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Modular-Block Education of Students in Physical Education Classes

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Abstract: One of the ways to improve the efficiency of physical education of students is the creation of a multi-level system of physical education based on the technology of modular-block education as a backbone factor in building an educational process on a cyclic basis. The principles of "environmental comfort" and "correspondence of the chosen means, the intensity of the load and the methods of conducting classes to the level of environmental pollution" are substantiated.

Keywords: physical education of students, ecological comfort, technologies of modular-block education.

Introduction. Within the framework of the existing system of physical education of students, a model with narrow tasks and the use of a traditional set of physical culture and sports means to solve them prevails. First of all, the goal and objectives are reduced to increasing the level of physical fitness, maintaining and strengthening health, improving the posture of students involved in physical exercises [1, 2]. When organizing mass sports work, the orientation towards the preparation and implementation of control standards and sports categories prevails. At the same time, the tasks of forming students' deep and complete knowledge about the physical state of the body and ways to improve its conditions, awareness of the need for optimal motor activity as the main component of a healthy lifestyle are missed [3, 4]. In the current system of physical education, the forms of work are not associated with various types of spiritual and creative activity, which affects the development of students' personal qualities.

In the educational process of physical education of university students, the issues of implementing the principles of humanization remain on the secondary plane [5, 6, 7]. These shortcomings make it necessary to strengthen the ecological and valeological content of students' physical education. Therefore, it can be argued that the existing system of physical education in universities does not take into account modern problems and requirements of both the natural and social environment [8, 9].

Physical education is a multi-level educational system, integral and unified both in structure, content and organization [10, 11]. This process must be implemented in the aggregate of all parts, connections, conditions that are in relationships and connections with each other and modernized in a timely manner in accordance with changing environmental and social processes.

The multilevel system of physical education allowed us to use the technology of modular-block training in our study as a system-forming factor in building the educational process on a cyclic basis, consisting of three blocks, interconnected and complementary to each other at four levels: complex-target; information and environmental; innovative technologies [12, 13]. Each of these blocks and levels is a series of closely related processes for the formation of an educated and healthy young specialist [14].

Consequently, the tasks of educating physical qualities, motor skills, health improvement, environmental and valeological education should be addressed from the standpoint of an integrated approach as a method of scientific and practical implementation of a multi-level system of physical

education and constant modernization of its content. This approach provides for the use of a rating-modular technology for organizing classes in interconnection; taking into account environmental conditions, the introduction of innovative technologies; increasing the physical culture and educational potential of classes due to an increase in the share of the ecological and valeological content of the theoretical program material; strengthening of professional-applied physical training of young specialists; increasing value orientations towards maintaining a healthy lifestyle by means of physical culture and sports [15, 16].

The rating control system developed and implemented in the educational process in physical education has a decisive influence, stimulating the use of special methods, techniques, operations of pedagogical influence aimed at supporting its functioning. This gives grounds to interpret the rating control system as an educational technology, which creates the prerequisites for differentiation and individualization, for the implementation of the developing principle and active approach in it, for the activation of independent work of students.

The rating control system contributes to faster adaptation of first-year students in the conditions of the university. It allows stimulating students to get the highest score when performing control exercises, pulling up lagging physical qualities to standard requirements, promotes active participation in mass sports work and competitions, and regular attendance of physical education classes.

The conducted pedagogical experiment made it possible to conclude that the main methodological principles of the system of physical education of students in environmentally unfavorable conditions are the principles of "ecological comfort" and "correspondence of the chosen means, the intensity of the load and the methods of conducting classes to the level of environmental pollution".

The principle of environmental comfort provides:

- creation of a comfort zone - an optimal combination of temperature, humidity, air velocity and exposure to harmful environmental factors for the human body at rest or during physical work;
- accounting in the process of physical exercises, in the organization of mass physical culture and sports events and the construction of sports facilities for monitoring the air pollution index in daily, monthly and annual dynamics;
- creation of an artificial air environment in sports facilities for physical exercises in environmentally unfavorable time periods;
- the need to take into account the functional and physical conditions of the body of students, depending on the environmental situation in the region of residence;
- study of the direction of movement of air masses from sources of environmental pollution, in order to establish risk zones and a favorable environment for conducting physical exercises, depending on the distance from the source of pollution;
- Raising the level of environmental education and upbringing of various age groups of the population.

The principle of compliance of the chosen means, the intensity of the load and the methods of conducting classes with the level of environmental pollution. This principle provides that the regulation of the load in physical education classes in an environmentally unfavorable environment occurs through the use of sports with an increased requirement for the accuracy of movements, the nature of confrontation and changes in the quantitative composition of those involved, as well as the rules of competitions.

The process of physical education should be carried out on the basis of the principle of a professional approach, which provides for a comprehensive and in-depth study of the characteristics of labor activity and their influence on the body in order to select the most effective means for professionally applied physical training.

In addition to the well-known provisions in the theory and practice of physical education, the principle of a professional approach to classes in environmentally unfavorable conditions can be supplemented with the following:

- study of the level and mechanism of exposure to harmful substances released into the environment during the production process;
- taking into account the functional capabilities of the body to develop resistance to the effects of adverse production factors;
- Providing methods of physical rehabilitation and recreation, depending on the characteristics of the influence of adverse factors of production activity.

Conclusions. 1. The analysis of the educational process in physical education at the university allowed us to conclude that it must be considered as a multi-level educational system, integral and unified both in structure, content and organization. This process is presented as a set of all parts, connections, conditions that are in relationships and connections with each other and implemented on the basis of an integrated approach.

1. The modern approach to physical education based on the modular technology of education requires a new technological direction. Its novelty lies in modular-block learning. Modular-block training in conjunction with the rating control system allows organizing a modular-rating technology of physical education.
2. An integrated approach is a method of scientific and practical implementation of a multi-level system of physical education and constant modernization of its content.

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