

Possibilities of sports club of higher education institution in preparation of students for making control standards of the Russian sports complex “Civil Defense Squads”

A. Nikulin

*Department of physical education
Vologda State University
Vologda, Russia*

O. Bushmanova

*Department of physical education
Vologda State University
Vologda, Russia*

A. Khabibulin

*Institute of Economics and Information
technologies
Kazan State Power Engineering
University
Kazan, Russia*

Abstract—In this article justified the relevance of considering the possibilities of the sports club in the preparation of students to meet the standards of the CDS, the criteria and indicators, the characteristic levels of readiness of students to pass the standards of CDS. The experimental work of the sports club to prepare students to meet the standards of the CDS Complex and the results of the study are presented.

Keywords—*sports club of the University, sports complex CDS, the level of readiness to pass the standards of the CDS complex, preparation for the passing of the CDS Complex standards*

I. INTRODUCTION

The concept of development of student sports in the Russian Federation for the period up to 2025, approved by the order of the Ministry of sports of Russia on November 21, 2017 № 1007, aims to perform the following indicators: increase the proportion of students who have fulfilled or participated in the implementation of the standards of the all-Russian sports CDS complex to 70% by 2020, up to 80% by 2025 [1].

The solution of this problem will require not only increasing the importance of the CDS Complex in the educational space of the University, the use of CDS Complex tests in physical education, but also the development of new forms that contribute to the preparation of students to meet the standards of the CDS Complex.

One of the best forms of educational work in the University to meet the need for physical culture and sports of modern students is the activity of the student sports club.

Pedagogical resources of club associations are disclosed in the works of N. K. Krupskaya, A. S. Makarenko, S. T. Shatsky, and others received further development in the studies of P. M. Barsky, A.V. Mudrik, S. I. Smirnova, etc. In modern studies, the history of the club movement is actively studied (Z. G. Atayants, S. G. Razuvaev, V. B. Triodin, etc.); the essence, functions and structure of club associations (T. I. Baklanova, L. Novikova, V. V. Polukarov, etc.); the content, forms and methods of work of clubs (S. D. Dimova, V. I. Erzunov, N. Eremenko.); and also features of socialization in club associations of various type (M. Ivanov, S. G. Razuvaev, V. N. Rybakov, etc.).

Analysis of the theoretical literature on the problem and its current state have revealed the main contradictions: on the one hand, a targeted state policy to implement the CDS Complex is realized in the broadest circles of the population, including students, on the other hand, in the educational space of the University there is no systematic organized work in this direction; there are opportunities for sports clubs in preparing students to pass the standards of the CDS complex and underestimated their role in the University; There is the need to prepare students to meet the standards of the CDS complex and there is no scientific and methodological support for training outside the educational activities of the University.

The noted contradictions led to the appeal to this research topic, the problem of which is formulated as follows: what are the optimal pedagogical conditions of the sports club to prepare students for the implementation of the control standards of the Russian sports CDS complex?

The solution of this problem is the purpose of the study.

The search for effective ways to resolve the above contradictions has led us to the formulation of the following tasks: to identify the possibility of the sports club of the University in the preparation of students to pass the standards of the CDS Complex and to determine the pedagogical conditions of the effectiveness of the sports club in the course of experimental work to prepare students to pass the standards of the CDS Complex.

Club activity has the potential to promote the Russian sports CDS complex as part of the Russian sports culture and the formula of national health, the organization of targeted activities creates the conditions for systematic preparation for the implementation and direct implementation of the standards of the CDS, versatile personal development.

The basis of our work was the understanding that the sports club is a public, voluntary Association of subjects in the educational space of the University, contributing to their active inclusion in the implementation of the need to lead a healthy lifestyle, the acquisition of social experience in the formation of a responsible attitude to health as a value [4].

II. METHODS

The need for the study of the capabilities of the University sports club in preparing students for the implementation of the control standards of the CDS complex

required the use of a variety of research methods: theoretical analysis, observation, conversation, experimental work, generalization of independent characteristics, integral author's experience, questioning. Any of the methods performed a compensating and controlling role in relation to others.

A. *Business Model*

As a predictable result of the activity of the sports club, a model of the activity of the sports club was developed to involve students in the preparation and pass the norms of the CDS Complex. It includes two interrelated blocks: the sports and recreation block and the socializing block, where the system-forming factor is the educational activity of the sports club at the University.

The sports and health component is implemented in such functions of the sports club as: recreational, relaxation, preventive, hygienic, facilitation, educational, attractive, and creative.

The socializing component is implemented in the following functions of the sports club: reference, communicative, identification, and reflexive, cognitive, moral and ethical, axiological.

Designed model the activities of the sports club to enable students in the preparation and delivery of norms of CDS Complex in the educational space of the University presented the value, personal and official characteristics.

Value characteristic reflects the goals, aspirations and behavior of students in preparation for the passing the standards of the CDS Complex. Its main components are joy and pride in their successes.

The personal characteristic of the model includes motivation, cognitive interest, character and volitional qualities of the personality, its creative potential.

Activity characteristics are physical training, skills and abilities to perform tests of the CDS Complex.

B. *Criteria and indicators*

Criteria and indicators of readiness for passing the standards of the CDS Complex are defined: motivational and valuable criterion includes knowledge of the sports CDS complex, awareness of social importance of results of introduction of the sports CDS complex in physical education of the population of the country, the relation to systematic occupations by physical culture and sports, readiness for mastering abilities and skills of making tests of the CDS Complex, need for self-actualization; the content-operational criterion includes such indicators as a positive attitude to physical culture and sports, the use of knowledge about physical culture in daily activities, mastering the skills and abilities to prepare for the tests of the CDS Complex, conscious, purposeful actions to increase the level of physical readiness, organization of motor activity, nutrition, work and rest; emotional-volitional criterion is characterized by the willingness to achieve high results in the passing the standards of the CDS Complex, the ability to self-organization and mobilization of forces to prepare for passing the standards of the CDS Complex, emotional stability.

Based on this, all students were divided into three groups, characterized by different levels of readiness for the successful passing the standards of the CDS Complex.

Students with a high level of readiness (18 %), have a positive attitude to the implementation of CDS nationwide and the educational space of the University in particular,

have a desire to promote the CDS Complex in their social group, have completed the tests Of the CDS complex for a silver or gold medal, they are characterized by the belief that physical culture and sports are an indispensable condition for self-realization and self-improvement, the key to success in future professional activities. Skills and abilities in the field of physical culture and sports are used in daily activities, strive to increase knowledge on the preservation and promotion of health, and are able to comply with sanitary and hygienic standards of behavior. They do not have bad habits, regularly engaged in physical culture and sports; strive to bring your lifestyle to a healthy. Have the ability to organize them and mobilize forces to make the right decisions that contribute to the preservation of health.

Students with an average level of readiness (47 %) readily agree that the preparation for the delivery of the standards of the TRP Complex is a significant condition for the future successful professional activity, but the desire to constantly master the skills and abilities to perform the tests of the TRP Complex is not traced, since personal health is not perceived as a social value, but rather as a means of realizing personal aspirations. The standards of the CDS were passed on a bronze medal, or did not pass all the requirements, stop testing after the first failed attempt. They understand the importance of regular exercise, the need to abandon bad habits, compliance with the regime of work and rest, rational nutrition. They comply with sanitary and hygienic standards, systematically do not engage in physical culture and sports, work and rest, food is not planned regularly.

Students with a low level of readiness (35 %) did not face up with the standards of the CDS Complex. They have limited knowledge of what tests are included in the CDS Complex, where and how you can get tested, do not have enough skills and skills to perform exercises of the CDS Complex. Awareness of the social significance of the implementation of the CDS to preserve and strengthen the health of the nation they have no understanding of the duty and responsibility for their own health and the health of others abstractly. Such students are characterized by passivity in matters of preserving and strengthening their health, motivation to master the skills and abilities to face up with the standards of the CDS Complex is absent, the need for self-actualization is not observed.

They have bad habits, such as Smoking and alcohol consumption, physical education are engaged only in physical education classes, the day and leisure do not plan, they are poorly versed in the issues of rational nutrition.

C. *Program of activities*

Based on the Concept of development of student sports in the Russian Federation for the period up to 2025, the strategy of development of education in the Russian Federation for the period up to 2025, the charter of the Russian youth public organization "Association of student sports clubs of Russia" was developed a comprehensive program of activities of the sports club to prepare students for the passing of the CDS complex [1,5,6].

Implementation of a comprehensive program of activities of the sports club took place in 3 stages, in accordance with which the varied accents of the club. For example, at the first stage, in order to attract the attention of University students, the efforts of the club's asset were focused on organizational aspects, the promotion of the sports complex of the CDS was

carried out. At the next stage, there was a diagnosis, including observation, testing, and study of medical records of the state of health. At the last stage, the methods and means for preparing students for the passing the CDS Complex were clarified, new tasks were set, the club's program was improved and adjusted.

The study was conducted at the Vologda state University in the 2017-18 academic year. A total of 384 people were covered by experimental work (186 1st year students of the Institute of mechanical engineering, energy and transport – experimental group, 198 1st year students of the Institute of civil engineering- control group).

The answers to the questions: "Do You know what is the CDS complex?" and "Who can pass the CDS norms?" have shown that almost all students of the experimental and control groups are well aware of this topic.

However, the results obtained in the answer to the question: "have You passed the CDS norms?" show that, despite the additional points to the exam when entering the University, the number of tested in the experimental and control groups did not exceed 25 % of the total number of respondents.

Analyzing the answers to these three questions, we can draw the following conclusion: by the time of graduation from secondary school, students do not have a motivation to pass the standards of the CDS Complex. Based on this, in the organization of the sports club, the emphasis was increased on the formation of motivation of students to prepare and participate in the tests of the CDS Complex.

Students with a high level of readiness for the passing the CDS complex, entered the asset of the sports club, which under the leadership of the Chairman and with the direct participation of the teaching staff of the sports center was engaged in the implementation of the program of the club to prepare students for the delivery of the standards of the CDS Complex. In addition, these students were included in the research and information sectors of the sports club. They solved the problem of attracting new members to the sports club.

Due to the fact that this group of students has a positive experience of passing the norms of the CDS Complex and has the necessary skills and abilities for this, we tried to build the work of the club so that these students in the process of informal communication during training sessions in sports sections and holding various sports events, contributed to students who have medium and low level of readiness for passing tests to master the skills and skills of performing exercises of the CDS Complex.

Work with students with an average level of readiness to pass the norms of the CDS complex was aimed at involving them in the sports and mass work of the sports club, classes in sports sections, preventing bad habits, assisting in the organization of leisure. Such students needed to increase knowledge about the benefits of regular exercise. In order to develop certain skills and abilities to pass the standards of the CDS Complex, individual and group methodical classes, training seminars were held with them, recommendations for independent work were given.

Representatives of this group together with students with a high level of readiness to deliver the standards set by the TRP organized and carried out by different sporting events: "sports Day at the Institute of mechanical engineering, energy and transport", sports quests, devoted to the holidays, competition for the championship of the Institute within the University competitions on the program of the games of the University. Thus, there was the creation of an environment that contributed to the increase of motivation to prepare for the passing the standards of the CDS Complex for students with an average level of readiness.

Work with students with a low level of readiness, was based on improving the level of physical fitness, arming them with knowledge about the means and methods of physical culture, basic skills, skills in facing up with the standards of the CDS Complex, the elimination of bad habits in this group of students. The main forms of work were of an individual nature (consulting, practical classes, conversations, etc.).

At the same time, in the process of the forming experiment, conditions were created for a variety of joint activities of representatives of this group with students who have a high and medium level of readiness to pass the standards of the CDS Complex. They proved themselves in the role of instructors in the preparation of sports events: the Quest game "9 keys of the code of Fate", dedicated to February 23, which was attended by students of 1-3 courses, Maslenitsa "Winter fun", sports Day in the hostel.

As a result, many situations were created in which the subject of communication between representatives of different levels of readiness was the joint sports activity.

III. RESULTS

The results of the experimental work are presented in a grouped form in table 1.

The obtained data indicate that due to the purposeful work organized by the sports club in the educational space of the University with the involvement of the University administration, employees of the medical center, the trade Union Committee and teachers of the Department of physical education, the number of students with a high level of readiness to pass the norms of the CDS complex increased by 18 %, while in the control group this figure was 7 %; the number of those with an average level of readiness to pass the norms of the CDS Complex increased by 7 %, in CG – by 5. %; the number of those with a low level of readiness in the experimental group decreased by 25 %, in the control group – only by 12 %.

IV. DISCUSSION

The final results allow us to conclude that in the experimental group, which used new methods and forms of work organized by the sports club, significantly improved performance than in the control group, which used only traditional methods and forms of work of the Department of physical education, and University administration.

The above allows us to draw the following conclusions:

- analysis of the practice of sports and mass work showed the lack of a holistic system of training students to pass the

TABLE I. LEVELS OF READINESS OF STUDENTS TO PASS THE STANDARDS OF THE TRP COMPLEX

Levels of the experiment	Groups	Levels of readiness to pass the CDS standards (%)		
		High	Average	Low
Stating	Experimental	18	47	35
	Control	17	51	32
Forming	Experimental	36	54	10
	Control	24	56	20
Result	Experimental	18	7	-25

standards Of the CDS complex in the educational space of the University and found the demand of the sports club in preparing students to pass the standards, the sports club can expand the capabilities of the administration and the Department of physical education of the University to prepare students to pass the standards of the CDS Complex;

- club activity contributes to the active inclusion of subjects in the educational space of the University in the implementation of the need for physical culture and sports, as well as in the process of mutual learning to face up with the standards of the complex CDS of its social environment, club members gain practical experience in the use of physical culture for the successful implementation of the standards of the CDS complex; pedagogical conditions for effective activities of the sports club to prepare students to pass the standards of the CDS are: implements the educational function of the club through the expansion of social experience, the experience of informal communication, the presence of relations of responsible dependence; creates an educational and developmental environment that promotes higher motivation to master the skills of performing the standards of the CDS, turning into a strong demand; the work of the club to prepare students to pass the standards of the CDS Complex is based on the principles of collective and individual approaches, accompanied by scientific and methodological and information and educational support.

The study raises a number of issues that require further additional study. It is important to continue the study of the possibilities of interaction of the sports club with other social institutions in the educational space of the University to prepare students for passing the CDS Complex, to determine the conditions for the organization of the testing Center on the sports base of the University to achieve the required indicators, to study the need to pass the standards of the CDS complex by teachers of the Department of physical education as a professional competence that affects the formation of the student's personality.

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