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Analysis of applying the health-saving technologies in physical education process of student

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Abstract

The article is devoted to defining of priority tasks of the physical education of the Tuvan State University's students. The method of analysis of the theoretical research on the methods of teaching physical education at a university was applied. As a result, the essence of health-saving technologies in education ensures intellectual and physical efficiency and stimulates activity, interests, and needs for knowledge. As a conclusion, it is necessary to find out and introduce the new effective forms of sports leisure that is popular among young people such as orienteering, water and mountain tourism, mountaineering, parachuting and hang gliding.

Keywords: students, health-saving, technologies, sports, events.

Análisis de la aplicación de las tecnologías de ahorro de salud en el proceso de educación física del estudiante

Resumen

El artículo está dedicado a definir las tareas prioritarias de la educación física de los estudiantes de la Universidad Estatal de Tuvan. Se aplicó el método de análisis de la investigación teórica sobre los métodos de enseñanza de la educación física en una universidad. Como resultado, la esencia de las tecnologías para el ahorro de la salud en la educación asegura la eficiencia intelectual y física y estimula la actividad, los intereses y las necesidades de conocimiento. Como conclusión, es necesario conocer e introducir las nuevas formas efectivas de ocio deportivo que son populares entre los jóvenes, como la orientación, el agua y el turismo de montaña, el alpinismo, el paracaidismo y el ala delta.

Palabras clave: estudiantes, salud-ahorro, tecnologías, deportes, eventos.

1. INTRODUCTION

The effectiveness of the education and training of students depends on their health status. Health is an important factor of the efficiency and harmonious body development. First, the full development of student personality means a correct and forehanded formation of the foundations of a healthy lifestyle, their involvement in various clubs and sports sections, the development of positive moral and strong-willed qualities of a person (Akimova, 2017; Ondar, 2017).

Only a purposeful and gradual integrated application of all means, forms and methods of recreational activities together with scientific pedagogical knowledge can solve successfully the problems in education and creative approach to the upbringing of healthy generations. Today the state of health of the youth is the most important component of the nation's physical potential. Therefore the preservation and development of students' health and the formation of a healthy lifestyle are of the certain priority today. It is no accident that teachers and doctors the state of health of young people today is the most important component of the people's healthy potential. Therefore, it is no coincidence that teachers and doctors have recently shown great interest in the problem of the health of future specialists (Lotonenko, 1998; Babicheva, 2014; Rybachuk, 2003), upbringing a responsible attitude to self-health and to the health of future generations.

The application of health-saving technologies with individualization and differentiation approaches in training, makes it possible to take into account the motor experience of students, their personal and psychological characteristics, and will help create a comfortable learning environment, also it will provide trusting relationships and timely assistance and support to each student. The certain technologies of level differentiation for sectional sports classes have been defined which improve physical training and develop a healthy lifestyle of TuvSU students. The relevance of this study is in the necessity to form a proper attitude of the student youth to their health. Well-being in common, including the quality of life and the

fulfillment of the interests, depends on this attitude of a person to own health. In general, the topic of improving the level of health of young people is especially relevant today. So, the government of the Republic of Tuva is consistently working on the formation of health-saving values. The Governor's projects "Route of health" and "Each family - at least one child with higher education for 2014-2020" are being carried out and the activities of the republican state program "Youth of the Republic of Tuva for 2011 - 2015" were implemented. Our research is aimed at developing activities to promote health and healthy lifestyle among students and improve physical strength of young people. Thus, this article is devoted to the study of the problem of developing health technologies for organizing and conducting physical culture classes and sports events in the conditions of the Tuvan State University. The study describes the main goal of the subject of Physical Education at the university that is teaching forms and methods of actively using the values of physical culture for the formation and improvement of their physical, spiritual and moral health. The tasks that are solved by the teachers of TuvSU include also the search and implementation of specific forms of organizing the educational process and leisure of students that contribute to the psychological and socio-cultural formation of student youth by creating conditions for the formation of their conscious need for exercise and increase the level of physical strength. First of all, by solving the problem of improving the quality of the subject of Physical Education and organizing leisure, increasing students' interest in physical culture and sports, we have introduced health-saving technologies, which include classical and national sports, as well as

traditional motor activity. Such popular national sports as Tuvan wrestling Khuresh, archery or horse racing can be considered as innovation in health. There are no young men and women in the districts of Tuva, who would not be engaged in national sports. National wrestling Khuresh is one of the most innovative forms in the organizing of the educational process and leisure of students. The purpose of the work is to develop physical education and health technologies and to identify effective sports and mass activities aimed at strengthening the health and the promotion of a healthy lifestyle among TuvSU students.

The main task is:

The rationale of the effectiveness of health-saving technologies on the basis of mass sports events with the holding of master classes, training seminars in the field of health promotion, competitions and events, diagnostic and research surveys in the educational scientific laboratory "Technologies of Physical Education, Health and Sport Activity".

The scientific novelty of the research is the development and use of health-saving technologies, including 6 interrelated blocks: block 1 - health-saving infrastructure; block 2 - sports and health-improvement and mass sports work; block 3 – an organization of the motor regime; block 4 – promotional and educational work; block 5 - methodical work; block 6 - prevention of student's health. The proposed health-saving technologies and their integration in

accordance with the goal and the solution of problems will facilitate the practical implementation of sports and mass events aimed at improving health, developing the physical strength, and maintaining the healthy lifestyle by Tuvan students. According to the analysis of literature sources (Shutova et al., 2016; Akimova, 2015), we found that at the present stage of the development of society, attention has been paid to the healthy lifestyle of students and it is associated with the concern of the public about the health of specialists and the increase in morbidity in the process of their professional preparation with subsequent decline in efficiency. The importance of studying health-saving technologies, their tools and methods increases in connection with its practical application in the conditions of the Tuvan State University. These technologies are important in terms of improving knowledge on the subject of Physical Education and improving health and physical strength, maintain a healthy lifestyle by students in the conditions of the university.

The present work is devoted to defining of priority tasks of the physical education of the Tuvan State University students which are the following:

- To raise the general level of the physical condition, the adaptive capabilities of the body of students;

- To increase the functional capabilities, taking into account the existing deviations in health and contraindications to physical training;

- To form a habit of self-control, correct dosage of the training depending on subjective characteristics;

- To involve students in regular physical education and sports, thus health and mass events are aimed at raising the level and quality of physical education and sports work in TuvSU.

2. METHODOLOGY

The method of analysis of the theoretical research on the methods of teaching physical education at a university was applied in the given study. Mass sports and health-recreational activities are held in order to improve the quality of teaching Physical Education and to improve health and physical strength of students and to promote healthy lifestyle among the TuvSU students in the process of training. Comparative-contrast analysis of more than 40 health-saving and mass sports events was used. The mentioned events have been held during the academic year and 2,500 people took part in them annually:

I. Basketball and volleyball competitions among the first-year students, in which more than 200 students participated, were held.

II. More than 500 TuvSU students annually take part in mass sports competitions in basketball, volleyball, minim-football, table tennis, cross-country skiing, chess and track-and-field

athletics. III. Competitions for the TuvSU championship in such sports as wrestling, sumo, fencing, swimming, Tuvan wrestling Khuresh, arm-wrestling, badminton involves about 360 students.

IV. In the competitions among the TuvSU dormitories in minim-football, streetball, chess in four hands, arm sport, Khuresh, mixed volleyball 166 people took part.

V. Every year, more than 400 people participate in mass sports events as national and mobile games, dedicated to the New Year and Shagaa (Tuvan New Year) celebrations.

VI. Recreational activities such as Run Day (September, 560 participants), Health Day (April, 375 participants) and Sports Elite of TuvSU (May, 452 participants) were held.

About 190 people took part in such mass sports events as Ski Track of Russia and Cross of the Nation, the May Athletic relay race. 30 clubs in 15 sports are functioning in the Tuvan State University and more than 250 students are involved in them. The study also used observational methods (observation and generalization): observation of practical (learning and sectional) occupations; summarizing the best practices of teachers and their own experience in teaching the subject of Physical Education, organizing sports events and participating in competitions of various categories in the student's leisure section.

3. DATA ANALYSIS

A comparative-contrast analysis of the existing sports events at TuvSU, in the period from 2012 to 2018, revealed the following features:

1. Objective aspects related to the organization of living conditions (the length of the learning day, the density of the training due to the schedule, nutrition and its regularity, sleep and its sufficiency, organized motor activity, etc.).
2. Subjective, personal characteristics (organization and discipline, motivation to a healthy lifestyle, adherence to the optimal regime of the day, the presence of bad habits, the formation of the physical culture of the individual and the realization of its active component).

Today the student youth is a special social group for which the most relevant issue is the problem of the formation of a healthy lifestyle in different forms of physical activity. Students present the forefront of Tuva. The efficiency of future specialists depends largely on their physical and mental health and social well-being. According to statistical materials and reports of the Ministry of Health of the Republic of Tuva (2016-2017), there has been a trend towards an increase in the overall incidence of student youth in recent years and an increase in the prevalence of non-communicable chronic diseases. The reason for this is high mental stress, the intensification of the

educational process and its existing orientation, based on the prevalence of static loads, which contributes to an artificial reduction in their motor activity, the prevalence among young people of harmful habits, such as smoking and drinking alcohol, etc.

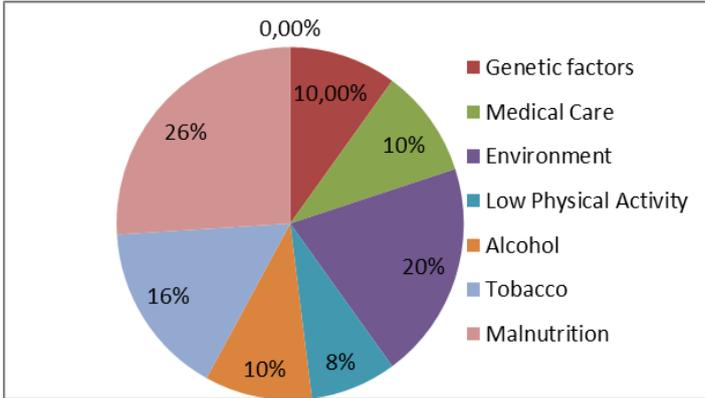


Figure 1. Results of identified factors affecting the health and social well-being of TuvSU students

In Figure 1, it is evident that at the beginning of 2012, physical activity of TuvSU students was only 20 percent, but it had increased 1.5 times more from the beginning of 2018, so there were involved 509 people. Nevertheless, according to the TuvSU Health Centre, 58 percent of students have lower and below average physical health, less than half (46.7 percent) of them have morph-functional abnormalities of a different nature, and 30 percent have chronic non-infectious diseases (State Report on the state of health of the population of the Republic of Tuva for the period of 2016 – 2017). According to the report of the chief doctor of the TuvSU Health Centre, Ondar (2017)

T.M.N., one can see that the number of students who belong to a special medical group is steadily increasing and, therefore, there is a need to introduce health-saving technologies into the teaching and the upbringing process in the physical education of Tuvan students. In the solution of the mentioned above urgent problems in the structure of health-saving technologies of the Tuvan State University, we offer physical-recreational and mass sports activities aimed at increasing physical fitness and strengthening the health of students during the academic year, taking into account their individual characteristics.

4. RESULTS

Health-saving technologies in education are a way of organizing and gradual actions implementing educational programs that take into account the individual health of young people, the peculiarities of their age, psychological, physical, spiritual and moral state and development, in the course of the educational process and leisure time. From the analysis of sources Akimova (2017), Cardinal et al. (2002), we have revealed that the essence of health-saving technologies in education is in the pedagogical system itself, especially in pedagogical technologies that provide psychophysical and social-spiritual comfort to the participants of the educational process, ensure intellectual and physical efficiency, and stimulate activity, interests and needs for knowledge. For example, some authors consider health-saving technologies to be innovative pedagogical technologies King et al. (2002), Zeigler (2009) based on the principles of humanization,

democratization and cooperation (student-centered and developmental learning) (Babicheva, 2014; Rybachuk, 2003); the perspective-advanced technologies which use reference schemes; self-development training; formation of a person's physical culture, the culture of a healthy lifestyle, etc.

5. ANALYSIS OF STUDIES BY FOREIGN AUTHORS

The well-known American scientist Kenneth Cooper, in the 1970s and 1980s, being guided by his tests and the calculation of oxygen load points, compiled his own program of walking and jogging, which also suits other physical training classes such as bicycle riding, swimming, etc. Nowadays technologies increasing the physical activity of students in California were introduced (Marcus, 2017). The technologies in stimulating the physical behavior of university students were developed by Cardinal et al. (2002), King et al., (2002), Zeigler, E. (2009) developed theoretical approaches to promoting the physical activity of students in the formation of a trans disciplinary paradigm. Wiley et al. (1996) conducted studies evaluating the "sports health" behavior of Texas students. Wallace et al. (2000) described the application of socio-cognitive theory in predicting the physical condition of the student youth. Hale et al. (2002), invented the method of cross-training for 60 minutes to relieve stressful situations. Kantomaa et al. (2016) found out some methods against passive (sedentary) lifestyles and described the successful learning on the basis of increasing the motor mode of adolescents. The review of the articles

on European Physical Education reveals the relationship between mental and physical activity and their influence on the process of learning and perception (Stylianou et al., 2016). In the article "Teacher's perception of class physical activity and related management issues", similar studies were carried out by other scholars, as Farris et al. (2016), who described the use of sports and physical activity in the treatment of smoking addiction.

Heidi et al. (2018) created modern concepts of physical activity of youth based on the use of fitness. Thus, scientists and specialists of English-speaking countries come to the conclusion that in fact, playing sports is an active approach to life and a desire to improve one's body. This is not only about gyms and professional sports centers, so an alternative to any exercise can be dancing, walking and running in the fresh air. A healthy lifestyle is not only a healthy body, but also a healthy mind. Faith, an optimistic approach to life, the ability to maintain poise and calmness - these things are also no less important in life. In 2015, the teachers of TuvSU Ag-ool (2015) suggested to introduce in university conditions the differentiated training in a health-saving system in the sports games classes such as volleyball (Ag-ool, 2015). The planning of the educational process of Physical Education on the issue of sports games is differentiated depending on the physical-technical and tactical preparedness of students. In a large team of TuvSU, where more than two thousand students are studying, the number of those who would attend volleyball sections is more than 100 people in the age group from 17 to 26 years old. The motivation for this sport in Tuva is very high, because volleyball is one of the

most popular sports, in a line with the national struggle Khuresh. In the opinion of specialists, it is better to recruit groups in sectional occupations using a differentiated approach (Ibid). In this case, the authors propose to divide all those involved in volleyball sections into three categories: "Strong group" - having, first and second sports categories; "Mass ranks" - those who previously was engaged in volleyball sections of cities and districts of the Republic of Tuva; "Beginners" are those who want to learn how to play volleyball. Also, the university has a tradition to use the national sports, and the motive tradition of the Tuvan people in physical-health and sports events, which are also part of the health-saving technologies. All this help involve the youth in favorite sports, such as Khuresh, and active physical education and sports in general. In accordance with the formation of a healthy lifestyle of Tuvan students, it is necessary to regard a general and a comprehensive approaches, using advanced health-saving technologies based on the use of not only classical, but also national sports. In 2015-2018, we conducted research to identify the effective physical health-saving and mass sports activities of TuvSU, which are part of the health-saving technologies conducted during the academic year. Carrying out sports events and competitions by different kinds of sports has served as an impact to popularization of various kinds of sports for active physical training and sports in conditions of TuvSU (Fig. 2).

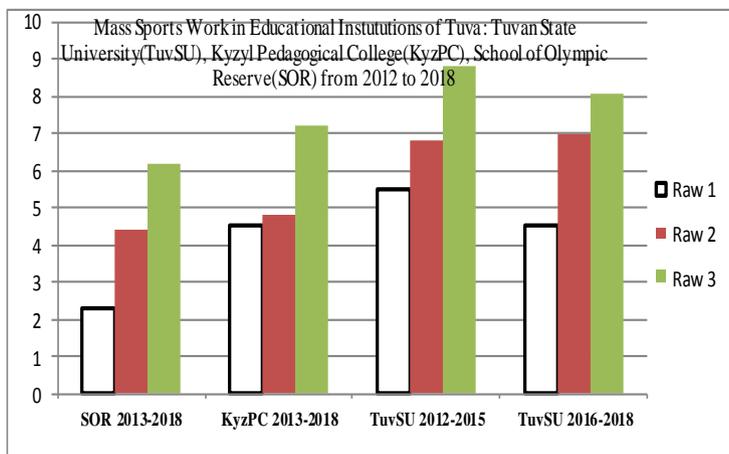


Figure 2. Mass sports work in educational institutions of the Republic of Tuva

- 1 - Number of students participating in sports events;
- 2 - Number of students participating in physical educational and recreational activities;
- 3 - Number of students attending sectional classes by sport

In the matter of improving and encompassing sports activities in the conditions of a university, the role of the GTO (Civil Defense Squads) is becoming important, and in connection with this, the "Sports Club of TuvSU" traditionally holds the GTO surrender of sports standards among students and teachers of the university. The TuvSU University all-around team became Champions of the All-Russian Festival of Student Sports five times from 2012 to 2016. The coaches preparing the team are teachers Ag-ool (2015). The main goal

of the Festival of Sports among Russian universities is to raise the level and quality of physical and sports work, to strengthen sports traditions, to attract students to regular physical training and sports. It solves such problems as the formation of a healthy lifestyle, positive attitudes, and the prevention of antisocial phenomena in the student environment, the development and strengthening of interuniversity relations. Also, the age features of student youth, the specificity of the student's work and life, the peculiarities of their abilities and the conditions for exercising Physical Education and sports make it possible to single out them in a special category - student sports group. The main objective of the TuvSU Sports Club, which was established in 2008 on the basis of the faculty of Physical Education and Sports, is the organizing sports and recreation, sports events, involving more students in order to form a healthy lifestyle. In the sports club there is a self-government which presents a council of small deans of 10 faculties, they carry out preparation for sports events and provide feasible assistance to trainers and teachers. Students of the Faculty of Physical Education and Sports volunteer in sport sections on sumo, freestyle wrestling, shaping, Wushu.

Also, the health-saving technologies with a calendar plan for Physical Education and sports and mass events for the academic year was developed for achieving good sporting results. The mentioned calendar is annually approved by the rector of TuvSU. We suggest including the following large sports events in the structure of health-saving technologies:

- Basketball, football and volleyball competitions among the first-year students, in which more than 300 students participate;
- Mass sports competition of TuvSU students, in which more than 500 students of 10 faculties take part annually;
- Competitions in basketball, volleyball minim football, table tennis, skiing, chess and track-and-field athletics (4 per 100 meters).
- Competitions for the TuvSU championship in such sports as wrestling, sumo, fencing, swimming, Tuvan wrestling Khuresh, arm-wrestling;
- Competitions among the TuvSU dormitories in minim-football, streetball, chess in four hands, arm sport, Khuresh, mixed volleyball;
- Traditional mass sports events on national sports games, dedicated to Shagaa (Oriental Lunar New Year) and Naadym (Cattle breeder Day) celebrations;
- Mass sports events dedicated to Health Day in TuvSU;
- Passing sporting standards of GTO (Civil Defense Squads) in which more than 500 people participate;

- Mass sports event “Sports Elite of TuvSU”.

Other sports competitions in TuvSU:

- Test competitions on training classes;
- Championship competition between groups of students;
- Championship competition between faculties (or dormitories);
- Track-and-field athletics sports crosses, relay races (mixed and Swedish);
- Competitions in different sports.

National sports in TuvSU:

- National sports events, dedicated to such Tuvan celebrations as Shagaa (Oriental Lunar New Year), Naadym (Festival of Cattle Breeders);
- Annual Republic Chess tournament, dedicated to M.S. Khomushku (more than 150 veterans and young participants);
- Championship of TuvSU, of Kyzyl and of the Republic of Tuva in swimming;

- Annual Championship in Khuresh among educational institutions.

Today the popularity of Khuresh among the student youth has increased, so one of the most notable sports that is included in the content of sports and sports events is national wrestling Khuresh. Khuresh differs from other competitions in entertainment, conjugation with elements of theatricalization. At the beginning of the struggle, each wrestler must perform the traditional dance Devig (Eagle's dance), in which he expresses his inner philosophy: "I am ready to struggle", "I show love to the people," "I demonstrate my strength and power." In the end, the dance Devig is performed again as the winner demonstrates the joy of victory over the opponent, the lost one demonstrates his "love to the audience," "a bow to the ground." The wrestling of Khuresh due to its entertainment, emotionality and beauty is capable of capturing young men, even ladies, who are inclined to develop sports and wrestling qualities, to improve their skills. This will contribute to the creation of positive role models in national sports, and may also serve as examples to follow for young people. The organizers of the Khuresh competitions among the educational institutions of the Republic of Tuva are teachers of the Department of Sports Disciplines of the Tuvan State University. Currently, many young men got interested in the national sports, Khuresh wrestlers, and students of TuvSU, become champions of Europe, Asia, and the world champions in sumo, freestyle wrestling, judo and sambo. Thus, in the sphere of sports and sports activities of Tuvan youth the wrestling of Khuresh is quite innovative, popular and effective means of physical and spiritual

enrichment of young people, harmoniously combined with the main directions of the process of physical education of the student youth. In the big sport TuvSU students get positive results. Among TuvSU students there are:

- World champions (2015-2018), masters of sports of international class: Ondar (2017).

From 2012 to 2018 more than 20 TuvSU students became winners of European championships, 9 of them became winners and prize-winners of international competitions in 2017. More than 50 students of TuvSu successfully represented the Republic of Tuva and the university in international and all-Russian competitions. Students of TuvSU Valeria Ortelek became world champions in kickboxing and power-lifting. Sumo-wrestlers Arzhan Ondar (2017) became champions of Russia and Europe. Their coaches are A.S. Khomushku and B.A. Shagzhy. More than 40 masters of sports of Russia in different sports study in the Tuvan State University. There are also international masters among the national teams of Russia. Entering their profession, they set themselves the target of improving their skills in sports and regularly participate in Russian and international sports competitions for the faculty, the university or the country team. Training sessions for masters of sports are held out the university and the training schedule. The process of training a professional athlete is presented in a larger volume. In addition to university sports events, every year TuvSU students take an active part in the all-Russian mass competitions, such as the Ski Track of Russia and Cross of the Nation,

in the May track-and-field relay race, showing high results. Students-football players are participants of the all-Russian project, which is called Minim Football in Higher Education, and which is held by the fund of youth initiatives of Mikhail Prokhorov. Interregional and republican sports events are held at the sports bases of the university. It is the championship of the Siberian Federal District in boxing among students, in which the strongest sportsmen and students of Siberia take part.

Many students are champions of the Republic of Tuva. They are prepared by famous Tuvan coaches in ski races, freestyle wrestling and national wrestling Ondar (2017), volleyball and basketball. Students of TuvSU often take part in friendly inter-university competitions in different sports in Krasnoyarsk, Tomsk, Omsk, Ulan-Ude, Abakan, Ulan Bator and other cities. The combined teams of TuvSU in many sports are permanent winners of the republican competitions. More than 200 people defended the sports honor of the university in the city and republican competitions. As a result of the research, we have identified some organizational features of student sports in the Tuvan State University. They are:

- Accessibility and the opportunity to exercise sports during compulsory Physical Education training classes;
- Elective course which is based on classical and national sports;
- Training sessions in sports sections;

- The opportunity to exercise sports independently;

- The ability to participate in student sports competitions of an affordable level (in academic competitions, in internal and external sports competitions for different types of sports).

As a result of the pedagogical experiment, we proposed a system of exercising, which enables each healthy student first to get acquainted all basic sports and then to choose a sport for regular classes in sections that function in the conditions of Tuvan State University. In TuvSU the curriculum of the subject of Physical Education provides for freedom of choice of sports for students of all faculties. After an active general physical training on the first course, students of 10 faculties are offered to choose their own sport or a system of physical exercises for systematic training in the university. Further, let us consider the basic directions of the work. Sports in the elective course of physical education of TuvSU students is a part of practical classes of the educational subject of Physical Education, in which students choose the preferable kind of sport independently (from the number of those sports that were offered by the Departments of Physical Education and of Physical Culture and Sports). However, only the sports increasing motor activity can be included in the curriculum. Therefore, chess and checkers are not included in the curriculum. At the same time, it is evident that an alternative choice of forms and content of training classes will contribute to a conscious motivation for physical education and it will improve the physical fitness of students. The main thing that motivates students is the

approach of 'it is not me being chosen, but I choose'. There are such specialties at the Faculty of Physical Education as Physical Culture, Pedagogical Education with profiles of Physical Education, Adaptive Physical Culture for People with Disabilities in Health, Pedagogical Education, Life Safety and Physical Culture. Students choose special disciplines of their wish. From the analysis of the special literature it can be seen that in the practice of the work of a number of universities there are also (Lotonenko, 1998; Akimova, 2017; Marcus, 2017) "student's choice rights" for exercising and physical culture. We propose to consider the model, including health-saving technologies in TuvSU. This is a systemic complex work on preserving and strengthening the health of students.

The presented model will consist of six blocks. They are:

Block 1. Health-saving infrastructure of TuvSU (state and conditions, hygiene, medical equipment, movement therapy, 7 gyms, a swimming pool, TuvSU stadium with necessary equipment and inventory);

Block 2. The organization of physical education and health work include an effective work in all health groups, physical education classes, sections, organizing of movement therapy, creation of conditions for the work of sports sections, regular sports and recreational activities;

Block 3. Properly organized physical culture and health-improving work can become the basis for the rational organization of the students' motor regime, will promote normal physical development and physical readiness of students of all faculties, will increase the adaptive capabilities of the organism, will become a means of preserving and strengthening the health of students;

Block 4. Educational and upbringing work with students, which is aimed at shaping the value of the health and healthy lifestyles (educational programs aimed at preserving health, lectures, talks, consultations on the problems of preserving the health and preventing harmful habits, holding recreational activities, such as Health Day, Day of Running, Day of Tourism, Sports Day, Open Day of Faculty of Physical Education and Sports).

Block 5. Organization of educational and methodical work with teachers and specialists to improve the qualifications of TuvSU employees (lectures, seminars, consultations, courses on health conservation, attraction of teachers and curators to joint sports-mass competitions).

Block 6. Preventive maintenance and dynamic observation of the state of health (use of effective methods of preventing diseases that do not require constant monitoring of the doctor, vitamin therapy, prevention of posture and vision disorders); regular analysis and discussion at meetings of the Academic

Council of Tuvan State University on the state of health of students, regular analysis of the results of dynamic observations of the state of health; founding the center of psychological assistance to students; creation of a system of comprehensive pedagogical, psychological and social assistance to students; attraction of teachers of the Departments Physical Education, Sports Disciplines and Theoretical Bases of Physical Education, but also other departments of the Tuva State University for the activities aimed at preserving and strengthening the health of students. The health-saving technologies based on the given model can be developed and adapted in each faculty or department to improve the health of the student youth. Such modern models can create:

- Personal attitude to health, self-confidence and their abilities;
- The sequence of actions during the educational process, the implementation of educational programs on the basis of individual and differential accounting (Marcus, 2017);
- Taking into account the individual health of youth, the characteristics of its age, psychophysical, spiritual and moral state and development.

Thus, mass sports events in the structure of health-saving technologies have a great impact on the development of student sports in the Republic of Tuva through the popularization of physical culture and sports, the promotion of a healthy lifestyle, the education of citizenship and patriotism, integration into the world student community, which creates all prerequisites for the formation a new way of thinking of young people. As the results show, it was revealed that more than two thousand students of TuvSU annually take part in more than 40 sports and health-improving and mass sports events. The growth of student sports, the organization of sports and recreational and sports events, the use of sports facilities like a swimming pool, a stadium, sports halls, as well as improving the physical fitness, maintaining a healthy lifestyle of students are reflected in a significant increase in the number of people engaged in physical education and sports in the period from 2012 to 2018 in the Tuvan State University. The university management constantly pays much attention to the moral and material support of athletes. During the period under review from 2012 to 2018 more than 200 students received an increased scholarship for high achievements in the field of sports and were awarded honorary badges of TuvSU for Achievements in Sport. The results of this study can be applied in the practice of sports and mass work in educational institutions in Russia, particularly in the development of health-saving technologies for the conditions of the university.

6. DISCUSSION

In this article, we examined the impact of health-saving technologies in the study of the subject Physical Education and the organization of leisure for students of the Tuva State University on the basis of the use of traditional and national sports. In particular, the proposed mass sports and health activities in the structure of health-saving technologies can cover a greater number of students for physical training and sports. The need for further development of objective knowledge about motor benefits is especially evident in national sports. In relation to a private form of sports activity, it was revealed that it is not individual athletes that produce this activity, but, on the contrary, sports activity "captures" them. Many students of the Tuvan State University have been actively involved in sports activities of the university for the last five years. At the Departments of Sports Disciplines and Physical Education there are a lot of works and material on national sports and games that have been accumulated. The system of transmission of traditional movable material of Tuvans has been fully developed. Methods for the use of national sports and competitions for the psycho-physical and motor development of youth has been developed. Special statistical methods were used to create modern accessible conditions. As interest of Tuvan students in physical education increased, the number of regular sportsmen increased. At the beginning of 2012, this indicator was only 22 percent of students in TuvSU, but by the beginning of 2018 it increased 1.5 times more to 509 people. In general, nowadays in TuvSU 33 percent of all students are engaged in physical education and sports.

According to scientists Semikin (2013), the application of health-saving technologies in the conditions of the university can give more effective ways of solving in improving the state of health and physical strength of the student youth. Teachers of TuvSU use not only modern, but also national sports, motor traditions of the Tuvan people to achieve effective organization and to improve the structure of health technologies, which will undoubtedly lead to an improvement in the indicators of physical strength, physical development and health of young people. Thanks to the creation of modern accessible conditions, the interest of Tuvan students in physical education has also increased, and the number of regular sportsmen is increasing. In common, over 500 people are engaged in physical culture and sports in the Tuva State University, which is 33 percent of all students in the university.

7. CONCLUSION

As a result of the study, over 150 sports and sports competitions were held over the past five school years, in which over 7.5 thousand students took part. In the period from 2012 to 2018, 570 students of the Tuvan State University have met the standards of mass ranks in various sports. 25 students of the engaged in sports sections were awarded the titles of the masters of sports of the Russian Federation, 12 people got the international class masters; and more than 45 people are candidates for master of sports. Traditionally, at the end of the academic year, TuvSU sums up the sports and mass work in the sportsmen's festival Sports Elite of TuvSU, where the best athletes and

coaches of the university's national teams are awarded. The results of the experiment allow us to conclude that to solve the problem of improving the effectiveness of education in the field of physical culture and strengthening the health of future specialists in the system of higher education, it is necessary to use the most effective health-saving technologies, based on goals, objectives, health level, physical strength and motivation of students. Also, we have identified factors contributing to a greater involvement in the physical education and sports activities of students in strengthening their health. They are: 1) the creation of social and economic incentives for a healthy lifestyle; 2) improvement of living and working conditions; 3) increasing knowledge of the factors of preservation and strengthening of health and the benefits of physical activity; 4) broader promotion of healthy lifestyles and physical activity in mass media; 5) advertising and development of accessible sports and activities, including national sports and games, which are oriented to the students with different physical strength.

It is necessary to find out and introduce the new effective forms of sport leisure, as, for example, the use of not only well-known traditional forms of physical education (compulsory classes, classes in sections, etc.) but also the development of extreme sports that are popular among young people (orienteering, water and mountain tourism, mountaineering, parachuting and hang gliding and other sports). In our opinion, special attention should be paid to the analysis and solution of the problems of the development of physical and sports work in TuvSU so that such studies on the identification of efficiency

primarily impacted effectively the development of student sports, the improvement of physical strength and healthy lifestyle of the Tuvan State University students.

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