

STUDENTS' MOTIVATION TO STUDY CHINESE RECREATIONAL GYMNASTICS CLASSES WUSHU

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Annotation. *Purpose:* to identify students' motivation to improving gymnastics lessons Chinese Wushu. *Material:* this survey was attended by 30 students from different countries enrolled in a language course at the Shanghai University of Sport. The methodology SAN (health, activity and mood). *Results:* the positive changes identified psycho-emotional state students. There is an increase students' motivation to sports activity. Students observed increase differentiated assessment of health (from 3.7 to 6.7 points), activity (from 3.9 points to 6.5 points) and mood (from 4.0 points to 6.9 points). 97 % of students were in favor of the use of functional music lessons on differentiated specialized Wushu. *Conclusions:* presented the program and practical advice on the organization and conduct physical education classes with students using the means of improving gymnastics Chinese Wushu.

Keywords: motivation, health, student, gymnastics, Wushu.

Introduction

Analysis of health, physical development and physical fitness of young people shows that currently the incidence is increasing among students [3, 4], the level of physical development [3, 9], physical fitness [1]. Increasing the number of students exempted from practical training exercise for health, and the number of students in the special preparatory and medical groups [2, 9].

In the last decade, the intensification of the learning process in the modern university, the introduction of computer technology into the learning process creates increased stress on the body of students that adversely affect their health, functional and physical fitness, physical development. As a result, the deficit of motor activity decreases mental performance of students, and prolonged emotional stress leads to rapid exhaustion of the body [7].

Marked deterioration in the health of students requires the search for new, effective tools and methods of physical education, strengthening the physical and mental health of young people, provides them with a healthy lifestyle.

Recent years have seen a growing public interest in the occupied eastern healing gymnastics. This fully applies to the Chinese Wushu recreational gymnastics, which is used not only for prevention but also for the correction already occurring variations in health status [5, 6, 11]. However, despite the positive influence of the Chinese Wushu improving gymnastics on the human body, using them as an effective means of physical, mental and moral development still has not found its proper use in the system of physical education students.

According to V.P. Fomin and I.B. Linder (1990) east of physical education, which primarily include qigong, martial arts, yoga effectively form a physical (somatic) health and a beneficial effect on his psyche and the formation of moral principles [8]. Based on the analysis of different types of gyms we disclose health benefits of gymnastics in front of the eastern European, which are as follows:

1) takes a complex effect on the whole body exercises, as well as an indivisible combination of different effects on the joints, muscles and tendons with breathing exercises, with elements of self-massage and general aukopressury. Gymnastic exercises complexes have versatile impact not only on the musculo-ligamentous apparatus, but also on the internal organs by slow movements of different body parts with some relaxation of muscles in conjunction with diaphragmatic breathing;

2) abdominal (diaphragmatic) breathing type when performing gymnastic exercises complexes strengthens the respiratory system. Natural and coordinated movements gradually lead to the fact that breathing becomes deeper, lasting, even and unhurried. This keeps the elasticity of the lungs and increases their volume, which increases the possibility and ventilation and oxygen exchange, and directly affects the blood supply to the heart muscle, causing significantly increased its performance;

3) east improving exercise gyms include mostly smooth, graceful movements, which are accompanied by complete relaxation of the muscles and nervous system, giving the body a moderate load. Calm, flowing movements create a special mental state in which compensated for neuropsychiatric disorders processes;

4) in the arsenal east improving gymnastics has a rich set of exercises, which is not found in any system of physical education. Exercise and fitness gyms east are unique because they are not only the national traditions, but also a huge experience of generations;

5) east recreational gymnastics contain variety of movements stretch and twist character, help to improve flexibility and increase mobility in the joints, which is essential for some diseases and recovering from injuries;

6) oriental wellness gymnastics differ expediency energy costs;

7) a very strong point east improving gymnastics is striving to realize communication "external" to "internal", in other words, to the comprehension exercises, understanding that movements are a visible reflection of the processes that occur throughout the body;

8) there is a strict regulation of body movements. Difficult coordinating nature of the movement of various parts of the body with regular fluctuations in the state of tension and relaxation of large muscle groups, continuous and constant change of position of the arms, legs and torso movements produces culture, improve the character of the basic processes in the higher parts of the central nervous system, improve its regulatory function;

9) east improving exercise gyms have imagery in names (sometimes the key to understanding the exercise). This contributes to the description of the elements of visualization and training, contributes to the association, gives a special flavor exercises, rooted in the history and culture of the people. Posture exercises replicate animals and birds, certain provisions of the people. In addition, many of the exercises in the name of the images used mythology, natural phenomena;

10) during the exercise east improving gymnastics there is a double effect of muscle and physical and mental training [12].

Health effects of Chinese wushu and improving gymnastics qigong no doubt among experts, and are currently used not only for the prevention of diseases, but also to correct already occurring variations in health status [5, 13].

The main objectives of wushu are not only the development of physical qualities, learning motor skills, but also the development of such qualities psyche as attentiveness, concentration of consciousness and awareness movements.

During the course effectively solved the problem of relaxation, self-regulation and restoration of the functional state of the central nervous system [5, 10, 12].

This provision objectifies relevance our study whose purpose was to identify the students' motivation to improving gymnastics lessons Chinese wushu.

Purpose, tasks of the work, material and methods

Methods and organization studies. A sociological survey of students' language course at Shanghai University of Sports. Conducting a survey involves obtaining information through written response to standardized questions included in the questionnaire, which revealed: the motives of their sports activity, and to examine students' attitudes toward physical education, as well as the experimental procedure, which used the facilities of the Chinese wushu improving gymnastics.

In the survey involved 30 students from different countries (U.S., Russia, Japan, Vietnam, Congo, Benin, etc.) enrolled in a language course at the Shanghai University of Sport.

About the proposed answers to select students filled in the beginning of the school year prior to and at the end of the first semester after the experiment. To determine the presence or absence of perceived need for physical education, students were asked to answer the question: «Do you feel the need for physical education?». The results show that the number of students who have realized the need for physical education, a large and equal to 72,3 %. However, 6,2 % of students in need of physical education is virtually absent, and in 21,5 % it is not recognized sufficiently.

Prior to the beginning of the pedagogical experiment 40% of the students as the main motive of sports activity indicated - binding motif on "Improving physical fitness", and after a pedagogical experiment noted the importance of this motif is 74 % of the students. During the teaching experiment, students changed the level of motifs associated with increased physical performance. The importance of such motives in the beginning of the school year indicated 37 % of the students, and after the experiment - 68% of students.

At the beginning of the school year 55 % of students indicated the tune of "getting pleasure from exercise", and after a pedagogical experiment on the importance of this motif have pointed out 74 % of the students. Physical activity itself generates positive emotions, a feeling of "muscle joy" that is due to the activation of the body during physical activity of hormones and bioactive substances. Great therapeutic effect in the experimental work was achieved in particular by means of qigong breathing exercises, has a stimulating effect on the vital organs and the whole organism to students. So when performing breathing exercises, according to students, there is a feeling of lightness, cheerfulness and filling body strength. As a result, students are formed interest in physical culture.

At the end of the experiment, students significantly changed their attitude towards their health. The number of students who mentioned the theme of "preservation of mental and physical health" has increased from 33 % to 74 % , the number of students who mentioned the theme of "improving mental health" has increased from 23 % to 59 %.

Growth motivation to sports activity supported by the results of research obtained using techniques SAN which has revealed a positive change of mental and emotional state of the students during the training using the experimental procedure. At the end of the pedagogical experiment has been an increase in students being differentiated assessment from 3,7 points to 6,7 points (3,0 points), activity from 3,9 points to 6,5 points (2,6 points) and mood with 4,0 points to 6,9 points (2,9 points).

Among the factors that positively affect the health, activity and mood, students have shown a measured, calm rhythm of the exercises, fluidity of movement, concentration and breathing exercises qigong. Improving the health, activity and mood of the students happened due to musical accompaniment, which was used when performing complex exercises.

Conclusions.

Results of the survey confirm the interest of students in the classroom with new types of exercise, in particular complexes improving gymnastics exercises Chinese wushu . Witnessed a steady development of positive motivation to employment for the period based on the pedagogical experiment of positive emotions, feelings of satisfaction and value

orientations. As a result, there is a growth level of physical fitness and health, there is a steady desire to exercise, there is a desire for physical self-improvement.

Analyzing the results of the survey, we can say that the vast majority of subjects (95 %) responded positively on the implementation in practice of physical education classes differentiated specialized lessons wushu conducting such training barefoot. The vast majority of students (97 %) were in favor of the use of functional music lessons on differentiated specialized wushu. According to students, the music acted on them comforting, uplifting, improves mood, evoke positive emotions, increases mental and physical performance.

These survey results were the basis for the development of programs and practical recommendations for the organization and conduct of physical education classes with students using the means of improving gymnastics Chinese wushu and engage them in a systematic physical exercises.

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