

ПЕДАГОГИКА

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THE INDICATIONS OF PHYSICAL PREPARATION OF STUDENTS
OF I COURSE KAZNAU

Annotation

In the article, there are the results of diagnostic physical preparation of the students of I course. The results were made through the use of rating evaluation system of endurance and speed by standard indications of standard education training program.

Keywords: physical preparation, standards, endurance, speed.

Human activity requires the definite level of physical qualities development. If physical qualities are developed better that it will be higher human efficiency.

Physical qualities are as separated qualitative sides of motor human possibilities and separated actions. Physical qualities are necessary to develop on time and comprehensively. The level of its development defines with both physical factors and psychological qualities, especially by the degree of intellectual development and willed qualities.

Endurance is the important physical quality, which is coming from daily life. It reflects the common level of human efficiency.

Endurance is multifunctional property of the human organism, it can integrate itself the large number of versatile processes coming to different levels: from cell level to the whole organism.

Endurance is the human ability for the long execution of some activity without decrease of efficiency.

Endurance development connects with the improvement of motor coordination's and vegetative functions with the functional stability of different organism system. Definitely, this is connected with the development of circulatory and breath organs, which supplies oxygen delivery to working muscles and other body tissues.

To define physical qualities of endurance for the students of I course, we included the final standard of middle distance by the standard training program for 2000 m (boys).

Table 1

Final standards of physical preparation of students
The main training department (autumn semester, boys)

Standards	Points										
	Excellent		Good			Satisfactory					Unsatisfactory
	A	A-	B+	B	B-	C+	C	C-	D+	D-	F
Running 2000 m (min.)	9,00	9,30	9,35	9,40	9,45	9,50	9,55	10,0	10,05	10,10	10,11

We got the results from the indications of the final standards of physical preparation by students during the exam of the current control. During the research, we used data, which were elaborated for students of the main training department, having high or middle levels of physical and functional organism state. We used the recommended standard training program of final standards for this aim.

586 students participated in the exam of final standards, of which 328 people; they passed at excellent (Table 2).

Table 2

The final standards of physical preparation of students
 The main training department (autumn semester, boys)
 Running for 200 m

Number of students	Points										
	Excellent		Good			Satisfactory					Unsatisfactory
	A	A-	B+	B	B-	C+	C	C-	D+	D-	F
568	328	91	38	10	8	7	8	4	6	3	65
100%	58	16	7	2	1	1	1	0,5	0,5	0,5	12

The data from the table shows that more than half (58%) of boys demonstrated the high results, it has to take into account that this result is higher than the most from 7;38,0 to 8;19,0. We can see that 12% of students from the overall number did not pass the standard and they received unsatisfactory points.

On the basis of received data, we can make conclusion that the students of I course (boys) have the high common endurance with the exception of a small part, we have to pay more attention to this part or we have to transfer them in a preparatory group. Probably, those students have the low level of physical and functional state of the organism.

The main forms of rapidity is the time of motor reaction, the time of maximum move performance, and the time of move with the maximum speed.

Development of rapidity connects with an increase of mobility of nervous processes. Firstly, rapidity of move defines the appropriate activity of brain cortex, which regulates tension and relaxation of muscles, moreover, it guides and coordinates move.

In labour and daily situations, the big matter has rapidity of motor reaction. First of all, the rapidity of simple motor reaction, when a person responses famous irritate in advance with his famous move.

Running for 100 m as one of the final standards was defined for the girls of I course. The standard program of standards is demonstrated in table 3.

Table 3

The final standards of physical preparation of students
 The main training department (autumn semester, girls)

Standards	Points										
	Excellent		Good			Satisfactory					Unsatisfactory
	A	A-	B+	B	B-	C+	C	C-	D+	D-	F
Running 100 m (sec.)	16,8	18,0	18,2	18,4	18,6	18,8	19,0	19,2	19,4	19,5	19,6

The data of the Table 4, there is 60%, i.e. 352 students (girls) performed the final standard. 26 people passed A and B, this is 4% from the overall number. 325 students passed C and D, it is

55% and 40% is F. These numbers tells that physical preparation of the students is low in this final standard. Therefore, the activity of lecturer must be directed to increase those indications.

Table 4

The final standards of physical preparation of students
The main training department (autumn semester, girls)
Running for 100 m

Number of students	Points										
	Excellent		Good			Satisfactory					Unsatisfactory
	A	A-	B+	B	B-	C+	C	C-	D+	D-	F
586	3	3	5	8	7	11	32	57	66	159	235
100%	0,5	0,5	1	1	1	2	6	10	11	27	40

Conclusions

The lecturers of the department of «Physical education and sport» should use the following approaches for the development of rapidity on the lessons of physical culture for preparation of students:

1. The repeated method is a method when is done exercises with maximum speed. It is advisable to do exercises in response to signal (predominantly visual) and on the rapidity of different movements. The lasting of doing exercises is when maximum rapidity supports (usually 5-10 sec.). The intermediate of relaxing must supply more readiness to work 30 sec.-5min. between exercises.

2. A conjugate method, for example, performing an impact movement with an attacking blow with burden on the hand, movement with burdening, and etc.

3. Circular method training is when the lecturer finds the appropriate exercises and during performing those exercises, the main group of muscles and joints participate

4. The game method is performance exercises for rapidity in mobile games and special relay race.

5. The competitive method is performing exercises with allowable rapidity under competitive conditions.

Moreover, there are recommendations for the next exercises on development of rapidity of movements:

1. The clap with hands must be done in front of breast and behind the back during the jumping up.

2. In a double jump, double-tap the leg.

3. Lying on the back on distance 1-3 m from the wall (legs to it) at the signal stand up and run till wall.

4. Lying on the back on the gymnastic mat at the signal to perform a somersault backward, jump upwards, sit and take the lying position.

5. Standing (on the floor is a stuffed ball), at the signal to take the ball and execute a throw from behind the head. Options: a) the ball is laid behind the heels; b) the ball is laid in front some distance.

6. Standing, throw the ball up on the height 1-1,5 m, turn around at 360 degrees and catch it.

7. Lying on the back (the stuffed ball is held between two feet) at the signal take the ball, stand up and throw it from the head.

8. Lying on the back, throw the stuffed ball pushing from the breast up, stand up and catch it.

9. During the jumping up, catch the ball, dropped by a partner and until it will land to throw it back.

10. Standing (gymnastic stick is vertical, one end is on the floor, another is in hand), leave the stick and catch it during leaning in front.

11. Standing (gymnastic stick horizontally is before breast), leave the stick and catch it on the level of hips (with lean in front, with squatting, with hand claps).

12. Standing (gymnastic stick horizontally over the head), with lean back, leave the stick and catch it, turn around at 180 degrees.

13. Standing on distance 1,5-2 m from a partner (gymnastic stick vertically, one end is on the floor, another is in hand), leave own stick and catch the stick of the partner.

14. Standing by face to a partner on the distance 1,5-2 m from him, the stick is held vertically for the back end in outstretched hand. At the signal, leave own stick and catch partner's stick.

The rapidity of movement (separated movement) develops with the help of power and speed-power exercises, for example, different kinds of throwing, jumping's, sprinter-running exercises.

Some effect gives the special speedy exercises; the value is about what they create conditions for performance of allowable fast movements.

The contemporary use of methods and exercises for development of rapidity may be some improvement of indications, but, in general, we think that these final standards are finished.

Literature

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ПОКАЗАТЕЛИ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ СТУДЕНТОВ I КУРСА КАЗНАУ

Аннотация

В статье представлены результаты диагностики физической подготовленности студентов I курса, который определяли путем использования рейтинговой системы оценки выносливости и быстроты по нормативным показателям типовой учебной программы.

Ключевые слова: физическая подготовленность, нормативы, выносливость, быстрота.

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КАЗНАУ I- КУРС СТУДЕНТТЕРІНІҢ ФИЗИКАЛЫҚ ДАЙЫНДЫҚ КӨРСЕТКІШТЕРІ

Аннотация

Мақалада бірінші курс студенттерінің физикалық дайындығын диагностикалау нәтижелері келтірілген, ол типтік оқу бағдарламасының көрсеткіштеріне сәйкес төзімділік пен жылдамдықты бағалаудың рейтингтік жүйесімен анықталды.

Кілт сөздер: дене дайындығы, көрсеткіштер, төзімділік, жылдамдық.