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FORMATION OF MOTIVATION FOR MOTOR ACTIVITY IN STUDENTS THROUGH APPLIED PHYSICAL TRAINING

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Abstract. *Conscious activity is impossible without motivation, and physical education and sports are no exception. The paper considered the issue of forming students' motivation for physical education and sports. Methods for attracting students' attention to healthy lifestyle issues, including through applied physical training, are proposed.*

Motivation for physical activity is a special state of the individual aimed at achieving an optimal level of physical fitness and performance. The process of forming interest in physical education and sports is a multi-stage process: from the first simple knowledge and skills to deep knowledge of the theory and methodology of physical education and intensive sports.

The analysis of the research allowed us to state that over time, the structure of the motivational sphere of students becomes more mosaic. Improving the formation of motivation for physical activity in students involves mastering the system of scientific, practical and specialized knowledge necessary for understanding the social processes of physical culture functioning, the ability to adaptively and creatively use them in personal and professional development, self-improvement, and the organization of a healthy lifestyle.

The introduction of applied physical training, special motor skills and abilities will increase the level of physical training of students, modernize the system of physical education of students, prepare young people for work and service in the armed forces.

Key words: *sports, physical culture, motivation, physical development, applied physical training; student.*

Introduction.

Motivation for physical activity is a certain state of a student as an individual, which should be aimed at achieving a certain level of physical performance. Currently, the need for physical education and sports is not formed in students and, as a result, there is a low level of inclination to lead a healthy lifestyle, which is primarily caused by the insufficient organization of physical education, health and sports work of educational institutions.

Having analyzed the problems of preparing university graduates for work, we identified the following contradictions:

- between the need to develop applied physical readiness of students in the process of physical education at the university and the insufficient development of the formation of motivation for motor activity in students;

- between the requirement to produce students' readiness for work and the low level of their preparedness;

- between the need to form motivation and search for alternative pedagogical conditions and forms of training university students and insufficient scientific and methodological support for their development. In this regard, it is relevant to study the structure of the motivational complex for applied physical training, search for new means and methods that encourage physical education, methods of increasing motivation for applied physical training, the formation of professionally significant qualities, skills and readiness for their active manifestation in various spheres of society.

Main text. In the course of our research, we identified the main provisions of work on the formation of motivation for physical activity in students through applied physical training:

- the formation of motives for physical education and sports in future specialists is the foundation of effective professional training of students for postgraduate practical activities;
- a set of psychological and pedagogical conditions that activate the formation of motives for physical education in university students and contribute to their personal and professional growth.

The process of forming interest in physical education and sports is a multi-stage process. The spectrum of motivations is quite wide, and these are: in the need for movement and physical activity; in communication, contacts and spending free time with classmates and friends; in games, emotional release, self-affirmation, in knowledge and physical improvement.

To increase student motivation, educational and sectional activities, the introduction of applied training are necessary. Classes should not be monotonous. The processes of motivation and training for any motor actions in physical education are closely connected with the solution of educational, upbringing and health problems.

We have defined a model for the formation of motivation for motor activity in students through applied physical training within the framework of the educational

standard at PSTU. In the process of forming motives for physical activity through applied physical training, the quality of mastering the studied specialty is improved in university students. Applied physical training in practice solves the following problems:

- ❖ to equip students with applied knowledge about the profession, about the physical qualities they need to successfully perform work operations, for highly effective work;
- ❖ to form in students motor skills and abilities that will contribute to the productive work of future specialists;
- ❖ to cultivate in them the physical and mental qualities necessary in future work;
- ❖ to teach how to use active recreation tools. The proposed model of motivation formation for physical activity in students through applied physical training in the form of an obstacle course complex has been developed according to the basic sections of the educational program: gymnastics, general physical training, athletics, and sports games.

Overcoming an obstacle course is one of the most motivating and effective applied skills in the process of physical training of students. Applied and sports methods of overcoming obstacles are largely different in their execution technique. Sports methods are not always used in life. Therefore, it is necessary that students master applied methods in physical education classes, and thanks to this, prepare for further work. It promotes the integral improvement of natural movements, vital motor skills, effective development of physical qualities, and increased requirements for the manifestation of volitional qualities - determination, persistence, independence. The diversity and heterogeneity of performing motor tasks to overcome obstacle courses under time constraints create situations in which students apply previously acquired motor skills in new combinations, timely and rationally switching from one motor action to another, transforming them in accordance with the requirements of the situation.

The need to perform an action in a new situation activates the student, motivates and forces him to focus on changes in the form of movement, amplitude, and degree of

developing muscle tension. Due to this, not only new motor actions are formed, but previously mastered ones are also improved, performed in new combinations and combinations.

The use of a program for educating young people to form motivation for motor activity in students using physical education tools, through applied physical training, in particular obstacle courses, made it possible to:

- systematize theoretical - motivational, and practical - applied physical training of students at the university;
- maintain and strengthen the health of students;
- increase the interest of young people in labor activity and service in the Armed Forces;
- to obtain knowledge and develop skills in mastering applied special qualities for activities in extreme conditions.

When forming a physical education program, it is necessary to take into account the identified motives and individual preferences, as well as to use various types of physical education classes (in particular, applied physical training), increasing the number of sports and health-improving physical culture that could arouse and maintain the interest of any contingent of students.

Conclusions

The study of the main health factors within the framework of professional activity allowed

- ✓ to identify the specifics of the formation of motivation for physical activity in students through applied physical training;
- ✓ became the basis for the creation of a methodology for the formation of a culture of health in students in the process of physical education classes during their studies at the university.

Organization and implementation of the educational process on applied physical training of university students using modeling of work activities will significantly improve the formation of motivation for physical activity in students, reduce the risk of stress.

The introduction of a system of applied physical training of students using various types and forms of obstacle courses will increase the number of people involved in physical education and sports, improve the level of physical fitness of students, modernize motivation for physical activity through physical training, the system of physical education and the development of mass and student sports, and most importantly - graduates will be successful in their future professional activities.

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