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Organisation of profile physical training education with the module “Tourism”.

Profile education in “Tourism” module

Keywords: *profile education, physical training,
module, tourism, sport direction.*

**AKTYWNOŚĆ RUCHOWA
LUDZI DOROSŁYCH**

Introduction.

Due to the rapid development of society, the modern educational process should be based on scientific innovative approach to organize the set of components, which should contribute to its better implementation in Ukraine.

In our opinion, secondary school students' profile education, suits the best to the labor market requirements for the preparation of good professionals, as they stand as a strong foundation for their future preparation in higher educational establishments.

The above formulated problem becomes specific in the organization of preparation of future specialists in the sphere of physical culture and sport, as the level of development of future professional treats of profile education participants according to sportive direction depend directly from the level of their theoretical, technical, tactical, physical and psychological preparedness.

The search for new approaches in realization of sports direction, according to different profiles were realized by: O.V. Kotova (2012), I.K. Latipov (2006), Otravenko E.V., Solomchenko M.A. (2012), T.T. Roters (2012) and others.

The physical culture education program of profile level proposes the realization of module range which is represented by different sport types, this includes “Tourism” as well (Ermolova et al. 2010).

Tourism has a great importance for physical and spiritual perfection of pupils. Moreover today on the labor market the demand for the professions, the activities of which are connected with such educational directions as tourism (teachers of physical education, tourism instructors, industrial alpinism workers, environmental, excursion, forestry agricultural, rescue services domains and others).

We didn't find any researches concerning organization of profile education with the sport direction "Tourism", its structural components and influence of this type of education on different types of preparedness of high-school students, including physical preparedness, so we think that this question needs further researches.

Paper objective is to create and to experimentally verify the influence of organizational algorithm of high-school students profile education in the domain of physical culture with the module "Tourism" on the level of physical preparedness of high-school students.

Methods and study organization

Analysis and generalization of literature sources, theoretical modeling, questionnaire, pedagogical experiment, method of mathematical statistics.

Program experiment check was made in Lutsk school (I-II levels) №11 – collegium and Volyn intensive military and physical training lyceum. It involved 33 pupils of 10th grade.

Results of the study

It's stated that necessary components of effective profile education are: 1) pre profile preparation; 2) selection of pupils, personnel support; 3) material and technical support; 4) educational and methodological support; 5) financial support; 6) pedagogical realization.

These components must be taken into account when implementing the profile education and profiles of different areas of study because they contain common ground, common aspects of implementation and many related features.

- **Pre-profile education** should be implemented in the 8–9th form through mastering by pupils propaedeutic knowledge of some educational sphere and professional consultation psycho diagnostics. It was stated that for sport direction of education profilization of high-school pupils the most popular form of preprofile preparation is attendance of additional classes, facultatives, mastering of educational courses with choosing the following subjects: "History of physical culture", "Sportive physiology", "Theory of physical culture" and others.
- **Selection of pupils** in sport classes should be based on: detailed diagnostics of health state of pupil, determination of the presence of typical professionally

developmental and personally important treats and inclinations towards sportive direction of, wish of the pupil to be active in sportive and pedagogical activities, support of parents in choosing the further research direction.

- **Human resources** of educational sportive profile should be presented by: physical training teachers, interdisciplinary pedagogues which have some relation to physical training: sport trainers, psychologists, head teachers, medical personnel. Moreover they should constantly improve their competence (centralized or independently).
- Implementation of any profile for high-school students in sportive direction should be based on the existing **material-technical support** of educational institution (area of gyms and playgrounds, specialized sportive equipment and special tools etc.) and provide its renewal. Also we recommend to cooperate with specialized profile institutions such as (Universities, sport schools, touristic centers).
- **Educational-methodological supply** predicts:
 - *improvement of existing programs or development of new educational programs.* For the formation of program sense it's possible to create creative groups from the pedagogical personnel of school, engage pupils to participate in educational research work, consultations with scientists, trainers, practices, etc:
 - *improvement of existing or creation of new scale standards.* As a basement for evaluation of high-school students during the lessons it is proposed to choose main criterias of physical training Education program: 1. The physical exercise acquisition technique; 2. Execution of educational norm (based on the dynamics of personal results); 3. Realization of educational tasks during the lesson; 4. The acquisition of theoretical-methodical knowledge. Also the other methodic of evaluation, including the development of own approaches could be used.
 - *Formation of interdisciplinary connections.* It's possible to improve the knowledge level thanks to enhanced learning of the scientific subjects (or their parts) such as biology (anatomical-physiological knowledge), medicine (hygiene requirements to physical education), history (sport development and physical training history in Ukraine and in the world). Creation of interdisciplinary connections will allow as well to expand the range of knowledge according to selected module (for example geography learning while studies with the module "Tourism").

The own pedagogic realization of **profile education** predicts making corrections into the content, methods and forms of teaching and educational process. It should be based on preprofile preparation, which in its turn has direct influence on: the future selection of pupils in some profile class, human resources, material and technical, educational-methodological and financial support.

We will uncover this point on the example of check of efficiency of author model of profile learning organization of physical culture, with the module "Tourism". For that there was organized parallel pedagogical experiment in which control and experimental groups of pupils from 10th form took part.

Control group worked according to profile level of physical culture Educational program (2010) with the module "Tourism".

On "Physical culture" lessons experimental group mastered the module "Sport tourism", created by the author (Voytovych 2012). The main conditions of profile education organization with the module "Tourism" of research groups are presented in the Table 1. The amount of weekly physical workload (in hours) in two groups was the same.

Table 1.

Conditions of physical culture profile education organization with the module "Tourism" in study groups

Educational elements	Experimental group	Control group
Lesson education form: subject "Physical culture" 5 hours.		
Section "Basics of physical and sportive activity" (1 hour)	Profile level physical culture education program (year 2010)	
Section "Methods of physical activities" (4 hours)	Module "Sportive tourism" (Educational program of optional course of physical culture for the pupils from the classes with sportive direction "Sport tourism" (year 2012))	Module "Tourism" (Profile level physical culture educational program (year 2010))
Unit "Physical training"	Profile level physical culture educational program (year 2010) (32 hours.)	Profile level physical culture educational program (year 2010) (40 hours)
Content	Includes following units "Hiking completion technique", "Technique of overcoming natural obstacles" "Technique of overcoming water obstacles", "Tactics of obstacles overcoming" "Cross-hiking", "Tourist hiking"	Includes following units: "Specialized preparation" (specialized physical preparation, technical preparation: local orientation, technique of overcoming natural obstacles), "Instructors and referee practice"
Control educational norms and requirements	According to profile level physical culture educational program (year 2010) and own elaborations	According to profile level physical culture educational program (year 2010)
Optional courses	"Tourist services", "Local studies", "Sport orienting" (35hours)	Not conducted
Interdisciplinary courses	Conducted (geography, biology, history, Motherland defense, medicine, Ukrainian and foreign languages)	Not conducted

Source: (Voytovich 2012) (Yermolova et al. 2010)

In the experimental period 5 hours per week was given for organization of profile education: one hour for the section “Basics of physical and sportive activities” and 4 hours for the section “Methods of physical activities”. This section is oriented on the formation of pupils’ personal self-development and increase in the level of sports-mastership in hiking, formation of self-organizational skills of physical culture activities.

Two hours per week from optional courses in experimental group were given for studying of the courses (for selection): “Local studies”, “Sport orienting” and “Tourist services”.

The direct implementation of author model of physical culture profile education with the module “Tourism” was made on three levels (figure. 1).

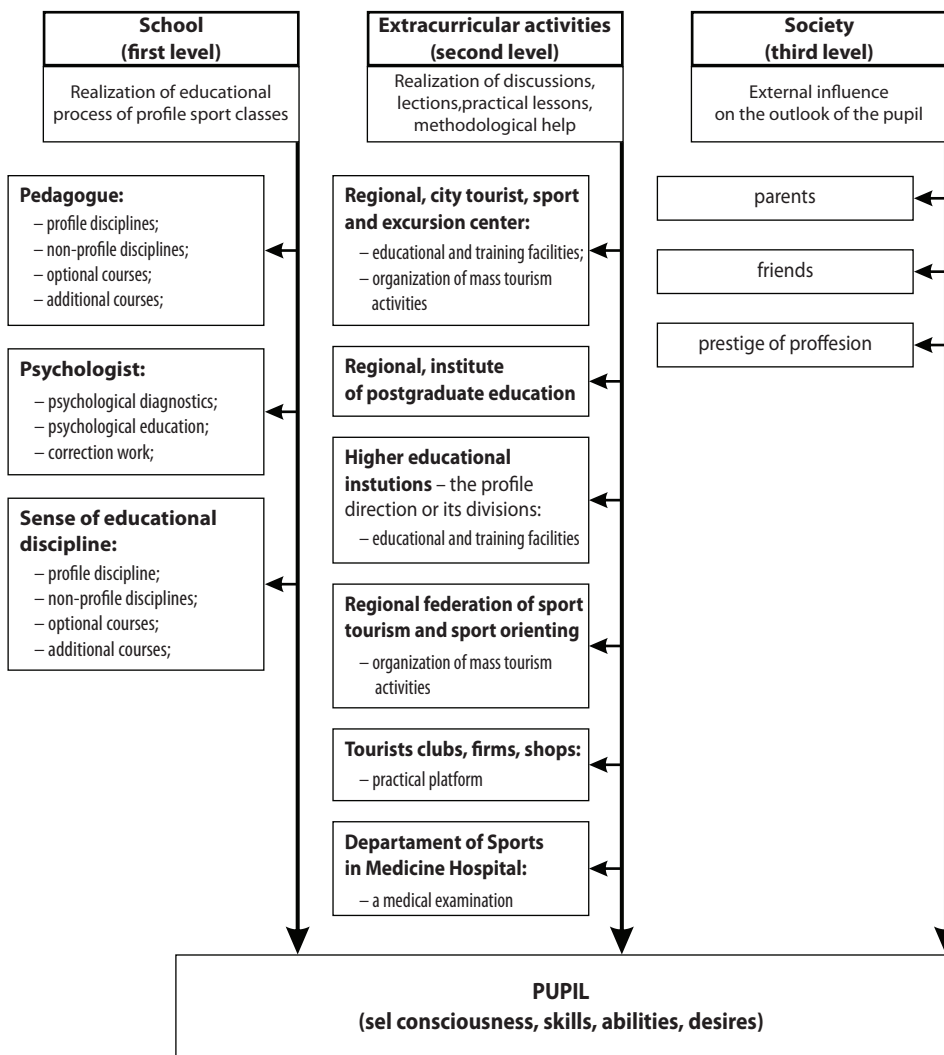


Figure 1. Levels of realization of author model of profile education with the module “Tourism”.

Source: own elaboration

First – scholar level, predicts the implementation of profile education with the sport direction and module “Tourism” through making changes in educational process of high-school students. The changes were related to: introduction of psychological support experiment, proper work of physical culture teachers and those teachers who are working in interdisciplinary field with profile discipline and were previously familiar with the author model of profile learning, introduction to the educational process of author program module “Sport tourism”, which was realized on the coupled lessons of “physical culture” and on the optional lessons.

This level predicts individual approach in pedagogical activity with the regard to gender, psychological and physiological possibilities of pupils, the goals that prompted students to visit sport class (preparation to future professional activity, entering to higher educational establishment, sport self-mastering, health improvement, formation of bodybuilding). It was realized through proposing to pupils to do educational-training activities on different levels of difficulty (overcoming technical stages without security in systems with self-organisation railings).

Second – extracurricular activities level of realization of profile education author model predicts the ensuring of individual cognitive needs of each pupil, aiming to form the stable interest to the selected profile, mastering of additional knowledge and relevant skills. It was resolves through conduction of educational process and bringing to the organization the workers from tourist centers, regional educational-methodological institute of postgraduate education, pedagogical employees of regional federations of sport tourism, sport orienting faculty members of higher educational establishments and conduction by them informational-methodological help.

Moreover the pupils from experimental group took part in hiking competition and sportive orientation, which prompted pupils to improve their mastering in these kinds of sport, widening of special abilities diapason, improvement in the level of knowledge and instructor and referee work.

Third – social level of profile education implementation presented by external influence on the outlook of pupil (parents, friends, society) (figure. 1).

This organization model of profile education with sport direction was tested in “Tourism” practice module. Its effectiveness was confirmed ($p \leq 0,05$) by better growth performances of technical-tactical, theoretical preparedness and motivation readiness of pupils from experimental group (Voytovych 2012) (Voytovych, Hnitet-ska 2011). We have highlighted in this article the indicators of physical preparedness.

Tourism is a complex sport, as its sports titles and ranks are realized on competition obstacle course, as well as during hiking in dealing with various difficulty levels. It requires preparedness not only on the technical, tactical, psychological and theoretical level, but also it needs the harmonious development of all physical qualities.

To compare the dynamics of indicators of physical preparedness of control and experimental group we defined the development level of the main physical

treats in the beginning and in the end of experiment: speed – running at 100 m; endurance – endurance run (1500 m – for girls, 2000 m – for boys); strength: to chin-up while hanging – for boys, chin-up lying – for girls, arms flexion and extension while lying, lifting of the body from the lying position per 1 minute; flexibility – torso forwarding from sitting position; agility – “shuttle” running 4 × 9 m with transferring of the object; speed-strength qualities – long jump from the place.

As we can see from the table 2, the physical preparedness result of pupils (girls) from experimental group is improving; we can see the growth in all the indicators.

Table 2.

Statistic indicators of physical preparedness of girls from experimental group

Test exercises	X ± Sx		t	p	Growth
	Before	After			
Chin-up (times)	16,67 ±1,08	22,33 ±1,00	3,845	≤0,01	5,66 (25,35%)
Arms flexion and extension from lying position (times)	14,11 ±1,95	17,78 ±1,35	1,547	≥0,05	3,67 (20,64%)
lifting of the body from the lying position (times/minute)	43,56 ±2,35	51,78 ±2,22	2,543	≤0,05	8,22 (15,87%)
torso forwarding from sitting position (cm)	14,44 ±1,59	15,89 ±1,17	0,735	≥0,05	1,45 (9,13%)
Running 100 m (s)	16,72 ±0,22	16,33 ±0,15	-1,465	≥0,05	0,39 (2,33%)
Running 1500 m (s)	0:07:36 ± 0:00:06	0:06:56 ± 0:00:02	-6,325	≤0,001	0:00:40 (8,77%)
long jump from the place (cm)	173,1 ±4,98	180 ±3,33	1,150	≥0,05	6,69 (3,83%)
“Shuttle running” 4×9m (s)	10,84 ±0,08	10,59 ±0,07	-2,352	≤0,05	0,25 (2,3%)

Source: own elaboration

The strengths development exercises results were statistically reliable: chin-up ($p \leq 0,01$), lifting of the body from lying position ($p \leq 0,05$); agility – “shuttle run” ($p \leq 0,05$); endurance – running on 1500m distance ($p \leq 0,001$).

These exercises demand development of those physical skills, which are the most important for active tourism.

We should tell that the growth percentage for girls is the largest with exercises for strength development: lifting the body from lying position – 15,87% (with the middle indicator 51,78 times), “push-ups” – 20,64% (the middle indicator 17,78

times) and "chin-ups" – 25,35% (the average indicator 22,33 times). The growth percentage in endurance exercises is lower – 8,77% and flexibility – 9,13% (table. 2).

We can see the indicators of boys from both groups for each of the proposed exercises in the Table 3.

Table 3.

Statistical indicators of boys' physical preparedness from control and experimental groups

Test exercises	Group	Statistical indicators				
		X ± Sx		t, p In group	t, p between the groups	Growth
		before	after			
Chin-ups (times)	Experimental	9 ±0,83	12 ±0,96	2,364 ≤0,05	-1,132 ≥0,05	3 (25,0%)
	Control	8,93 ±1,13	10,33 ±1,22	0,842 ≥0,05		1,4 (13,6%)
Arms flexion and extension from lying position (times)	Experimental	30,89 ±2,02	38,78 ±2,91	2,227 ≤0,05	-0,805 ≥0,05	7,89 (20,35%)
	Control	35,87 ±3,23	38,4 ±3,41	0,539 ≥0,05		2,53 (6,59%)
Lifting of the body from the lying position (times/minute)	Experimental	48,89 ±2,79	51,89 ±2,65	0,78 ≥0,05	-2,284 ≤0,05	3 (5,78%)
	Control	41,53 ±2,94	43,33 ±2,65	0,455 ≥0,05		1,8 (4,15%)
Torso forwarding from sitting position (cm)	Experimental	10,44 ±1,47	11,78 ±1,46	0,647 ≥0,05	-1,884 ≥0,05	1,34 (11,38%)
	Control	7 ±1,9	7,93 ±1,43	0,754 ≥0,05		0,93 (11,72%)
Running 100 m (s)	Experimental	14,71 ±0,32	14,41 ±0,26	-0,728 ≥0,05	0,03 ≥0,05	0,3 (2,04%)
	Control	14,54 ±0,21	14,4 ±0,20	-0,483 ≥0,05		0,14 (2,11%)
Running 2000 m (s)	Experimental	0:08:36 ±0:00:08	0:08:04 ±0:00:10	-2,499 ≤0,05	2,263 ≤0,05	0:00:32 (6,2%)
	Control	0:08:39 ±0:00:09	0:08:36 ±0:00:10	-0,163 ≥0,05		0:00:03 (0,58%)
long jump from the place (cm)	Experimental	214,1 ±3,9	222,8 ±5,84	1,233 ≥0,05	0,337 ≥0,05	8,7 (3,9%)
	Control	217,3 ±4,48	220 ±5,84	0,363 ≥0,05		2,7 (1,23)
"Shuttle running" 4×9m(s)	Experimental	9,46 ±0,21	9,22 ±0,18	-0,868 ≥0,05	0,482 ≥0,05	0,24 (2,54%)
	Control	9,43 ±0,17	9,33 ±0,14	-0,454 ≥0,05		0,10 (1,06%)

Source: own elaboration

The study of physical preparedness of boys according to the average indicators showed that statistically important changes (with $p \leq 0,05$) in experimental group were in the following exercises: chin-ups, arms flexion and extension from lying position and running on the distance of 2000 m. Talking about reliability between the groups, it was present in exercises for the development of abdominal press strength and endurance ($p \leq 0,05$).

It is important to pay attention to the fact that the biggest growth of indicators of boys from both groups were in such exercises as "Chin-ups" (25,0% – experimental, 13,6% – control), "Arms flexion and extension from lying position" (20,35% and 6,59%, respectively) and "Torso forwarding from sitting position" (11,38% – experimental, 11,72% – control group). As well pupils from experimental group showed a good growth on 6,2% in exercises for the development of endurance and 8,7% – in speed-strength exercises.

Conclusions

1. The algorithm of profile education in physical culture is multileveled and includes pre profile preparation, selection of students, selection of appropriate personnel, teaching equipment development or correction of educational programs, establishment of interdisciplinary connections, evaluation and implementation of direct teaching. Implementation of the author training model for sport profile direction module "Tourism" predicts the work with pupils of a special school psychologist; organization of teaching seminars for teachers of specialized subjects, which covered the main provisions of innovative learning model in sport; issues and recommendations for its implementation, the value of taking into account the individual characteristics of the students (physiological, cognitive, communicative, social and psychological), vocational work with class teachers, improving interdisciplinary connections, establishing professional contacts with other specialized agencies (local, regional centers of tourism, sport and local history, the Institute of Physical Education and health, medical and travel clubs). In addition, the students from the experimental group worked with the author's program module "Sports Tourism".

This arrangement of differentiated instruction for high school students to gain sport direction allowed schoolchildren to learn more and to get new skills in this area, referrals to self-determination in their professional activities in favor of physical culture, sports and tourism, the formation of skills of independent exercising and healthy lifestyles through the use of visual aids, a combination of practical training with different other directions, dialogue between students and teachers.

2. The comparison of influence on physical preparedness of pupils of physical culture profile educational program with the module "Tourism" and author

program of the module "Sport tourism", as a part of the model of physical culture profile education organization allowed to admit the effectiveness of the second, which is affirmed by the improvement in the results in all the researched exercises and statistical reliability in the development indicators of such physical treats as strength ($p \leq 0,05$) and endurance ($p \leq 0,001$).

3. The proposed model of profile education organization of high-school students with sportive direction and module "Tourism" could be recommended for practical usage in high-school.

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ORGANISATION OF PROFILE PHYSICAL TRAINING EDUCATION WITH THE MODULE "TOURISM"

Summary

Keywords: *profile education, physical training, module, tourism, sport direction.*

Paper objective is to create and to experimentally verify the influence of organizational algorithm of high-school students profile education in the domain of physical culture with the module "Tourism" on the level of physical preparedness of high-school students.

Methods and study organization: analysis and generalization of literature sources, theoretical modeling, questionnaire, pedagogical experiment, method of mathematical statistics.

Results and conclusions: The article is devoted to the problem of physical training profile education organization of high-school students with the module "Tourism". The structural components of physical training profile education organization and the levels of its realization are explained.

The comparative data of influence on physical preparedness on secondary school students, taking gender into account on "Physical training" lessons according to physical training educational program of profile level according to the module "Tourism" and module author program "Sport Tourism" as a part of algorithm of profile education organization according to the sport direction are presented.

It was established that the author program has greater efficiency, as secondary school children from experimental group have better results. Statistical reliability for both boys and girls were noticed in exercises for strength development ($p \leq 0,05$) and endurance ($p \leq 0,001$).