

THE PROBLEM OF PEDAGOGICAL CONTROL OF SKIERS TACTICAL TRAINING IN THE UNIVERSITY

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The modern process of studying at a higher school is a complex multicomponent system in which a student receives versatile development not only in the field of his future professional activity but also in other directions. In our opinion, special attention in this regard should be paid to athletes of the highest sports skill who have changed their place of residence, and as a result, have lost their sports base and coaching control in their chosen sport. Finding themselves in such a situation, many students pause and later end their sports careers. Meanwhile, most authors studying the development of motor qualities in cyclic sports mention the need for further improvement during this age period. In addition, in high-performance sports, when physical and technical training cannot significantly affect the result of competitions, possession and the ability to apply tactical skills and abilities come to the fore. This approach requires further comprehensive monitoring by a qualified specialist of the student-athlete. This implies a detailed study, development of the theoretical bases of tactics, and improvement of the methodology of tactical preparedness, both within the framework of mastering not only theoretical and practical classes of internal disciplines but also in the process of personal control with a coach – mentor directly at the university using complex pedagogical control (V.S. Keller, F.P. Suslov)

Material and methods. In pedagogy quite a lot of attention directed to research modern methods of complex pedagogical control in physical education (V.I. Zvonnikov, L.N. Landa) and in the educational-training process (V.L. Utkin, V.M. Zatsiorsky, E.A. Grozin, N.I. Volkov, V.D. Kryazhev and others). The main forms and resources of complex control in sports are presented in the works of V.V. Ivanov, V.A. Bulkin, A.P. Skorodumova, B.N. Shustin, etc.

The experimental base of the research is A.S. Pushkin Leningrad State University (Faculties of Physical Culture, Faculty of Economics, Faculty of Law, Faculty of Mathematics). In the course of the study, the results of students studying in the above-listed areas and included in the group of advanced sports skills will be used. Observations will be carried out starting from the first and up to the last courses inclusive on the basis of the University ski racing club, training camps and competitions of the All-Russian level. The results of the conducted research will be implemented in the educational and training process of the university's national ski racing team.

Findings and their discussion. However, despite a sufficient number of researches in pedagogical science in separate directions of upbringing, educational and sports activities, scientifically justified resources and methods of pedagogical control in student sports of the highest achievement, there is no full-fledged idea of the complex control of tactical training of ski-racers.

The problem of using the data of pedagogical control in the selection of training loads aimed at the development of tactical thinking is most relevant at the stage of

improving sportsmanship, during the period of the greatest development of motor qualities. Exactly at this stage the increase in results is ensured by the development of tactical techniques and the development of tactical thinking, provided that a high level of physical fitness is maintained. It is worth noting that the problem of using the data of pedagogical control in the selection of training loads aimed at the developing of tactical thinking and applying tactical techniques directly during the training, competitive process and modeling various sides of tactical training was left without attention. In practice, the control of students' sports activities in most cases is carried out only from the position of the most significant types of sports training, such as physical and technical. This approach, although it allows to receive objective information about the condition of athletes in a timely manner, provides a basis for their medical and sports-functional classification, evaluates technical capabilities, but does not create an opportunity to comprehensively improve sports skills and tactics of wrestling.

Accordingly, nowadays the topic of complex pedagogical control of tactical preparation is significant, since there is no complete idea of the theoretical foundations, technologies and methodological providing of complex pedagogical control in the preparation of students ski-racers in the sport of the highest achievements.

The implementation of such control is possible, including on the bases of sports clubs, whose education in universities is supported by legislation. According to the normative legal acts of the Russian Federation in the sphere of physical culture and education, student sports have always been considered as one of the areas of training of the sports reserve of the national teams of the Russian Federation. For example, in the Federal Law of 04.12.2007 N 329-FL (ed. of 06.03.2022) "On physical culture and sports in the Russian Federation" in Article 19, the organization of student sports is considered in the form of a sports club, which have the right to organize training events, exercise physical culture and physical education of students. In Article 28 "Physical culture and sports in the education system", the activities of such sports clubs are realized in accordance in the order established by the federal executive authority authorized by the Government of the Russian Federation and provided for by the orders of the relevant educational organizations. Educational organizations of higher education that carry out activities in the sphere of physical culture and sports, scientific organizations carrying out research in the field of physical culture and sports, the founder of which is the federal executive authority in the field of physical culture and sports, have the right to carry out scientific and methodological provision of sports teams of the Russian Federation in accordance in the order established in accordance with Part 3 of Article 35 of this Federal Law.

Conclusion. Having analyzed the modern literature on pedagogical control and tactical training of cross-country skiers, having studied the means and methods of their implementation, it can be concluded that the set goals are supposed to solve the problem of the system of comprehensive pedagogical control of ski students at the university, which was argued in the introduction of this essay, during the practical research will be solved. The conclusions of the solution of the tasks set in the future are supposed to be used in the sports and pedagogical training of the national team of the university, the region, Russia to improve sports skills and achieve high sports results. The results of the study will be published in modern scientific publications and presented for review and analysis by specialists in the relevant field of activity.

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USE OF FOLK DANCE ELEMENTS IN PHYSICAL AND IMPROVEMENT ACTIVITIES WITH WOMEN OF MATURE AGE

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Purpose of the study: to theoretically substantiate the need to use the elements of Russian folk dance in physical education and health work with women of mature age

The life of a modern middle-aged woman is full of opportunities, but despite this, the problem of improving the health of this category of the population is quite relevant.

A woman is in constant motion: she works in production, is engaged in household chores and raising children, but all this makes her experience constant stress, and if a woman does not rest or takes insufficient time to recover, then this threatens to disrupt the food culture, a depressive state, and, in general, the deterioration of physical and mental health and the inhibition of the body's reserve capabilities.

Material and methods. V.K. Balsevich, studying age-related changes, noted that in the involution of the functional and physical capabilities of the female body, the genetic program of natural aging of the body has a lesser degree of impact compared to the effect of socio-economic factors [2].

Findings and their discussion. The paramount role in the struggle for physical, psychological and mental health belongs to physical culture programs aimed at improving health, which are able to satisfy the needs of all age groups and segments of the population [3].

If we study proposals for physical culture and health work with women of mature age, we will find dance programs that may include elements of sports and dance aerobics, Latin American dance styles, zumba, yoga, etc., but, unfortunately, there are very few programs using Russian folk dance movements.

Representing a powerful spiritual and physical recharge, Russian folk dances help to improve the functioning of a woman's cardiovascular system. Performing the dance element "fractions" and "crouching" has a positive effect on strengthening the foot. The collectivity of Russian folk dance creates a positive atmosphere and goodwill in the relationship of participants. Shouts, squeals and sentences during the dance not only