

REASONS FOR LOW PHYSICAL PREPARATION OF VOCATIONAL AND TECHNICAL COLLEGE STUDENTS

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Today it is important to pay great attention to physical health. Each student's physical condition is different, so identifying a student's physical fitness profile and providing targeted recommendations and suggestions are prerequisites for effectively improving physical fitness [1].

Wang Guigui analyzed the situation and found that schools, teachers and students do not sufficiently understand the purpose and significance of physical training tests, students do not know their physical condition, have an irregular daily routine, and do not know the techniques and methods of performing physical training tasks. Schools have inexperienced teachers, poor sports grounds and equipment, and few semesters and hours of classes devoted to physical education. School policies regarding physical fitness testing are not fully implemented [2].

The purpose of the work is to conduct a comparative analysis of the physical fitness of students of different generations at the Xiangxi National Vocational College.

Material and methods. The study involved 185 college students. Research methods: analysis of literary sources, survey, methods of mathematical statistics.

Findings and their discussion. Although the government is paying more and more attention to the physical health of students, the results are not very clear, and the physical condition of students is still gradually deteriorating. From 2000 to 2023, the body shape of students of all ages in my country has improved, but the development trend of body functions is gradually decreasing. The results show that obesity rates among college students of all ages continue to rise, while various core physical attributes continue to decline to varying degrees.

The survey revealed that students still have biases regarding readiness and participation in sporting activities. To the question "Do you like sports events organized at your educational institution?" statistical results show that 9.0% of the students are not very fond of the sports events organized by the college, and 51.7% of the students are indifferent to the events. It is clear from the data that these students have a negative attitude towards physical education classes. It was these negative factors that to a certain extent influenced the physical condition of students.

We tested the physical fitness of students: running 50 m, bending forward, standing long jump, 1000 m for boys and 800 m for girls, pull-ups (boys), squats (girls). A comparative analysis of students in 2015 in relation to students in 2021 showed a decrease in physical capabilities in terms of endurance and strength.

Conclusion. In order to fully realize the work of physical education in college, teachers should not be limited to teaching sports knowledge in the classroom, it is necessary to organize a variety of fitness classes and competitions, making wise use of college facilities, sports resources. In this way, it is possible to mobilize the enthusiasm of students, stimulate interest in sports, thereby increasing the effect of extracurricular activities and further strengthening the physical health of students.

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