

Aspects of Social Management in Sport-Mass Work of High School

Aspectos de la Gestión Social en el Deporte-Trabajo Masivo de la Escuela Secundaria

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ABSTRACT:

The New millennium puts before all generations people new problems. In referencing the President RF to Federal Meeting of one of the main problems of the future development social state is increasing quality to life people of Russia, improvement of health to nations and demographic situation in Russian Federation, sharply cost the questions of health of the population to Russia, particularly student youth. On best representatives to nations so hitherto cannot solve the demographic questions and consolidate health student youth facility of the physical culture. The particularity of active increasing of the physical motor load student Perm edges in the last decennial events we tried to research in given to article. In total, the country has got such results of the motor behaviour student, which for long years have genuine interest to active occupation by physical culture and sport. Particularly big interest beside student began after prominent victories our athlete on Universiada in Kazan and Zimney Olympiad 2014 in Sochi. The solving role in change given situations plays increasing to motor activity student, sound lifestyle, systematic occupations by physical culture and sport.

Keywords: Sound lifestyle, students, studies of the

RESUMEN:

El nuevo milenio pone ante todas las generaciones nuevas problemáticas. Al referirse al Presidente RF a la Reunión Federal de uno de los principales problemas del futuro desarrollo del Estado social está aumentando la calidad de vida de la gente de Rusia, la mejora de la salud a las naciones y la situación demográfica en la Federación de Rusia, A Rusia, en particular a los jóvenes estudiantiles. En los mejores representantes a las naciones hasta ahora no puede resolver las cuestiones demográficas y consolidar la juventud estudiante de salud de la cultura física. La particularidad del incremento activo de la carga motora física de los bordes de Perm del estudiante en los últimos acontecimientos decenales que intentamos investigar en dado al artículo. En total, el país ha obtenido tales resultados del estudiante de comportamiento motor, que durante largos años tiene interés genuino por la ocupación activa por la cultura física y el deporte. Particularmente grande interés al lado del estudiante comenzó después de prominentes victorias nuestro atleta en Universiada en Kazan y Zimney Olimpiada 2014 en Sochi. El papel de resolver en las situaciones dadas el cambio juega el aumento al estudiante de la actividad motora, estilo de vida sano, ocupaciones

1. Introduction

The development of sports and physical activity of the younger generation are a priority task in the field of education (Cale, Harris & Chen, 2014; Zhunisbek et al., 2016; Ilyina et al., 2016). However, the development of a healthy lifestyle is negatively affected by the following factors:

- An unhealthy diet that causes obesity (Lumpkin, 2013; Cheon et al., 2014; Drake et al., 2012).
- Consumption of alcoholic beverages by young people (López-Pastor et al., Drenowatz et al., 2012; Popova et al., 2014).
- Use of tobacco products (Sanchez-Vaznaugh et al., 2012; Jacobs, Knoppers & Webb, 2013; Nyberg & Larsson, 2014).

These are the main difficulties in the creation of healthy youth. Involvement of young people in sports activities should take place directly in the educational process. In post-Soviet countries, including Russia, sports is actively popularized in educational institutions and necessary conditions are therein created for the combination of academic disciplines with sports disciplines; one such higher educational institution is the Perm Polytechnic University.

Student's life is very various. After ending studies, the student has a free time, which is used for development of intellectual and physical abilities (Vilensky, 2007; Bondin, 2004). A chair of physical culture of Perm Polytechnic University together with sports club "Polytechnic" carry out the large sports-improving and mass work in our high school. Now the chair has 34 highly skilled teachers, among which 7 senior lecturers, 2 Honored trainers of Russia. The effective work of the staff is marked by assignment to 8 best teachers of a rank "Excellent of physical culture and sports"; 20 teachers have ranks of the judges of a national category on various kinds of sports. Sports club has deep traditions since 1960.

The elite of student's sports is made by the champions of Olympic games deserved foremen of sports Vladimir Alikin (biathlon), Michael Devetyarov (ski races), participants of Olympic games, foreman of sports of the international class Yrii Velikorodnii (marathon race, Munich and Montreal), Alexander Nosov (ski combination, Capporo).

On celebrating 65- anniversary of PSPU there have arrived the former graduates of high school becoming the chiefs of the enterprises, organizations. So, for example, the former governor of the Perm area, the minister of natural resources of Russia development of intellectual and physical abilities. A chair of physical culture of Perm Polytechnic University together with sports club "Polytechnic" carry out the large sports-improving and mass work in our high school. The founders of the chair were the Honored worker of physical culture of Russia I.V. Pugachyov and the excellent worker of physical culture and sports N.N. Orlov. Now the chair has 44 highly skilled teachers, among which 13 senior lecturers, 4 Honored trainers of Russia. The effective work of the staff is marked by assignment to 12 best teachers of a rank "Excellent of physical culture and sports"; 24 teachers have ranks of the judges of a national category on various kinds of sports. Professional academic staff and properly selected management not only plays a major role in the improvement of the higher educational institution's authority, but also improves the diligence of students in training and learning (Harvey, Kirk & O'Donovan, 2014; Bryan & Solmon, 2012; Kohl, 2013).

In spite of the achievements of the higher educational institution and the consistent practice of sports popularization, the monitoring of young people's interest in sports remains a relevant task.

2. Methodology

In order to achieve the set aim, the study used a set of complementary research methods,

including analysis, statistical treatment, generalization of Russian and foreign experience in the problem at hand, interviews, and questionnaire surveys.

The technique of questionnaire as a sort of sociological research included two parts: interview and questionnaire, carried out in parallel. 2686 students of various faculties of high schools of the Perm area and cadets of military institutes were interrogated. As a list of questions the developed questionnaire was used.

3. Results

The results of questionnaire have shown, that the majority 85 % of the students were engaged or are engaged in sports (87 % of the young men and 82 % of the girl). 95 % of the respondents positively concern to sports (96 % of the young men and 93 % of the girl). And many - 35 % (27 % of the young men and 48 % of the girl) would like to be engaged in swimming, if there were suitable conditions. The popularity of swimming is explained by the increased interest of the majority of the students to this kind of sports, as there are a lot of rivers, lakes and ponds in the Perm region, and it is not enough of swimming pools, especially in high schools. The popularity of such kinds of sports, as aerobics, the sports games, tourism is very high. Having entered the high school, the young people usually stop to be engaged in sports actively. Only 16 % (20 % of the young men and 11 % of the girl) respondents are engaged in sports «of maximum achievement» at the international, regional and city levels. Now for improving of health the students are engaged in physical culture and sports actively enough. The negative attitude to drugs - 68 %, and to smoking - 63 % is observed. Occasionally use spirits drinks 58 % of the students. Probably, it is necessary in this age in high schools to strengthen propagation of sports style, healthy image of life.

During the carried out research was revealed, that the majority interrogated 46 % (49 % and 41 % accordingly) positively appreciate the quality of training on physical culture. They are satisfied on the whole with the form of training, the contents, except for discrepancy of sports base of high schools to the modern requirements.

The financial position of the students practically completely depends on the parents and relatives - 87 %. On one grant manage to survive in our difficult time 12 % of the respondents. The part of the students earns additionally -24 %. The future occupation for the majority of the students is connected with

Highly paid work - 65 %. Only 6 % (7 % and 4 %) of respondents could be trainers.

In the future occupation the most students consider different factors: high earnings, pleasure from work, opportunity to travel, high prestige, opportunity to open the business - 45 %.

The sociological analysis has shown, that the students of high schools of Perm area mainly conduct a healthy image of life, are engaged in sports, try to improve their health, do not use the drugs, but do not have enough rest and, irrationally use the leisure.

Chairs of physical culture, sociology and politology of Perm Polytechnic University during 1998-2016 have carried out a common sociological research. The urgency of the given research approves that more than 60 % of the students of humanitarian faculty is released from training in the basic group on physical culture. In special medical group are engaged the majority of the economists, politologists of faculty.

4. Conclusions

According to the data of sociological research the students before entering Perm Polytechnic University were engaged in sports; 85 % and now would like to be engaged in swimming; 35 % - in aerobics, tourism, sports games. Unfortunately, in educational time it cannot be made, it is a pity but there is no a swimming pool at the university and the coming years its construction is not planned.

For increase of motivation of the students on chair of physical culture is developed a

pedagogical methodical complex on discipline " Physical culture ". More perfect working educational program for special medical group was prepared considering individual program on each group of diseases, condition of health of the students.

The complex tests on special physical preparation are developed. They enable to develop the correct recommendations to the students on correction of a functional condition and development of the professionally important qualities during study and to form a healthy image and style of life.

These measures allowed increasing motivation to be engaged by physical culture, which is objectively expressed by the data of sociological research.

Raising beside student physical and psychological stability we pawn and innovation foundation in improvement their physical preparedness and motor activity for future periods of the whole lifes, hereunder occurs formation and fortification of health through the whole life.

In addition, a personal method can be used to improve the system of pedagogical education; this method is also implemented in the pedagogical process and provides for an all-round development of the student's personality using means of physical culture and sports (Bolotin & Chistyakov, 2014). The main advantage of such an approach is that it foregrounds the role of the person in sports and lays a scientific foundation for the organization of physical education at the higher educational institution. Change social-economic base of the development of the country, settling have brought about arising the problems, concluding ecological problems, commercialization, cause the social conflicts, worsen the quality to lifes, particularly young generation, unhealthy lifestyle, of all layers society, active occupation by physical culture and sport, particularly after triumphal victories our olympies and paraolympies on Olympiad in Sochi.

Thus, despite the significant popularization of sports among young people, it is necessary to improve the technical facilities, which will enable engaging in new sports disciplines, and modernizing the outdated sports implements to make them safer.

Higher educational institutions should continue with the policy of sports popularization, which may include competitions between institutions and exhibition performances.

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