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The Structure of Professional-Practical Physical Training of College Students

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Physical education in the system of secondary vocational education is carried out throughout the entire period of study according to the schedule of the school day and after school hours in accordance with the state program of physical education of students. The content of the educational material of each of its sections has continuity with the program of physical education of a general education school.

Tasks of physical education. In the process of physical education of students, the following main tasks are solved:

- formation of a conscious need for physical culture, a healthy lifestyle;
- training in applied motor skills and skills necessary in life and specific work activities and during military service;
- comprehensive development of physical qualities and ensuring, on this basis, good health and high performance of students;
- improvement in the chosen sport.

It is possible to achieve a practical solution to the tasks set by systematically using the means of physical education: physical exercises, health-improving forces of nature (sun, air, water) and hygienic factors.

The main sections of the program of physical education. The program provides for classes with students in the following four main sections.

Lessons of physical culture. The main types of physical education at physical education lessons are as follows.

Gymnastics. It includes the study of drill, general development, acrobatic exercises, exercises on gymnastic apparatus.

Athletics. It includes varieties of running, jumping, throwing.

Sports games include basketball, volleyball, football, handball (handball). During the entire period of study at a vocational school, students must master the technique and tactics of one of the sports games. The choice of a sports game depends on the conditions that the educational institution has, the specialization of the teacher and the desire of the students. It is recommended to take into account the professional and applied significance of a sports game.

Ski training provides for the study of various ways of skiing and the development of physical qualities. Conducted in the form of a lesson lasting up to 90 minutes.

Professional-applied physical training (PPFP). It contains material that contributes to the development of physical qualities and psychophysiological functions necessary in a particular work activity, as well as the formation of motor skills and applied skills. The share of PPFP varies depending on the period of study. Its volume is 30-40% of the time in the first or second years of study, and 50-60% in the third. The increase in the content of PPFP funds occurs gradually. Students should reach the highest level of development of professionally important qualities by the end of the second year of study. The task of the third year is to maintain the achieved level until the start of independent work.

For the development of professionally important qualities in the process of physical education, simulators and multi-set sports equipment should be used.



Swimming as a mandatory type of physical training for students provides for the study of various ways of swimming and the development of physical qualities. Cancellation of swimming lessons is possible only in the absence of conditions in the area where the educational institution is located.

Martial arts (youth). In order to increase the level of military-applied preparedness of young men, it is planned to study elements from various types of wrestling and other martial arts.

Elements of artistic, rhythmic gymnastics (girls). In rhythmic gymnastics, exercises are mastered without an object, with objects, exercises with elements of acrobatics. Rhythmic gymnastics includes sets of exercises (depending on the year of study, from 14 to 24 exercises), which are performed in an aerobic mode to musical accompaniment.

Optional and additional classes in physical culture and sports. Additional classes are held for students with insufficient physical development and poor physical fitness. They are planned once a week after the end of the main lessons according to the additional schedule and are organized for students who are not involved in sports sections and sports and recreation groups. Classes are held according to a special schedule weekly in the amount of 2 hours in the first course and 1 hour in subsequent courses. The main goals of the classes are to increase the general physical fitness, the development of professional psychomotor abilities.

Physical culture and health-improving activities in the mode of the school day. Introductory gymnastics is carried out for 5-7 minutes before starting work in workshops and in production. It stimulates the functional capabilities of the body to a level that ensures a quick entry into work and high performance of students during the day. The complex consists of 6-8 general developmental exercises.

A physical culture break is carried out for 3-5 minutes in training workshops and at work in the middle of a school or working day, as well as after tiring work, long-term motionless or limitedly mobile postures that cause excessive stress on individual muscle groups and mental processes. It prevents fatigue and restores the performance of students. The complex consists of 5-7 exercises.

Physical exercises on long (mobile) breaks. Complexes of physical exercises of a health-improving orientation, games to music, complexes of exercises of a game nature, etc. are used.

Physical culture during extracurricular time. Morning exercises are carried out for 20-30 minutes.

Classes in groups (sections) of general physical training. The main objectives of the classes are the rational use of free time, health promotion and disease prevention, versatile physical development, improvement of motor function and increase in overall performance. In the process of training sessions, gymnastic, acrobatic and athletics exercises, skiing, sports games, swimming, training on simulators, etc. are used.

Classes in sports and tourist sections. In the sports sections, students improve their sports skills, prepare to fulfill the category norms and requirements in their chosen sport and to participate in sports competitions both within the educational institution and in those held by higher sports organizations.

In the tourism section, practical classes are held with students on teaching tourist techniques and tactics, as well as tourist competitions, test and training trips.

Classes in sections are held 2-3 times a week for 1.5 hours.

Self-study physical exercises complement physical education lessons. In the process of self-study, students improve physical qualities and motor skills, consolidate theoretical and practical material on the subject, and prepare for the delivery of educational standards. The content of self-study is developed taking into account the physical fitness of a particular student, and their effectiveness is checked by the teacher at physical education lessons.

Mass sports and tourist events include:

1) days of health and sports, in which the entire contingent of the educational institution takes part; are held once a month;

2) competitions in sports: competitions under the program of sports days for vocational education students; mass competitions under the slogan "Everyone starts!"*, competitions in sports games and professional applied sports; competitions in summer and winter sports, etc.;

3) tourism: hiking trips, tourist rallies and competitions (in tourist skills, in tourist technology and in orienteering).



The final indicators of the effectiveness of physical education in colleges of vocational education and secondary specialized educational institutions are the state of health and physical fitness in accordance with the requirements of the program of physical education of students and the chosen profession.

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