

## **Features of the organization of general physical training classes with students during the pandemic**

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**Abstract.** *The article presents the features of the educational process in the field of physical culture and sports with university students during the coronavirus pandemic. Particular attention is paid to such criteria as motivation for physical culture and health-improving activities during a pandemic in self-isolation, increased responsibility for the independent fulfillment of the festival task, a sense of collective participation, despite the remoteness and online mode.*

*The results of online health-improving trainings are presented, which showed the feasibility of this type of training and a high level of organization of the proposed type of physical activity.*

**Keywords:** *general physical training, educational process during a pandemic, online health trainings.*

The pandemic of the coronavirus infection caused by the COVID-19 virus has forced a new look at the educational process around the world, including education in higher education institutions. One of the most important problems was the problem of organizing distance education for students, including in the field of physical culture and sports. As a result of the transition to fully e-learning, over the months of the pandemic, the volume of educational materials and their presentation, taught remotely, has changed by an order of magnitude, the processes of introducing various methods of e-learning have dramatically accelerated, and previously known digital technologies and their technical solutions have been tested for the adequacy of their application in the audience.

During distance learning at the Department of Physical Culture and Sports of the Samara State Technical University in the period from late March to mid-April 2020, a distance education method was developed for students from the groups of general physical training (GPT), shaping, step aerobics), as well as assessment tools of students studying remotely.

To assess the quality of online training, questions were developed for the planned testing.

From April to mid-June 2020, in parallel with the use of the developed series of lectures

and practical lessons in distance mode, SamGTU conducted a survey of students of GPT groups in the form of an online survey.

The introduction of distance education technologies at the Department of Physical Culture and Sport took place in several stages.

At the first stage, videoconferencing (on the ZOOM platform) was used to conduct lectures selected by the faculty for students of GPT groups with an emphasis on the specifics of building and independently conducting health-improving classes and using load control devices.

Further, communication sessions began to be recorded using the standard software capabilities of the ZOOM system and webinar servers. The recording of the lessons included the performance of practical exercises and comments on the specifics of their implementation for the students of the GPT groups.

The result was a completely independent educational product that could be used as a new method of distance learning in the educational process in the field of physical culture and sports. This educational product should be called a multimedia lecture with a video-audio sequence recorded during a real lecture or in a studio, more often using several video cameras.

Also, during the online classes in physical culture and sports, it was envisaged to carry out independent work by the students themselves.

One of the types of independent work of students from the GPT groups, along with shaping and fitness yoga, was Nordic walking.

In the process of distance learning when performing independent studies, the attention of students was focused on performing health-improving exercises with telescopic sticks, self-determination by students, the length of the sticks, depending on the health-improving tasks, as well as the length of the distance of the health-improving route and the pace of walking.

In addition, to increase motivation for remote health-improving classes and remote control at the Department of Physical Culture and Sports at SamGTU, it was proposed to use online health-improving trainings in Scandinavian walking.

Online trainings activated the following psychophysical features:

- the opportunity to take part in a properly methodically organized health-improving event, without violating the regime of self-isolation; free choice of time for participation;
- the ability to organize calls in the early morning hours or late evening hours, when contact with the population is minimal;
- choice of free place of participation;
- creative approach to drawing up your personal approach route;
- no need for material costs for travel during training and others.

At the time of the experimental work, the participants were offered a choice of numerous instruments to fix the tracks and the time of passage. So it was possible to use fitness bracelets

(Apple, Xiaomi, etc.), sports watches (Suunto, Garmin, etc.). It was also possible to use a mobile phone, on which an application (fitness tracker) should be installed, which records the distance and the time to overcome it (Strava, Runtastic, RunKeeper, etc.). If the approach is carried out on an indoor treadmill, then use the readings of the sensors from the treadmill.

Screenshots and photographs from the gadgets used were sent to the organizers of the training at the indicated e-mail addresses or by the corporate mail of the higher educational institution.

As an example, we can cite the results obtained at online training among students of a special medical group. The training was attended by 56 people. Participants were asked to overcome a distance of 75 kilometers for a month (consistently from day to day) without violating the self-isolation regime. This task was completed by the students in full and on time.

During the first two weeks after the end of the training, a survey of students was conducted in order to obtain an express assessment of the new educational model. Students were asked to freely express their attitude to distance education, as well as formulate their proposals for improving this system.

The conducted research reflected the first reaction of students to changes in learning conditions, therefore, it should be considered that its results are still indicative in nature. However, the study was of certain interest, since it was carried out during the period of adaptation of both the students themselves and the teaching staff to new forms of the learning process.

Most of the students of the Samara State Technical University positively assessed the conduct of GPT classes in the new distance format. Moreover, they were sympathetic to the fact that in the early days there were possible shortcomings in the system, which needed further improvement. Among the advantages of the distance education process, the following were named:

- compliance with the regime of self-isolation and the risk of becoming ill;
- saving time and money for moving between the place of residence and the sports facilities where the training took place;
- reducing the level of stress arising from the implementation of control standards;
- the ability to choose the optimal pace of mastering the material, including re-addressing difficult issues, copying the material,
- availability of a larger volume of information resources, incl. foreign.

Evaluation of participation in health related online trainings showed that most of the surveyed students highly appreciated the feasibility of such training and the high level of organization of the proposed type of physical activity by the teaching staff.

Particular attention was paid to such criteria as motivation for physical culture and health-improving activities during the period of self-isolation, increased responsibility for the independent fulfillment of an individual task, a sense of collective participation, despite the remoteness and online

mode.

Thus, in the educational process in distance learning, an important role is played by the organization of student's independent work in physical culture. Independent lessons are a promising and significant form of education in professionally applied physical training of a student.

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