

# Formation of a Student Sports Team in Higher Educational Institutions

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**Abstract:** Being engaged in physical culture, students need to have freedom of choice. Any person should be able to join a sports team or create their own. The activities of student sports associations in higher education institutions contribute to the development and organization of a healthy lifestyle for students, which is important in the modern world. The purpose of the work is to identify the positive impact of student sports associations created based on higher educational institutions. The authors study student sports, focusing on essential features, highlight their characteristics, and consider the importance of sports teams.

## 1. Introduction

Sport is an integral part of a healthy lifestyle. Sports life is a series of pieces of training, competitions, interactions between participants, parallel reality, where people realize themselves and prove their worth.

The reasons why students engage in an active sports life are many, namely: starting with recovery, giving up bad habits, optimizing the body and ending with the struggle with many diseases, normalizing sleep and increasing self-esteem, self-confidence [4]. The formation of the student sports team favorably affects the results of competitive activity.

The maximum manifestation of sports results in student sports is observed during the Universiade. The World Student Sports Games (Universiade) have been held since 1924. Since 1957, Russian student-athletes have performed at the Universiade, achieving the highest results [3].

## 2. Materials and Research Methods

The aim of our study is to identify the positive impact of student sports associations created on the basis of higher educational institutions, as well as to identify the relationship of the coach and athletes in the student team. For this, the TA-1 (Trainer-Athlete) technique was used, developed by Yu. L. Khanin [5].

To achieve this goal, the following tasks were set:

- To study student sports focusing on the key features;
- To highlight its signs;
- To consider the importance of sports groups.

The object of research is sports student groups. The subject of the study is the activities of these associations. The following materials constitute the theoretical and methodological basis: legislative acts, textbooks, scientific papers. The following techniques and methods were used in the study: observation, description, tabular, and graphical ways of presenting the information.

### 3. Results

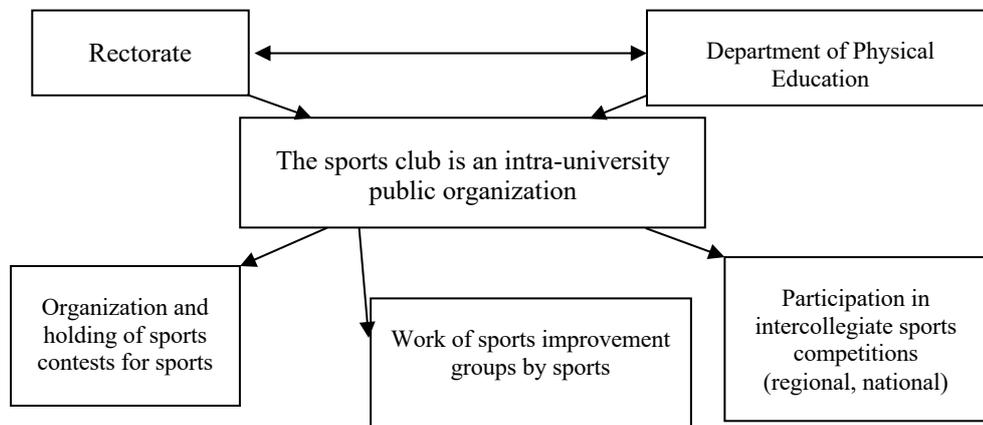
Essentially, student sport performs the function of preparing a sports reserve for high-performance sports (HPS). However, the combination of successful learning and sportsmanship imposes serious additional requirements on the student.

The formation of a student sports team depends on several factors. These are the following:

- Age features of students;
- The specifics of academic work and life of students;
- Features of their capabilities and conditions for physical culture and sports.

Also, the level of work of teachers in the relevant disciplines affects the creation of a sports team or students' entry into it. The modern world puts forward new requirements, which include compliance with modern technology, the relevance of teaching methods, and putting this into practice.

The formation of a student sports team implies the implementation of sports activities from the following two sides, within the university (intra-university sports activities) and outside the university (extra-university activities). In Figure 1, we can trace an example of organizing a sports club inside an educational institution.



**Fig. 1.** Intra-university sports activities.

The activities of the sports club at the university are to promote the education of comprehensively developed specialists who can use physical culture and sports in training and production activities, to organize a healthy lifestyle.

Student sports associations carry out the following:

- They bring up physical and moral-volitional qualities;
- They promote health and reduces morbidity;
- They increase professional preparedness;
- They socially activate all participants.

The relationship of the trainer with the athletes plays an important role in the formation of the sports team, which creates the prerequisites for achieving positive results in sports. In many ways, success is determined by the personality and pedagogical skill of the coach, who has a great influence on relationships within the team. Relations “trainer-athlete” are their essential element [1; 2]. The aim of our study was to identify the relationship between the trainer and athletes in the student team. For this, the TA-1 technique (developed by Yu. L. Khanin) was used [5].

The studies were conducted in a group of students of OmSTU, engaged in sambo wrestling for the first year. Twenty-one athletes took part in the study. The results are presented in Table 1.

TABLE 1. INDICATORS OF RELATIONS “TRAINER-ATHLETE.”

Group member number	Relationship components			Amount
	Gnostic	Emotional	Behavioral	
1	6	2	5	13
2	5	6	7	18
3	7	8	8	23
4	7	5	7	19
5	8	8	5	21
6	6	6	6	18
7	7	8	6	21
8	5	6	4	15
9	8	8	7	23
10	8	7	7	22
11	8	8	8	24
12	7	8	7	22
13	8	8	7	23
14	7	7	7	21
15	7	7	7	21
16	8	7	8	23
17	8	8	6	22
18	8	8	6	22
19	6	6	4	16
20	5	3	8	16
21	7	8	7	22
Average rating	6.9	6.8	6.5	20.2

The research results show that the average score for the three components and the final grade reflect the somewhat favorable nature of interpersonal contact between a trainer and novice wrestlers. At the same time, one should pay attention to the fact that although the average indicators are quite high, some athletes do not have right relations with the trainer. The athletes No. 1 and 20 rated the emotional component as low. This indicates the need for a close, human relationship with these athletes. The behavioral part reduced in athletes No. 8 and 19. Perhaps this is the result of the trainer's careless attitude towards these athletes since, in general, the team of athletes rated their trainer quite high. The gnostic and emotional components of a trainer's relationship with athletes are highly rated in the group. The behavioral component of the relationship received a lower rating, but it is quite high (6.5 points).

The trainer's high marks in all components indicate the age-related characteristics of those who are inclined to idealize their trainer at the initial stage of sports activity. Also, high scores indicate advancing confidence in the trainer, the installation of cooperation.

**4. Discussion**

A student team is an association of students based on socially significant goals, shared interests and value orientations, joint activities and communication, responsible dependence, self-government. Student sports are an integral part cultivated in universities. Student sports integrates mass sports and sports of the highest sports achievements, aimed at ensuring sports training and optimizing the psychophysiological state of students. Thus, we can conclude that the student sports team is a community, a group of students united for the purpose of playing sports, whose interpersonal relations are aimed directly at joint sports activities. It should be noted that the sports student team, like any other, has its own specific features. Figure 2 shows the specific features of a student sports team.

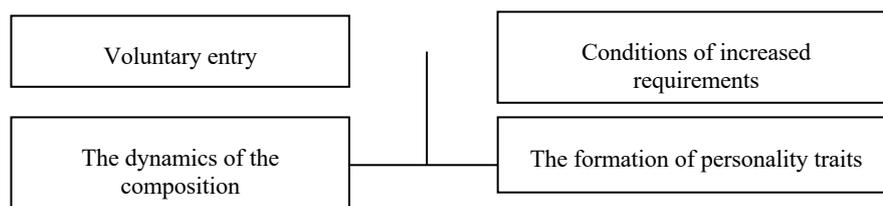


Fig. 2. The specific features of the student sports team.

Also, as features, we can distinguish the following:

- Accessibility and the opportunity to play sports during the hours of compulsory classes in the discipline “Physical Culture” (elective course in the main educational department, training sessions in the sports department);
- The opportunity to engage in sports in their free time from academic, academic studies in university sports sections and groups, as well as independently;
- The opportunity to systematically participate in student sports competitions of an accessible level (in educational test competitions, in intra-university and extra-university competitions in selected sports).

## 5. Conclusion

Thus, we can conclude that the formation of a student sports team during classes in higher educational institutions has many positive effects. First of all, it provides a communication process during the interaction, makes it possible to identify talents and abilities among students. Second, a team promotes the development and organization of a healthy lifestyle of students. Third, it normalizes the physical condition of students (including sleep), increases self-esteem and self-confidence. In the formation of student sports groups, a unique role is given to the trainer-teacher. Many factors affecting the athletic performance of athletes depend on him or her.

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