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Implementation of Strategy of Physical Training and Sport Development in the Russian Federation Within the Period till 2020 by Siberian Federal University

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The article presents the practices of Siberian Federal University regarding implementation of Strategy of physical training and sport development in the Russian Federation within the period till 2020. The issues of motivating the students for physical training and sport and necessity to introduce sports and health preserving technologies, focused on students' individuality, their motives, interests and needs, to physical training process are raised in the article.

The role of Siberian Federal University administration, sports club, faculty of physical education and sport and department of physical education in mass sport and sport of highest achievements is shown. Interdependence of the development of facilities and equipment for going in for physical training and sport with the implementation of goals and objectives set for the Russian higher education institutions by the "Strategy..." are emphasized. Some preliminary results of the "Strategy..." implementation in SibFU are presented, and namely: facilities and equipment for going in for physical training and sport are actively developing. Sports and health preserving technologies are being implemented in physical education process step-by-step. More than 90 % of the students with health abnormalities attend specialized physical training classes. 73 sports groups in 33 kinds of sport, free of charge centers renting skis, skates and bikes are open for the students. The number of students taking part in mass-sports and health-improving events has sufficiently increased (up to 15000 persons). Progress in students' sport has considerably increased (4 honoured masters of sports, 10 masters of sports of international class, 51 masters of sports of Russia have been trained by the university recently; SibFU is the winner of I All-Russian Winter Student Games, silver prize winner of II All-Russian Summer Student Games).

Keywords: health, strategy, programme, motivation, educational process, physical education, student sport, Student Games.

Introduction

At present health preservation of both the population of the country and students has become a Russian national problem. Despite a preconceived opinion that students are the

healthiest group of the population, it is at the age of 15-17 when the highest sickness rate is registered. According to the Ministry of Public Health and Social Development 60 % of students in our country have various diseases and only 14 % of

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school leavers are considered to be absolutely healthy (Bal'sevich 2006, Bogashchenko 2001, Ryabinina 2003, 2008). According to annual medical examinations 50 % of SibFU students have various health abnormalities and they are under specialized clinics' observation. Considerably more handicapped and disabled school-leavers enter the university nowadays (Muller 2006).

One of the reasons negatively affecting health is lack of motion, absence of the opportunities for teenagers to go in for physical training and sport on a regular basis first at school and then at a higher education institution. Insufficient number of sports facilities and multiple cost advance for physical training and sports services have made physical training and sports establishments not readily available for millions of teenagers. The government considers physical training and sport to be the most important tools for a human's potential development, one of the most efficient means for maintenance and protection of health, growth of capacity for work and extension of active life period (Vainbaum 2002, Gendin 2004, Zav'yalov 1997, Federal Law "On Physical Training and Sport in the Russian Federation", 2007, edited by Il'yinich, 2000, Shil'ko 2003).

World practices as well as Russian physical training and sports organizations' practices have shown for many years that physical training and sports facilities, used for a human's healthy life style formation, are efficient and economically profitable for the society. In addition to health-improving and sporting components student sport development has no less important social significance (Beloborodova 1989, Zav'yalov 1996, 2000, Ryabinina 2008).

Widely spread home and mercenary crime, alcoholism and drug addiction, intolerance, aggression and extremism to the people around are still "the property" of modern society. Virtual

Internet reality has become a part of some students' life. It is accompanied by their passiveness in real life that is also regarded as today's negative social factor. This set of contemporary negative social phenomena is characteristic to young people's environment of even the most prestigious higher education institutions in the country (Matytsin 2010).

Mass student sport is a powerful factor of the nation's unity and physical and spiritual health improvement, its maintenance in an adequate social vitality. Corporate support of student teams contributes to their successful results in competitions. It also serves a base for mass student patriotism to their university, krai (administrative territory), Russia. Thus, student sport development can actively facilitate exclusion of negative asocial phenomena from students' environment, strengthening a corporate spirit, self-discipline, sense of responsibility for the result, patriotism in young people (Matytsin 2010).

Development of physical training and sport at a university with proper facilities and equipment is an important resource of attraction of school leavers to a higher education institution, creation of a university's image, sport development in the region.

Practices of higher education institutions of the country and the world show that the universities laying claim to leadership create modern powerful sports complexes capable to embrace a maximum number of sports. For example, Belgorod University has built and provides the maintenance of a sports centre occupying 36,7 thousand square meters which has general-purpose playing hall with tribunes, track and field hall, gymnastic hall and other halls. In 2006 Ulyanovsk State University opened a multifunctional sports complex that is used as the facilities for Smaller Olympic Games of Privolzhskiy federal okrug (administrative

district). 11 modern sports complexes built in Kazan for the World Summer Student Games of 2013 will be given to higher education institutions after the event.

The opportunity to go in for various sports at a high level in modern sports halls and grounds of high quality is a competitive advantage of higher education institutions in attraction of future students.

On the 7th of August, 2009, the Russian Federation government approved the “Strategy of Physical Training and Sport Development in the Russian Federation till 2020”. The “Strategy...” defines the goals, objectives and main directions of the state policy implementation in the sphere of physical training and sport, including the system of higher professional education (Strategy of Physical Training and Sport Development in the Russian Federation till 2020, 2009).

The main higher education institutions’ objectives are the following:

1. Modernization of physical education system.
2. Improvement of training sportsmen of a top-class and sports reserve for a higher competitiveness of Russian sport on the international scene.
3. Development of infrastructure in the sphere of physical training and sport and improvement of financial support of physical training and sport activities.

The main target guidelines for higher education institutions are:

1. Increase of the number of full-time students who regularly (6-8 academic hours a week) go in for physical training and sport from 34,5 % to 60 % at the first stage (till year 2015) and to 80 % at the second stage (till year 2020).
2. Increase of the number of students belonging to a special medical group and attending physical training classes to

75 % at the first stage and to 95 % at the second stage.

3. The victory of Russian combined sports teams in off-the-record team event in World Summer Student Games in 2013 in Kazan and in Winter Olympic Games in 2014 in Sochi.

Research methodology

Analysis of the main aspects of physical education development, archival materials, historic facts, current legal materials of the Ministry of Education and Science of the Russian Federation, normative legal documents of the Ministry of Sport and Tourism of the Russian Federation has been carried out.

Results and Discussion

Physical training and sport development in SibFU is one of the first-priority areas of youth policy and corporate student culture formation. The efficient structure of physical training and sport administration and organization has been established at the university.

To implement the “Strategy...” SibFU has worked out: the Concept of physical training and sport development in SibFU till 2020; the Programme of physical training and sport development within the period till 2020. The main objective of the Programme is to create conditions providing the students, lecturers and staff with the opportunities to lead a healthy life style, go in for physical training and sport regularly, get access to a developed infrastructure, as well as to ensure representation of SibFU students in Russian national combined teams in various kinds of sport. The main aims and target guidelines specified in the Programme conform with the aims and target guidelines of regularly “Strategy...”.

One of the guidelines of the “Strategy...” implementation is modernization of physical

education system. Modernization of physical education system in higher education institutions presupposes, first of all, increase of effectiveness of physical training classes compulsory for more than 15000 students of our university. Motivation of students for achievement of positive result serves the basis of increase of physical training classes' effectiveness.

Russian leading universities have been working out and implementing advanced pedagogical technologies that enable to switch from compulsory physical training classes to the students' voluntary and highly motivated involvement in physical training and going in for sport. One of such approaches consists in application of adapted sports methods during physical training classes; choice of sports by the students in compliance with their own interests and transformation of physical training classes into trainings. SibFU effectively solves this task gradually introducing physical education system based on sports and health protecting technologies into educational process.

At present 50 % of students are provided with physical training classes on the basis of specialization in 14 kinds of sport. The students are given the right to choose a sport they will be going in for during their physical training classes for three years. Within these years the students successfully master the technical skills of a chosen kind of sport. Their physical development characteristics improve. The skills acquired are not lost for many years and can be activated in the course of doing sport at senior courses or upon graduation.

To measure the efficiency of physical training system monitoring of the students' health and physical development in the course of academic years is carried out with the help of automated programme "Health" Control System developed at the University (Certificate of official registration of the programme in computer №

2006613076 dated 01.09.2006) (Muller, 2006). The programme enables to conduct more than 2000 examinations per year. The students get a computer printout about their health with the advice for motion.

Nevertheless there exists the problem of formation of motivational aims for going in for various kinds of motion activity in students with health abnormalities as their number is constantly increasing. At our university this number is over 50 % from the total number of the university students. A considerable number of such students were allowed not to attend physical training classes at school and negatively think of doing sport. That's why a special attention should be given to a set of events that arouse interest to physical training and sport in these students. Physical training classes for them should be conducted with due regard for the specific character of diseases and be health-improving and health-recovering.

The conditions for physical training classes for students with poor health are constantly improving at Siberian Federal University. Facilities and equipment are increasing, various means and methods of classes' organization are applied.

The students are enrolled to a specialized educational department and grouped as per specific character of their diseases according to medical examination results. According to a disease type physical training classes for most students are designed for four groups. The students with cardiovascular and central nervous systems abnormality have their physical training classes in a health-improving aerobics gym. The classes are emotionally positive and always to the music. The amount and intensity of physical load correspond to the students' health and are of health-improving character. The students with musculoskeletal system abnormality are trained in swimming pool. Exercises in water make

motions easier, special physical load improves a functional state of the body. The students with respiratory, digestive, etc. apparatuses abnormality have physical training classes in the gym of a specialized educational department. The gyms well-supplied with sporting equipment and gym apparatuses as well as methodological support make it possible for an instructor to conduct various classes, design individual sets of specific exercises aimed at disease prevention for each student.

Physical training classes both for the students with limited physical abilities and the students who are temporary free from physical training classes after injuries and operations are held in the centre of adaptive physical training. The centre is equipped with modern gym apparatuses. The classes there are conducted under a doctor's control. Each student is trained according to a personal programme focused upon a set of medical physical training and exercises on gym apparatuses which is reflected in "the passport of health" developed by the physical training department. The heartbeat and arterial blood pressure rates are registered before and after classes. Their interpretation enables to control the students' health and correct physical load. A doctor's in charge recommendations are taken into account at designing a personal programme. Indigent students with health abnormalities are given the opportunity to be treated in preventive clinics and continue their health improvement in sporting health camps in summer time.

A great variety of means and methods of conducting classes for the students with health abnormalities raise the students' motivation for physical training and sport. The way they feel improves, relapses of chronic diseases decrease, signs of good physical state increase, functions lost after injuries restore. Such an organization of classes favours the need and necessity for extra physical training classes and going in for sport. In

case proper conditions, connected with facilities and equipment development, are created it might attract thousands of students to regular physical training and sport.

One of the target points of the "Strategy..." (that is growth of the number of students with a special medical health group who attend specialized physical training classes up to 75 % at the first stage till 2015, up to 95 % till 2020) has been achieved already. More than 90 % of SibFU students with health abnormalities attend specialized physical training classes.

Modernization of educational process in physical training at SibFU will enable to raise motivation for regular physical training classes and going in for sport. It will partially solve the objective of the "Strategy..." when 4 academic hours of classes a week are provided. The students can be provided with the rest 4 academic hours of motion a week only in case of conditions for full-scale development of mass student sport.

Mass student sport development. Mass student sport development at SibFU is given much attention. The chief organizer and executive of this work is the Sports club integrating its activity with the department and faculty of physical training and sport. With the support of the university administration an efficient management structure of extra-curricular sport and health-recovering physical training has been established. Besides the staff members of the Sports club 108 instructors from the department and faculty of physical training and sport are involved in the organization of sport and health-recovering physical training. The financial issues have been solved. These are organization of health-recovering physical training and sport; material motivation of the staff of physical training departments for extra-curricular training and health-recovering physical training.

At present each faculty, institute and territorial complex of hostels is supervised by

the instructors of physical training department who organize extra-curricular health-recovering physical training. Together with sports student group of activists they organize sports events at the faculties, institutes and hostels, involve students in the university sports health-recovering and mass sports events throughout an academic year. 73 sports groups in 33 kinds of sport are open for the students. Free of charge centers renting skis, skates and bikes are available and very popular among the students, lecturers and the university staff. Faculties and institutes are provided with time for sports events organization in the university gym. 10 hostels are equipped with sports halls with modern gym apparatuses.

The university organizes annual health-improving competitions among the students, lecturers and staff:

- “Healthy Lifestyle” provides going in for various kinds of sports and physical training activity for not less than 6 academic hours a week. “Everybody starts” requires participation in not less than 30 sports and physical training events in various kinds of sport during a year. The students, lecturers and staff who have met the terms of the competitions are financially encouraged;
- competitions in winter football are held, 80 teams (more than 900 persons) take part in them within 5 months on a regular basis.

250 sports events are held at the university during an academic year. They involve more than 15000 students, lecturers and the university staff.

The main goal of holding competitions and similar events corresponds to the objectives set in the “Strategy...” that is attraction of maximum number of students, lecturers and the university staff to regular (6-8 academic hours a week)

involvement in various forms of health-improving physical training and sport.

Despite a large scale of work connected with health-improving physical training and sport and done by the university every year an insufficient number of sports facilities results in the fact that only 15 % of the students regularly (6-8 academic hours a week) go in for physical training and sport. Most student competitions are held in their simplified form. A considerable number of students are eager to take up such popular kinds of sport as volleyball, basketball, aerobics, and mini-football. But the matter is that even the trainings of the university teams in sports games are limited in time in the gyms, the combined university teams have to rent sports facilities in other districts of the city for their trainings.

The absence of a necessary number of indoor sports facilities forces the instructors to conduct classes for a considerable number of students in the adjoining territory. Such classes (especially if conducted for the students with health abnormalities as well as for females) are ineffective in Siberian climate conditions.

Implementation of the Programme of physical training and sport development at SibFU will enable to enlarge the number of students regularly (6-8 academic hours a week) going in for physical training and sport up to 80 % and carry out the main provision of the Strategy of physical training and sport development in Krasnoyarskiy Krai and Russia till 2020 for higher education institutions due to new sports facilities, a wider variety of sporting events, a greater number of sports clubs and health-improving groups, development of centers renting sports goods for self-training, competitions in sports games on a regular basis attracting a greater number of teams.

Development of student sport of highest achievements. Development of student sport of

highest achievements is another priority direction of the “Strategy...” implementation at SibFU.

The university administration gives much attention to the development of sport of highest achievements. The university students can go in for 33 kinds of sport. Educational-and-training practice sessions, participation in competitions are financed, leading sportsmen are given various encouraging payments as per their competition results. Comfortable living standards are provided. Winning All-Russian and international competitions, the students raise the university’s image and promote the brand of SibFU as a leader in Russian student sport.

4 Olympic Games champions study at the University: Nazir Mankiev and Aslanbek Khushtov, honoured masters of sport, Beijing Olympic Games champions in Graeco-Roman wrestling, Olga Medvedtseva, an honoured mater of sport, twice champion of the Olympic Games, Evgeniy Ustugov, an honoured mater of sport, the Olympic Games champion. 18 masters of sport of international class and 59 masters of sport of Russia also study at the university. 200 persons are members of Krasnoyarskiy Krai combined teams in various sports, 27 students are members of Russian combined teams. 16 students and instructors are champions and prize-winners of World Cup championships, 18 – champions and prize-winners of European championships, cups and contests, 112 – champions and prize-winners of All-Russian competitions.

4 honoured masters of sport, 10 masters of sport of international class, 51 masters of sport of Russia have been trained within the previous 4 years. SibFU is a winner of I All-Russian Winter Student Games, a silver-prize winner of II All-Russian Summer Student Games.

At present SibFU is one of the leaders of Russian student sport. It successfully implements the objectives set in the “Strategy...”.

Nevertheless there are a number of system problems limiting the development of sport of highest achievements at the university. These are, first of all, limited financing of student teams training and absence of a sufficient number of sports facilities.

Financial support of the Programme of physical training and sport development at SibFU will ensure the university’s leadership position in Russian student sport and constant representation of its students in Russian national combined teams in World Student Games, European and World championships and the Olympic Games.

Development of facilities and equipment for physical training and sport. Development of facilities and equipment for physical training and sport is the main and vital condition for the “Strategy...” implementation.

The university has got 5 sports complexes with two swimming pools, 8 gyms in educational buildings, 3 ski pavilions, a hockey rink, 3 football pitches with natural covering, 4 flat-bed fields without special covering. The absence of necessary financing within a long period of time caused enormous wearing of the whole sporting and health-improving structure of the university. Most of sports facilities were built in the 70s and are in need of major repairs. A considerable number of necessary equipment and sports goods are either obsolescent or missing, flat-bed facilities are not equipped with covering and lack infrastructure.

At present SibFU administration pays much attention to the development of facilities and equipment. Every year routine and major repairs of sports facilities are done, modern sports equipment and goods are purchased. Nevertheless, the area of indoor sports facilities makes 60 % of a standard norm. All sports facilities are overused. There is a lack of sports halls for physical training, which ensure an educational process, trainings of combined

teams in sports games, inner competitions. The university annually pays 1,3 million rubles for the rent of sporting facilities.

Being a leader in many kinds of sport, the university organizes inter-regional stages and round tournaments of All-Russian student competitions in mini-football among male and female teams, basketball and volleyball in Krasnoyarsk every year. But the university has not a single sports complex meeting the requirements of the regulations of such competitions. Nowadays, to hold such events the university has to rent sports facilities distant location of which makes it difficult for the students to be present at them.

The university needs a new modern sports complex with stands for a thousand spectators. Such sports complex is stipulated by the general plan of SibFU development. Moreover, by present pre-project works as well as connection of this sports complex to the territory of SibFU have been done. A new sports complex will provide the conditions for modernization of physical training educational process. It will considerably expand the opportunities for mass student sport and sport of highest achievements development at SibFU, the city of Krasnoyarsk and Krasnoyarskiy Krai. The complex will become a centre for holding spectacular events, sports holidays, festivals, regional, All-Russian and international student competitions attracting a great number of participants and spectators. More than 5000 students will be additionally involved to going in for physical training and sport on a regular basis.

Besides, implementation of a joint project with Krasnoyarskiy Krai administration on building the facilities of Winter Sports Academy in the territory adjoining the university will ensure extra opportunities for winter sports

development as well as for active recreation of the students, lecturers and the university staff. Development of facilities and equipment for physical training and sport must become one of the university's competitive advantages and basis for the "Strategy..." implementation.

Conclusion

Siberian Federal University has been carrying out an effective work on the implementation of the Strategy of physical training and sport development in Krasnoyarskiy Krai and Russian Federation for the period till 2020.

1. The Concept of physical training and sport development at SibFU has been worked out for the period till 2010.
2. The Programme of physical training and sport development at the university for the period till 2020 has been approved.
3. Modern infrastructure for physical training and sport has been actively developing; efficiency from the use of areas and equipment is increasing.
4. Modernization of educational process in "Physical Training" as an academic subject is being put into practice.
5. Mass student sport is effectively developing.
6. The number of students who regularly go in for physical training and sport is increasing.
7. Favourable conditions for the students', lecturers' and the university staff's unimpeded going in for physical training and sport are being created; accessibility and quality of health-improving physical training services are increasing.
8. Regular representation of SibFU students in Russian national combined teams in many kinds of sport is ensured.

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Реализация стратегии развития физической культуры и спорта в Российской Федерации на период до 2020 года Сибирским федеральным университетом

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Представлен опыт Сибирского федерального университета по реализации стратегии развития физической культуры и спорта в Российской Федерации до 2020 года. Раскрыты вопросы повышения мотивации студентов к занятиям физической культурой и спортом, необходимости внедрения в учебный процесс по физическому воспитанию спортивных и здоровьесберегающих технологий, учитывающих индивидуальность студентов, их мотивы, интересы и потребности.

Показана роль администрации СФУ, спортивного клуба, факультета физической культуры и спорта и кафедры физической культуры в развитии массового спорта и спорта высших достижений. Акцентирована взаимосвязь развития материально-технической базы для занятий физической культурой и спортом с реализацией целей и задач, поставленных перед вузами России «Стратегией...». Представлены некоторые предварительные результаты реализации «Стратегии...» в СФУ: Активно развивается материально-техническая база для занятий физической культурой и спортом. Поэтапно внедряются в учебный процесс по физическому воспитанию спортивно-видовые и здоровьесберегающие технологии. Свыше 90 % студентов с отклонениями в состоянии здоровья посещают специальные учебные занятия по физической культуре. Для студентов работают 73 спортивные секции по 33 видам спорта, бесплатные пункты проката лыжного инвентаря, коньков и велосипедов. Существенно возросло (до 15000 человек) количество студентов, принимающих участие в спортивно-массовых и оздоровительных мероприятиях. Значительно повысились показатели в студенческом спорте – за последние годы в университете подготовлены 4 заслуженных мастера спорта России, 10 мастеров спорта международного класса России, 51 мастер спорта России. СФУ – победитель I Всероссийской зимней Универсиады, серебряный призер II Всероссийской летней Универсиады.

Ключевые слова: здоровье, стратегия, программа, мотивация, учебный процесс, физическое воспитание, студенческий спорт, Универсиада.
