

Наш експеримент тривав шість тижнів, протягом яких метод інтервальних тренувань за системою «Табата» використовувався на заняттях з фізичного виховання в експериментальній групі, а контрольна група відвідувала заняття з фізичного виховання, яке характеризувалося змістовим наповненням з традиційними вправами та методами. На кінець дослідження проведене нами тестування студенток засвідчило, що результати контрольної групи визначаються відсутністю значних достовірних відмінностей у показниках. Так, показники експериментальної групи на кінець експерименту мають значні покращення, а саме 15,79 % – високий рівень, 42,11 % – вище за середній, 36,84 % – середній, 5,26 % – нижче за середній. Слід зазначити про суттєве покращення показників витривалості у студенток.

Отже, аналіз результатів тестування дозволяє стверджувати, що використання методу інтервальних тренувань за системою «Табата» на заняттях з фізичного виховання впливає на покращення витривалості у студенток спеціальності «Дошкільна освіта».

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VOLUNTEERING INSTITUTE IN OLYMPIC MOVEMENT

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The volunteer movement is one of the main forms of social activity of citizens around the world. Voluntary organizations officially exist in more than 175 countries. Volunteers take an active part in various social projects, including sports and the Olympic movement.

The institution of volunteerism is widespread in many countries. This movement originated in the USA, where already in the 19th century. Volunteers ensured the functioning of various non-profit organizations. It is often said that it is the volunteers who «make the Games». Early on, the organizing committees of the Olympic Games launched programs allowing tens of thousands of people from all backgrounds to ensure the smooth running of the Games [1].

In the first years of the Olympic movement, a minimal organizational structure was created only thanks to the voluntary work of many people. This process was parallel to the formation of federations for various sports and the creation of sports clubs by the efforts of amateurs and the same volunteers.

Volunteering is based on free work that does not require payment. So, his motives are not material encouragement, but satisfaction of social and spiritual needs. Even though volunteers do not receive a salary for their work, they, however; are provided with housing, clothing, food and receive pocket money.

The work of volunteers is usually reduced to various types of public works (construction of roads, cleaning of territories), organization of socially useful events (charity concerts, fundraising for the needy), individual non-material assistance to individuals or organizations (disabled children, orphans, war veterans, non-profit structures) etc.

However, the voluntary nature of work does not imply a chaotic nature of work. The relationship between the volunteer and the organization that hires them is regulated, as a rule, by contracts, which specifically define the scope of work. Thus, in 1998, according to the concluded contracts, 48.8 % of the adult population of the USA devoted an average of 4.2 hours to unpaid work per week (except for the main job).

It is important to note that in the USA work as a volunteer is considered when determining work experience in the same way as paid work [2].

Despite the voluntary nature, volunteering does not exclude responsibility: for example, for compliance with norms and requirements, preservation of material values, etc. All this shows that volunteering is a special system of labor relations, which, like any other, is built on certain incentive mechanisms.

The rapid development of volunteering in the USA has led to the fact that for many non-profit organizations (primarily small) the work of such assistants has become decisive. Moreover, the popularity of volunteering is the reason for the appearance in the USA of organizations engaged in the training and distribution of volunteers in non-commercial and state organizations, helping individual individuals. Thus, volunteerism has become an important component of a democratic society.

The model of the modern volunteer movement was formed in the period from the Olympic Games in Lake Placid (1980) to Seoul (1988). At the Games in Lake Placid, the work of volunteers was officially announced in the program of the Organizing Committee for the first time. And during the games in Los Angeles, volunteers began to play a major role in the preparation and holding of the Olympics. At the Olympics in Sarajevo, Calgary and Seoul, the work of volunteers was used in almost all services of the games.

The definition of Olympic volunteer was first given and then entered in the Olympic glossary at the Olympic Games in Barcelona in 1992. «A volunteer is a person who, for the purpose of organizing the Olympic Games, performs the tasks assigned to him completely voluntarily, without expecting a reward in any form».

At the modern stage, that is, from the Olympic Games in Albertville (1992) / Barcelona (1992) to Beijing (2022), the Olympic Games have become mega-events, which undoubtedly increased the importance of the volunteer movement.

It is difficult to overestimate the economic benefits of involving volunteers. So, according to the results of the Olympic Games in Sydney, the involvement of volunteers was needed only 4.5 % of the budget of the Olympics, but every dollar invested in the volunteer program brought \$ 21. the cost of services on a free basis.

In the work of the Organizing Committee of the Games, the modern model of the volunteer Olympic movement is an important component of planning the human resources necessary for the maintenance of the Olympic Games.

The field of activity of volunteers is almost all services:

- Information centers;
- Food and accommodation facilities for athletes and guests;
- Maintenance of all sports facilities;
- Excursion and translation services;
- Participation in cultural programs [3].

According to the statistics of the Olympic volunteer movement, the number of volunteers participating in the organization and holding of the Olympic summer and winter games for the period from 1984 to 2006 has increased eightfold and amounts to more than 160 thousand people. at the summer games and more than 35 thousand people at the winter games (Fig. 1).

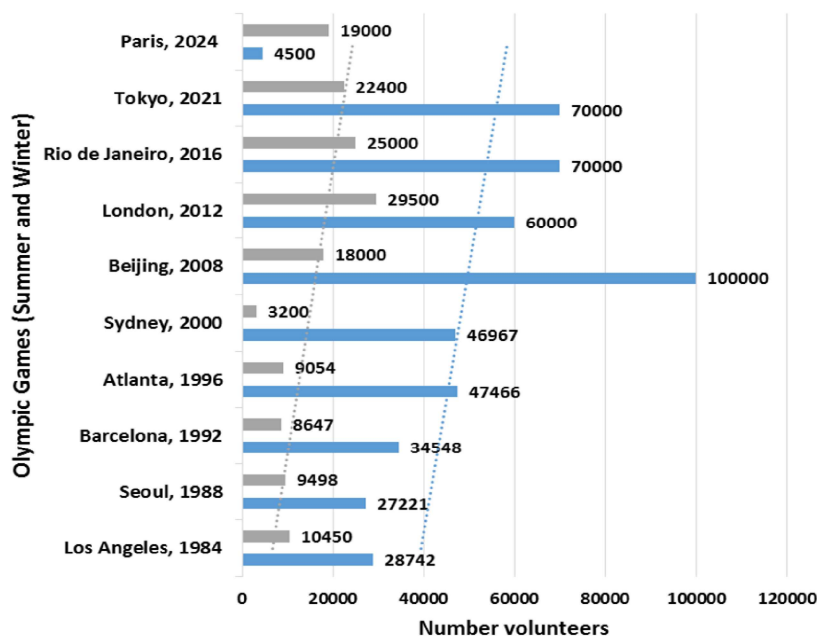


Fig. 1. Number of volunteers at the Summer and Winter Olympics (1984-2022)

At the Games in Sarajevo (1984), the selection testing of volunteers began to be conducted for the first time. After these games, the volunteer movement was divided into 2 directions: direct service of the Olympic Games (work in various services) and participation in cultural programs (opening and closing ceremonies of the Olympics).

For the Olympic Games in Salt Lake City in 2002, for the first time, they began to attract volunteers from other countries. The organizers of the 2008 Beijing Olympics attracted at least 100,000 volunteers.

However, volunteers must be trained. As a rule, specialized educational institutions are engaged in the training of volunteers.

The first training of volunteers took place in Helsinki in 1952. However, it was more instructive than educational in nature. At the Olympic Games in Rome (1960), young volunteers underwent a course of practical training. In Sapporo (1972) he passed the first course on the training of volunteer translators.

Starting with the Olympic Games in Lake Placid (1978), preparatory courses became mandatory for all volunteers and were conducted by sports committees.

As a rule, the training program includes the following main courses: introduction to the Olympic movement, cultural studies and a practical course in the future field of activity. Starting with the Olympic Games in Los Angeles (1984), modern teaching methods (videos, computer programs, etc.) are widely used. Teachers from universities and colleges chosen as partners of the Olympiad are used to train volunteers. So, for example, in Beijing (2008) the Peking University and the Beijing Institute of Foreign Languages are engaged in the training of volunteers [4].

The organizers of the London Games invited more than 70,000 people under the Olympic banner. volunteers – experienced volunteers and beginners. Recruitment to the volunteer team began in July 2010. The basic principle of volunteer recruitment is «18 and older», and the upper bar did not matter. The leadership of LOCOG stated that the composition of the Olympic volunteers basically reflected the entire social and age diversity of the residents of the United Kingdom. No exception was made even for people with disabilities.

Research shows that at every Olympic Games, city-organizers are responsible for developing a strategy for organizing and holding the Games. Specialists calculate the number of paid personnel, the number of volunteers and their main functions. The conducted analysis shows that among the main functions of the volunteers of the modern Olympic Games, the following directions can be distinguished: «Transport», «Medicine», «Doping control», «Servicing delegations and teams, protocol, linguistic services», «Technologies», «Ceremonies», «Communications and Press», «Administrative Activities and Accreditation», «Service», «Maintenance of Events and Work with Spectators», «Paralympism» [5].

The determination of the organizational and legal foundations of the development of volunteering in Ukraine began in the early 2000s with the introduction of the draft Laws «On the Volunteer Movement» (Registration

No. 7550 dated 05.27.2005), «On Volunteering» (No. 3372 dated 03.22.2007), «On the volunteer movement» (No. 4345 dated 04.13.2009), «On volunteer activity in Ukraine» (No. 4345-1 dated 05.19.2009).

On March 5, 2015, the Law of Ukraine numbered 246-VIII was signed, which contributed to the regulation of public relations in the implementation of volunteer activities in Ukraine. This act defines the directions of volunteer work, clarifies the terminology, removes unnecessary obstacles to its implementation, specifies the duties and rights of volunteers, clarifies the legal aspects of the functioning of structures involving volunteers, the nuances of compensating expenses and the issue of insurance on a voluntary basis for the health and life of volunteers during the provision of their services are detailed.

With the beginning of the war, volunteer activities became more active. Volunteer actions have appeared, there have been many activists mobilizing in social networks, organizational foundations of volunteer activities are being created, and mass actions and aid are being held. However, the big problem is that volunteering in Ukraine is manifested only at the level of individual actions, and not as a system work.

It is possible to increase the effectiveness of Ukrainian volunteer centers and organizations only through the application of a comprehensive approach to the organization, training and management of volunteers, and the experience that Western European countries have.

Thus, long-term training is necessary to prepare staff for guest service. Training manuals must be compiled with the participation of qualified experts. Special preparation is required for meetings in airports, hotels and other public places. Moreover, such training programs must be regularly reviewed and updated.

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