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Summary

The globalization of communication, which is gaining momentum with the growth of the Internet, radically changes the internal structure and content of the educational space, prompts the search for new communication strategies. The educational space is globalizing under the influence of the latest advances in information and communication technologies. Accessibility of educational systems, increase of information flows, intensification of exchange of students, teachers, innovative experience between pedagogical systems in terms of content and structured plan provided the possibility of updating these systems. After all, in the interaction of qualitatively different is formed an idea of the specifics of the system, its relevance, localization in space. All this becomes a tool for the constitution of a new global educational space.

Keywords: *education, strategy, globalization, communication, information society.*

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ADAPTATION OF STUDENTES TO SELF-EMPLOYED PHYSICAL TRAINING CLASSES IN THE CONDITIONS OF HIGHER EDUCATION

Володимир Приходько, Віктор Богуславський, Дмитро Діщенко. АДАПТАЦІЯ КУРСАНТІВ ДО САМОСТІЙНИХ ЗАНЯТЬ З ФІЗИЧНОЇ ПІДГОТОВКИ В УМОВАХ ЗАКЛАДУ ВИЩОЇ ОСВІТИ. Особливість самостійних занять з фізичної підготовки полягає в тому, що лише самоусвідомлення потреби фізичного вдосконалення і фізичного розвитку може стати дієвим стимулом для формування мотивації до виконання фізичних вправ, підвищення фізичної підготовленості і готовність до своєї професійної діяльності. Формування свідомого

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відношення курсантів до самостійних занять потребує цілеспрямованих кроків як з боку науково-педагогічних працівників кафедри (враховуючи потреби і інтереси курсантів), так і самих курсантів (бути активними учасниками навчального і спортивного процесів).

Метою дослідження є вдосконалення змісту самостійних занять з фізичної підготовки з урахуванням диференційованого підходу у дозуванні фізичних навантажень курсантів для підвищення рівня їх розвитку фізичних якостей у позанавчальний час. Для досягнення поставленої мети нами використовувалися наступні методи дослідження: аналіз та узагальнення літературних джерел, анкетування, педагогічне тестування, методи математичної статистики.

У статті обґрунтовано ставлення курсантів до самостійних занять, як домінуючої форми з фізичної підготовки, проведено аналіз динаміки показників і підсумки тестування їх рівня фізичного розвитку і фізичної підготовленості. При побудові самостійних занять з фізичної підготовки урахували диференційований підхід у дозуванні фізичних навантажень, відмічається поступове збільшення навантажень, що забезпечує відповідність функціональним можливостям організму курсантів. У досліджуваних курсантів відбулися достовірні позитивні покращення одержаних результатів. Дано методичні рекомендації по організації самостійних занять з фізичної підготовки.

Ключові слова: курсанти, фізична підготовка, самостійні заняття, диференційований підхід, фізичні навантаження.

Problem statement, analysis of publications that started solving this problem. According to the Instruction on the Organization of Physical Training in the National Guard of Ukraine, physical training is the main subject of combat and special training of servicemen in the National Guard of Ukraine and should provide the necessary level of their physical readiness to perform tasks on purpose [1].

Insufficient level of physical fitness makes it difficult for students to successfully acquire military and professional skills, since the level of development of their physical qualities depends on their adaptive capacity to physical activity, and in particular to the conditions of military-vocational training [2, 3].

Studies of many scientists (Т.У. Krutsevich, 2008; II Marionda, 2009; VM Platonov, 2015) strongly show that physical training has significant opportunities in improving the efficiency of professional activity, the success of training of future specialists, in strengthening their health and performance. Given the variety of tools offered, scientists point out the importance of developing strength, strength and general endurance, static endurance of the trunk muscles for servicemen [7, 8].

Physical training of cadets of higher education consists of the following types of physical training – general, special, independent physical training, mass sports work and training sessions in sports sections by sports [9, 10].

Independent physical training is one form of physical culture that aims at improving the general condition of the human body, its training and ability to withstand the negative effects of the environment by performing simple and complex exercises, helps in the correction of body shape and weight and allows to consolidate the achieved results [11].

Independent physical training classes play an important role in the training of specialists, as it is a conscious physical and sports activity aimed at self-improvement, realization of oneself as a person.

The effectiveness of solving the problems of independent physical training depends heavily on the quality of its organization, as an important management component. This determines the need for the cadets to acquire a certain degree of specialized knowledge, skills and methodological skills in the field of independent physical training and further use as intended in future professional activity [2].

A necessary prerequisite for a conscious attitude towards physical training is the appropriate motivation for cadets to participate in self-improvement. Self-study should be inextricably linked to the Physical Education and Specialized Physical Education curriculum [12, 13].

It should be noted that without the necessary basic level of general physical fitness it is not possible to achieve significant success in all, without exception, professionally applied types of training, including in mastering the techniques of physical influence, self-defense and melee combat. Because of this, general physical training should become one of the main components of self-employment.

Today, both students and cadets of higher educational establishments have a low level of physical fitness, low motivation, do not show interest in the content of the classes, they have an unformed value attitude to independent exercise in physical culture and sports [11, 14].

Analyzing the requirements of educational and professional activity of the military units of the Ministry of Internal Affairs, it can be noted that in order to perform the tasks effectively, the system of special physical training should be aimed at the development of general and strength endurance and ability to act in difficult, dangerous and unexpected situations [15].

Thus, it is urgent to adapt the cadets to independent physical training classes in order to increase their level of development of physical qualities in extra-curricular time, which in the future are capable of performing high-level destination tasks.

The article's objective is the adaptation of cadets to independent physical training classes, taking into account the differentiated approach in the dosing of physical activities to increase their level of development of physical qualities in extra-curricular time.

Research methods: analysis and generalization of literary sources, questionnaires, pedagogical testing, methods of mathematical statistics.

Organization of research. The research was conducted during the 2018/2019 academic year with first year students of Dnipropetrovsk State University of Internal Affairs at the faculties: training specialists for preventive activity units (youth – n = 20), training specialists for pre-trial investigation bodies (youth – n = 20), legal security (young men – n = 20) and training specialists for criminal police units (young men – n = 20), which identifies the motivation for independent physical training in extra-curricular time.

Basic content. The physical fitness of the cadets can be effective thanks to a properly planned system of training and training that provides an increase in the level of development of physical qualities. At independent physical training classes for cadets used a differentiated approach to training facilities and methods, dosing training exercises, increased the role of special exercises. As noted by scientists, the orientation of training exercises is conditioned by a measure of action on the development of one or another physical quality [16, 17].

We find that the dominant motivational priorities for independent physical training for 80.4% of students and students are "improving physical fitness" and 70.2% – "improving health". While a number of other motivational priorities were significant for a small number of respondents. The satisfaction of personal ambitions was indicated by 10.7%, the correction of body weight – 5.1%, the improvement of social status and the acquisition of strong-willed character qualities – by 3.3%.

The most attractive types of motor activity of the first-year cadets proposed were sports games and self-employment in the gym, which was indicated by 38.3% and 36.6% of the respondents respectively. The following activities are much less popular with cadets: athletics, named by 11.6% of the respondents, table tennis – 6.6%, swimming and chess – 1.6%. Only 0.7% of respondents did not wish to exercise at all and go to sports sections.

According to the survey, 29.3% have low levels of theoretical knowledge, 37.8% – lack of free time, 49.6% – their own laziness, reasons that prevent cadets from practicing physical culture independently and leading a healthy lifestyle. The low level of theoretical knowledge significantly reduces the interest of cadets in various forms of physical and fitness activities.

Interviews of cadets who have expressed a desire to do physical fitness on their own indicate that almost all respondents (91.2%) rate their classes as an important element of the lifestyle necessary for self-fulfillment. 78.9% of them stated that self-study with metered load forms such character traits as confidence, courage, perseverance. 74.6% of those polled believe that they will have a "desire for leadership".

The data of the previous researches became the basis for the development of a differential approach to the dosage of physical activity at independent physical training classes. The tasks of the independent classes were to: promote health, maintain and increase working capacity during training; to form motivational-value attitude to systematic independent classes in physical training, healthy lifestyle, physical perfection and self-education; to acquire practical skills and exercises in the exercise of power orientation; strengthen the muscular system, thereby promoting the harmonious cultivation of physical qualities.

The organization of self-contained physical training classes had the following planning algorithm: determination of the initial level of physical fitness of the cadets, who started self-employed physical training classes, determination of the maximum permissible and optimal parameters of physical exertion at the classes, selection of adequate methods of pedagogical control.

In each class, each muscle group was trained using 2-3 exercises in 1-2 approaches 8-9 times. The value of burdens was 30-50% of the maximum. After adaptation to loads increased the number of exercises, approaches, the amount of burdens to sustainable adaptation. Planning

the power load was carried out taking into account the individual characteristics of the type of body and level of fitness.

In order to evaluate the effectiveness of independent physical education classes, the dynamics of levels of physical development, physical fitness, motivation and interest of cadets during the academic year were analyzed in the framework of a pedagogical experiment. The results of the study indicate a positive shift in the overwhelming number of indicators studied.

Statistically significant differences were determined in the indicators of the physical development of cadets who systematically attended independent training in physical training: heart rate (HR) at rest was 76.7 ± 0.5 beats / min before the experiment, after – 71.6 ± 0.45 bpm ($p = 0.05$, 10.7%); vital capacity of the lungs (VC) up to 3.85 ± 0.03 l, after 4.35 ± 0.03 l. ($p = 0.05$, 9.5%); Brush dynamometer up to 43.7 ± 0.3 kg, after – 48.9 ± 0.6 kg ($p = 0.05$, 12.5%); the Stange sample before the experiment 46.8 ± 0.7 s, after 57.3 ± 0.6 s ($p = 0.05$, 9.7%); Gencha sample up to 22.8 ± 0.6 s, after 27.6 ± 0.3 s ($p = 0.05$, 8.8%).

The results of the studies show that after the pedagogical experiment, there were positive changes in the overwhelming number of physical fitness indicators.

Comparison of indicators of endurance, which was carried out using the test "Flexion and extension of the arms in the emphasis lying" shows that the increase was 7.80 ± 0.8 times ($p = 0.05$, 27.4%). Analysis of the speed-strength endurance indicators using the test "Lifting the torso in the saddle in 1 minute" allowed to establish an increase – by 6.8 ± 1.2 times ($p = 0.05$, 15.6%).

The results of our studies confirmed the data obtained by A.M. Oderov [9] and Korzh NL. [11] that the differentiated technique of development of power abilities is characterized by orientation of training loadings and character of means of development of physical qualities.

The effectiveness of the proposed method of improving the fitness of cadets based on the use of a differentiated approach is confirmed by the improvement of the level of strength and speed-endurance.

The study of the manifestation of the explosive force in the test "Long jump from place" shows that the cadets improved their performance by 13.7 ± 0.7 cm ($p = 0.05$, 7.4%). The results of the "Run 100 m" test showed that significant improvement of speed indicators occurred in cadets by 1.06 ± 0.2 s ($p = 0.05$, 6.3%).

This is consistent with the data of L.P. Matveeva (2010) and A.M. Odera (2014) where the increase is due to a better manifestation of speed-power qualities and an increase in muscle strength [8, 9].

When determining the level of flexural development in the "Tilt the torso forward from sitting position" test, the indicators improved by 2.6 ± 0.4 cm ($p = 0.05$, 9.7%).

The analysis of the results of the motives that motivate the cadets to self-train, indicates that a significant number of cadets have become more aware of their own health and fitness. For them, the main motives, according to the questionnaire answers, are "health promotion" – as indicated by 85.0% of cadets; 80.2% of those polled believe it is important to improve their sports form; 30.6% of respondents named "personal enhancement" as the main motive, 15.6% – first of all, focused on meeting their "ambitions". During the survey, 86.3% of cadets indicated that regular self-study physical training changed their lives for the better.

The analysis of scientific works (LP Matveeva, 2010; IG Bondarenko, 2011) confirm the results of our research and show that one of the directions of improving the fitness of the cadets in the first year of study is the formation of basic physical training based on the predominant development of strength, of speed and coordination abilities [8, 16].

The results of the obtained data confirmed the efficiency and practical importance of the algorithm of cadets' adaptation to the independent physical training classes developed by us, taking into account the differentiated approach in the dosing of physical activities for increasing the level of their development of physical qualities in extra-curricular time, as well as through the use of physical and equilibrium exercises. and volume.

Conclusions.

The analysis of the scientific and methodological literature shows that the preparation of cadets for the fulfillment of their professional duties is always relevant, and is of particular importance in the present day. Professional activity occurs under the influence of considerable physical and psychological stress, and one of the effective ways of solving the problem is the adaptation of cadets to independent physical training.

The analysis of the cadets' questionnaire shows that there is a low interest in independent

physical training. The main reasons for cadets to exercise independently and to lead a healthy life-style are the lack of theoretical knowledge and free time, as well as their own laziness.

The algorithm of independent physical training lessons is developed where maximum permissible and optimal parameters of physical activity corresponding to their individual physical, functional and mental features are determined.

The use of a differentiated approach to physical activity, which was used in independent physical training classes, provided for the solution of the main task in the first year of study – the adaptation of cadets to independent physical training classes, which led to an improvement in their indicators of physical development and physical fitness.

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Summary

The article substantiates the attitude of the cadets to independent classes as the dominant form of physical training, analyzes the dynamics of indicators and results of testing their level of physical development and physical fitness. When constructing independent physical training classes, they took into account the differentiated approach in the dosing of physical activities, a gradual increase of the loads is observed, which ensures compliance with the functional capabilities of the body of cadets. The studied cadets experienced significant positive improvements in the results obtained. Methodical recommendations for the organization of independent physical training classes have been given.

Keywords: *cadets, physical training, self-study, differentiated approach, physical activity.*