

**Review Article**

**TEACHING THE DISCIPLINE "PHYSICAL CULTURE AND SPORTS" IN A TECHNICAL UNIVERSITY: THEORETICAL ASPECT**

**Natalia L. Ivanova**

**Tyumen Industrial University, Russia,  
Email: Natalielvanova2019@yandex.ru**

**Received: 01.11.2019**

**Revised: 02.12.2019**

**Accepted: 15.01.2020**

**Abstract**

The purpose of physical education is the formation of a physical culture of the individual and the ability to use various means of physical culture, sports and tourism in order to maintain and strengthen health, psychophysical preparation and self-preparation for future life and professional activity.

In the article, the author defined and justified the functions of theoretical training of students in the discipline: educational, cognitive, social, communicative, motivational, informative, axiological. The research theoretical material is based on many years of experience and educational and methodological developments of a teacher at Surgut Oil and Gas Institute.

The described functions form the basis for determining the totality of means and methods of theoretical training, taking into account the described functions.

**Key words:** physical culture, theoretical preparation, functions.

© 2019 by Advance Scientific Research. This is an open-access article under the CC BY license (<http://creativecommons.org/licenses/by/4.0/>)  
DOI: <http://dx.doi.org/10.31838/jcr.07.01.59>

**INTRODUCTION**

Teaching the discipline "Physical Culture and Sport" in the Surgut branch of oil and gas is carried out in the framework of practical and theoretical training. The tasks of studying the discipline are the formation of knowledge of the scientific, biological and practical foundations of physical education and a healthy lifestyle. The form of implementation of theoretical training is the holding of lectures. Consider the role of theoretical training in the framework of physical education and sports.

The issue of the practical component of physical fitness has been addressed in many publications: Raevsky & Khalaji, 2005; Magin, 2006). Kudrya, A.D., Smooth, & Buklov, 2015, etc.

Questions of theoretical training are not fully covered in the scientific and methodological literature. This applies to the structure and content of the knowledge system, means and methods at various stages of training students in physical education and sports, taking into account the characteristics of a certain age and other personal qualities of students, the formation of specific knowledge (Balashova, 2009; Petunin, 1993; Dementiev, Mironova & Bailiff, 2015; Kilitci et al, 2018).

An analysis of scientific research and publications indicates that theoretical training is important in the implementation of each of the sections of physical education training. These authors consider training only the practical part, but in the context of our curriculum and the purpose of training, it is especially important to develop a course of lectures on the theoretical aspects of physical preparation. Therefore, the purpose of our study is the theoretical justification of the role and importance of theoretical training of students in the discipline "Physical Culture and Sports".

**METHODOLOGY**

Research methods: theoretical analysis and generalization, analysis of documentary materials, comparisons, classifications.

Organization of the study. The study, carried out during 2016-2017, provided for the substantiation of the functions of theoretical preparation and determination of their content.

**RESULTS AND DISCUSSIONS**

The concept of theoretical training in higher education involves the following functions: cognitive, social, educational, communicative, motivational, axiological, informative (Bekoeva, 2014; Takzare et al, 2018).

The cognitive function of theoretical training provides for the formation of the ability to mentally perceive and process external information, helps to activate cognitive processes of students in fulfilling the tasks of educational activities in the field of physical education (Sharifulina, 2012).

The process of theoretical preparation, a person perceives and processes information, takes external stimuli and implements decisions, consciously analyzes and justifies various options for action, uses acquired knowledge, skills and abilities, predicts possible situations, improves methods of activity.

The social function is based on the fact that theoretical training is a powerful tool for the social and cultural integration of individuals, which is realized through their direct participation in the educational process. Today, such a form of lectures as interactive is actively being introduced into the educational process, the function is thus determined by the process of assimilation by students of a certain system of knowledge, norms and values, which enable them to create the basis for the creative and methodologically sound use of physical culture and sports activities for the purpose of subsequent life and professional achievements. In the concept of theoretical training, the social function is also considered in the direction of vocational guidance. This aspect in the system of training students evokes a professional orientation at almost all stages of long-term preparation and provides for the acquisition of such properties and skills that contribute to adaptation to various types of professional activity, including the leader.

The educational function is realized in that the knowledge that is acquired in the process of theoretical preparation allows

you to influence the consciousness and behavior of people and set the goal of forming a set of social values. This should also be seen in ensuring the transfer to the new generation of the experience of previous generations, maintaining the existing social system. With the help of the educational activities of the subjects of the educational process, the teacher-student and their interaction with other participants in the framework of theoretical training, a worldview is formed, social norms of behavior, value orientations are recognized, preparation is being made for them to fulfill their social responsibilities. This theoretical training function is aimed at implementing one of the physical training tasks at the Surgut Institute of Oil and Gas, namely: acquiring personal experience in improving motor and functional capabilities, ensuring general and professionally-applied physical fitness for a future profession and life (Ivanova, 2016).

**Communicative function.** Any communication is a joint activity of communication participants (communicants), during which a common (up to a certain limit) view of things and actions with them is developed. In our study, the communicative function is to realize the possibilities of improving communication between the participants of the educational process, is the basis of interpersonal relationships, a way of organizing joint activities and a method of knowing a person by person in future professional activities.

Its implementation is made possible through the use of specific tools and methods of theoretical preparation, its rational organization in compliance with basic principles. During lectures, the communicative function can be implemented in several directions: student - teacher, student - student (Korovin & Kabachkov, 2007).

The implementation of the communicative function within the framework of the concept of theoretical training provides for the formation of such personal qualities that will allow you to establish business and emotional contacts that ensure the fulfillment of all other functions and components of its activities. Moreover, this function is used both with verbal and non-verbal means of communication. In the process of conducting lectures and studying theoretical educational material, the teacher and students interact at the level of communication. Communication is always bilateral in nature and the teacher has the opportunity to receive feedback on the results of his message (Leontyev, 2018). Thus, the teacher can assess whether the student paid attention to his message, whether he understands its content and whether he accepts the meaning of the theoretical material.

The motivational function is determined by such an organization of theoretical training of students, in which there is a development of responsibility for the fulfillment of their

functional duties, the creation of an atmosphere of healthy competition, the formation of internal motives (needs) for physical training and a healthy lifestyle, as a result of a gradual purposeful activity determines the formation of interests to self-improvement, and to future professional activities (Makarenko, 2008).

In special scientific and methodological literature Osipov, A. N., Turenkov, A. N., Skotnikova, L. N., & Sidorov, E. S. ... Ivanchenko, L. P. indicate that this function is realized gradually and goes through several levels: awareness of motivation, "acceptance of motive", realization of motive, actualization of motives, sets additional requirements for substantiating the content of theoretical training at various stages of sports development (Osipov, 2015; Turenkov, Skotnikova & Sidorov, 2013; Ivanchenko, 2003).

This function implements one of the tasks in the discipline "Physical Culture and Sports": Formation of a motivational-value attitude to physical culture, attitude towards a healthy lifestyle, physical self-improvement and self-education, the need for regular exercise and sports (Ivanova, 2016).

The axiological function of the theoretical training of athletes is manifested in the possibility of a reasonable assessment of the sports activities of students, its individual aspects, achievements, and the formation of social relations in these activities (Deminskaya, 2013). On the value potential of physical culture and sports in modern society, it is necessary to keep in mind two levels of values: social and personal, and to present mechanisms for converting social values into the personal property of each person. "The personal level of mastering the values of physical culture is determined by a person's knowledge in the field of physical improvement, motor skills, the ability to self-organize a healthy lifestyle, social and psychological attitudes, orientation toward physical education and sports activities" (Belykh, 2013).

Classes in physical education in universities of non-physical profile acts as an active transformer of personality, improving their best qualities, enriching their moral, aesthetic principles. Various aspects of the physical improvement of youth express the degree of conscious and deliberate impact of society on the system of its physical and spiritual potential. Therefore, the functioning and development of physical culture in society can be considered as an act of social production of these specific social values (Belykh, 2013).

All the theoretical preparation functions described by us are highlighted on the basis of educational material and lectures on the discipline taught to students at Surgut Oil and Gas Institute (Work Program, 2016).

**Table №1. Theoretical training material in the discipline "Physical Culture and Sports"**

Section No.	№ Theme	Lecture title	(hours)
1	1	Physical culture and sport in the general cultural and vocational training of students	1/-/-
	2	Physical activity in the urbanized Siberian North and factors affecting health	1/-/-
	3	General rules of conduct in emergency situations. General principles of emergency first aid	1/-/-
2	1	Socio - biological foundations of the adaptation of the human body to physical and mental activity, as well as to environmental factors	3/-/-
3	1	The basics of a healthy lifestyle	2/-/-
4	1	Psychophysiological foundations of academic work and intellectual activity. Physical culture in the regulation of health	3/-/-
5	1	General physical training in the system of physical education	2/-/-
	2	Special physical training in the system of physical education	1/-/-
6	1	Fundamentals of the method of independent exercise	1/-/-
	2	Exercise and sports self-control	2/-/-
<b>Total for 1 semester:</b>			<b>17/-/-</b>

Thus, targeted theoretical training in physical education of students in universities of non-physical profile allows the development of the student's personality in accordance with the requirements of modern society culture. Since in this sphere of social activity not only the tasks of physical preparation of a young man are solved, but also the orders of society are fulfilled in the fields of science, economics, upbringing, education.

Under the influence of education, the values, needs and interests of young people, as well as their inclinations and abilities, mental, physical, moral, aesthetic, moral and other qualities acquire a socially useful orientation and significance.

The assertion that developed value orientations are a sign of a person's maturity, an indicator of his sociality, and external and internal consistency of a person is generally accepted. Theoretical training proper, along with the achievement of an individually possible sports result, presupposes the full formation of a culture of the general and physical culture of a person.

The informative function of the lectures provides for the transfer, receipt, implementation of the optimal search and effective involvement in the direct activities of students using information (Chubarov, & Kolokatova, 2007). This function ensures the fulfillment of the main tasks of the theoretical training process related to the formation of a system of special knowledge of students at various stages of training.

In modern society, information as a whole acquires new features and is defined as a mechanism for the transfer of social experience in various fields of human activity. This function is implemented in the form of complex sign systems: information resources, posters, popular science and non-fiction, specialized sports periodicals, etc.

At the same time, it should be noted that theoretical training should be not only an accumulation base of information about social experience in physical training in higher education, but also as a means of its active processing, selection of exactly the information that students need in the framework of physical preparation.

#### CONCLUSION

Thus, the coverage of theoretical training in physical education of students in scientific and methodological literature formed an important scientific and applied problem of substantiating its theoretical and methodological foundations. A reflection of this is the substantiation of the functions of theoretical training.

The role of theoretical training in the framework of student training at the Surgut Oil and Gas Institute is realized through the direct activity of the subject of physical training and its interaction with other participants in this process. It manifests itself in such functions: educational, cognitive, social, communicative, motivational, informative, axiological. Having determined these functions, we intend to further study the melon issue in the coordinates of determining the totality of means and methods of theoretical training, taking into account the described functions.

#### REFERENCES:

1. Balashova, V.F. (2009). Scientific and theoretical foundations of the formation of the competence of a specialist in adaptive physical education. Moscow. Balashova, V.F. (2009). Scientific and theoretical foundations of the formation of the competence of a specialist in adaptive physical education. Moscow.
2. Bekoeva, M. I. (2014). General pedagogical training of students as a leading direction in improving the education system. Vector science of Togliatti State University. Series: Pedagogy, Psychology, (2), 22-25.
3. Belykh, S.I. (2013). The place of the axiological approach in the personality-oriented physical education of students. Newsletter of the Lugansk National University of the Name of Taras Shevchenko. Pedagogical sciences, (10 (3)), 81-93.
4. Dementiev, K.N., Mironova, O.V., & Bailiff, O.V. (2015). Theoretical foundations of the organization of independent physical training of students of SPbGASU. The Way of Science, (1), 134-136.
5. Deminskaya, L.A. (2013). Organization of quality control of professional and pedagogical training of future teachers of physical education on the basis of axiology. Actual problems of the humanities and natural sciences, (11-2), 170-175.
6. Takzare, A., Goudarzi, M., Maleki, A., Soltani, A. E., Kaheh, F., Arab, S., & Espahbodi, E. (2018). Paediatric sedation during upper gastrointestinal endoscopy: Comparison of propofol+ ketamine vs sodium thiopental+ fentanyl. Electronic Journal of General Medicine, 15(6).
7. Ivanova, N.L. (2016) Curriculum for the discipline "Physical Culture and Sports", IUT.
8. Ivanchenko, L.P. (2003). Psychological and pedagogical factors of teenagers' perception of physical education and sports. Pedagogy, psychology and methodological and biological problems of physical and sports: zb. sciences. etc. for the ed. Ermakova SS - Kharkiv: KhDADM (XXIII), (2), 93-99.
9. Korovin, S. S., & Kabachkov, V. A. (2007). Functions of professional physical culture and their characteristics. Bulletin of sports science, (04).
10. Kudrya, A. D., Gladkikh, D. G., & Buklova, N. I. (2015). Actual problems of training specialists in the field of physical education and sports at the present stage. In Actual problems of science: from theory to practice (pp. 220-222).
11. Susi Ari Kristina, Yosef Wijoyo. "Assessment of Pharmacy Students' Clinical Skills using Objective Structured Clinical Examination (OSCE): A Literature Review." Systematic Reviews in Pharmacy 10.1 (2019), 55-60. Print. doi:10.5530/srp.2019.1.9
12. Kilitci A, Kaya Z, Acar EM, Elmas ÖF. (2018). Scrotal Calcinosi: Analysis of 5 Cases. J Clin Exp Invest. 9(4), 150-3. <https://doi.org/10.5799/jcei/4002>
13. Leontiev, A. (2018). Psychology of communication. Litres.
14. Magin, V.A. (2006). Modernization of the system of professional training of specialists in physical education and sports based on innovative technologies. Moscow.
15. Makarenko, V.K. (2008). Formation of motivation for physical education and sports. Bulletin of the Penza State Pedagogical University. VG Belinsky, (10).
16. Osipov, A.N. (2015). Increasing motivation for physical education lessons. Concept, (11).
17. Petunin, O. V. (1993). Theoretical foundations of preparing students for the professional activities of physical education teachers.
18. Karthik, R., Tetali, D.R., Vijaya Kumari, K.H.V., Gogula, S.V.
19. Design and development of an automated assistance intelligent programmed tool for medical diagnosis (AAMD)
20. Hops, N. D. (1998). Theoretical foundations of teacher training. Almaty: Gylym, 320.
21. Chubarov, M.M., & Kolokatova, L.F. (2007). Computer, informational support of the lecture course "Physical Education": textbook. allowance. M.: MGIU, 44.
22. Sharifulina, S. R. (2012). Cognitive readiness of future teachers to manage physical culture and sports activities. Bulletin of the Volga University. VN Tatishchev, (1 (9)).