

## PROFESSIONAL TRAINING OF PHYSICAL CULTURE TEACHERS FOR USE IN NATIONAL MARTIAL ARTS CAREER

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**Annotation.** *Purpose:* analysis of the problem of training the future teachers of physical education to the use of the national martial arts career. The objectives of the study was to develop and validate the content of the training of future specialists of physical culture and sports. The basis of preparation of the content is put on the Ukrainian fighting saved. *Material:* The study involved 242 students, 88 teachers. *Results:* determine the appropriateness of the training of future specialists in Ukrainian fighting SPAS four groups of methods: the organization and implementation of the educational-cognitive activity of students; stimulating learning activities; control and self-learning; the formation of social behavior. It is proved that the practical training must be systematic and consist of the following stages: laboratory and practical classes; educational practice coaches, technological practice directly in organizations and institutions. *Conclusions:* It was determined that a promising direction for future development of professional training coaches is that the interests of the individual and its support in the development process. This will lead to the satisfaction of needs experienced personnel specialists in national martial arts.

**Keywords:** profession, training, teacher, specialization, art, institution.

### Introduction

Social –economic changes in Ukrainian society, intention of Ukraine to enter European community conditioned new requirements to professional training of future specialists with higher education. Upgrading of Ukrainian higher education is realized in direction of its democratization, humanization, implementation in practice of Bologna process documents, in particular Bern Declaration (2005) and is oriented on working out of promising models of qualified specialists' training in compliance with European standards.

One of components of domestic physical culture is Ukrainian national martial arts, which have been started to revive in Ukraine since 1985 and now are massively developing. As on to day, in Ukraine there are practicing a number of national martial arts: "spas", "combat gopak", "cross", "three heads", "svarga" and so on [1, 2, 3, 4, 5]. That is why, Order of President № 1092/2001 dt. 15.11.2001 "On national program of revival and development of Ukrainian Kozaks for 2000-2005" meant a program of Ukrainian Kozaks' revival and development.

In modern conditions, problem of effective training of future physical culture teachers for application of national martial arts in their professional functioning is not solving properly; first of all owing to such reasons as absence of training programs, which would consider not only technical tactic questions and sport training but also history, philosophy, ethnic laws of national sports; absence of special scientific-methodic literature [1, 2].

So there appear contradictions between significant increasing of quantity of physical culture faculties' graduates and their non-readiness for application of national martial arts in professional functioning (sport functioning and health related activity); between demands of modern educational establishments in highly qualified specialists of physical culture, who would be also specialists in instructing of national martial arts and absence of organizational-methodic conditions of such specialists' training in Ukrainian higher educational establishments of 3<sup>rd</sup>-4<sup>th</sup> accreditation levels; between demands of society in specialists-instructors of national martial arts and their qualification, content of professionally oriented disciplines and pedagogic technologies of this content's realization, orientation on new models of educational process in higher school and traditional training of specialists.

Solution of the mentioned contradictions requires more flexible approaches to improvement of professional training of future physical culture teachers, their skills in working with schoolchildren, training of national martial arts to them, re-understanding of organizational-methodic conditions, purpose, content, functions and tasks of professional training in higher educational establishments of Ukraine in compliance with requirements of modern educational paradigm.

Conceptual principles of training of future physical culture teachers at higher educational establishments, who would be ready to apply national martial arts in their professional functioning are in Laws of Ukraine "On education" (2002), "Amendments to Law of Ukraine "On education": Project (2007), State National Program "Education" (Ukraine of 21<sup>st</sup> century), National doctrine of development of Ukrainian education in 21<sup>st</sup> century (2001), Law of Ukraine "On physical culture and sports" (1993).

Analysis of psychological-pedagogic literature on professional training of future physical culture teachers and their readiness for physical education of schoolchildren witness about significant attention of scientists to such aspects

as: theoretical and methodic principles of professional training of future physical culture teachers (B.A. Ashmarin, M.T. Danylko, L.P. Suschenko); formation of professional workmanship of future physical culture teachers (O.V. Petunin), professional education of physical culture higher educational establishments' students (A.M. Kuzmina). Complex of problems, connected with national martial arts and their training in educational system was regarded in works by V.S. Pilat, M.V. Velychkovych, G.M. Bazlov.

In spite of the listed researches the problem of preparation of future physical culture teachers for training of national martial arts is still urgent..

#### **Purpose, tasks of the work, material and methods**

*The purpose of the work* is complex scientific analysis of professional training of future physical culture teachers for using of national martial arts in their professional functioning in context of further development, implementation of holistic program of future specialists' professional training at higher educational establishments.

*The tasks of the research* were to work out and ground content of professional training of physical culture and sport specialists, which would integrate training of future physical culture teacher and instructor-coach of "spas" martial art and would be conditioned by specificities of future professional functioning.

*The methods of the research:* theoretical (analysis of scientific and methodic literature, devoted to our problem); empirical (analysis of annual curriculums of higher educational establishments, questioning, testing, students' progress) for formation of readiness of future physical culture and sport instructors to use training of national martial arts in their professional functioning.

#### **Results of the research**

Theoretical analysis of basic concepts of the research about professional readiness of future national martial arts' specialists permitted for us to conclude that specialist of Ukrainian martial art system "spas" shall be a person, able to fulfill pedagogic, psychological, jurisdictional, geological, research and medical functioning, as well as different other useful activity: historical, patriotic education, health related activity and so on.

Analysis of modern status of professional training of future national martial arts' specialists proved urgency and purposefulness of research of this problem.

Training and retraining of specialists in national martial arts was traditionally connected with rising of qualification of physical culture and sports' specialists that, owing to absence of basic education on "spas" system, did not solve the problem of such specialists' preparation. Higher pedagogical educational establishments of Ukraine were oriented only on training of qualified physical culture teachers.

Questioning witnessed that 98% of respondents – participants of International conference on national martial arts regard implementation of national martial arts in higher educational establishments to be unsatisfactory and, in their opinion, the main reason of it is deficit of specialists in this work. All respondents think it would be purposeful to introduce specialization on Ukrainian "spas" system at pedagogic higher educational establishments.

For working out of concept and model of professional training of national martial arts' specialists we carried out historical-pedagogic analysis of national martial arts in Ukraine and foreign experience in such training [5, 6, 7, 8, 9].

Results of the research prove that national martial arts in Ukraine have passed the same stages of development as European, i.e. from single circle to federations [10, 11, 12].

Analysis of professional training of national martial arts' specialists in developed counties of the world permitted to conclude that the most important ideas for their introduction in professional training of future "spas" specialists are: wide application of informational technologies; strict criteria of applicants' selection; adopting of Law, which would permit to hire persons with such professional education; purposefulness of functioning of socially-qualified structure of specialists and functionaries [13, 14, 15].

So, let us formulate main principles of worked out by us concept of training of future national martial arts' specialists, in particular specialists in "spas" system.

First, professional training of future specialists is regarded as holistic system, which is built on natural integrity of general, special and individual principles. Professional training of future "spas" specialists is regarded as general principle; but as special – it has its specificity, conditioned by specific features of future specialists' professional training; as individual it reflects dependence of effectiveness of training on personality's qualities of future specialist, his psychological culture, bent to pedagogic and coach functioning.

So, specific features of professional training of future specialists in national martial arts "spas" imply ability of such specialist to have both physical culture teacher's skills and skills of instructor-coach in national martial arts.

Secondly, professional training of future specialists in Ukrainian martial art "spas" it is purposeful to realize in system of professional training of future specialists in physical culture and sports. Alongside with it specific characteristic of professional fitness of future "spas" specialists is integrated approach to formation of its content, to selection of forms and methods, as far "spas" system combines both training of specialists in physical culture and sports and specialists in national martial arts.

Third: in professional training of future specialists in Ukrainian martial art “spas” “activity” approach should be preferred. Means of realization of future specialists’ professional potentials are their physical culture-pedagogic and instructor-coach functioning. Peculiarity of such training implies also that students’ physical development, their sport and special training shall be carried out in close integrity and inter-conditioning that permits to introduce new function of future specialists’ professional activity – national-physical culture- sport activity.

The worked by us model of professional training of specialists in Ukrainian martial art “spas” reflects holistic and continuous process of future specialists, which corresponds to educational-qualification levels of bachelor, specialist, magister. The model opens process of professional training of future specialists in Ukrainian martial art “spas” in compliance with purpose, tasks and principles; it reflects integrated approach to professional training of future specialists in this kind of martial art as far as it , by its content, forms and methods combines both training of physical culture specialists and specialists in national martial arts.

As we can see from the model in content of professional training of future specialists in Ukrainian martial art “spas” by qualification “bachelor of physical culture” there is marked out invariant and variant parts of professional training. Invariant part includes humanitarian, social-economic and fundamental disciplines, which shall be studied in compliance with curriculum with certain introductions of martial art “spas” topics. Variant part includes professionally oriented and separate disciplines in compliance with curriculum with introduction of professionally oriented disciplines of “spas” system.

At bachelor’s level training of future specialists in martial art “spas” is oriented on deepening of general education, formation of fundamental and professionally oriented knowledge and skills, which are required for solution of typical professional tasks, as well as on further training of students in “spas” system.

At level “specialist”, in compliance with model, professional training of future specialists in Ukrainian martial art “spas” is oriented on mastering of fundamental and professionally oriented disciplines (“Theory and practice of teaching of Ukrainian martial art “spas”, “Psycho-physical and health related “spas” systems, “Horse racing”, “Techniques and tactic of Ukrainian martial art “spas”, History and spiritual principles, “Principles of survival”), practice in field, pre-diploma practice. At this stage professional training with acquiring initial practical experience are accentuated.

At magister level, according to model professional training of future specialists in Ukrainian martial art “spas” is oriented on mastering by students of scientific and teacher’s activity in different higher educational establishments. In this connection block of disciplines of “specialist” qualification level is supplemented with such disciplines as “Methods of scientific researchers in physical culture and sports”, “Physical education and coach’s functioning in higher educational establishments”, “Principles of lecturing”.

After finishing of education magister receives qualification “teacher of higher educational establishment in physical culture and sports and other specialty – “Coach-instructor in Ukrainian martial art “spas” that permits to work both in establishments of physical culture and sports and in the field of science and researchers at higher educational establishments. In psychological pedagogic training of future specialists in Ukrainian martial art “spas” their readiness to realize “subjective” relations in systems “teacher-disciple”, “coach-sportsman”. Which to large extent depend on personal specialist’s qualities, is not less important. With it personality’s qualities of coach-instructor, in contrast to teacher of physical culture, are conditioned by specificities of his kind of functioning.

Choice of teaching methods is connected both with perfection of content of teaching and with development of student’s cognitive functioning; with control and self-control of teaching process; formation of social behavior.

We determined purposefulness of using in professional training of future specialists in Ukrainian martial art “spas” the following four groups of methods: organization and realization of students’ educational-cognitive functioning, control and self-control, formation of social behavior.

It has been proved that practical training shall include the following stages: laboratory and practical classes; educational practice of coach-instructor, technological practice directly in place of future work.

We classified the following kinds of practice: active, industrial and pre-diploma (professional development). We have proved that in practical training of future specialists in Ukrainian martial art “spas” such form of education as field camps plays important role. We have determined also and grounded their optimal scope. Effective form of educational process’s organization is also research functioning of student, which facilitates working out of not standard approach to fulfillment of professional duties by future specialists in Ukrainian martial art “spas”.

We also note that typical kinds of graduates’ with higher education activity (specialists and magister) are educational, sport, sport, health-related, spiritual and organizational work. Exactly it permits for future specialists to work in educational establishments, comprehensive schools, colleges, professional-technical colleges, higher educational establishments, physical culture and sport organizations, in system of Armed forces of Ukraine.

It is undoubted that teacher’s functioning shall be oriented on creation of organizational-methodic conditions for professional functioning of future specialists in Ukrainian martial art “spas” and include stimulation and motivation of

student for studying; selection of content, forms and methods of students' teaching; organization of practical classes; practice on working places; implementation of innovative pedagogic technologies; control; self-perfection, provisioning of material base. Exactly owing to this fact, in process of scientific-experimental testing of our model, we used criteria both of effectiveness of activity and criteria of professional fitness of future specialists for sport and health related functioning. In our researches we worked out and implemented: educational plan of training of physical culture specialists by specialization "Ukrainian martial art "spas"; educational plans and working programs on all specialties in all special disciplines of specialization. For ensuring of educational process we developed three manuals in co-authorship and two one-author manuals: "Rules of competitions in Ukrainian martial art "spas", electronic versions of manuals: "Theory and methodic of training of Ukrainian martial art "spas", "Psycho-physical and health related "spas" systems", "History and spiritual principles", "Principles of survival". We developed and introduced programs of stage-by-stage pedagogic practices and scientific-research activity of students (summer field camps, hikes, internship).

Analysis of research-experimental work, which was conducted during five years (2009-2013), on base of six pedagogic universities showed that by all criteria as professional functioning of teachers and students' fitness, we observed positive dynamics. So, motivation of teachers for work increased by 27 % (experimental establishment) by 19.3 % (control); level of operational-technological fitness increased by 26% in experimental establishment and by 4.9% in control; reflexive level of professional functioning in experimental university increased by 24 %, and in control one – by 6.7 %. Concerning general-pedagogic students' fitness, it increased by 21 % in experimental groups and by 7.8% – in control ones; level of professional-tourist's fitness 11.0 % in control groups and by 31.5 % – in experimental groups; level of professional physical fitness increased by 56.6 % in experimental groups and by 41 % – in control groups.

Comparison of dynamics of quality of experimental establishments' teachers with indicators of students' fitness permitted to determine interdependence between them; increasing of teachers' professional competence positively influences on students' progress and their professional fitness.

#### Conclusions:

1. We have determined that promising direction of development of professional training of future specialists in Ukrainian martial art "spas" in higher educational establishments is improvement of their professional training's quality, considering personality's interests and personality's support in process of development that result in satisfaction of our country's demands in highly qualified specialists in national martial arts. However, the conducted research does not cover all problems of professional training of future specialists in Ukrainian martial art "spas" in higher pedagogical establishments of Ukraine.

*The prospects of further researches in this direction* imply further working out of theoretical-methodological foundation of pedagogic and psychology of Ukrainian martial art "spas"; increasing of attention to professional training of specialists by integrated professions, flexible renewal of content of physical culture education in compliance with educational-qualification levels on the base of continuity; marketing researches of country's demands in qualified specialists in national martial arts.

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