

## PHYSICAL EDUCATION CLASSES AS A WAY OF FORMING VALUE ORIENTATIONS IN THE EDUCATIONAL SPACE OF SURGUT OIL AND GAS INSTITUTE

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### Abstract

In the article, the author describes physical education classes within the framework of value orientations in the educational space of higher education. The study consisted in the development of an algorithm for the actions of a teacher in physical education and university leadership to improve the cultural component of physical education. Research base: Surgut Oil and Gas Institute, 1-3 year students became participants in the study. The author presented the results of a study on the attitude of students to physical education and sports, attitudes to health in the discourse of value orientations.

**Key words:** health, values, physical education, higher education.

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### INTRODUCTION

The main problem for physical education teachers remains the low involvement of young people in the values of physical education.

The lack of physical activity is combined with long sedentary activities, from 8 - 16.00 every day at the university, on weekends, young people spend in front of TVs and gadgets.

Hypokinesia and lack of exercise, lack of muscle activity in everyday life is one of the main risk factors for the development of chronic non-infectious diseases, and this is due not so much to lack of knowledge as to a lack of general culture for physical education of a significant part of the population (Drogoва, E., & Pochatkova, T. D.).

This fact underlines the need to orient the young generation towards the formation of physical culture as a whole. Without this, national success is not worth it, because such life values as health, active longevity and the realization of human personality on this basis are increasingly becoming criteria for social progress of a society.

Today, state policy is concerned about the main issue - the aging of a nation compared to other countries (Gontmakher, 2012; Zlatopolskaya, 2014; Shergeng & Nafikova, 2017; Shahbazi & Ardalani, 2018).

Therefore, it is now imperative to move on to the direct formation of the value orientations of youth on physical culture, while influencing the bodily and spiritual world of the individual.

One of the best advocates of physical culture values is education.

In the program for the discipline "Physical Culture", one of the tasks is the formation of a motivational-value attitude to physical culture, a healthy lifestyle, physical self-improvement and self-education, the need for regular exercise and sports (Ivanova, 2016; Akoz et al, 2018)

Scientists have proved that the effect of classes two to three times a week for the morphofunctional state of the body is minimal, such classes do not bring the desired effect, all conditional connections to the next lesson fade away; when learning motor action, it's difficult to move to a higher level - to form a skill. In such institutions, it is impossible to form a positive attitude to health and a healthy lifestyle, to form physical culture as a value orientation (Vindyuk, 2002; Mandrikov, Ushakova, & Zamyatina, 2011).

The study was conducted in accordance with the relationship with curricula developed by programs for students of Surgut branch of Tyumen Industrial University.

Modern sociological studies of the values of physical culture arise only in the context of the sports industry and take little account of the cultural sphere of the individual. Therefore, the allocation of such values as "health" in the coordinates from the discourse of students' value orientations is relevant and relevant.

The purpose of the study: to substantiate the place of the concept of health in the coordinates of the value orientations of students and outline ways to improve it as a cultural value in the educational space.

### METHODOLOGY

Research methods and organization: 1) theoretical: analysis, synthesis and generalization of scientific and methodological literature data, 2) empirical - sociological questioning, pedagogical observation; 3) mathematical statistics.

Health in the discourse of value orientations was determined: on the basis of scientific literature, the teacher selected a questionnaire and interpreted the results by the method of mathematical statistics.

The study of health as a value orientation among the youth of Surgut Oil and Gas Institute of made it possible to establish a hierarchy of life values. So the most significant values are the values of personal life: "health" (1st place), "money" (2nd place), "having good and faithful friends" (3rd place), "being beautiful" (4th place), "happy family" (5th place).

It is gratifying to realize that in the percentage ratio, more than half of the students (51%) each noted the value of "health" first place. Thus, the choice of health as the main value indicates the realization of the impossibility of achieving success in life without it. They well understand that in the present and future realities only a healthy, active person can survive, who will be adapted to be ready for drastic changes in social life.

But alarming is the fact that the most common motive for attending physical education classes among the students surveyed is "getting a positive grade for physical education." Students prefer to improve their health outside the university.

From this we additionally conclude that students are well aware that physical education is a leading way to improve their own life reserves and this is not only classes in the gym and on the street, but also swimming, skiing, aerobics, etc., which are in the conditions of Surgut oil and gas institute of is

impossible, since there is no specially equipped room, we can offer only two types of classes.

Thus, today we have a situation where young people are indicative of the valeological values of physical education, but are not involved in them, this is one of the key issues.

The essence of the concept of a healthy lifestyle and value attitude to it is the formation of a value attitude to physical culture, which includes knowledge about the values of physical culture, their positive acceptance and motivation to use, the ability to independently implement such values in one's own life (Plaksina, 2013; Vershinin, 2003 )

We believe that today it is necessary to conduct propaganda, to make physical education a priority for their activities.

Moreover, active work in the university should be carried out not only in physical education classes, but also in all subjects of the socio-humanitarian cycle, as part of educational work in the university, only this approach will help to shape health as a value orientation.

One of the forms of holding such events is a seminar.

So, in the walls of Surgut Oil and Gas Institute, a seminar was held on the theme: "Healthy lifestyle." The plan of the workshop included:

1. Speech by a teacher in physical education, introduction to the conceptual apparatus.
2. Students' messages on the topic: "The formation of initial ideas about a healthy lifestyle is one of the main tasks of the educational field" physical education": Human health as a value. Factors determining it. The relationship of the general culture of the student and his lifestyle. The structure of students' life activity and its reflection in the way of life. Healthy lifestyle and its components. Personal attitude to health as a condition for the formation of a healthy lifestyle. Basic requirements for organizing a healthy lifestyle. Physical self-education and self-improvement in a healthy lifestyle. Criteria for the effectiveness of a healthy lifestyle. The form of conduct is a traditional lecture.
3. The heading "A few questions of the theory" - answers to questions. Representatives of the sports elite of the city of Surgut, athletes, champions, winners of world championships answered questions from students and teachers.
4. The practical part. Measurement of indicators - indicators of a healthy lifestyle. Estimation of body index based on such indicators as: body weight, skeletal muscle, body fat, visceral body index, water, percentage of protein, body mass index, metabolic age, etc.
5. Closing remarks by the teacher Ivanova N.L. "Modern approaches to the physical development of students", summarizing the meeting.



Fig. 1. At the seminar



Fig. 2. With the champion



Fig 3. All the participants of the seminar

Thus, we believe that such work contributes to the awareness of students and the perception of the concept of "health" as a spiritual and cultural value in the educational process.

#### CONCLUSION

According to the vision of sports representatives and physical education teachers, the problem of low interest in physical exercises lies in "... insufficient training of physical education teachers, insufficient public and professional teachers and the entire teaching staff, insufficient attention to the development of cognitive interest in physical exercises during extracurricular time, deficiencies in the content and methodology of physical education lessons, low level of material and technical base of educational institutions "(Krylova, 2008; Losev & Mavrenkov, 2017).

Therefore, we believe that it is necessary to systematize all the disciplines of the humanitarian cycle so that they are subordinate to the main goal of the educational process - the release of healthy and smart (or smart and healthy), but healthy people. At the moment, each discipline has its own goals and objectives, there is no connection with other subjects. It is possible to change the situation only on the condition that all teachers will be focused on the values of physical education when they realize the importance of both their own and children's health. Therefore, today it is extremely important to shape the physical education of future specialists and direct the pedagogical process towards the education of the most important universal values in children. Prospects for further research are to find mechanisms to improve the cultural value of physical culture in the educational space.

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