



# Effectiveness of integrating sports training of students into the educational process of physical education university

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## Abstract

**Objective of the study** was to evaluate the effectiveness of the conditions for integrating sports training of students at physical education universities into the process of implementing the basis of a professional educational program in the direction of «Sport».

**Methods and structure of the study.** Based on a generalization of monitoring data on the effectiveness of competitive and educational activities of students at the sports training center of NSU named after. P.F. Lesgafta, St. Petersburg in 2023, an assessment was made of the effectiveness of combining activities and the possibility of achieving high performance in solving pedagogical problems of a professional orientation.

**Results and conclusions.** It has been established that increasing the effectiveness of professional training of sports teachers is achieved through the combination of activities that involve the development of both general and specific competencies of the future professional pedagogical activity of a sports teacher. Using the example of training female student athletes in rhythmic gymnastics, it was proven that the complementarity of functions performed by students when solving problems of educational, scientific and sports activities allows them to achieve high results in sports without reducing the quality of mastering the professional training program.

**Keywords:** physical education universities, students, competencies, sports training, performance.

**Introduction.** Training a competent specialist is a process of professional development of the student's personality, due to the high level of professionalism and skill of scientific and pedagogical personnel, innovative technologies in education, the students own educational activity, his ability to self-organize and competitiveness [1]. Based on the above, the main advantages of the development of vocational education, including in the field of physical culture and sports, within the framework of integration processes are seen in its connection with the labor market [2]. It is through the connection of training with practical testing of acquired knowledge in sports activities that the required level of professional competence of the graduate is achieved. The possibility of implementing this approach in the process of fulfilling the state as-

signment for sports training of students in 2023 made it possible to evaluate the effectiveness of the model for integrating educational and sports activities in physical education universities [3].

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ing pedagogical problems of a professional orientation.

**Results of the study and discussion.** An analysis of the regional affiliation and qualifications of students at Sports Training Centers (STC) specializing in rhythmic gymnastics showed that the athletes represent 18 regions of the Russian Federation and are Masters of Sports of Russia. That is, they passed the appropriate sports selection upon entering the university.

At the time of enrollment in the University CSP, rhythmic gymnastics athletes were studying in the second year of a bachelors degree in the main professional educational program 49.03.04 Sports, profile «Coaching and teaching activities in a chosen sport (rhythmic gymnastics)».

The success of the chosen approach to integrating sports training into the educational activities of NSU. P.F. Lesgafta, St. Petersburg and the possibility of implementing integration processes of educational, sci-

entific and sports activities were confirmed by the results of training and performance of student-athletes at competitions at various levels. Thus, an analysis of the results of the intermediate certification of students enrolled in sports training programs showed that 80% of students successfully combine studies in basic educational programs with preparation and performances in competitions in their chosen sport. 66,7% of students are «excellent students» and have the highest grades on the interim certification.

One of the main conditions for success, given the complexity of combining educational programs, is the creation of individual educational routes for student-athletes in the conditions of obtaining higher education at the Faculty of Individual Educational Sports Technologies, that is, with the provision of an individual training schedule. The sports activities of students consisted primarily of educational and training events and competitions. Students of the sport «rhythmic gymnastics» as part of different sports groups per-

*Table 1. Results of the performances of members of the national teams of NSU named after. P.F. Lesgafta, St. Petersburg in the sport «rhythmic gymnastics», studying at the Center for Training in 2023 (n = 21)*

Name of the event, date	Preparation stage, group	Program type	place
St. Petersburg Championship, February 09-11, 2023	VSM – 1 (1)	Group exercise	5, 7
	VSM – 1(2)		8, 12
	VSM – 1(1)	Individual all-around	37
Regional competitions in group exercises, in memory of Yu.N. Shinkareva, April 28, 2023, St. Petersburg	VSM – 1(2)	Group exercise	3
Cup of Clubs of St. Petersburg, 05.24-26.2023	VSM – 1(1) + SSM – 1	Group exercise	1
«Constellation Hopes» dedicated to Children's Day, St. Petersburg, 02-04.06.2023	SSM – 1	Couple	1
Interregional competitions in rhythmic gymnastics «XXIV Tournament in memory of the Blessed Prince Alexander Nevsky», 10-12.03. 2023, Pskov,	VSM – 1 (1) + VSM – 1(2)	Group exercise	1
Pearl of St. Petersburg April 14-16, 2023	VSM – 1(1)	Group exercise	2, 3, 5
«Constellation of Talents» in rhythmic gymnastics, Suzdal.	VSM – 1(2)	Group exercise	1
	SSM – 1		6
«The Future of Russia», Ulyanovsk, Ulyanovsk region, June 07-12, 2023	SSM – 1		9
Russian Rhythmic Gymnastics Championship (group exercise), 02/23-03/05/2023, Moscow	VSM – 1(1)	Group exercise	15
International competitions in gymnastic sports "Legends Challenge Games-2023", 03/28-04/02/2023 Ekaterinburg	VSM – 1(1)	Group exercise	8,8
International competitions in rhythmic gymnastics «Cup of the Strongest, 1st stage», 04-10.05.2023	VSM – 1(1)	Group exercise	6
International competitions in rhythmic gymnastics «Cup of the Strongest, 3rd stage», 08/14-22/2023	VSM – 1(1)	Group exercise	6
International University Sports Festival, 08/25-08/31/2023, Ekaterinburg	VSM – 1(1)	Group exercise	3,3,3
International University Sports Festival, 08/25-08/31/2023, Ekaterinburg	VSM – 1(1)	Group exercise	1,1,3



formed at four city competitions, five visiting competitions at the All-Russian level, as well as at the main competition of the country - the Russian Championship in rhythmic gymnastics. In addition, gymnasts participated in international competitions: «Legends Challenge Games, 2023»; «Cup of the strongest, first and third stages»; International University Sports Festival (hereinafter referred to as MFUS) in Yekaterinburg, organized instead of the previously canceled World Summer Universiade.

An analysis of the sports results shown by gymnasts in 2023 showed that they are progressive in nature and are improving every quarter (Table 1).

So, if at the championship of St. Petersburg in February, team No. 1 of group exercises of rhythmic gymnastics took 5th and 7th place out of 26 teams from various regions of Russia, then three months later (in May) at the 1st stage of the International competitions in rhythmic gymnastics «Cup» The Strongest», the students took 6th place, three months later (in August) two participating teams in the International University Sports Festival became prize-winners, taking 1st and 3rd places. Providing individual training plans for basic professional educational programs when enrolling student-athletes in the TsSP allows you to successfully combine study and sports, without loss of quality in both types of activities in the short term.

Student-athletes representing 36 countries that are part of BRICS, SCO and the CIS took part in the International University Sports Festival. The total number of participants was 2202 student-athletes from 270 universities (135 foreign and 135 universities from 59 constituent entities of the Russian Federation). During the competition, 197 sets of medals were played in 14

sports. NSU team P.F. Lesgafta, St. Petersburg, was represented at the IFUS in the amount of 71 athletes in nine sports.

Based on the results of their performance at the competition, students representing NSU named after P.F. Lesgafta, St. Petersburg, took first place among all educational organizations of the SCO, BRICS and the CIS, having won 72 awards of various denominations, significantly ahead of their closest competitors from the RUS «GTSOLIFK», which received a total of 44 medals. Third place went to PGUFKSit with 40 awards. It is noteworthy that the nearest university representing a foreign country, the University of Physical Culture and Sports Sciences (Cuba), took only 9th place, winning only 13 medals of various denominations (Table 2, see figure).

The analysis of the effectiveness of the implementation of an innovative project to create a sports training center at the university allows us to state that in universities with a physical education orientation, the integration of educational, scientific and sports activities provides every opportunity for students to continue their sports career.

Unofficial medal ranking of educational organizations that took part in the International University Sports Festival (first 10 places)

The results of the unofficial medal count of performances at the IFUS testified to the advantage of teams from physical education universities subordinate to the Russian Ministry of Sports among educational organizations of the BRICS, SCO and CIS countries, which is associated, first of all, with targeted work on the integration of sports work in their activities. At the same time, NSU showed the greatest success. P.F. Lesgaft, significantly ahead of its competitors.

Table 2. Results of the unofficial medal count among universities of the SCO, BRICS and CIS countries that took part in the International University Sports Festival

Place	University	Gold	Silver	Bronze	Total
1	NSU named after P.F. Lesgafta, St. Petersburg	24	22	26	72
2	The Russian University of Sport «GTSOLIFK», Moscow	11	13	20	44
3	Volga Region State University of Physical Culture, Sports and Tourism, Kazan	10	7	23	40
4	Ural State Mining University	8	8	2	18
5	Kuban State University of Education, Sport and Tourism, Krasnodar	7	4	2	13
6	The Ural State University of Physical Culture, Russia	6	4	11	21
7	Russian State Vocational Pedagogical University	6	4	1	11
8	Moscow State Academy of Physical Education, Russia	6	2	7	15
9	University of Physical Education and Sports Sciences, Cuba	5	3	5	13
10	Ural Federal University	4	9	4	17



**Conclusions.** Thus, the performance of student athletes representing NSU named after P.F. Lesgafta, St. Petersburg, at the International University Sports Festival, proves the high efficiency of the work being carried out to integrate sports work into the activities of an educational organization. At the same time, the key factors for ensuring the success of self-realization both as a student and as an athlete are training in the basic educational programs of higher education, which form the competencies of the future coach-teacher in the chosen sport and the opportunity to master the OPOP with the provision of an individual training schedule for CSP athletes.

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