a specific, concrete direction of work, such as physical education and sports or tourism and local lore. These can be children's tourist and local lore clubs or recreational-sports centers; children's sports schools or recreational centers (camps

The structure of the extracurricular education system comprises the following:

- Extracurricular educational establishments;
- Clubs, sections, groups, cultural and educational, sports and recreational, scientific and research associations based on general secondary education institutions;
- Clubs and associations based on place of residence;
- Cultural, educational, physical education, sports, and other educational institutions and establishments, etc.

The contemporary objectives of extracurricular education establishments include:

- Fostering and developing individual personalities;
- Creating conducive environments for intellectual, spiritual, and physical development;
- Establishing an inclusive milieu for children and youth with special educational needs;
- Cultivating responsible attitudes toward personal health and the

An important task of extracurricular educational institutions is diagnosing giftedness and involving gifted and talented students in relevant activities in specialized clubs, sections, associations, centers, etc.

The forms of functioning of extracurricular education institutions can vary, including:

- Centers, houses, clubs;
- Art studios or schools;
- Sports schools, youth sports schools for Olympic reserves;
- Sports clubs based on place of residence;
- Physical education and health clubs for people with disabilities;
- Specialized youth sports schools for Olympic reserves;
- Children's stadiums, health institutions providing extracurricular education (part 3 of Article 12 of the Law of Ukraine "On Extracurricular Education").

Types of extracurricular education institutions:

- Comprehensive ones – centers for children and youth creativity, houses or palaces of children and youth, which simultaneously conduct activities in many areas, including tourism and local lore, and physical education and sports work;
- Profiled ones – institutions focusing on a specific, concrete direction of work, such as physical education and sports or tourism and local lore. These can be children's tourist and local lore clubs or recreational-sports centers; children's sports schools or recreational centers (camps);
- Specialized.

Among the directions of extracurricular education, two main ones should be distinguished, relating to physical education and sports activities and health and rehabilitation, and tourist and local lore work.

The tourist and local lore direction involves engaging students in studying the history of their native region, forming practical skills and abilities in tourism.

The sports (physical education and sports) direction aims to develop students' physical abilities, provide conditions for hardening and health improvement of children and youth, organize meaningful leisure and recreation, foster interest in physical culture and sports, and acquire skills for a healthy lifestyle.

Methodological recommendations:

To master the material on organizing physical education and sports activities in the extracurricular education system, it is necessary to thoroughly familiarize oneself with the content of the Law of Ukraine "On Extracurricular Education," clarifying issues of the structure of the extracurricular education system, types of extracurricular institutions, directions of activity, forms and methods of organizing work with children and youth.

It is important to familiarize oneself with the organizational forms of implementing physical education and health activities with students, the specifics of tourist and local lore, and leisure and recreational work.

It is desirable to acquire knowledge about the types of extracurricular education institutions. Understand the differences in the characteristics and nature of pedagogical activities in comprehensive and specialized extracurricular education institutions.

Special attention should be paid to the content of activities that are typical for various extracurricular educational institutions, the specifics of professional knowledge, skills, and abilities that a specialist of such an educational institution should possess.

Questions for Self-Assessment:

1. What types of institutions are included in the extracurricular education system?
2. Name the directions of extracurricular education.
3. Describe the main provisions of the Law of Ukraine "On Extracurricular Education."
4. What are the similarities and differences in the activities of comprehensive and specialized extracurricular education institutions?
5. Explain the essence of the tourist and local lore direction of activity.
6. Characterize the physical education and sports direction of work.

Seminar Session № 7

Topic: Technological features of exercising physical activity in the educational sphere

Plan:

1. Principles of state policy in the field of education and principles of educational activities
2. Types of education and forms of its acquisition
3. Components and levels of education
4. Physical education, its content
5. Physical culture and sports as components of the education system at all its levels
6. Content, forms, and methods of physical education and sports activities in the system:
 - preschool education;
 - general secondary education;
 - vocational (vocational-technical) education;
 - vocational advanced;
 - higher education;
 - adult education.
7. State programs for maintaining public health and increasing physical activity and promoting physical education and sports.

Literature:

Core:

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<https://zakon.rada.gov.ua/laws/show/2145-19#Text>
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5. Концепція розвитку щоденного спорту в закладах освіти.

Additional:

6. Литвиненко О.М., Твеліна А.О. Організація та методика масової оздоровчої фізичної культур : навч.-метод. посіб. Миколаїв : МНУ імені В.О. Сухомлинського, 2016. 130 с.

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Key concepts: education, levels of education, preschool education, general secondary education, vocational education, higher education, concept.

Theoretical information

Physical education in the field of education is based on state standards. State documents have developed approaches to ensuring scientifically substantiated norms of physical activity for learners at all levels of education. These norms take into account their health status, level of physical and mental development. These standards are developed in accordance with the current laws of Ukraine:

- On preschool education;
- On general secondary education;
- On vocational education;
- On vocational advanced education;
- On extracurricular education;
- On higher education.

Physical and motor activity is considered in current legislation as an important factor in maintaining, forming, and strengthening health. Special attention is paid to childhood, adolescence, and youth.

Illustrative in this regard is the adoption in October 2021 of the "Concept of the Development of Daily Sports in Educational Institutions." The concept pays

particular attention to improving the forms and methods of conducting extracurricular physical education and health events, emphasizing the need to conduct such classes for all learners, parents, and the community.

The importance of organizing and conducting daily physical activity, physical and health events with a combination of traditional and innovative approaches and forms of conduct is emphasized. The necessity of ensuring inclusive education and socialization of persons with disabilities and persons with special educational needs in the field of physical culture is emphasized. It is stated that it is important to open new sports sections, clubs, sports centers to widely involve people of all age groups in physical culture classes.

An important task is the training of professional personnel to conduct such classes with various age groups of individuals.

Improvement and organization of physical education and sports classes in higher education institutions require improvement.

Methodological recommendations for preparation for classes:

To master the material of the outlined problem, it is necessary to refer to the Legislative base in the field of education and carefully analyze it with regard to the state of physical education and sports work. Special attention should be paid to familiarizing oneself with the provisions of the aforementioned "Concept of the Development of Daily Sports in Educational Institutions" (2021).

It is important to pay attention to the specifics of conducting such classes in educational institutions, taking into account the age and physical condition of individuals (young school-age children, adolescents, youth, adults, mature and elderly individuals), which requires the selection of various methodologies and technologies for organizing daily sports in educational institutions.

The problem is essential, complex, and multifaceted. It covers not only people of different age groups but also concerns individuals with special educational needs, thus envisaging inclusive physical education and sports activities. This requires

referring to literature that addresses issues of inclusive education in the process of preparing for seminar sessions.

Questions for Self-Assessment:

1. Analyze the "Concept of the Development of Daily Sports in Educational Institutions." What are its main provisions?
2. In your opinion, what are the peculiarities of implementing the task of developing daily sports in educational institutions of different levels?
3. What additional steps need to be taken for the successful implementation of the proposed Concept?
4. What changes in higher education institutions need to be made to improve the state of physical education and sports work?

Seminar Session № 8

Topic: Implementation of physical education in club forms of professional activity

Plan:

1. General concept of a club and club activities in the field of physical culture.
2. The club as a modern form of physical education, fitness, and sports activities.
3. Principles, objectives, and technology of physical education, fitness, and sports clubs in the educational sphere.
4. Activities of fitness and sports clubs based on place of residence.

Literature

Core:

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Main concepts: club, types of clubs, classification criteria, regulatory framework, structure, principles, management.

Theoretical information

Various scientific sources define the essence of the concept of a club as a social organization, a cultural and educational institution that voluntarily unites groups of people for communication related to various interests, as well as for joint leisure and entertainment.

Physical education and sports clubs are an integral part of the entire club system existing in the country. They are created to meet the interests and needs of various population groups regarding health improvement, harmonious psychophysical development, interesting leisure activities through means of physical culture and sports, improvement of sports skills, and development of physical abilities. Clubs are part of the organizations in the field of physical culture, which are divided into commercial and non-commercial. Commercial ones, in turn, are divided into state and public.

The criteria for classifying clubs into types include:

- age, demographic parameters of club activity participants (children, youth, adults – mature or elderly);
- tasks and content of activities (health-improving, sports, combined – comprehensive, etc.);
- specialized direction by type of sport (athletics, football, boxing, gymnastics, tourism, etc.);
- geographical, territorial location (city, village);
- departmental affiliation (sports club of an enterprise, trade unions, educational institutions, etc.);
- organizational status, sphere of influence (central, district, specific institution, place of residence);

- nature of management and maintenance (private principles, state, paid, free).

The "Typical Charter of the Sports and Sports Club of the Student Sports Union of General Secondary, Vocational, and Higher Educational Institutions", approved by the Order of the Ministry of Education and Science of Ukraine dated March 25, 2002, No. 210, plays an important role in the organization of clubs in educational institutions.

According to it, sports and sports clubs are the primary physical education organization of the Student Sports Union. Their activities are governed by the Constitution of Ukraine, the Law of Ukraine "On Physical Culture and Sports", and other regulatory legal acts.

A club is a public physical education, health, and sports formation. The customer, legal, and financial-material guarantor of clubs are the Council of the general secondary or vocational-technical institution, other interested individuals, and organizations. Health and sports clubs operate under the relevant system of physical education and health management, which consists of 3 subsystems: managerial, resulting, and providing.

The managerial subsystem includes managers at various levels of management who perform general management functions. The resulting subsystem performs an operational function, that is, it directly produces health and sports services to the population.

Questions of club physical education, recreational, and sports activities in the educational sphere are very relevant.

In the youth environment, the following negative phenomena are observed:

- Devaluation of the social prestige of health, physical culture, and sports.
- Insufficient funding for the field of physical culture and sports.
- Spread of paid services in many sports clubs and sections.
- Underestimation in educational institutions of the social, health, and educational role of physical culture and sports.

- Spread of violence in life, its portrayal on television, in movies as a means of interaction with the environment, and etc.

Club activity should contribute to overcoming these challenges. The tasks of physical education and sports clubs in the educational sphere are as follows:

- Involving children, students in regular physical education, sports, and tourism activities.
- Organizing and conducting mass physical education and health events, competitions.
- Instilling in children and youth the need for health improvement through physical culture and sports.
- Spreading knowledge about a healthy lifestyle, developing skills and habits of health improvement.

Directions of activity:

1. Health and fitness, aimed at health improvement and promoting a healthy lifestyle.
2. Sports-focused, involving active participation in various types of youth sports chosen by club members.
3. Recreational - providing interesting and useful leisure through physical culture and sports.
4. Educational, aimed at enriching children and youth with diverse information on the development of physical culture and sports, fostering moral and volitional qualities, interest in the physical culture and sports sphere, and fostering a habit of engaging in physical culture independently, with a persistent need for it.

Physical education and sports clubs for the population by place of residence are one of the forms, an integral part of the entire physical culture and sports work conducted with the population in cities and rural areas, in microdistricts of cities, recreation areas, sports grounds, stadiums, etc. (during free time from work or study). In recent years, the system of this activity has undergone significant changes due to a number of social problems: the destruction of club activities by place of residence due to financial difficulties, the destruction of the material base

of club activities, the lack of personnel, etc. Paid forms of club activities have emerged.

Therefore, there is a need for scientific and methodological substantiation of the activities of physical education and sports clubs in the new socio-economic and political conditions of society's development. The forms and methods of club activities by place of residence are diverse. Among them:

- Sections on various sports.
- Competitions, sports competitions, sports festivals.
- Active games, relays, Spartakiads, "Fun Starts," "Health and Sports Days."
- Family physical education and health competitions.
- Football competitions "Leather ball - yard to yard, street to street" among clubs by place of residence.
- Tourism competitions "Park Orienteering," on tourist equipment, etc.

Methodological recommendations

It is impossible to successfully study various issues of the topic without mastering the essence of the concepts "club," "club activity." At the same time, it is necessary to refer to various information sources listed in the bibliography. Compare different definitions, identify commonalities and differences.

Study the existing types of physical education and sports clubs, from which factors this division depends. It is necessary to know who specific clubs unite for joint physical education and sports activities in Ukraine: trade union societies "Ukraine," societies "Kolos," "Dynamo," etc.

Knowledge of the legal and regulatory framework for the activities of physical education and sports clubs is mandatory: laws, regulations, statutes that reveal the legal, organizational, social, economic aspects of their activities.

It is important to know the organizational structure of clubs, as well as the principles on which their tasks are implemented. These issues are closely related to

the study of management issues in the activities of physical education and sports clubs.

Familiarity with the materials of this topic is of great importance for the future teacher who will work in the educational sphere. Therefore, it is necessary to know the role of club activities in the education of school and student youth, the legal basis, and the organization of club activities in educational institutions. This will be facilitated by studying the "Model Charter of the Physical Education and Sports Club of the Sports Union of School Youth of General and Vocational Education Institutions." These materials are included in the "Physical Education Teacher's Book," which should also be used when studying other topics.

It is advisable to use the recommended materials from the journal "Physical Education in School," which specify the activities of certain health and sports clubs. It is especially important to master the knowledge, skills, and abilities of conducting specific events in club activities, so it is necessary not only to study the experience of club work according to educational and methodological sources but also to develop plans and scenarios for conducting specific events and to test them as widely as possible in practice.

When studying the organization of activities of physical education and sports clubs by place of residence, it is necessary, on the one hand, to reveal its significant importance, and on the other hand, to realize the complex conditions in which it takes place today.

Therefore, it is necessary to analyze which clubs operate by place of residence, what tasks they face, what technology is applied in their activities. To make knowledge on these issues specific, it is worth referring to the materials of the journal "Physical Education in School," to conduct a direct study of the issue in the place of your residence. It is also necessary to independently develop some measures that can be carried out with the population by place of residence, to propose a plan to improve the activities of the club in the relevant microdistrict.

Questions for Self-Assessment:

1. What do you understand by the term "club"? How is it defined in various sources?
2. What is the purpose of establishing sports and fitness clubs?
3. What criteria (indicators) are used as the basis for classifying clubs?
4. What types of sports and fitness clubs exist?
5. What regulatory framework regulates the activities of sports and fitness clubs?
6. What is defined in the "Model Charter of the Sports and Fitness Club of the Sports Union of Student Youth of General Education, Vocational and Higher Educational Institutions"?
7. What constitutes the structure and principles of operation of these clubs?
8. What are the main objectives that sports and fitness clubs in educational institutions should achieve?
9. What are the main directions pursued in the activities of sports and fitness clubs in educational institutions?
10. What forms and methods of activity are applied in the work of sports and fitness clubs in educational institutions? What interesting events are most frequently implemented?
11. Characterize the Charter of Operation of a sports and fitness club based on residence.
12. What sports and health-improvement clubs emerge in modern conditions based on residence? What principles underlie their activities?
13. What are the tasks of sports and health-improvement clubs based on residence?
14. What forms and methods of activity are implemented in the activities of sports and health-improvement clubs based on residence?
15. Analyze the experience of a specific club based on residence.

Seminar Session № 9

Topic: Psychological and pedagogical foundations of professional activity in the field of physical culture

Plan:

1. Psychological and pedagogical components of the structure of professional physical culture activities and their determinants.
2. Psychological and pedagogical abilities and professional ethics as crucial factors for successful activity in the field of physical culture.
3. Resolving psychological and pedagogical situations related to professional activities in the field of physical culture.

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Core:

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Additional:

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8. Тулайдан В.Г. Практикум з теорії і методики фізичного виховання. Львів : Фест-Прінт, 2017. 179 с.

Main concepts: psychological and pedagogical principles, types of professions, psychological properties, psycho-pedagogical culture, competence, self-improvement, interest, groups of abilities, creative nature of work.

Theoretical information

One of the essential features of professional physical culture and sports activities is that they are based on certain psycho-pedagogical principles. This type of activity belongs to one of the five types of professions identified by science, namely, "person-to-person."

In professions of the "person-to-person" type, understanding the individual is paramount for those who perform them. This includes understanding their physical and psychological characteristics, age-related traits, ability to establish contact, effective methods of influence and interaction, and so forth. All of these are crucial in the activities of physical education teachers, educational organizers, physical instructors, and coaches.

Professionals in the field of physical culture and sports should be characterized not only by high general but also by professional psycho-pedagogical culture. Its main qualities include:

- Observant nature
- Willpower, initiative, activity, perseverance
- Industriousness, concentration, bringing actions and measures to effective, successful completion
- Resourcefulness, quick orientation in circumstances
- Endurance, self-control, self-discipline

- Honesty, self-criticism, kindness, demandingness, absence of ill-will, justice
- Building relationships on the principles of democracy, humanity, showing attention and respect to participants, providing them with real assistance when needed
- Ability to understand the thoughts, positions, and actions of those under their care, "putting themselves in their shoes," assessing the motives of their actions, conducting analysis not only concerning others but also oneself, self-analysis, and drawing necessary conclusions and practical actions.

A significant characteristic of professional physical culture and sports activities is their creative physical and sports-oriented nature and pedagogical craftsmanship (the ability to solve various professional tasks and situations, finding solutions to unforeseen circumstances, and constant search for the most effective forms and methods of activity).

Methodological recommendations:

Practical physical education and sports activities often underestimate their psychological and pedagogical foundations, leading to a reduction in their positive impact on individuals. Therefore, the study of this issue should be thorough and comprehensive.

It should be noted that professional physical education activities belong to the "person-to-person" type of professions, where understanding the individual, their physical and mental state, individual characteristics, ability to establish contacts, and organize joint actions are of paramount importance. Physical education professional activity requires the study not only of physical but also psychological characteristics of schoolchildren, students, adults, and elderly people, taking them into account in the application of various forms and methods of physical culture and sports activities.

One must realize the essence of the concept of "professional psychological and pedagogical culture" of the subject of physical education as a complex

phenomenon consisting of several interconnected components: responsible attitude to the profession, interest in it, industriousness, professional competence, striving for continuous self-improvement, enrichment of knowledge, development of skills and abilities, and pedagogical aptitudes.

Guidance for self-improvement and practical activities should be provided by pedagogical truths that the subjects of physical education should be characterized by such qualities as tactfulness, politeness, linguistic and emotional culture, self-control, fairness, kindness, and others inherent in humanistic education.

The study of this topic should contribute to understanding that the activity of a teacher, instructor, or coach has a creative nature. It is necessary to understand the essence of the concept of "creative nature of physical education activity". Practical problematic tasks from practical situations contained in the "Workshop on Theory and Methods of Physical Education" (38) should be addressed. In addition, it is advisable to design possible problematic situations that may arise during physical education classes, preparation, and conduct of extracurricular events in communication between students, teachers, instructors, or situations encountered during teaching practice.

It is important that the study of the topic provides substantial grounds for the conclusion: without adhering to the psychological and pedagogical foundations, physical education and sports activities will not be able to achieve their stated goals and specific health and educational objectives.

Questions for Self-Assessment:

1. What type of profession does professional pedagogical activity in the field of physical culture belong to?
2. Explain why adherence to its psychological principles is of great importance in physical culture and sports activities?
3. What characterizes the psychological and pedagogical culture of subjects engaged in professional physical culture and sports activities? Name its indicators.

4. Describe the main psychological, pedagogical, and moral qualities of a subject engaged in professional physical culture activities.
5. Explain the creative nature of activity in the field of physical culture.
6. Provide examples of the creative approach of a physical education teacher to solving various pedagogical situations (using methodological sources and personal observations of educational practice).

Seminar Session № 10, 11.

Topic: The current state of professional training of specialists for the field of physical culture in the higher education system of Ukraine

Plan:

1. Preparation of specialists for physical culture and sports activities as an important modern issue.
2. Structure of preparation for professional activity in the field of physical culture and sports.
3. Content of professional training for physical education teachers.
4. Features of preparation for professional activity in the context of the Bologna Process.
5. Academic mobility in the system of training specialists in the field of physical culture.
6. Practical component of training future specialists for physical culture and sports activities.

Literature:

1. Закон України «Про освіту». – Режим доступу: <https://zakon.rada.gov.ua/laws/show/2145-19#Text>
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Main concepts: professional training, structure, content of education, forms, methods, practical training, academic mobility, knowledge, skills, competencies.

Theoretical information

In the modern development conditions of the physical education system in Ukraine, the issue of the quality of specialists' training gains particular importance. One of the crucial conditions is ensuring the field of physical culture and sports with professionally trained, competent, and qualified specialists: teachers, lecturers, coaches, instructors, and etc..

The sphere of physical culture acquires a complex of tasks, namely:

- Strengthening the health of all citizens, especially children and youth, promoting the proper formation of the young organism, and the functioning of all its systems.
- Providing various population groups with the necessary level of physical culture and physical activity.
- Forming a healthy lifestyle through the means of physical culture.
- Involving various age groups of citizens (from children to elderly persons) in active participation in physical culture activities, and so forth.

In Ukraine, there is a system for training personnel for the field of physical culture and sports. It includes over 60 educational institutions of various types:

- 1) Higher education institutions of physical culture profile.
- 2) Faculties of physical culture (or physical education) in classical universities.
- 3) Faculties of physical culture (or physical education) in pedagogical universities or institutes.
- 4) Faculties of physical culture in other higher education institutions.
- 5) Colleges of physical culture.
- 6) Specialized educational institutions of sports profile.

In April 2015, a new list of fields of knowledge and specialties was approved for the training of higher education applicants. According to this document, the following fields of knowledge and specialties were accepted:

- Field of knowledge: 01 "Education/Pedagogy"; Specialty: 017 "Physical Culture and Sports";

- Field of knowledge: 22 "Healthcare"; Specialty: 227 "Physical Rehabilitation".

Professionals are trained at all levels of higher education: junior specialist, bachelor, master, Doctor of Philosophy/Doctor of Science.

The education system also provides for the training of scientific personnel. This occurs through postgraduate studies, doctoral studies, and researcher status.

The educational process is based on the principles of scientificity, humanism, democratization, continuity, and consistency. It is structured into a system of measures aimed at implementing the content of education.

The practical content of education is determined by the scientific and methodological support of the educational process, which includes:

- educational plans;
- educational programs for all disciplines, practice programs;
- textbooks and teaching aids;
- control tasks and assignments for seminar, practical, laboratory classes;
- methodological materials for coursework, diploma, and master's theses.

Forms of organization of education: classes, individual tasks, independent work, practical training, control measures, educational-training sessions. The main forms of educational activities include lectures, practical exercises, seminars, laboratory classes, and consultations.

In modern conditions, improving the quality of professional training of specialists in general, and specifically in the field of physical culture, is closely linked to the requirements of the Bologna Process.

Methodological Recommendations

Preparation for the seminar should involve a thorough study of a range of documents, including the Laws of Ukraine "On Education" and "On Higher Education."

Particular attention should be paid to provisions regarding the introduction of multi-level training following the example of EU countries' universities – bachelor, master, Doctor of Philosophy (candidate of sciences), Doctor of Sciences.

It is important to refer to the international experience of European universities and familiarize oneself with the modern practice of student and academic mobility.

A comparative analysis of the experience of training specialists in physical culture and sports in Ukraine and partner universities from EU countries should be conducted.

It is desirable to review samples of documentation that define the content, forms, and methods of theoretical teaching, practical interaction, and control of students' knowledge levels, etc.

Valuable from a practical point of view is acquainting oneself with forms of international cooperation, academic mobility of students and teachers. Grant projects have become an important component of the educational process in higher education in recent years. Therefore, it is worth exploring existing experience in international cooperation, forms of studying abroad, and internships at the bases of partner universities abroad.

Questions for Self-Assessment:

1. What is the importance of preparing professionals for professional physical culture and sports activities in modern conditions?
2. How does the Law "On Higher Education" of Ukraine define the different levels of higher education? What are the criteria?

3. What are the existing educational qualification levels of specialists?
4. How are institutions of higher education classified?
5. What does accreditation of higher education institutions mean? Who conducts it? What is the outcome of accreditation?
6. Can you name educational institutions that train specialists in the field of physical culture and sports?
7. What are the forms through which the training of scientific personnel is carried out?
8. What is meant by the content of education? Which educational documents define it?
9. What does the scientific and methodological support of the educational process include? Describe some of its components.
10. What led to Ukraine's accession to the Bologna Declaration?
11. What are the peculiarities of the educational process according to the Bologna Declaration?

3. Examination Questions for the Course "Professional Activity in the Field of Physical Culture"

1. The scientific foundations of the concept of "professional activity in the field of physical education," its relationship with other definitions.
2. The essence of the concepts of "activity," "professional activity," "culture," "physical culture," and "physical education."
3. The current state of functioning of the sphere of physical culture in Ukraine, problems, ways of improvement.
4. Regulatory legal acts regulating professional activity in the field of physical education, their main content, and significance.
5. The role of science in the effective implementation of professional physical culture activity, directions, and themes of scientific research.
6. Characterize (by choice) a specific scientific work on physical culture topics.
7. Professional physical culture activity as a system, its structural components.
8. Principles and functions of professional physical culture activity.
9. Subjects and content of management activities in the field of physical culture.
10. Spheres of implementation of professional physical culture activity according to regulatory legal acts.
11. Organization of professional physical culture activity in the educational sphere. Functional duties of subjects in different educational institutions.
12. Technological features of implementing physical culture activity in the educational field.
13. Features of physical education and sports activities in extracurricular institutions.
14. Physical culture and sports activities by place of residence.
15. Criteria (indicators) for classifying clubs. Types of physical culture and sports clubs.
16. Tasks of physical culture and sports clubs by place of residence. Forms and methods of activity of physical culture and sports clubs by place of residence of the population.
17. The content of professional training for physical education teachers.

18. Pedagogical functions and skills of physical education teachers in the process of professional activity.
19. The essence of the concept of "club." The purpose of creating and functioning of physical culture and sports clubs.
20. Forms and methods of activity of physical culture and sports clubs in educational institutions? What interesting activities are most commonly implemented?
21. What research activity does effective work of a physical education teacher require? Pedagogical research methods and types of pedagogical research in physical education.
22. Psychological and pedagogical aspects of professional physical culture activity.
23. The creative nature of the activity of a subject in the field of physical culture. Ability to manage various psychological and pedagogical situations.
24. State requirements for professional training of specialists in the field of physical culture.
25. System of training physical culture personnel in the education system of Ukraine.
26. What are the peculiarities of the content of work of a physical culture leader in modern conditions?
27. Characteristics (by personal choice) of positive experience in the activities of a physical education teacher, physical instructor, coach of a youth sports school.

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Oleksandr LOHVYNNENKO

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