

# MODERNIZATION PROCESS OF PHYSICAL EDUCATION OF STUDENTS IN THE FRAMEWORK OF IMPLEMENTATION OF THE STATE STRATEGY FOR THE DEVELOPMENT OF PHYSICAL CULTURE, SPORT AND TOURISM IN THE RUSSIAN FEDERATION

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**Abstract:** The article is devoted to identifying approaches for the successful implementation of the federal government strategy for developing physical culture, sport and tourism in the Russian Federation. This strategy is part of the provision for increasing the number of students (up to 60% of the total number of students) who are regularly engaged in physical culture and sports at least twice a week. One of the reasons that hinders the implementation of this provision is the prevalence of irregular attendance of physical training classes by the students who try to combine work and academic activities. To solve this problem, the authors propose to consider the possibility of providing students with free admission to training classes at a convenient time for them if they attend two mandatory physical training lessons per week. The experimental results indicate that this opportunity enables young people to combine work and academic activities, significantly reduces the number of training classes ( $P < 0.01$ ) and increases the level of physical activity of young people to the required parameters. The increased number of weekly physical activities of the students contributes to the successful implementation of the state strategy of physical culture development and sports in Russia.

**Key words:** State strategy; health; physical culture and sport; students; higher education institutions; class attendance.

## Introduction

Nowadays the experts say the sphere of physical culture, sport and tourism in the Russian Federation was faced with a number of system challenges. Chief challenges among them are: the deterioration of the level of health and physical fitness of the population of the Russian Federation and the lack of an effective system of selection and training of sports reserve for national teams for summer and winter sports (Strategy of development of physical culture). It should be noted that the preparation of the sports reserve of our country's authorities pay substantial attention. According to the deputy of the Department of budgetary policy in the social sphere and science of the Russian Federation Ministry of Finance M. Alashkevich the total expenditure of the consolidated budget of Russia for physical culture and sport are about 180 billion rubles annually. Alashkevich claims that total financing of this budget line allow Russia to occupy a leading position in the number of funds allocated by the state for the development of physical culture and sports in comparison with other developed countries. So the share of expenditure on physical culture and sports amounted to about 0.3% in total federal budget expenditures and in most developed countries the athletes of which are in direct competition with the national teams of our country at great sporting events there is the share of expenditure allocated to physical education and sport is not exceeded to 0.1-0.2% of the total budget. For example, according to M. Alashkevich, in 2012 the share of federal budget spent on physical education and sport is higher than the total share spent for the same scope of these countries as Britain, Germany and France put together (Alashkevich, 2012). Unfortunately, there is a significant imbalance between the share of all levels of budget expenditures allocated for the development of mass physical culture and the development of professional sports. Government priorities related to the development of high performance sport and the situation related to the funding of mass sport and recreation movement does not improve. According to E. Duplinskoy, in recent years, the structure of total budgetary allocations of the federal budget to finance the physical education and sport as follows: elite sport takes 86% to itself of total expenditure, physical education and sport for only 12% of the costs and 2% of expenditure is allocated to a decision of other issues. And if in general the state expenditures on this area of activity increase year-on-year then it can happen only due to a significant increase in spending on elite sport and to physical culture but mass sports expenditures have been steadily declining (Duplinskaya, & Selivanov, 2014). It should also be noted that according to the statistical studies our country is far behind the most developed countries (US, Germany, Britain and others.) on the number of people who are regularly engaged in physical training. While in developed countries the physical

exercises are regularly performed up to 40% of the total working-age population but in the Russian Federation there is over 11% as it is indicated by A. Chizhov (Chizov, 2008).

The health situation most of the young people receiving higher education in Russian universities is really a cause for serious concern. According to reports of medical and educational research there are more than 50% of applicants admitted to the universities have already 2 or more chronic diseases and 40% of young men of military age are not able to meet standards for physical fitness even on a satisfactory mark (Osipov, Kadomtseva, & Kharlamova, 2016). It was revealed that during training in high schools the level of students' physical health has been steadily declining due to a number of negative factors (stress, fatigue, lack of exercise, etc.) (Osipov, Loginov, & Prikhodov, 2014). However, it should be noted that quite a disturbing situation with the level of physical fitness of students has developed today in almost all regions of the world as it was indicated by K. Hardman. According to his opinion the current trend is associated with a significant decrease in the standard of physical health and an increase in obesity today's youth is extremely worrying (Hardman, 2008). In general, the analysis of significant problems existing systems of today physical education of youth in the universities of North America and Russia which was held by A. Osipov has shown that the main problem is the lack of daily students movement activity which is extremely negative impact on their health (Osipov, Vonog, & Zhavner, 2016). In connection with this circumstance related to the physical health of students and pedagogical aspects of the teaching of physical education in the educational institutions must be significantly rethought as M. Chin argues. According to his point of view the program of physical education of young people should be re-diverted to the fight against global threats today - overweight and lack of physical activity (Chin, & Edginton, 2014). Serious threats to the physical and youth mental the health experts attribute the excess and enthusiasm of young people to the Internet and computer games (Kudryavtsev, Kramida, & Osipov, 2016). The benefits of physical activity and the need to increase its daily level as the primary means of preventing many diseases: obesity, hypertension, diabetes, diseases of the musculoskeletal system there are many scientists say in particular as S. Kim (Kim & So, in 2012), S. Fagaras (Fagaras, Radu, & Vanvu, 2015), J. Kvintova (Kvintova & Sigmund, 2016) and others. D. Merkel argues that students engaged in physical culture and sports during training in high schools show higher rates of psychosocial benefits (increased self-esteem, reducing the risk of suicidal behavior, etc.) than students who are not involved in sports (Merkel, 2013).

In order to increase the level of meaningful physical health of the population of the Russian Federation and the qualitative development of the sports potential of the country, the government, on behalf of the President of Russian Federation, has developed and approved a federal government strategy for the development of physical culture, sport and tourism in Russia until 2020. The main strategic guidelines of successful implementation of this strategy are: to increase the share of Russian citizens regularly and actively engaged in physical culture and sport to 30% of the total population by 2015; increase in the proportion of young people (school and college students) regularly engaged in physical culture and sport to 60% of the total number of students by 2015; achieving a weekly volume of motor activity of the Russian population from 6 to 8 hours provided two or more lessons per week (Strategy of development of physical culture). It does not cause doubt that the achievement of the stated parameters will enable the authorities to achieve significant improvement in the situation with the state of physical health of citizens. However, practice shows that the majority of the declared strategy of the provisions are not fully implemented including priority - increasing the share of Russian citizens who are regularly and actively engaged in physical culture and sport to 30% of the total Russian population as indicated in his report by the auditor of the counting Chamber of the Russian Federation S. Agaptsov (Agaptsov, 2013). For example, it should be considered the situation that exists today in the vast majority of higher education institutions of the Russian Federation. The discipline - "Physical culture" is represented by 2 lessons per week in the schedule of students' classes where a total volume is 3 hours. The administration of educational institutions still fails to comply with the requirement for the number of lessons per week (2 or more) with reference to the provisions of the strategy in this case but the requirements to the minimum essential amount of physical activity of young people (6 hours per week) is not fulfilled.

It is known that the need of young people in higher professional education in Russian universities is implemented in the main only by conducting classes on discipline "Physical culture" according to the educational programs (Osipov, Starova, & Khristolubova, 2015). This discipline is represented in a total volume - 400 academic hours in the vast majority of higher education institutions which are divided into theoretical, methodological-practical and practical classes which are conducted to the students of the 1-3 courses. The total amount of time spent on training is 4 academic hours per week (2 lessons). It is easy to see that with regard to the provisions of the strategy it is possible to fulfill the requirement only to the number of classes (2 or more during the week). The requirement for a temporary amount of classes - 6 hours or more per week which is not observed. The authors have to mention the fact that due to higher school schedules it is required to attend training classes on discipline "Physical Education" but a significant proportion of young people skips them regularly. For example, there are 24% of students of the 1-3 courses of various majors and specialties in the

Siberian Federal University revealed more than 50% of dropping-out of training classes without a valid reason (Osipov, Kadomtseva, & Kharlamova, 2016). These data allow us to get a sad conclusion of the failure of basic provisions of the federal government strategy for the development of physical culture, sport and tourism in our country. Unfortunately, we must admit that under the current system of education and physical education in institutions of higher education of the Russian Federation the proportion of young people who are regularly and actively engaged in physical culture and sport to 60% of the total number of students as well as a temporary amount of physical activity of young people from 6 to 8 hours per the week cannot be increased. However, it should be noted that there are similar problems in other developed countries. So one of the main objectives of the current US health care system - increase in the number of students who are actively engaged in physical training today successfully implemented as it is indicated by S. Fairclough (Fairclough, & Stratton, 2005). According to C. Pires research the main reasons for the spread of inactivity and reduction of the level of physical activity of young people who have entered to the higher education institutions is a significant lack of time for exercises, lack of the necessary motivation and social support (Pires, Mussi, & Silva, 2013). S. Roberts' studies show that the majority of British students are unable to reach a low of daily motor activity - 30 minutes of exercises per a day although young people have all possibilities for this (Roberts, Reeves, & Ryrie, 2015).

The authors believe that the successful implementation of the strategy announced in state provisions related to the preservation and enhancement of the level of health, physical development and growth of athletic performance of young people - students of the Russian universities the major changes are needed in the educational and cultural-educational activity of higher educational institutions of our country. These changes should concern the organization of sports and recreation, sports and mass, the teaching and educational activities of the educational institutions. The imminent need for intervention in the everyday learning process of students in order to saturate its sporting and recreational programs that promote physical activity and healthy lifestyle and there are many foreign experts who say about it, for example S. Piri (Piri, Afosi, & Mazreno, 2015).

### **Material & methods**

According to the authors, the significant increase in the number of young people who are engaged in physical culture and sports on a regular basis will contribute to the program of specialized training of students to participate in the conduct of sports events as sports volunteers. This is evidenced by the results of studies A. Osipov in which within the targeted training of students experiment to work as volunteers for the sports competitions program Winter Universiade - 2019 has proved possible to attract significant numbers of students to regular physical training and sports. One of the mandatory requirements for candidates for the post of sports volunteers were having a good physical preparation, possession of technical skills and knowledge of the rules for sport competitions in which students plan to maintain the competitions. To meet this requirement the young people who wish to work as volunteers in the sports Winter Universiade - 2019 had to start attending classes in sports clubs for the sports competitions in which they want to serve (Osipov, & Vonog, 2016).

It should also be noted that the activities of some universities dedicated the increase in the number of students who exercise regularly. For example, in the Siberian Federal University this problem is solved by means of the annual competition "Healthy lifestyle" among university students. The main objective of the competition is to attract the largest number of students in regular classes of various forms of physical activity (improving physical training and various sports). To win in the competition it is necessary for young people to be engaged in physical culture and sports for at least 6 hours per week throughout the school year. Each participant is given a special registration card in which the registration mark should be added to attend classes and sports clubs University. The competition takes into account the students' attendance of studies on physical training, training in sports sections and University clubs and the participation in sports competitions in various sports. At the end of each academic year, the university administration sums up the contest and awards distinguished by the students with cash prizes. Experts say such activities are allowed to achieve tangible growth in student numbers systematically for a short time and actively involve the students in various forms of sports activity (Vapaeva, Pazenko, & Shamsutdinov, 2014). However, according to the authors, these measures will not be enough to solve the problem successfully of a significant increase in the number of students who are regularly engaged in physical culture and sports during their training in universities. It is necessary as soon as possible to make changes in teaching and educational and training process in order to attract the number of students to regular and active physical education and sports for administration of the higher schools and teachers of the department of physical education.

As part of one of the goals of the federal strategy dedicated to increase the share of young people including students who are systematically engaged in physical culture and sport to 60% of the total number of students the authors suggest a closer view at the problem of low attendance by students of studies on physical training in universities. One of the significant reasons is the students' absenteeism on practical training of this discipline -

the combination of modern young people employment and educational activities during the training. Sociological studies of A. Verevkina indicates that there are more than half (52%) of students believe that their training schedule is inconvenient for them in terms of combining work and study and the work is the root cause of the systematic absenteeism which were indicated by 40% of respondents (Verevkina, & Prokopenko, 2013). Presented statistics suggest that the problem of combining student's work and educational activities have a major impact on reducing the level of attendance on the discipline of "Physical Education" and requires the search for high-quality solutions.

The successful solution of this problem is according to the authors' opinions is to provide students with combining labor and training activities, the possibility of independent choice of the convenient time for them to visit their training classes on the discipline "Physical training" during each training week. This decision will have a significant element of novelty as in the most Russian universities there is no practice of tolerance of a large number of students in the physical education classes at a convenient time for them. By the way, this fact causes some confusion among foreign students studying in Russia in the framework of various educational programs (Buchnev, & Kosyakova, 2012).

The researches on improving the level of attendance by students of practical physical training were held in the Siberian Federal University. 300 students of 3rd year of training took part in it according to the schedule who must attend classes on physical training as part of specialization - general physical training. This choice was due to the fact that the highest number of university students should attend the training classes within the framework of this specialization and there are the greatest amounts of notes that miss the classes (Osipov, Kadomtseva, & Kharlamova, 2016). Also, this specialization is very well suited for conducting various studies with a large number of students as practical classes mostly held outdoors (skiing is in the winter months, playing jogging is in the autumn and spring months) which allows to visit quite significant numbers of students involved at the same time. To conduct educational research 300 students were selected with an average of  $16 \pm 2$  missed classes during a term and who indicate the main cause of missing the classes - the combination of employment and education activities. Next term the students were divided into two equal groups by 150 students. It was offered for a Group №1 attending classes by existing training schedule and for a group of students' №2 it was asked to choose their own convenient time attending the classes with the possibility of combining working and training activities for young people. A prerequisite was to visit two practical classes during each study week.

## Results

At the end of the term it was estimated the number of missing the classes without a valid reason of classes on discipline "Physical culture" among students of both groups. The number of missing the classes in the group №1 in the middle is slightly decreased from  $16 \pm 2$  to  $14 \pm 2$  but in a group of students №2 is statistically significant ( $P < 0.01$ ) and it decreased from  $16 \pm 2$  to  $6 \pm 2$ . These basic hemodynamic parameters (heart rate, IOC) obtained as a result of young people test with 20 squats which students had performed at the beginning and end of the research showed a slight increase in heart rate and IOC of a group of students №1. A group of students №2 revealed significant ( $P < 0.05$ ) heart rate decline and IOC in comparison with the data obtained in the early studies. The main authors' study results are presented in Table 1.

Table 1. Data about the number of missed classes and the dynamics of key hemodynamic parameters in students study groups.

Groups	Research Start			Research End		
	Number of missed classes	HR	IOC	Qty of passes	HR	IOC
Group №1	<b>16±2*</b>	<b>82±2*</b>	<b>5,4±0,4*</b>	<b>14±2*</b>	<b>86±2*</b>	<b>5,6±0,3*</b>
Group №2	<b>16±2*</b>	<b>85±2*</b>	<b>5,5±0,2*</b>	<b>6±2***</b>	<b>78±2**</b>	<b>5,1±0,3**</b>

Approx. \* - uncertain; \*\* -  $P < 0.05$ ; \*\*\* -  $P < 0.01$ .

## Discussion

The research results show significant reduction in the number of missed classes on physical education at a group of students' №2 who were asked to choose their own convenient time in terms of combining work and training for attendance. Students of group №1 for whom time attendance was limited to the scope of the training schedule could only slightly reduce the number of missing classes because of combining their work, study and raining. These basic hemodynamic parameters (heart rate and IOC) of the examined students showed that students of the

№1 Group recorded a slight increase in heart rate indications and IOC in comparison with the measurements made at the beginning of the academic term indicating some deterioration in the level of their physical health. The №2 group of students showed significant ( $P < 0.05$ ) reduction in heart rate and performance of the IOC which suggests a significant increase in the level of operational readiness of young people to physical activity owing to the preservation and strengthening of the level of their physical health.

## Conclusions

Despite the rather impressive even if to compare with the most developed countries of the world the cost of the Government on physical culture and sport there is a serious problem of lack of funding and the relatively low efficiency of use of funds allocated directly to the mass physical culture may jeopardize the successful implementation of the state of the federal strategy for the development of physical culture, sport and tourism until 2020. The most problematic from the point of successful implementation is the situation connected with the increase of the proportion of people who are regularly engaged in physical culture and sport up to 30% of the total population of the Russian Federation and there is the increase of the number of students who are regularly engaged in physical culture and sport up to 60% of the total number of students in higher education. According to the audit of the Accounts Chamber of the Russian Federation both declared positions are not completely satisfied.

It is proved that on the date of the weekly level of physical activity most of the students of Russian higher education institutions does not meet the parameters stated in the strategy. One of the major reasons for this situation is the large number of missing classes on physical training by young people who try to combine working and learning activities because of the awkward for their training classes' schedules.

The authors believe that the successful implementation of the provisions on increasing the proportion of young people who are actively and systematically engaged in physical culture and sports during their classes at the universities should promote some changes in the organization and conduction of classes on physical training. For such changes will be applied the free admission of students to classes without strict reference to the current academic schedule. This will allow students to attend the required number of classes who combine working and learning activities and because of the difficult socio-economic conditions there is the number of student data which increases every year. The authors found that the availability of an independent choice of convenient attendance of classes on physical training during each school week enables young people to significantly reduce significantly the number of absenteeism therefore to increase their level of weekly physical activity due to their regular attendance. According to the authors ideas the provision of such a possibility will facilitate the successful implementation of the state strategy for the development of physical culture, sport and tourism in Russia.

**Conflicts of interest** - If the authors have any conflicts of interest to declare.

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