

# QUALITY MANAGEMENT TECHNOLOGY FOR THE TRAINING OF BACHELORS IN PHYSICAL EDUCATION IN THE CONDITIONS OF THE EDUCATIONAL ENVIRONMENT OF THE UNIVERSITY (ON THE EXAMPLE OF THE PRC)

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## Summary

The article describes the effectiveness of the functioning of the field of physical education and sports, which largely depend on the use of modern management technologies. All activities carried out in the field of physical education are management activities, both in form and content. Graduates of higher educational institutions of physical education and sports must master the basics of management science, the ability to apply theoretical knowledge in practice, which is a necessary condition for the effective operation of organizations in the field, the training of high-class athletes, increasing the level of physical activity and strengthening the health of the population. The purpose of the study "Management of the field of physical education and sports" is to provide future specialists with theoretical knowledge about the system of physical education movement management and to form practical management skills. Due to unsatisfactory socio-economic living conditions, this is also influenced by a decrease in the population's motivation for physical culture and sports activity. In addition, in institutions of general secondary education, imperfect material and technical and personnel support is noted.

**Key words:** physical education, educational situation, managerial activity.

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## 1. Introduction

In recent years, the gradual deterioration of the health of the young generation, the increase in the number of patients with cardiovascular, viral, infectious, including chronic diseases has been noted in scientific research. The rapidly growing level of urbanization, the improvement of scientific and technical progress, the development of Internet technologies provoke chronic "motor starvation" of the population.

A person needs restoration of psychophysiological capacity, strengthening of emotional and volitional stability, therefore systematic work on improving the functional state and physical fitness of one's own body should be included in his lifestyle (*Guo, 2012*).

## 2. Motivational priorities

Studentship is the final stage of progressive age development, it is important during this period to effectively organize work aimed at forming the motivation of young people to preserve and strengthen their own health, physical exercises.

Today, many researchers are actively engaged in the problem of forming the motivation of student youth to engage in physical culture, sports and a healthy lifestyle. It was found

that physical culture and sports activities do not arouse special interest among students recently. Modern gadgets and social networks "draw students into the virtual world", thereby immobilizing their bodies and spoiling their vision.

For students, the main motivational priorities of physical education classes in a higher education institution (UVO) are: a credit in this discipline, striving for physical perfection, establishing a sports result, satisfying any moral needs, etc. Unfortunately, there is a tendency to weaken and decrease motivation from course to course. In our opinion, the reason lies in the increase in the social roles of adult life in student age, the connection with physical culture as an element that optimizes life processes is lost (*Franz, 2008*).

The decline in attendance in the 3rd year is largely explained by the fact that the desire of student youth for financial independence forces them to work, neglecting physical education (*Guo, 2012*).

In order to increase the level of motivation of the young generation to engage in physical culture and sports, modern researchers propose a set of measures aimed at changing the orientation of the individual, at increasing value orientations, at identifying students' preferences for certain types of physical education and sports activities with the use of traditional and innovative learning technologies and upbringing (*Guo, 2012*).

In today's socio-cultural situation, one of the strategic vectors for the development of physical culture and sports in the educational process of students is the use of game technologies. In pedagogical activity (previously targeted formation of knowledge and skills) during the use of game technologies, attention is focused on the personality of the future specialist and activity on the design and organization of personal educational processes. The knowledge and skills possessed by the student are transformed from the end of learning into a means of his professional development and self-improvement (*Miao, 2006*).

### 3. Methods and researches

Researchers note that sports games, due to their emotionality, gaming excitement, and excitement, are an effective tool for human functions, for improving individual physical qualities and the functional state of a student's body. Lessons in sports games rise seek general motor activity and have a favorable effect on the course of mental processes, unite the student body, promote involvement in regular physical education and sports.

The purpose of the research is to identify the effectiveness of the use of game sports in physical education classes of students.

The main methods in this study were: analysis of scientific and methodical literature; questionnaire, pedagogical observation, individual interviews; determination of the volume of motor activity based on crocometry; statistical processing of research results.

Many years of experience in conducting classes, as well as observing students, allowed us to discover that in sports and movement games, participants trace and "live" the specific meaning of game situations, acquire the ability to make decisions in a particular game situation based on their own stereotypes of thinking, acquire skills of collective thinking activity.

The game-based learning method based on sports contributes to the personal involvement of students (players) in the situation played out, with a vivid emotional background.

An experimental study of students' motivation for physical education taking into account sports games was carried out taking into account the Chinese State University (as a questionnaire, conversations, observations). Respondents were students of the 1st-3rd years of the Faculty of History aged 17–22 (64 people). The research was conducted in September-October 2020.

As a result of the survey, it was established that the most attractive for students (87.5% of respondents) is playing volleyball, table tennis and football.

Students would least like to play basketball (7.8%). 67.2% improved their mood during the game; almost no change in the mood of 23.4% of respondents, 9.4% of young people emphasized their reluctance to play for various reasons.

In addition, according to the results of the survey, it was found that 90% of the students felt better after the classes, and 17.2% of the respondents (11 people) expressed a desire to attend additional classes in order to improve their gaming skills. On the results of pedometry conducted based on the use of a smartphone application, it was determined that 89.1% of students increased the volume of motor activity.

It is important to note that the professional teacher has a leading role in increasing the motivation of student youth to the educational process in the discipline "Physical Culture", providing a new look to general physical education. Thus, a teacher who specializes in sports games, by his own example and experience, can attract a student to master the skills of a particular game.

Most often, the teacher's authority for students consists of his status as an athlete. In our case, the class was conducted by a teacher who, before teaching, was a professional player of one of the teams. The analysis of observations and conversations showed that the majority of students (83%) believe that the authority of the teacher, his personal and coaching qualities contribute to the strengthening of motivation for physical education classes (especially through game sports).

Due to the regular use of sports games, students' attendance at practical physical education classes increased by 21.9%.

Many young people became interested in the peculiarities of technical and tactical actions in sports games from teachers, as well as through Internet resources. As a result, most students began to feel more confident on the sports field, increased rivalry and a sense of collective responsibility for the outcome of the game.

The introduction of health systems into the educational and training process of students of the Faculty of Physical Education involves in-depth work on the study of sets of exercises and their use during training.

It was taken into account that the high level of technical implementation of the exercises of health-improving systems will improve the elasticity of the muscles, affect the physical fitness of students, and improve the technique of performing exercises in the AH. It was also taken into account that there are increased requirements for certain exercises in hypertension, where it is necessary to have good flexibility, which is combined with strength when performing exercises.

It was noted that the use of Pilates, yoga, and stretching exercises improves physical fitness, execution of technical techniques, as well as reduction of injuries and strengthening of the ligamentous-muscular apparatus of student-athletes.

Thus, the pedagogical research involved the following tasks: form CG and EG (n = 18) of students engaged in AG; to implement the developed program in EG; to submit an analysis of the results of the research work.

#### **4. Stages of the investigation**

The preparatory stage involved substantiating the scientific research apparatus. The research program was developed taking into account the introduction into the educational and training process of sets of exercises based on the indicated health systems.

The organizational stage involved the preparation of the material base and methodical support of the research; identification and training of performers, participants. Athletes were tested to determine the level of development of motor skills.

The practical stage consisted in the implementation of the research program, according to which the EG organized training process through the implementation of the program (8 weeks) using exercises of health systems. The sportsmen of the CM practiced according to the traditional program.

The summarizing stage provided for the clarification of the effectiveness of the use of health system exercises during the educational and training process by comparing the results of EG and CG athletes before and after the experiment using mathematical methods.

When choosing a diagnostic technique, we took into account the physical fitness of athletes, the effectiveness of tests that determine the level of physical fitness. An evaluation of the assimilation of exercises included in health systems was carried out.

The diagnosis was carried out according to the generalized data of the criteria and tests: balance – the Flamingo test; flexibility – test "Bending of the body forward from a sitting position"; strength abilities (muscle strength of the upper part of the body) – the test "Bending and extending the arms in a lying position"; speed strength (leg muscle strength) – "Jump up from a place" test; coordination – test "Shuttle run 4x10 m".

The results of the comparison of the initial and final indicators of EG and CG indicated that the low level (LU) of development of balance abilities of EG student-athletes decreased by 22.3%. At the same time, an increase in average (SU) and high levels (VU) of development by 5.6% and 16.6%, respectively, was recorded. The following changes took place in the CM: NU development of balance abilities decreased by 11.1%. At the same time, an 11.1% increase in the development budget was recorded, while the VP did not change.

According to the results of flexibility testing, we obtained the following indicators. NU development of flexibility of athletes in EG decreased by 33.4%. At the same time, an increase of SU and VP of development by 16.7% and 16.7%, respectively, was recorded. In the KM NU, the development of students' flexibility decreased by 16.7%. At the same time, an increase of SU and VP of development by 5.6% and 11.1%, respectively, was recorded.

According to indicators of strength abilities in EG NU decreased by 38.9%. At the same time, an increase of SU and VP of development by 27.7% and 11.2%, respectively, was recorded. Certain changes took place in the KM, therefore the NU development of strength abilities of students decreased by 16.7%. At the same time, an increase of SU and VP of development was recorded by 11.1% and 5.6%, respectively. Next, the speed and strength abilities of student-athletes were tested. NU development of KM decreased by 11.1%. At the same time, an increase of SU and VP of development by 5.6% and 5.6%, respectively, was recorded. In EC NU, the development of speed-power abilities of athletes decreased by 22.2%. At the same time, a 5.6% and 16.6% increase in the level of development of secondary schools and universities was recorded, respectively (*Burk, 2013*).

Modern science often offers us scientific justification for what was known in the past. The traditional complex of Chinese gymnastics "Ba Duan Jin" translated as "Eight Pieces of Brocade" is first mentioned under this name in a book of the Song Dynasty (960-1279). The health benefits of systematic execution of this simple complex have been proven by time. Ba Duan Jin harmoniously affects all body systems, including the central nervous system (CNS). In those who practice, there is a reduction in the deformation of the vertebral column, an improvement in its mobility, strengthening of ligaments and tendons, an increase in muscle strength, and mobility in the joints (*Burk, 2013*). The use of rhythmic diaphragmatic breathing

improves blood supply, normalizes vascular tone, and stabilizes blood pressure (Burk, 2013). The vital capacity of the lungs, pulmonary blood flow and gas exchange in the lungs increase (Burk, 2013). What is especially valuable for athletes is that doing Chinese gymnastics increases endurance and accelerates the recovery process after intense training.

This complex is suitable for people with different physical fitness. The pace of the exercises is slow, smooth, the amplitude of the exercises can be changed depending on physical fitness. There are no age restrictions, it can be learned in youth and performed throughout life.

Physical education classes for schoolchildren and students often begin with traditional running. It is believed that in this way the respiratory and cardiovascular systems of the body prepare for more intense physical exertion. As a rule, all athletes, being at training sessions or in summer sports camps, start the morning with cross country. But does running provide sufficient blood flow to the heart or does the heart rate increase faster, which without sufficient blood flow to the heart is harmful to the body (Burk, 2013).

The most effective exercises for organizing blood flow to the heart are breathing exercises with simultaneous contraction of skeletal muscles. During inhalation, pressure below atmospheric is created in the chest, which facilitates the flow of blood to the heart. In addition, a biologist, the exercise is repeated 8 times, takes from 7 to 9 minutes. How soprano traditional Chinese music was used while driving, of Czech Sciences, the head of the scientific team of the National Academy of Sciences of China, proved the non-physiological and even the danger of running in the morning. Only in the afternoon he considers it useful to use running. N. I. Arinchin developed his own set of exercises, in which the skeletal muscles switch to self-sufficiency with blood and from dependents of the central heart become its assistants (Franz, 2008). Therefore, it is necessary to develop skeletal muscles, which are "peripheral hearts" and allow to remove part of the load from the heart. Chinese gymnastics fully corresponds to the developments of a modern doctor of sciences and is perfectly suited for its use in the training process and in physical education classes.

The research question was to find out the effectiveness of using the complexes of traditional Chinese gymnastics Ba Duan Jin in the preparatory part of the students' physical education classes. According to the hypothesis, this will be one of the right ways to increase the respiratory capacity of the exercising body and prepare it for further more intense physical activity.

From the existing types of complexes of traditional Chinese gymnastics for use in classes, we have chosen one of the simplest, designed for accelerated and mass training.

A feature of our approach is the use of modern teaching methods. We do not use terms from traditional Chinese gymnastics such as "qi energy" and others. During training, the term "effort" or "tension" and "relaxation" are used. For effort, exhalation is performed, for relaxation, inhalation. For "effort" you should tense the muscles of the legs, trunk and arms, and for "relaxation" relax accordingly. Exercises were performed smoothly, at the expense.

## 5. Conclusions

Therefore, the search for effective ways to solve the problem of improving the physical fitness of students remains an important component of the educational and training process in sports higher education institutions. The developed and implemented program is designed to solve this issue. Methodically competent implementation of the program and the results of the conducted experiment confirm its effectiveness.

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