

**THE INFLUENCE OF INDEPENDENT
CLASSES OF PHYSICAL EDUCATION
ON PHYSICAL ACTIVENESS OF
HIGH SCHOOL STUDENTS**



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Анотація

Актуальність дослідження зумовлено пошуком засобів підвищення рівнів рухової активності учнів старшого шкільного віку. В дослідженні взяли участь дівчата та юнаки 10-11-х класів загальноосвітніх навчальних закладів м. Дніпра. Встановлено, що до експерименту більшість школярів мають низькі рівні рухової активності, це пояснюється тим, що вони багато часу проводять за комп'ютером, підготовкою до іспитів зовнішнього незалежного оцінювання та переглядом телепередач. Після експерименту визначено позитивну динаміку змін у показниках рухової активності під впливом самостійних занять фізичним вихованням.

Ключові слова: самостійні заняття, фізичне виховання, рухова активність, учні старшого шкільного віку.

Аннотация

Актуальность исследования обусловлена поиском средств повышения уровней двигательной активности учеников старшего школьного возраста. В исследовании принимали участие девушки и юноши 10-11-х классов общеобразовательных учебных заведений г. Днепро. Установлено, что до эксперимента большинство школьников имеют низкий уровень двигательной активности, это объясняется тем, что они много времени проводят за компьютером, подготовкой к экзаменам внешнего независимого оценивания и просмотром телепередач. После эксперимента определена позитивная динамика изменений в показателях двигательной активности под воздействием самостоятельных занятий физическим воспитанием.

Ключевые слова: самостоятельные занятия, физическое воспитание, двигательная активность, ученики старшего школьного возраста.

Introduction. Rapid changes in the social and economic development and lifestyle have a strong influence on students and lead to profound changes in their physical, mental and spiritual states. The modern level of society's development greatly actualizes the scientific problems associated with the preservation of health and students' physical development. Scientific studies have shown that regular exercise increases nervous and mental resistance to emotional stress, support mental health at the optimal level, support increasing of students' progress [3, 11, 15, 17]. However, attending compulsory physical exercises is not enough to increase the level of physical activeness of school youth. Therefore, there is an acute problem of a systematic independent classes of physical education, which in turn will raise the level of physical activeness of schoolchildren [5, 8, 10, 18].

The purpose of the study is to identify the influence of different types of independent classes of physical education on physical activeness of high school students.

Material and methods of the study are analysis of scientific and methodical literature, pedagogical experiment, the timing of human activities, methods of mathematical statistics. Determination of the daily motor activity of different nature was performed using the methodol-



ogy of the Framingham study, based on the timing of different levels of students' motor activity during a day [6]. The timing of motor activities is fixing the periods of time during which there were activities in the sequence of their execution during a day. This technique allows to determine the daily physical activity based on the timing of the recording of intensity of each type of physical efforts quantitatively and qualitatively.

The results of the study. Today a lower level of pupils' physical health, increased morbidity, reduced their level of physical fitness and motor activity are acquiring a great rate. [6, 12].

As the researchers note [1, 14, 16, 20] this situation caused mainly by the lack of physical activity, which in turn negatively affects physical development, health and physical preparedness of pupils.

The school does not solve the problem of satisfaction of students' biological needs in movements in full measure. The physical education lessons compensate necessary for the child's body amount of physical activity at only 15% [5, 19].

Today, nearly 75% of high school students do not attend health clubs and sports clubs, don't participate in various sports activities, do not pay enough attention to the simplest forms of physical activity, such as morning hygienic gymnastics, physical flexing, outdoor breaks, sports hours. Thus, the problem of searching means, forms and methods of increasing motor activity of students of senior school age remains topical [1, 2, 6].

Researchers [2, 4, 7, 9] indicate that one of these forms is the organization of independent classes of physical exercises for pupils, which being properly organized a methodically and rationally interacted with the physical education lessons at school could have a positive effect in the form of attracting students to systematic physical training and sports, to preserve their health,

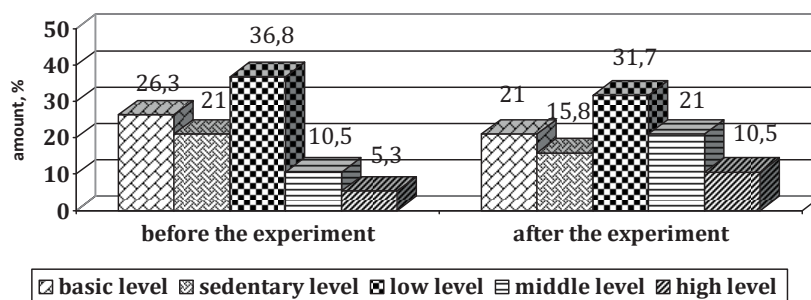


Fig. 1. The ratio of motor activeness levels of girls EG 1 before and after the experiment, %

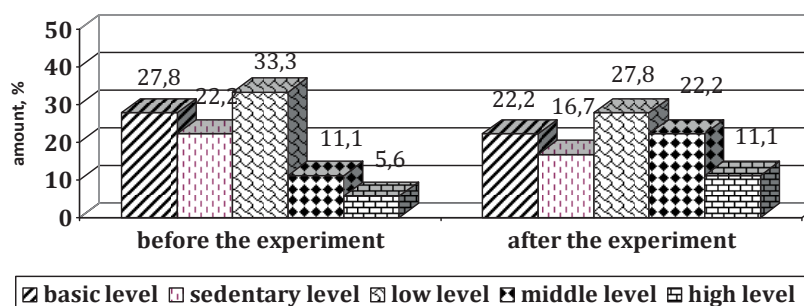


Fig. 2. The ratio of motor activeness levels of girls EG 2 before and after the experiment, %

physical development, physical activeness and fitness [13, 19].

The studies were conducted in secondary schools of Dnieper: CEE «SCS № 10» after I.I. Manzhuva Dnipropetrovsk city council; «SCS № 75» of Dnipropetrovsk city council; «TEC №28»; «SCS № 66» of the Dnipropetrovsk city council. Students of 10-11 grades took part in the research.

Four experimental groups were formed of them. The first experimental group (EG1) was formed of 16 years old girls (n=19) who chose basic (classic) aerobics as independent physical education classes, in the second experimental group (EG 2) there were 17 years old girls (n=18) who chose fitball – aerobics as independent classes. The third and the fourth experimental group (EG 3, EG 4) consisted of 16 and 17 years old adolescents, the largest number of which (n=20) chose athletic gymnastics and (n=17) jogging as independent classes.

During the experiment the pupils worked independently according to self-selected programs of sport sanitary classes: T.S. Lissitzka, L.V. Sidniova (basic (classic) aerobics), Mike and Stephanie Morris (fitball-aerobics), V.A. Pogasia (athletic gymnastics) and C. Rosenzweig (jogging) [6].

Pictures 1, 2, 3, 4 shows the percentage levels of girls' physical activity being under the study before and after the experiment.

Analyzing the experimental data it can be concluded that students lead a sedentary lifestyle, spend a lot of time at the computer, preparing for exams EIT (external independent testing), watching TV and even not paying enough attention to the specially organized motor activity.

After the experiment, it is possible to trace a trend towards improved results in all experimental groups, significantly increased levels of motor activity at middle and high levels.



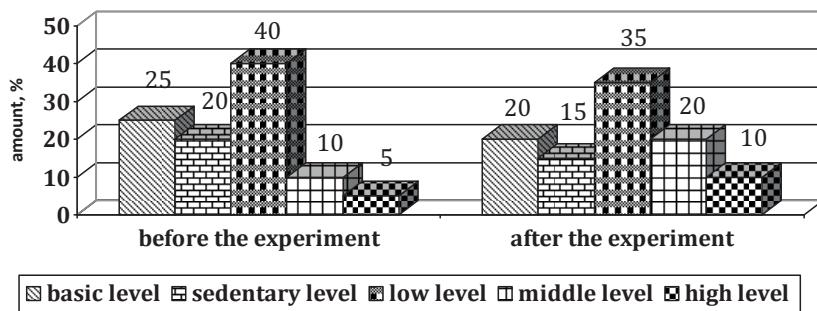


Fig. 3. The ratio of motor activeness levels of boys EG 3 before and after the experiment, %

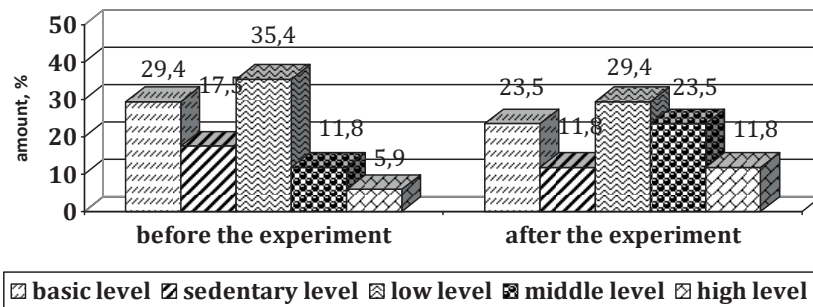


Fig. 4. The ratio of motor activeness levels of boys EG 4 before and after the experiment, %

So, analyzing the results of the research of motor mode in the experimental groups, we can determine that attracting high school students to independent physical education confirms the effectiveness of the proposed approaches, as the students began to seek to rationalize their own routine, most of them include in daily physical activity a systematic independent classes of physical education. And along with this, academic workload at school and the amount of independent additional academic don't allow to reduce the time for low levels of physical activeness.

Conclusions and prospects for further researches. Based on the literature sources and Internet sources, we can notice that increasing the level of physical condition and motor activeness of senior schoolchildren is one of the prior tasks of physical education. by Independent classes of physical edu-

cation are of particular importance in this context .

Studies of various types of independent classes showed that classes of basic (classic) aerobics, fitball aerobics, athletic gymnastics and jogging influence motor activity of students of high school age rather positive.

Prospects of further studies in this direction can be carried out by determining the effect of the proposed forms of independent classes of physical education on the indexes of physical health and physical preparedness of schoolchildren.

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