



# Didactic integration of physical education and educational activities in the conditions of public service universities

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## Abstract

**Objective of the study** was to develop and justify a model of combined learning that provides opportunities for stable and continuous development of sports skills and educational competencies.

**Methods and structure of the study.** Algorithmization of organizational and educational activities in iterations of project management has been implemented. Observations were carried out to assess the dynamics of professional competencies and sports readiness of 37 students (15 boys and 22 girls), aged 20,5±0,5 years.

**Results and conclusions.** Structuring educational and sports training activities in the areas of management functions of physical culture and sports management forms a high level of professional competencies and sports preparedness of student-athletes. Scaling multi-criteria tasks for training management personnel, synchronizing the processes of educational and sports activities of students, achieving a balance between basic and additional educational programs for training specialist managers, determine the representativeness of sources for increasing the professional and physical potential of management students.

**Keywords:** *students, combined learning model, professional competencies, sports skills.*

**Introduction.** Sports clubs created in universities are integrated student sports facilities that ensure mass participation in sports activities and growth of students' sports achievements. Participation in club sports activities contributes to obtaining higher professional education and sports improvement of gifted athletes in the chosen sport.

Features of the organization of educational and training processes in the conditions of civil service universities have specific goals and models of training students who are actively involved in sports and are part of the university national teams in various sports. The predicted increase in the involvement of student athletes in educational and training activities often leads to a forced suspension of sports activities and participation in competitions [1, 4]. On the other hand, systematic participation in long

tournaments and competitions limits the routes of mastering professional competencies in accordance with educational standards.

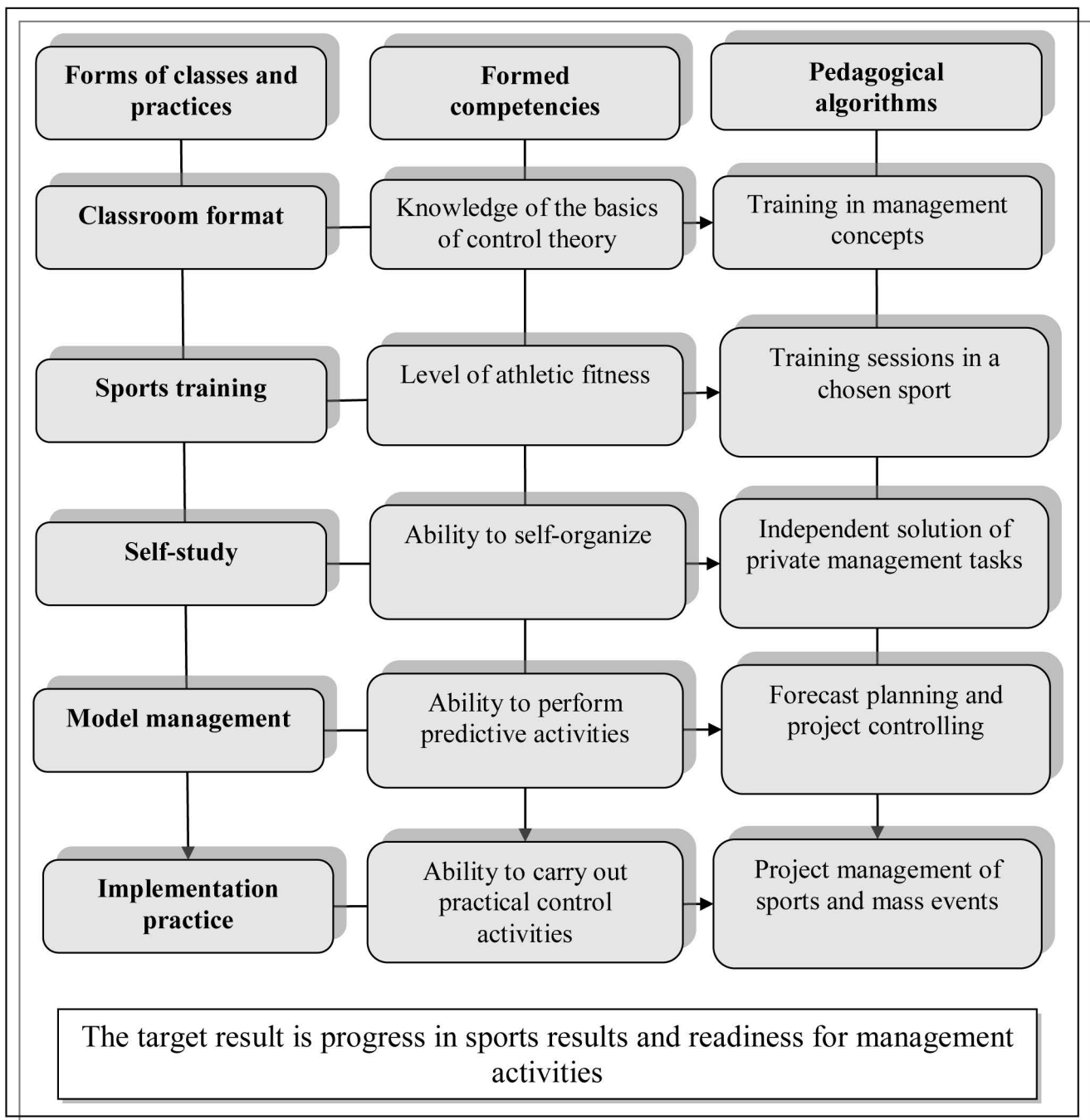
Difficulties associated with resolving the identified problem are due to the need to choose social priorities, as well as the interdisciplinary disunity of the training and educational processes [3]. The solution to the identified problem requires the introduction of a technological component that allows for the prompt and targeted implementation of a binary development strategy: «obtaining professional education – improving sports skills», focused on the parametric regulation of the management effects of combining sports and education [2]. The a priori logic of studying this problem allows us to put forward a hypothesis that the transformation of operational educational tools based on combined



educational activity algorithms will increase the effectiveness of professional and sports development of university students with a management profile [5, 6].

**Objective of the study** was to justification of a combined learning model that provides opportunities for the integrated development of sports skills and professional competencies of management students.

**Methods and structure of the study.** The operational functionality of the combined learning model is focused on mastering additional educational resources, which implied the performance of administrative and managerial functions, duties of members of the student sports club in the areas, managers of sports teams by students of the Faculty of Public and Municipal Administration. A predictive model of social interaction of students in the field of sports



Combined model of sport and education



management with the development of professional competencies of employees of state and municipal administration bodies was developed.

The profile of management functions is structured by the areas of coordination of the activities of state and local structures for the management of physical education and sports activities:

- analysis of trigger zones in the development of a sport at the university, identification and processing of problematic aspects and physical education needs of students, development of strategies and programs for training and development of a sports team of the faculty and university, assessment of the effectiveness and results of the implementation of sports and mass projects;

- management of material resources, requisitioning, receipt and distribution of sports equipment, control over their intended use and reporting, search for additional sources of equipment for athletes;

- organization of work with students, conducting surveys, coordination of the work of the sports club, the Department of Physical Education and the management of the university on issues of physical education and sports activities;

- cooperation with information portals, the media, representing the interests of your sports club, popularization of the sporting achievements of the university;

- provision and holding of competitions in sports, development and preparation of sports documentation, refereeing and control over the implementation of competition rules;

- management of the personnel of sports organizers of educational departments, increasing motivation and stimulating the work of captains of sports teams and the fan club;

- conducting scientific research within the framework of the work of the student scientific society on

the implementation of mass sports projects. At the second stage, observations were carried out to assess the dynamics of professional competencies and sports training of 37 students (15 boys and 22 girls) aged  $20,5 \pm 0,5$  years.

Participants in combined training underwent training seminars and trainings with further integration of training camps and organizational management activities into the structure of the training cycle and the educational process.

The representativeness of the developed model was assessed by monitoring the competencies, social characteristics and level of sports training of students.

**Results of the study and discussion.** Combined learning is an educational paradigm that combines various options for classes and practices, including a classroom format, independent training, sports training and practical performance of professional duties in simulated conditions of management activities. It has been established that the content of combined learning, focused on the aggregation of various types of classes of a comprehensive and selective focus, improves learning outcomes and contributes to the formation of an integrated sports and management potential of students. A multi-criteria system of additional factors stimulating students' creative activity in mastering sports and management competencies reduces the training of a specialist manager in personnel and staff management.

Combined learning resources scale students' motivation for sports and professional fields of activity, expand the possibilities of programming components of the educational and training process, mastering students' professional competencies and sports skills.

The instrumental field of work, based on the multifunctional focus of the educational environment, ensured the achievement of a synergistic effect due

*Results of monitoring the competencies, social characteristics and level of sports training of students*

Indicator	Before	After	t	p
Nominees for intercollegiate competitions in sports, %	15,6±0,3	23,7±0,2	2,6	< 0,05
Students who again achieved the standards for sports categories, %	24,7±0,5	36,8±0,2	2,8	< 0,05
Number of winners of interuniversity Olympiads, %	4,8±0,2	8,7±0,1*	3,6	< 0,05
Average score in mastering special disciplines	3,8±0,1	4,2±0,1	4,3	< 0,05
Ability to develop programs for the development of a sports team, points	3,6±0,4	4,5±0,7	2,6	< 0,05
Sports Record Keeping Skills, points	2,8±0,2	4,2±0,3	2,8	> 0,05
Personnel management skills of sports organizers, point	3,3±0,6	4,4±0,7	6,8	< 0,05



to mastering the skills of organizing work with students, conducting surveys, coordinating the work of the sports club, the Department of Physical Education and the university management on issues of physical education and sports activities.

The multifunctional focus of the training and training process, combining various forms of classes and management algorithms of activity, differentiated by the content of management practices of physical education and sports activities, contributed to the high-quality development of the main professional programs of state and municipal administration. Parametric algorithmization of organizational and educational and training activities in iterations of project management leads to achieving a higher level of sports results, including through participation in organizational and managerial events held by the university sports club. 73% of students participating in the study met the requirements for assigning mass sports categories in the chosen sport (from the 3rd sports category and above).

The results of the study indicate that student-athletes who have completed combined training are highly motivated to master the profession of a manager and other aspects of management.

A universal criterion in assessing the effectiveness of the combined model of sports and education is the autocatalysis of professional self-development of students, ensuring the achievement of a high level of managerial and sports competencies in the competitive conditions of the professional and social sphere.

**Conclusions.** The results of the conducted research prove the effectiveness of the implementation of the combined form of the educational environment in the educational process of higher education institutions with a management profile. Structuring educational and sports training activities in the areas of management functions of physical education and sports management forms a high level of professional competencies and sports training of student-athletes. Scaling multi-criteria tasks

of training management personnel, synchronizing the processes of educational and sports activities of students, achieving a balance between the main and additional educational programs for training a specialist manager determine the representativeness of sources for increasing the professional and physical potential of student managers.

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