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## **THE FEATURES OF A DISTANCE LEARNING OF HIGHER EDUCATION RECIPIENTS IN THE DISCIPLINE OF PHYSICAL EDUCATION**

Nowadays the KPI, named after Igor Sikorsky is currently optimizing the educational process, in order to improve the quality of education. Within this process, the system of physical education at the university has been reorganized. A new concept has been proposed and practical experience in the chosen sport and physical activity by higher education recipients, using information and communication technologies. The implementation of this concept will promote the formation of skills for independence and creativity in the process of solving professional problems. The classic form of conducting classes is the club form, the functioning of which will allow graduates to engage in their favorite sport during their studies at the university through free attendance at sections in the Sports Complex of the KPI. As for the theoretical component of the educational process, it is an integral part of it, without which it is impossible to understand the processes occurring in the human body under the influence of stress, as well as acquiring general knowledge of physical education to maintain health and efficiency, as well as knowledge on leading a healthy lifestyle. Assimilation of theoretical material provided in physical education classes contributes to the formation of vital skills, as well as practical skills in the chosen sport. As a rule, the study of theoretical material on Physical Education involves lectures and essays, which is also actively used during the educational process in "KPI named after Igor Sikorsky", but the writing of analytical and abstract work is only to obtain incentive points for higher education students. Incentive scores also include scores for the positive dynamics of the results obtained by performing functional tests. In order to monitor the level of functional readiness of higher education students are offered to perform tests that are widely used in the practice of both doctors and workers in the field of physical education, which do not require special equipment, and are informative and can be used by those, who is involved. We chose the Ruffier test and the ortho-test. Those who master the knowledge of the discipline of physical education are asked to perform these tests at the beginning of each month, and their results to enter in the diary of self-control, which is also developed at the Department of Physical Education. Higher education students are required to attach completed diaries to a specific moodle practice in order to check the work done by the teacher. The analysis of the results obtained in the process and after the performance of functional tests allows teachers to make adjustments to the training program of each of those who are engaged in a particular sport or physical activity.

The department has twelve educational departments for sports and physical activity, each of which has its own author's program. Teachers of the Department of Physical Education have developed Syllabuses for each proposed sport and physical activity, according to which electronic courses have been developed, which are presented on the remote platform moodle. Everyone, who studies the course of physical education is provided with a login and password with which he can log in to the distance learning system. Applicants for higher education have the opportunity to get acquainted with the provided material and prepare questions on incomprehensible theoretical information before the lectures and have the opportunity to gain in-depth knowledge on the issues that interest them most. Each teacher at Zoom with his group conducts lectures using presentations and demonstrations of videos and excerpts from popular science films. Moodle presents structured theoretical material containing basic definitions, principles, methods, historical information, description of functional tests, tables with normative indicators, examples of physical exercises. Lectures discuss and explain both theoretical and practical material, taking into account the individual characteristics of students. In the forums, those involved have the opportunity to ask questions to their teacher and receive information on organizational issues.

Moodle also has a schedule of Zoom conferences for teachers of educational departments, which allows each applicant to choose a lecturer (from his sport), which turned out to be the most interesting for him according to his subjective assessment. In addition, the moodle contains announcements of the deadlines for the implementation of certain works that are organized for recipients.

Given the impossibility of conducting practical classes in the sports complex, in conditions of the pandemic, and the need to comply with safety rules, classes have only a theoretical component. The practical component is a task for independent work of applicants for higher education. Teachers of the Department of Physical Education have developed a set of physical exercises of various orientations, taking into account the level of preparedness of higher education and the peculiarities of the periods of general and special physical training in the annual cycle of training. Complexes have also been developed, the implementation of which will promote the development of flexibility, coordination, balance, endurance, speed in those involved. Exercise video sets are also presented on a remote platform, they are available during the school year, as well as a theoretical course.

Feedback between teachers and students of higher education, as well as control of residual knowledge from the theoretical block is carried out by performing test tasks provided on the distance platform after the theoretical block of each lesson and the first and second parts of the module, the results of which are evaluated levels of residual knowledge in each semester. Each part of the modular work has 30 test tasks, for each of which the applicant can get 30 points. If the student receives less than 60 points during the year or is not satisfied with the result, he has the opportunity to pass an integrated test, which consists of 50 test tasks, for each of which the applicant can get 2 points and thus score - 100 points.

Unfortunately, it is possible to state the presence of low motivation for physical education classes in higher education students, which can be explained both by the presence of distance learning during the school year, and the lack of a culture of health.

The culture of health is a multifaceted phenomenon and is a strategy of behavior aimed at maintaining health, based on a number of knowledge about health, as well as the ability to apply them in everyday life and in the work of the profession. The list of components of health culture is not exhaustive, but the basic, in our opinion, ie, those that are important in the process of realization of a person in the specialty are: culture of movements, culture of morality, spiritual culture, culture of being in society, intellectual culture, psycho-emotional culture, ecological culture.

The culture of movements involves the ability to perform physical exercises in order to improve and improve the technique of movements, posture, physical qualities.

The culture of morality presupposes the ability of young people consciously choose life goals, the ability to realize the meaning of life, and the choice of moral and spiritual values of the individual.

Spiritual culture presupposes the orientation of a person to spiritual values and the importance for a person of communication with the people around.

The culture of being in society implies the ability of a person actively interact with other members of society.

Intellectual culture involves the ability to analyze information and ideas, as well as the desire of a person constantly carrying out the self-education.

Psycho-emotional culture implies the ability to think positively under any circumstances and to respond adequately to the conflict that arises.

Ecological culture involves the ability to resist the emergence of bad habits, compliance with the regime of work and rest, in accordance with biological rhythms, economical use of natural health resources.

The reorganization of the system of physical education in "KPI named after Igor Sikorsky" provides for the introduction of higher education in the first year of the discipline Fundamentals of Healthy Lifestyle as a normative, and in the second year of Physical Education as selective, in order to consciously choose this discipline.

The success of the process of forming a culture of health in higher education is mainly determined by the level of understanding of scientific and pedagogical staff of this process, and taking into account the compliance of physical education with modern requirements and conditions created in the higher education system for its optimal functioning.