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## OPTIMIZATION OF PHYSICAL EDUCATION IN HIGHER EDUCATIONAL INSTITUTIONS THROUGH THE PRISM OF TECHNOLOGIES OF PEDAGOGICAL PROCESS OF TEACHING DISCIPLINE

**Abstract. Abstract.** *Based on the task analysis subsystem physical training, psychological structure of future trade issue highlights the nature and criteria optimization teaching physical education students. It was established that the essence of fitness lies: to change the organization of training by introducing technologizing in this process; a more precise definition directly to specific goals in terms of implementing practical purpose of learning; in the exercise of personal-active approach. Optimization criteria are: efficiency and quality of educational decisions and educational tasks; justified expenses necessary time and effort to achieve the intended results.*

**Keywords:** *optimization, student, physical training, technologization*

### Introduction.

The training of a future specialist is a multifaceted learning process that includes a number of types of training (theoretical, psychophysiological, physical, and others). Focusing the results of pedagogical influences on all types of training and determining professional readiness. Today, an active search for new forms and methods of physical education is taking place, which would help to improve the quality of training of future specialists in higher educational institutions. However, the analysis of special literature [3, p.5] shows that the methods used in the organization of physical education in higher education institutions are not sufficiently effective to ensure the proper level of physical fitness of students. In recent years, the methodology of conducting training in higher education institutions has not changed particularly, its effectiveness is relatively low, which does not meet the modern requirements of higher education [6, p.7]. Today, the issue of intensifying the work of specialists is sharp, the requirements for the quality of training specialists in higher educational establishments, the specific types of professional activity are increasing, and, accordingly, there is a need for profiling of physical education, taking into account the requirements of the chosen profession. Existing programs are limited to general recommendations without specific models of

modes of development of general and special professional qualities. As a result, the majority of graduates of higher educational institutions are not able to work qualitatively with the efficiency that modern production requires [2, p.6]. Educational reform requires consideration of this problem from the standpoint of modern technologies for improving the quality of education in accordance with the new state educational standards.

**The analysis of recent studies and publications** indicates that the optimization of the pedagogical process remains a factor that intensifies the pedagogical process, increases its efficiency in each unit of time.

**The purpose of the work:** to study the features of the modern organization of physical education in universities and give an analysis of optimization of the educational process on the physical training of students in the period of study.

**Presentation of the main research material with full justification of the scientific results obtained.** The main problem of the professional formation of a specialist in higher education, one of the most important directions of intensification of the psychological and pedagogical process of preparation was and remains to find ways to optimize the ratio of results and costs of human activity, which in general is called efficiency. The concept of "pedagogical system of training future specialists" is understood as "a complex of

effective means, specific procedural principles, content, methods and techniques for the formation of professionally meaningful qualities, methods and criteria for assessing professional readiness, the functioning of which is determined by the objectives of professional training and the principles of designing process models that focus interdisciplinary connections and attitudes in solving pedagogical tasks of such preparation "[4]. Physical education in higher educational institutions, as a component of the educational system of training, is understood as a specially organized and guided pedagogical process, aimed at teaching motor activity, development of physical qualities of students. Physical education combined with ethical, aesthetic and intellectual acquires importance of one of the main factors of the comprehensive development of the person.

The tasks of physical education in universities are: formation of the basics of theoretical knowledge, practical and methodical abilities (skills and abilities) in the student's youth from physical education and sports education, physical rehabilitation, mass sports as components of their full, harmonious and safe life; Student youth experience in the use of acquired values during life in personal, educational and professional activities, in everyday life and in the family; Provide students with the appropriate level of development of indicators of their functional and morphological capabilities of the body, physical qualities, motor abilities, disability; promoting the development of professional, ideological and civic qualities of students; preparation and participation of students in various sporting events. The recommendations of the Bologna Declaration provide for the reform of higher education through optimization of the educational process, which involves the functioning of the pedagogical process from the point of view of the given criteria on the basis of the full consideration of the principles, modern forms and methods of education, education, as well as the personal and collective features of a particular group.

Introduction to the scientific circle of the concept of "optimization" is associated with the emergence of the need to improve the forms and methods of organization of educational activities.

The term "optimization" goes back to the verb "to optimize" through the adjective "optimal", first recorded in private dictionaries in our country

and abroad in the early 60's of the twentieth century, and is interpreted as "compiling, calculating the program, the most acceptable model of organization of what Anything ». As a word of Latin origin, "optimization" is defined as the choice of the best (optimal) variant of the problem from the set of possible under these conditions [3].

According to many scholars, the optimization of the pedagogical process of physical training, which is based on new technologies, includes the following structural components: learning objectives and diagnostic objectives of the planned learning outcomes; content of training; means of diagnostics and control of the status of learning outcomes; teaching methods; organization of educational process; learning means; the result of activity - the level of achievement of general education and professional training.

The essences of the process of optimizing the training of students during physical training are:

- changing the organization of training itself by introducing technology in this process;

- to more precisely define the immediate specific goals in the realization of the practical purpose of training;

- in the implementation of personality-activity approach.

- Criteria for optimization in the process of physical training of students may be:

- efficiency and quality of educational-educational tasks solution taking into account the professional orientation of physical training;

- The expenses of the time of students and teachers for the achievement of the planned results must be justified;

- The cost of the efforts of students and teachers to achieve the intended results over time is affordable.

The analysis of the above studies shows that the definition of pedagogical technology as a coherent interrelated system of actions of a teacher and a student is sufficiently complex, which is connected with the application in the pedagogical process of a set of methods of education and training for solving various pedagogical tasks.

It has been established that technology is possible through the creation of new vocational training systems that are oriented towards the adaptation of well-known pedagogical

technologies.

Therefore, they must be transformed according to the particulars of the subject of study.

Based on the analysis of existing approaches to the definition of the structure of pedagogical technologies, we consider the following structure to be the most optimal: the conceptual basis, the content and procedural part of the training. The content of the training should determine the general and specific purpose of training, the content of the training material. In the procedural part it is necessary to describe: organization of educational process, methods and forms of educational work of students, methods and forms of work of the teacher, activity of the teacher on the process of mastering the material, diagnostics of the educational process.

Conceptual component of pedagogical technology includes philosophical, psychological, didactic and socio-pedagogical substantiation of achievement of educational goals. In accordance with the principle of orientation to innovation, the educational process in a higher educational institution should be aimed at the introduction of scientifically grounded and experimentally tested the latest pedagogical technology.

Summarizing the proposed innovative training models [7], the authors believe that in the field of higher education the most relevant innovations are:

- reorientation of the purpose of physical training to obtain the ability to use the means of AF to increase the effectiveness of training in mastering their skills of their future specialty, aimed at the development of the individual, his ability to scientific, technical and innovative activities on the basis of social order; designing the educational process as a system that promotes self-development of the individual;

- restoration of the content of the training, which implies: the exclusion from the programs of the material, which is only descriptive; integration of knowledge acquired during the study of related disciplines; preconditions created for problem-module study of a number of disciplines; conducting optional innovative and experimental work;

- shifting the focus from the process of teaching to the learning process of the students themselves, mastering them the experience of self-education under the leadership of the teacher

on the basis of increasing non-auditing independent work by reducing the audience, building the latter to a reasonable minimum, which will allow students to free time for independent training, and will enable them work at their own pace and according to their interests;

- providing the educational process with material and technical means at the level of modern socio-cultural development of society.

Conclusions from this study and prospects for further exploration in this direction. The most important tasks of the subsystem of physical training are: firstly - increasing the effectiveness of training future professionals in mastering their skills in their specialty; and secondly, systematic improvement and maintenance of the qualities most important for the future profession.

The essence of the pedagogical process of optimizing the physical training of undergraduate students is to: change the organization of learning itself by introducing technology in this process; in a more precise definition of immediate specific goals in the realization of the practical purpose of learning; in the implementation of personality-activity approach.

The criteria for optimization in the process of physical training of students can be: efficiency and quality of the solution of educational and educational tasks, taking into account the professional orientation of special physical training; The costs of the efforts of students and faculty towards reaching the intended results over time are available.

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