

ASSESSMENT OF COMMUNICATIVE ABILITIES OF STUDENTS OF PEDAGOGICAL UNIVERSITIES ON THE RESULTS OF PRIMARY INSTRUCTION ON IMPROVING AEROBICS

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Annotation. *Purpose:* to determine the level of formation of the communicative abilities of students of pedagogical universities. *Material:* the study involved 50 students. The program included a self-study in the amount of 6 hours dedicated to conducting primary instruction. Students were also present during the primary instruction by experienced professionals. *Results:* assessment by experts showed that the level of communication skills and psychological preparedness during primary instruction in students study groups vary. Thus, the average score of students of the experimental group was 4.7 points, the control group - 3.9 points. Highlighted areas of formation at students of applied professional knowledge, skills and abilities to conduct studies on improving aerobics. *Conclusions:* the recommended curriculum for independent work in the amount of 6 hours. Also recommended to determine the level of manifestation of relevant skills and personal qualities and professional students.

Key words: aerobics, communicative, training, briefing, students, experts.

Introduction

Analysis of scientific-methodic literature and our own experience show that at present health related aerobic takes one of leading places among means of physical education [4]. Health related aerobic can be included in variable part of curriculum on physical culture for pupils of 5-11 forms, it can be used in students' physical education and for correction of constitution of different age women [2, 4, 6, 9].

Scientists note that health related effect of aerobic is possible only if its trainings are correctly organized [1]. Analysis of scientific-methodic literature permitted to specify some works, devoted to influence of health related aerobic on functional indicators of trainees [11], dynamic of girl-students' physical fitness under influence of aerobic [5], potentials of application of individual approach at aerobic trainings of girl students [1].

The most significant for qualified specialist in health related aerobics are communicative abilities [3]. Just they permit for specialist to correctly build relations with different contingents of trainees [8, 10, 12] and rationally select means for communication [13, 14]. Trainees, in their turn, can evaluate specialist's qualification from the moment of primary instruction training.

Yu. V. Streletskaya (2007) affirms that in HEEs of physical culture profile insufficient attention is paid to professional mastering of communicative culture [8], that is why researching of communicative abilities' formation of pedagogic HEEs' girl students is, in our opinion, urgent.

Purpose, tasks of the work, material and methods

The purpose of the research is determination of communicative abilities' formation of pedagogic HEEs girl students.

In the research we used such methods as analysis and generalization of scientific-methodic literature, method of expert evaluations, methods of mathematical statistics.

The research was fulfilled on base of Poltava national pedagogic university, named after V.G. Korolenko and Kharkov national pedagogic university, named after G.S. Skovoroda. In the research 2nd year girl students participated, who made up experimental and control groups.

Results of the research

In the process of our research we worked out academic program of professional-applied training of specialists in physical education "Sports-pedagogic perfection (health related aerobics)" Content of the program is oriented on formation of students' training of 6.010201 "Physical education" of professional-applied knowledge, skills and abilities to conduct trainings on health related aerobics. One of criteria of its effectiveness' evaluation is level of communicative abilities' formation of girl students during primary instruction training.

Experimental academic program stipulated independent work in scope of 6 hours, devoted to conducting of primary instruction. Besides, students of both groups were offered to be present at primary instruction, fulfilled by experienced specialists; besides, they were presented with special academic-methodic material, opening abilities of trainees [7]. It helped girl students to understand methodic peculiarities of primary instruction's fulfillment and increase own level of its fulfillment.

The level of communicative abilities' formation of girl students was determined by culture of communication, manner of behavior, ability to determine morphological functional indicators and carry out testing of physical qualities, methodic preparedness of future specialists, organizational preparedness, psychological fitness to solution of pedagogic situations during primary instruction by task of experts. In order to obtain objective evaluation of girl students' fitness for conducting of primary instruction we invited experts.

Primary instruction permit to receive information about fitness level of trainees, their functional potentials, motives and so on. At the same time, primary instruction permits for trainees to understand the level of instructor's competence.

The structure of primary instruction includes:

- Greeting and familiarizing;
- Determination of trainees' motivation, setting of purpose and tasks of health related trainings;
- Determination of sport or health related preferences of trainees;
- Receiving of information about previous sport and fitness experience;
- Analysis of results of medical examinations (presence of traumas and diseases, indications or counter-indications, determined by a doctor, taking of medical or fitness preparations and etc.);
- Instruction on safety measures;
- Carrying out of 1-2 simplest functional tests or anthropometrical measurements (by option);
- Brief testing of some simple movements of health related aerobics' main kinds (classic aerobic, step-aerobic, fit-ball aerobic and other) by trainees under accompaniment;
- Familiarization with main instructions and international gestures, applied in practice of health related aerobic; ознакомление и опробование специального оборудования, применяемого на оздоровительных занятиях;
- Familiarization with program and schedule of trainings, presentation of recommendations on quantity of trainings in a week, month and etc.;
- Recommendation on rational eating and water consumption;
- Recommendations on cloth and shoes for training of health related aerobic.

Every of girl students of experimental and control groups conducted one primary instruction during from 30 to 60 minutes. Group of students, with whom primary instructions were carried out, were previously prepared and every of them was given the task, which envisaged creation of non-standard pedagogic situation. For example, to show discontent with offered program of trainings, express doubt in specialist's competence on any question and so on.

At the end of primary instruction experts proposed to every tested to solve some pedagogic situations that permitted for them to evaluate psychological fitness of girl students for practical functioning (see table 1)

Evaluation of indicators of communicative abilities' formation level was carried out by five points scale, where 5 points corresponded high level, 4 points – sufficient, 3 points – middle level, 2 points – low and 1 point – very low level.

Culture of communication was estimated by level of demonstration of communicative, psychological, cognitive and organizational abilities and in two speech variants – monologue and dialogue. Results of the research showed that culture of communication of girl students of both experimental and control groups was at sufficient level. It should be noted that level of communication culture of experimental group's girl students was higher (4.7 points) than in control group (4.1 point).

Table 1

Indicators of formation level of girl students' communicative abilities by results of primary instruction

Nos	Criteria	Mean point, x	
		EG	CG
1	Culture of communication	4.7	4.1
2	Manner of behavior	4.7	4.0
3	Ability to determine morphological-functional features of human body and carry out testing of physical qualities	4.6	3.9
4	Methodic fitness of future specialist	4.7	3.8
5	Organizational fitness of future specialist	4.7	4.1
6	Psychological fitness of future specialist for solution of pedagogic situations during primary instruction and by task of experts	4.7	4.0

With evaluation of observe correct behavior we considered presence of four parts: verbal etiquette, mimic and gestures, space ethic, etiquette attributes. Abilities of experimental and control groups' girl students were of sufficient level and were evaluated by experts in 4.7 points and 4.0 accordingly.

Ability to determine morphological functional indicators stipulated application of methods for determination of somato-metric, physio-metric and somato-scopic components. Research of physical quality's level included battery of tests, which met standard requirements of objectiveness, informational content, reliability, presence of evaluation scales. The mentioned above skills complied with sufficient level of experimental groups' girl students (4.6 points) and

with middle level of control group girl students (3.9 points). Thus, girl students of experimental group, in opinion of experts, used the mentioned above tests and interpreted their results more professionally.

Evaluation of methodic fitness of girl students was carried out basing on the following criteria: correct choice of means of health related aerobic, recommendations on kinds of trainings and dozing of loads, explanation of instructions and gestures, evaluation of technical level of girl students' and trainees' movements, combination of movements with music and authenticity of evaluation of motion fitness (preparatory level, main, high and sport), recommendations on rational eating. Experts estimated fitness of experimental group's girl students as sufficient (4.7 points), control group's girl students' as middle (3.8 points). It witnesses about higher level of methodic fitness of girl students, who mastered experimental program.

Evaluation of organizational fitness of future specialists was fulfilled by the following: ability to give recommendations on properties of special equipment and trainings' schedule; ability to correctly locate group of trainees at site; observe safety regulations; recommend cloth, shoes for trainings and so on. In opinion of experts students of both groups mastered these skills at sufficient level (4.7 points – experimental group and 4.1 points – control group). Results of the research witness approximately the same level of girl students' organizational fitness, though marks of experimental group's girl students were a little higher.

Determination of psychological fitness for solution of pedagogic tasks by future specialists was fulfilled in two stages. At first stage, during primary instruction, girl students had to solve not standard pedagogic situations, intentionally created by trainees. Experts evaluated girl students' ability to transform pedagogic situation into pedagogic task and solve it. With it there were considered: quickness of thinking, operative memory, self-control, self-balance. At second stage, after primary instruction, girl students, by the tasks of experts, solved offered pedagogic situations, independently transforming them in pedagogic tasks in compliance with certain purpose. At this stage, like at previous one, they determined level of demonstration of appropriate skills and personal-professional features of participants of experiment. Girl students had comparatively more time for analysis of pedagogic situations and opportunity to offer several variants for their effective solution. Experts evaluated level of both groups' girl students as sufficient; with it experimental group girl students received 4.7 points, girl students of control group – 4.0 points. It witnesses that experimental group's girl students were ready for not standard situations and solved them surely.

Experts' evaluations showed that levels of communicative abilities and psychological fitness, demonstrated when carrying out primary instruction, were not equal regarding both groups' students. For example, mean mark of experimental group's girl students was 4.7 points, in control group – 3.9 points. The obtained data prove effectiveness of application of experimental program “Sport-pedagogic perfection (health related aerobics)” in the process of formation of girl students' communicative skills.

Results of our research show that experimental program of professional-applied training of physical education specialists for conducting of health related aerobics training significantly influences on formation of future specialists' such important components as communicative and psychological fitness. They substantially supplement professional-applied fitness of pedagogic HEEs' girl students for future professional functioning.

Conclusions:

1. Analysis of literature sources proves significance of communicative skills in formation of physical education specialist's fitness for effective conducting of health related aerobics trainings.

2. Estimation of health related aerobics primary instruction's conducting in experimental group corresponded to 4.7 points; in control group – to 3.9 points that witnesses about sufficient and middle levels of communicative skills levels accordingly.

3. The results of our research prove effectiveness of application of experimental program “Sport-pedagogic perfection (health related aerobics)” in professional-applied training of future physical education specialists.

The prospects of further researches are oriented on working out of program of professional-applied girl students' training on the base of other kinds of aerobics.

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