POSITION OF MEDICAL COLLEGES' STUDENTS IN RESPECT TO SIGNIFICANCE OF PHYSICAL EXERCISES' PRACTICING AND RESONS, CONDITIONING IT

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Abstract. *Purpose:* to create pre-conditions for rising effectiveness of physical exercises' practicing by increasing of appropriate medical colleges students' motivation and attitude to role of such trainings in health strengthening and protection. *Material:* in the research 221 students (105 boys and 116 girls) participated; all they were 3rd year students. *Results:* Extra curriculum physical exercises' training is much more interesting for boys. With it 50% of boys and girls like in-college physical culture lessons. The content of such trainings does not facilitate formation of students' position in respect to role of such exercises in health strengthening and protection. There is deficit of students' appropriate knowledge and absence of their understanding of demand in mastering of appropriate knowledge and skills. *Conclusions:* for removal of detected drawbacks it is necessary to improve organization and content of medical colleges' students' physical education, considering the received data.

Key words: knowledge, motives, physical, education, students, medical college.

Introduction

One of important aspects of normative-legal and instructive-directive documents of national educational system is connected with health strengthening and protection of students [5, 8, 9]. It becomes still more important in case with future medical workers of primary level. It is conditioned by the fact that at the stage of education formation of students' readiness for motivation of their future patients for healthy life style is not of less importance.

In this connection it is necessary to pay attention to one of the most important its components – motor functioning with optimal parameters. This functioning is realized in different forms of physical exercises' practicing [1–3, 13]. Motor functioning is ensured in medical colleges by compulsory trainings, envisaged by curriculum. Physical trainings are conducted twice a week in the form of lessons. Besides there is an opportunity to attend extra curriculum trainings in sport circles by kinds of sports, with optional attendance. In this connection the decisive condition is students' motivation as well as students' practicing of other forms of physical trainings [4, 7, 18–20]: independent individual or group sessions. That is why formation of motivation in medical colleges' students is extremely important task of physical education theory.

The available in special literature sparse data [8, 10–12] witness about 15-17 years old youth's insufficient motor functioning. It is one of reasons of other low indicators, which characterize somatic health, organism systems' functional potentials; condition of physical abilities [14–16]. Pedagogic colleges' readiness for realization of students' health related physical culture training is at level below middle (4.7 ± 0.01 conv.un.) at the first year. Then, there appears a tendency for reduction with every following year [10]. It was found that in 54.5% of medical colleges' students vauelologic competence is at low level [8]. Such data point at demand in increasing of their physical education effectiveness. In such case the main task is formation of firm and adequate position in respect to physical exercises' practicing for health protection and strengthening (both personal and future patients').

Thus, the received information witnesses about sparse researches in the studied direction and their fragmentary character. That is why, the researches in the mentioned direction are still important.

Purpose, tasks of the work, material and methods

The purpose of the research is to create pre-conditions for rising effectiveness of physical exercises' practicing by increasing of appropriate medical colleges students' motivation and attitude to role of such trainings in health strengthening and protection.

The tasks of the research: to substantiate demand in increase of the studied trainings' effectiveness; to determine motivation of medical colleges' students for physical exercises' practicing and their position in respect to role of such trainings in health strengthening and protection; to generalize the received data. In questioning 221 students (105 boys and 116 girls) participated; all they were 3rd year students. Selection was carried out by method of random sampling. We used the worked out by us, considering recommendations of special literature, questionnaire [17].

Results of the research

The received data witness: in issue of physical exercises' practicing for health strengthening and protection students' position does not concord with specialists' position. In particular, only 27.6% girls and 65.7% of boys allocate first place to physical exercises' practicing. Analysis of the received answers showed that in opinion of 34.5% of girls and 20% of boys physical exercises' practicing does not enter in three priority kinds. Besides, 20.7% of girls and 42.8% of boys definitely consider knowledge about means and methods of organism's state and current potentials' diagnosing

to be unnecessary. Accordingly 51.7 and 28.6% – could not answer. And it is in spite of the fact that such control is rather important component of healthy life style [1–3, 5, 6, 11, 13, 14].

Such result is to large extent conditioned by students' knowledge and their motivation for realization of such functioning in every day life. The first is proved by answers to questions, connected with future professional functioning: 46.5% girls and 42.9% of boys definitely think that knowledge about physical exercises' practicing are unnecessary; accordingly only 27.6 and 28.6% – prove importance of knowledge about means and methods of organism's diagnosing; 31.7 and 28.6% – could not answer. For girl, the reason of such knowledge importance is connected with the following: control over own organism's condition (22.4%); advices of relatives and friends (20.7%). The quantity of boys' such answers was accordingly 54.2 and 20%. 8.6% of boys called consultation of future patients as the reason. Among girls such variant was absent.

The confirmation of conclusion about students' motivation are the following data: 94.3% of boys and only 32.8% of girls practiced some kinds of sports before entering college; as on the moment of questioning accordingly 94.3 and 39.7% wanted to practice sports. At the same time only 48.3% of girls and 48.6% of boys like to attend compulsory physical culture lessons.

In first case the main reason of girls' (24.2%) and boys' (17.1%) wish to practice sports means opportunity to communicate with other students. Accordingly for 13.8% and 60% it means improvement of health. For 14.3% of boys motive is improvement of physical potentials. Absence of wish 45.6% of girls is connected with absence of demand, for 5.2% deficit of free time. For boys, such absence of wish to practice physical culture exercises is connected with deficit of free time (5.7%). Concerning physical culture curriculum lessons, the obtained girls' and boys' low results are connected to large extent with their not understanding of demand in such lessons (34.5% and 14.3% accordingly). With it one of ways of such situation's overcoming is consideration of students' preferences in content of lessons. For example for 53.5% of girls and 94.3% of boys sport games are preferable. For girls – also gymnastic (20.7%), light athletic (8.6%) exercises are attractive; for other students – other exercisesупражнения.

Thus, the received data witness about noticeably higher boys' interest to physical exercises in extra-curriculum time; approximately equal quantity of those, who like physical culture lessons (<50%). Considering it, the problem of increasing of girls' interest to physical exercises' practicing in different forms is more important. Besides, the received data show that students have no formed clear position in respect of such exercises' role in health strengthening and protection and deficit of appropriate knowledge. Besides, it should be noted that there is insufficient understanding that the mentioned knowledge and skills are extremely necessary for highly qualified medical worker.

Discussion

The received results are connected with a complex of reasons. In most general form one of them is low effectiveness of formation of girls' and boys' motivation for systemic physical exercises' practicing in different forms in comprehensive educational establishment and in period of studying in medical college. The next reason is practically complete absence in academic programs of professionally oriented and general disciplines, which could give additional knowledge about physical education process's specificities. Deficit of attention to formation of students' knowledge on the regarded aspects (in college and at previous stage of learning) is of not less importance. It concerns also usage of meaningful connections with other academic disciplines.

Demand in consideration of the above delivered is noted by many scientists [3, 5, 6, 9, 13]. The authors say about importance of healthy life style practicing; knowledge of physical exercises practicing; ability to realize motor functioning with optimal parameters; systemic realization of motor functioning and control over physical condition. To some extent the received data concord with conclusions of other authors [4, 9–11, 14–16, 18] about absence of girls' and boys' belief in following healthy life style; insufficient studying of their valueologic education in medical colleges; poor formation of theoretical knowledge and skills for application of such knowledge in every day life [8].

Concerning meaningful interdisciplinary connections of different studied disciplines and physical education in formation of valueologic knowledge their realization facilitates strengthening of motivation for such knowledge application in practice [16]. At the same time practically all specialists point at demand in re-understanding of attitude to solution of physical education tasks, connected with formation of students' theoretical knowledge on the regarded problem.

Considering the above said the received experimental data show at demand in perfection of organization and content of physical education of medical colleges' students. Realization of such approach will facilitate achieving of the required result in formation of students' clear position in respect to physical exercises' practicing for health strengthening. Finally, it will permit to strengthen students' motivation for systemic physical functioning of health related orientation and increase their professional fitness level in this aspect.

Conclusions

1. Most of medical colleges' undergraduates believe in secondary importance of physical culture exercises' practicing for health strengthening and protection in comparison with other effective means. Boys' interest to such practicing is much higher than girls'. The knowledge about methodic of organism's condition and its potentials diagnosing are definitely considered unnecessary by 56.9% of girls and 14.3% of boys.

2. To large extent such result is conditioned by low knowledge level about physical activity of health related orientation: 46.5% of girls and 42.9% of boys definitely consider such trainings unnecessary. The second reason is absence of motivation that is reflected in students' answers; unwillingness to attend curriculum physical culture trainings (51.7% of girls); absence of demand and free time (45.6%). Absence of demand and free time was marked only by 5.7% of boys. 34.5% of girls and 14.3% of boys do not understand necessity of such trainings.

3. The received result points at need in improvement of organization and content of medical colleges' students' physical education. It is necessary to consider the received data, reflecting the following wishes: of 53.5% of girls and 94.3% of boys to practice sport games; of 20.7% and 8.6% of girls to practice gymnastic and light athletic exercises.

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The further researches shall be directed at determination of approaches to perfection of organization and content of medical colleges' students' physical education. Their realization in appropriate program will facilitate increasing of motivation for the following: systemic use of health related physical functioning in extra curriculum time; formation and practical realization of knowledge and skills of healthy life style in personal aspect and in future professional functioning.

Conflict of interests

The author declares that there is no conflict of interests.

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