
Original research article

SOME ASPECTS OF THE DEVELOPMENT OF MASS PHYSICAL CULTURE IN THE EASTERN REGIONS OF UKRAINE

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SUMMARY

This article is devoted to the study of certain aspects of the development of mass physical culture in the eastern regions of Ukraine, in particular in the Donetsk, Lugansk and Kharkov regions.

Based on the results obtained by the methods of historical review and analysis of scientific literature, we have learned about the basic features of the development of mass physical culture in the industrial regions of the country.

It was found that a great influence on the main characteristics of mass physical culture of the different categories of population has a specificity of people's professional work in this part of the state.

As in the Donetsk, Lugansk and Kharkov regions of Ukraine is located a large number of industrial enterprises, as well as coal mines, most of the local population are busy at work on these industrial facilities.

Specific features of work in the mines and different plants and factories in those regions requires the application from employees such physical qualities as physical strength, agility, endurance and others.

So the system of physical training of the population in these regions was aimed at developing in the first place these physical qualities.

The successful application of modern training programs in the system of physical education in those regions allows to develop for workers some professionally important physical qualities and to guarantee rather high level of efficiency of their work.

Keywords: mass physical culture, level of physical fitness, specificity of employment of the population, mode of motor activity, occupational health of mining specialists.

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INTRODUCTION

In the historical aspect the development of physical culture of the population in the eastern and northern regions of Ukraine took place in accordance with the development of industrial production in these regions¹.

The country's population, living in those regions, was covered by the state system of physical training, which was focused in fact on all segments and categories of the population, but mainly on the workforce of it².

This situation creates most favorable conditions for the preemptive development of professionally-applied physical training, designed for various categories of the population in the industrial region of the country.

In Kharkov, Donetsk and Luhansk were created higher and secondary educational institutions to train specialists in professionally-applied physical education of the population³.

In the scientific literature have been described many aspects of health and fitness movement in different countries⁴.

A large number of scientific investigations have been conducted with the purpose to improve the existing system of physical education, designed for different categories of the population⁵.

Interesting information was obtained by studying the effect of mass physical culture on health outcomes of people involved in employment.

Very important for the science data has been discovered in the course of experiments designed to study the changes in the functional state of the people in the implementation of the activities of mass physical culture⁶.

¹ Zheleznyak Jury and Petrov Oleg. Fundamentals of scientific and methodological activities in physical education and sport (Moscow: GTOLIFK, 2011), 234.

² Shiyani B., Genseruk R. Training of future specialists of physical education for application modern information technologies in professional activity (Chernigov: Pedagogical University, 2006), 346.

³ Michael Mazin "Creating a culture of professional self-realization for future teachers of physical education" (PhD diss., University of Zaporozhye, 2008).

⁴ Maxim Lynets, Basic methods of motor skills: textbook for university sports (Lvov: Shtabar, 2011), 148 – 204.

⁵ Bikmuhammetov Ramilhan and Fazmeev Nurek, Technological mechanisms for the implementation of competent approach in the training of teachers of physical culture and sport (Kazan: Center of innovative technologies, 2007), 76.

⁶ Osipov V., Lukyanov, J. and Antypkin N. *Methods of statistical processing of medical information in research* (Kiev: Terre des Homes, 2012), 200.

But unfortunately until nowadays are still insufficiently explored some questions about the impact of mass physical culture in the professional ability of workable part of the population, that is particularly important for the industrial developed regions in many countries around the world⁷.

It was the cause because such topic is the subject of our research work, giving us the materials to create this scientific article.

METHODS

In carrying out this work was used the historical method as a means of seeking historical sources of information about the development of physical culture of mass in the eastern regions of Ukraine⁸.

While executing this work, all processing data obtained from various sources of scientific information, were processed by means of theoretical analyze method. Besides, in order to draw final conclusions was applied the comparative method.

This study was conducted in two stages in the period from 2012 to 2013 years. On the first stage there have been studied documents describing the development of mass physical culture in the eastern and northern regions of Ukraine⁹.

During the second stage of the study was carried out obtained data processing, performing their analysis and formation of valid conclusions.

RESULTS

In carrying out this research work has been processed more than a thousand documentary sources of information describing the development of mass physical culture in the eastern and northern regions of Ukraine in the late twentieth and early twenty-first century.

⁷ Amelia Abulhanova, *Professional Activities and Personality's Psychology*. (Moscow: Science, 1980), 82–104.

⁸ Eliseev Oleg and Zheleznyak Jury, *Workshop on the psychology of personality* (Sanktpiterburg: Piter, 2008), 512.

⁹ Redmond K. *Promoting Physical Activity: A Guide for Community Action*, (Seattle: CDCP, 2010), 280 p.

It was found that the actual conditions of life in the most populated areas of eastern and northern regions of Ukraine are such that for people living in these settlements requires a fairly high level of development of their basic physical qualities.

This fact undoubtedly for many years contributed to wider dissemination among the masses of the population, especially among their operational parts, physical culture and the most popular sports, such as football.

Certainly this is an important factor left an imprint on the formation of a local system of physical training of all categories of the population living in these regions of the country, and has made significant amendments to it, taking into account the features of the local lifestyle.

In this regard, in the first place were developed and implemented in practice some special methods of teaching and training, intended primarily for children and adolescents who have contributed to the development of their precisely those physical qualities that are necessary for the full performance of specific labor tasks.

Given the fact, that in Donetskaya, Luhanskaya and Kharkovskaya regions of Ukraine are located predominantly black metallurgy plants, the chemical factories, and of cause, coal and salt mines, from ancient times there were required specific physical qualities for the people, living there and working on this industrial objects.

This is primarily required such physical qualities of employees as strength, endurance, agility and perfect coordination of motor actions.

For all staff, working in the coal and salt mines, is very important to have some specific properties, such as resistance to influence some harmful factors, the ability to perform work-related tasks being in a forced working posture, as well as the ability to stay for a long time in an enclosed space.

Thorough analysis of the information, obtained from the scientific literature, showed that Ukrainian authorities have been taken special measures to create educational and training programs, applied in the system of physical training, designed for different categories of the population, living and working in these regions of the country, which had previously professional-applied orientation.

The most common in these regions were educational and training programs that have been used in public schools. These programs were developed for three age groups of schoolchildren and used for physical education of young people in secondary schools compulsory.

In these industrial areas, in accordance with the guidelines governing the process of physical education in schools, it provides for the application of three different programs of physical education, depending on the age of the pupils.

The first age group of schoolchildren (age from 12 to 14 years):

1. running (boys - 50 meters, girls - 30 meters);
2. throwing the ball into the goal;
3. a running jump in length;
4. a combination of gymnastic elements.

The second age group of schoolchildren (age from 15 to 16 years):

1. running (boys - 100 meters, girls - 60 meters);
2. shot put (boys), throwing the ball with a handle (girls);
3. a running jump in height;
4. pulling on the bar;
5. swimming 25 m (with pool).

The third age group of schoolchildren (age from 17 to 18 years):

1. run 100 meters (boys and girls);
2. throwing grenades or training shot put 7.5 kg (boys), throwing the ball with a handle or pushing a lightweight kernel 5 kg (girls);
3. the climbing rope or pulling (boys), abdominal exercises (girls);
4. high jump with a running start (boy), high jump with a running start (girls);
5. swimming 100 meters (boys), swimming 50 meters (girls).

With regard to the educational level of physical education teachers who worked in the public secondary schools of these areas during the second half of the twentieth century, it looked something like this (with respect to their place of work and categories of students, physical education which they were engaged):

1. physical education teachers who work in urban schools;
2. physical education teachers who work in rural schools;
3. physical education teachers who work with primary school pupils;
4. physical education teachers who work with secondary school pupils.

Information about the educational level of physical education teachers, working in those regions, is shown on the following table.

Table 1. Level of teacher's education in Donetskaya, Luhanskaya and Kharkovskaya regions

Educational level of physical education teachers	1 - 3 classes	4 - 10 classes
In urban schools		
Complete higher education	22,8 %	69,2 %
Incomplete higher education	6,3 %	12,4 %
Specialized Secondary Education	68,5 %	15,7 %
General secondary education	2,4 %	2,7 %
In rural schools		
Complete higher education	8,6 %	65,4 %
Incomplete higher education	6,5 %	21,5 %
Specialized Secondary Education	80,3 %	5,8 %
General secondary education	4,6 %	7,3 %

Thus it is possible to note the tendency to preferential development professional-applied physical training of the population in the industrialized regions of Ukraine (in particular in Donetskaya, Luhanskaya and Kharkovskaya regions).

DISCUSSION

Successful solution to the problem of improving the system of physical education, designed for various categories of population, is extremely important for people and needs to take into account the local features of their style and work.

Professionally applied physical education have been started to develop in Ukraine many years ago on the basis of scientific investigations, conducted by scientists, working in the field of physical education and sport.

Further complexity of manufacturing processes and increase in the volume and intensity of labor, placing increased demands to the level of physical development of employees.

Very important thing in this case is the acquisition of high-level professional training of employees, including their physical training and development of their professionally important qualities and special psychomotor abilities.

Based on the research results, it was found that the overall physical training creates the prerequisites for a successful career, appearing in it indirectly

through factors such as health status, degree of physical fitness and adaptation to working conditions.

There is no doubt that each profession has its own motor specificity, different working conditions, psycho-physiological characteristics and different requirements to the level of development of physical qualities and mental properties personality.

It is known that human adaptation to the conditions of production without special psychophysical training can last from 1 year to 5–7 years.

Therefore, education and training of future professionals in universities, technical schools and vocational schools improve the level of specific physical properties, physiological functions, mental qualities by means of passing the appropriate knowledge and skills necessary for effective work in certain professions.

An integral part of physical education, dealing with issues related to preparation for employment, got its name - professionally applied physical preparation- specific subsystem of physical education, providing the best formation and improvement of properties and qualities that are essential for specific professions.

The essence of this system is the optimal use of resources, methods and forms of physical education in order to achieve and maintain physical training on the basis of the priority development of physical and mental qualities, which make high demands in the learning process and the development of the profession.

The idea of using some means and resources of physical education in the process of preparation people for professional work is not new.

The application of professional-applied physical education in addition to the good organization of work reduces the risk of occupational diseases, increases the level of professional training as well as special quality and makes a person more suitable for efficient operation in terms of unfavorable factors.

The basis of the impact physical exercises on a successful career is the mechanism of transfer of motor skills and abilities, formed during physical training, to the results of mastering the skills, needed for successful employment.

The main focus of someone's physical activities is to increase the range of functionality of his body, to expand its arsenal of motor coordination, as well as to ensure effective adaptation to various factors of work.

The successful development of the profession is possible only if there is compliance with certain psycho-physiological qualities of the person, specific

requirements imposed on production processes to precisely these professional qualities.

Based on the identification of such qualities and physiological functions necessary for the development of specific occupations, professions and groups of study, the degree of development of functions in adolescents, well mastered the profession and were not able to master it, developed criteria for suitability for a large number of teenager's professions.

Thus, professionally applied physical preparation, which is carried out according to the conditions of production and activity, should be implemented as in the classroom and outside the classroom, because the main purpose of this training is to achieve psychophysical readiness of man to a successful career.

CONCLUSION

Based on the data, obtained as a result of research, we can make the following conclusions:

1. Nowadays the mass physical culture plays an important role in the system of physical education, designed to different categories of population in the territory of eastern and northern regions of Ukraine.
2. Given the specific characteristics of the life and professional activity of the working-age population, living in Donetskaya, Luhanskaya and Kharkovskaya regions of Ukraine, the primary distribution in these regions have proliferated predominantly the measures of professionally-applied physical culture.
3. Systematic application the measures of professionally-applied physical culture in the system of physical education, designed for population of the eastern and northern regions of Ukraine, contributes to the preservation of employees professional health, as well as the development of their professionally important physical qualities and improve the productivity of their professional activity.

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НЕКОТОРЫЕ АСПЕКТЫ РАЗВИТИЯ МАССОВОЙ ФИЗИЧЕСКОЙ КУЛЬТУРЫ В ВОСТОЧНЫХ РЕГИОНАХ УКРАИНЫ

РЕЗЮМЕ

Данная статья посвящена исследованию некоторых аспектов развития массовой физической культуры в восточных регионах Украины, в частности, в Донецкой, Луганской и Харьковской областях.

На основании результатов, полученных с помощью методов исторического обзора и анализа научной литературы, мы сделали выводы об основных особенностях развития массовой физической культуры в промышленных регионах страны.

Было установлено, что большое влияние на основные характеристики массовой физической культуры различных категорий населения оказывает специфика профессиональной деятельности людей, работающих на предприятиях в этой части государства.

В Донецкой, Луганской и Харьковской областях Украины находится большое количество промышленных предприятий, а также угольных шахт, поэтому большая часть местного населения занята работой именно на этих производственных объектах.

Особенности работы в шахтах, а также на заводах и фабриках в этих регионах требует применения от сотрудников таких физических качеств, как физическая сила, ловкость, выносливость и другие.

Таким образом, система физического воспитания населения в этих регионах была направлена на развитие в первую очередь именно этих физические качества.

Успешное применение современных тренировочных программ в системе физической подготовки населения позволяет развить у работников профессионально значимые физические качества и обеспечить высокий уровень эффективности их труда.

Ключевые слова: массовая физическая культура, уровень физической подготовки, особенности трудовой деятельности населения, режим двигательной активности, профессиональное здоровье специалистов горнодобывающей отрасли.

НЕКИ АСПЕКТИ РАЗВОЈА МАСОВНЕ ФИЗИЧКЕ КУЛТУРЕ У ИСТОЧНИМ РЕГИОНИМА УКРАЈИНЕ

САЖЕТАК

Рад је посвећен истраживању неких аспеката развоја масовне физичке културе у источним регионима Украјине (Доњецкој, Луганској и Харковској области).

На основу резултата добијених помоћу метода историјског разматрања и анализе научне литературе, изведени су закључци о основним карактеристикама развоја масовне физичке културе у индустријским регионима земље.

Утврђено је да велики утицај на основне карактеристике масовне физичке културе различитих категорија становништва има специфика професионалне делатности људи који раде у предузећима у овом делу државе.

У Доњецкој, Луганској и Харковској области Украјине налази се велики број индустријских предузећа, а такође и рударских јама, због чега је велики део локалног становништва запошљен управо у овим производним погонима.

Особености рада у јамама, а такође и у фабрикама у овим регионима захтева примену физичких способности као што су снага, координација, издржљивост.

На тај начин систем физичког васпитања становништва у овим регионима била је усмерена на развој, пре свега ових физичких способности.

Успешна примена савремених тренажних програма у систему физичке припреме становништва омогућава да се код радника развију професионално значајне физичке способности и да се обезбеди ниво ефикасности њиховог рада.

Кључне речи: масовна физичка култура, ниво физичке припреме, карактеристике радне активности становништва, професионално здравље стручњака рударске гране
