THE MODERN TENDENCIES OF PROFESSIONAL PSYSICAL TRAINING INDIVIDUAL DEVELOPMENT

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Professional paper

Abstract
Now days in new political, economic, social conditions in the frame of modern concept of professional education modernization, the development of scientific-methodic bases of professional physical training continues in a number of new directions. The most actual direction in the development of professional physical culture of individual is the preventive-corrective one, that learns the process influence of physical exercises of applied directivity on the correction of psychophysical state of secondary school pupils and the ones of professional institutions of different levels. In this work defined tasks of the preventive and erection trend of preventive-erection professional physical training.
Key words: *the professional personal development, disadapting factors, the preventive and erection trend, professional physical training.*

INTRODUCTION

In connection with the reforming of education system and the replacement of education paradigm in Russia, the problem of social deformation of future specialists on all educational levels is critical. The choice of risky behaviour became one of the components of modern youth's living style.

The odd-shaperess of youth's form of behaviour characterizes psychological disadaptation, connected with sex-aged and individual peculiarities of young man, his reaction to the stress and impotence to arising problems in the family and educational institution (Samygin P.S.., 2006).

The youth's necessities of life and the means of its realization, the behaviour strategies in the period of getting professional education are the important factors of its social activity and at the same time the indication of changes taking place in the society (Gillenbrandt K., 2008).

So, for example, the use of drugs among the young generation became concurrent and consideration element of youth culture and rest, that allows to tell about a new social-cultural norm. Here are the following data: for the last few years the drug addiction among senior schoolboys and students increased in 6-8 times. The survey of students at the age of 20 (half of them were girls) showed that 52,8% quite often use alcoholic drinks, 10,2% tasted narcotic substances only once in their life, but 9,8% used toxic substances. The data, received in the result of investigation, allow to come to the conclusion that among university students at least 30-35% involve in drug addiction, but in certain regions and universities the situation is more worse.

The results of annual prophylactic medical examination (2009 year) of students from Astrakhan region show that 33,9% can be refereed to the first group of health (practically healthy children), 52,1% refer to the second group (with the risk of development of chronic pathology and functional abnormalities), 16,1% refer to the third group (with chronic diseases) and to the fourth one (with pathology in the stage of subcompensation) and to the fifth one (with disabled manifestations). 17,6% of students have breach of bearing.

The last decades are demonstrated with new of dependent man's behaviour, the so called technological addictions, regarded to non-chemical (behavioral) forms of dependence. Firstly, they are not only possible, but are often met, secondly, they can be as serious in their consequences, as the chemical dependence. Thirdly, the technological addictions are often met inside the family or professional aspect and are often stimulated by them and last, fourthly, besides the social, psychological traits with chemical dependence they have similar neurobiological and typological peculiarities. The popularity of different forms of computer dependence and, first of all, Internet addictions are the most popular among students of the universities (up to 10%).

So, the process of psychophysical degradation can't demand the considerable part of those who could the educated and competent elite of the society in future.

Nevertheless, in modern cultural and moral society there shouldn't be unneeded people, rejected as insufficient. Each man should find his place where his abilities and skills would be optimally realized.

In this connection it appears the necessity of negative influences modification of disaddaptive factors, the standartization of addaptive mechanisms and the activation of professional

competence development processes among student referred to the group of social risk in the period of their studying. The leading role in solving this actual task of high school refers to the professional physical training, directed to the formation of full-fledged and fundamental developed person, included in the process of taking and transforming of concrete professional activity.

Now days in new political, economic, social conditions in the frame of modern concept of professional education modernization, the development of scientific-methodic bases of professional physical training continues in a number of new directions (Polievski S.A., 2006).

The most actual direction in the development of professional physical culture of individual is the preventive-corrective one, that learns the process of forming and modernization of studying youth professional competences with different forms of social disadaptations, and also the influence of physical exercises of applied directivity on the correction of psychophysical state of secondary school pupils and the ones of professional institutions of different levels.

In this known that the formation and the development of professionally important qualities depend on many specific peculiarities of concrete personality (Polievski S.A., 1969).

Though, the factors, contributed to the development of different forms of deviations in teenagers and youth environment, depend on the same personal peculiarities of the individual: social, biological, psychophysical, psychical and so on (Batarshev A.V., 2007) The presence of risk factors embarrasses the development professionally important qualities, skills and abilities in the process of education in a maximum way and reflects negative on the professional making of future specialist. This influences on the success of the future professional activity (Zhukov M.N.; Burov A.E., 2009)

The correlation of individual-typological peculiarities determined the professional fitness and risk factors affected on the formation of psychophysical readiness to the profession of future specialists are demonstrated in the researches of the last years.

The profession-graphic learning of individual characteristics of future specialists allows to determine the latent, hidden features of easily revealed aggressiveness, anxious state, impulsion, emotional instability, slackening of self-control, disturbance of different psychic functions.

The application in the educational process of ways and methods of professional physical training in erection direction not only contributes the rising level of professionally important competences of future specialists, but minimizing and overcoming in negative displays of risk factors in functioning of majority organism systems, having the applied meaning for concrete profession. Of course, the degree of such correlation is different for many professions and specialties, but common patterns are traced too. For example, the most significant connections are presented, they were revealed among the indicated factors for mechanical course professions (table 1).

Table 1 The significant (p<0,05) among the disaddaptive factors and professional competences of mechanical course students, r= 0,25

Factors of disaddaptive-ness	The professionally important characteristics	Coefficient of correlation
The staying power (3000 m)	Coordinating skills Static staying power (var. 1, 2) The speed of reaction to the moving object Operative memory (quantity, mistakes) Selectivity of attention (mistakes)	r= 0,39 r= 0,32; r= 0,32 r= – 0,31 r= 0,47; r= – 0,42 r= – 0,28
The speed of recovery pulse	Static staying power (var. 1) Rapidity of moving reactions	r= 0,72 r= 0,27
Special stagger	Coordinating skills Selectivity of attention (quantity, mistakes)	r= 0,33 r= 0,29; r= – 0,44
Strength stagger	Static staying power (var. 1) Dynamic staying power Selectivity of attention (quantity, mistakes)	r=0,50 r=0,27 r=0,33; r= – 0,31
Time stagger	Coordinating skills Selectivity of attention (quantity)	r=0,27 r=0,37
Motional coordination	Static staying power (var. 2) Selectivity of attention (mistakes)	r= 0,27 r= – 0,28
Situational anxiousness	Static staying power (var. 2) Dynamic staying power Rapidity of moving reactions	r= 0,29 r= 0,28 r= – 0,42

Factors of disaddaptive-ness	The professionally important characteristics	Coefficient of correlation
Personal anxiousness	Coordinating skills Rapidity of moving reactions Operative memory (quantity, mistakes)	r= 0,51 r= – 0,27 r= – 0,37; r= 0,49
Social pace	Static staying power (var. 2) Rapidity of moving reactions Selectivity of attention (mistakes)	r= 0,27 r= 0,38 r= – 0,51
Pace	Dynamic staying power Selectivity of attention (quantity)	r= 0,63 r= 0,41
Rigidity	Coordinating skills Operative memory (mistakes) Selectivity of attention (quantity)	r= – 0,40 r= 0,27 r= – 0,37

The knowledge of correlation of this or that professionally-important quality with one or several risk factors allows to create the effective erection preventive programmers and to realize them successfully in professional education.

The preventive and erection trend of studies with applied physical exercises is a composite part of professional physical training. On the bases of the principle of correction, the theoretical-methodological bases of preventive-erection physical training serves the conception of making professional individual, providing the unity of professional study, upbringing the and development.

Nevertheless, the high level of peculiarity of preventive and erection processes in the condition of professional study showes the necessity of realizing the specific and corresponding physical influences upon the pattern of risk behaviour, including professional. This predetermines the peculiarity of tasks and structure of preventive-erection professional physical training.

Let's stop in details on the appointed tasks of preventive and erection work in the physical training teacher activity.

The preventive work with the youth in the practical activity tradionally oriented, above all, on the stabilization of psychophysical and psychoemotional state, social sphere and the children's self consciousness. Such kind of primordial orientation within the bounds of the whole influence is quite possible, because it is supposed to distinguish some kind of the priority direction while choosing the methods and pedagogical techniques.

The main tasks of the preventive trend are the following:

– the building up the individual conceptions about the image of nigh-leveled health and multifaceted physical readiness;

– the assistance of harmony physical development, working out the skills of using physical exercises, hygienic factors and conditions of environment for health strengthening;

– the advocacy of healthy way of life principles and the building up of the basis for self-saving health and vital optimism;

– the further development of conditioning (power, velocity-power, speed, staying power and flexibility) and coordinating abilities as basic components physical health;

– the stabilization and activation of basic mental process: mental condition, mental functions, motion-need sphere;

– building up knowledge about the regularity of moving activity and sport training for future labour (professional) activity, fulfilling the function of maternity, preparing for army service;

– the upbringing of aversion of antisocial behaviour forms and the attaching need to regular physical exercised training and sport as socially significant kinds of activity.

The leading tasks of erection trend are the following:

– the detection and the learning of uncomfortable factors (physical, functional, somatic, psychogenic and social), contributing to the development of antisocial behaviour forms;

– the increasing of adaptivity level, moving readiness and functional state till the requirements presented by the profession;

– the declining of disaddaptive factors' influence on the formation process of professionally important physical and mental qualities;

– the building up adequate individual self-certification, moral self-consciousness, ideology, collectivism, purposefulness development, sureness, self-control, composure;

– the building up motivation to the social sustained behaviour;

– the development protective factors of healthy and socially-effective behaviour, personal-environmental resources and behaviour strategies;

– the building up knowledge and skills in the sphere of resistance to drugs' usage, psychoactive substances and alcohol.

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SAVREMENI TRENDOVI U OBUCI KINEZIOLOGA KAO INDIVIDUALNOM USAVRŠAVANJU

Stručni rad

Sažetak
U današnje vrijeme u novim političkim, ekonomskim i socijalnim uslovima, a u okviru modernog koncepta modernizacije stručne edukacije, razvoj naučno-metodičke osnove za obuku stručnjaka u oblasti tjelesnog odgoja nastavlja se u više smjerova. Najaktuelniji smjer je korektivno preventivni, koji je usmjeren na proces uticaja tjelesnog vježbanja aplikativnog smjera na korekciju psihofizičkog stanja učenika srednjih škola i onih iz strukovnih institucija različitih nivoa. Ovaj rad definiše zadatke preventivnog i proizvodnog trenda preventivno proizvodne obuke u oblasti struke tjelesnog odgoja.

Ključne riječi*: lični stručni razvoj, preventivno proizvodni trend, obuka u tjelesnom odgoju*

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