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## OLYMPIC EDUCATION IN THE FORMATION OF PHYSICAL CULTURE OF STUDENTS AT UKRAINIAN UNIVERSITIES

**Ohnystyi A. V.**

*Ph. D. in Physical Education and Sports, Associate Professor,  
Head of the Department of Physical Education  
Ternopil Volodymyr Gnatyuk National Pedagogical University  
Ternopil, Ukraine*

**Ohnysta K. M.**

*Ph.D. D. in Physical Education and Sports,  
Associate Professor at the Department of Physical Education  
Ternopil Volodymyr Gnatyuk National Pedagogical University  
Ternopil, Ukraine*

**Galan Ya. P.**

*Ph.D. D. in Physical Education and Sports,  
Associate Professor at the Department of Theory and Methodology of Physical  
Education and Sports  
Yuriy Fedkovich Chernivtsi National University  
Chernivtsi, Ukraine*

**Relevance of research.** In the conditions of reforming and modernization of higher education institutions, they are faced with the task of improving the learning process, the content of education, and the educational work of future specialists who will have a direct relationship with the physical education of the younger generation.

The modern stage of higher pedagogical education is characterized by professional training of specialists, which should be aimed at raising the general educational level, forming general cultural, cultural and educational competencies [1].

The educational process in the institution of higher pedagogical education should primarily focus on new active forms of learning – moving away from the didactic method and transitioning to modern interactive

learning methods. In the 21st century, a teacher is needed who is not only armed with new knowledge, but also knows how to apply it to solve the problems that arise in front of him in a rapidly changing educational environment in particular, and in the world in general.

The above indicates the presence of a problematic situation, the solution of which is directed to our research, which determines its timeliness and relevance.

**Research results and their discussion.** The main task of teaching the subject "physical education" in a modern higher pedagogical school is students' acquisition of knowledge and the formation of skills for their practical application [3]. This is despite the fact that due to the short duration of classes, large breaks between classes, and their lack of systematicity, attempts [3] to organize proper physical education in classroom classes are not very effective. At the same time, there is a way out of this situation. It is necessary to achieve such a level of education at which a student, after graduating from a higher pedagogical education institution, where he received knowledge from the "Physical Education" training course and learned the Olympic truths, going to work in his specialty, achieving management positions in a wide variety of fields, managed to support physical culture and sports as a heritage of national culture created by many generations. The main thing is concentrated in this last phrase,

"Olympism", as written in the Olympic Charter, is a philosophy of life that glorifies and unites the body, will and mind into a harmonious whole. By combining sports with culture and education, it strives to create a lifestyle based on the joy of effort, the educational value of a positive example, social responsibility and respect for universal fundamental ethical principles [5]. The multifaceted socio-humanistic meaning of Olympism is laid down in these two sentences. Every word of the first fundamental principle of the Olympic movement carries the enormous social potential of humanism.

"Olympic education" – the process of purposeful and systematic influence of the subject of education on the object in the interests of the development of qualities that correspond to the goals and objectives of the educational system "Olympic pedagogy" [1], or a more specific approach to sports – the education of an athlete who is not only capable of showing high results, but also represents a personality with a pronounced humanistic orientation [1].

"Olympic education" is a section of pedagogical activity, the content of which contributes to the involvement of children in the humanistic ideals and values of Olympism [1], or pedagogical activity carried out within

the framework of the Olympic movement and related to its goals and objectives [3; 4].

The idea of the need to include the promotion of Olympic principles in the education system was first voiced in 1974, at the XIII session of the International Olympic Academy (IOA), where H. Andreks (Australia) made a report "The Olympic idea and its implementation in schools" [1].

The Olympic Academy of Ukraine (OAU) outlines the main directions of implementation of the tasks of Olympic education in the educational process:

- Creation in 2018 of the creative scientific laboratory for physical education, sports and Olympic education "SOCRATES" (sports, education, culture, development, activity, creativity).

- Provision of specialized departments with methodical literature and research materials of the OAU on the history of physical culture, sports and the Olympic movement.

- Involvement of students in research work, cooperation and participation in scientific conferences. The Olympic Academy of Ukraine holds regional scientific and methodical seminars "Olympic movement on the territory of Western Ukraine – past and present" [6]. In 2022, the fifth scientific and methodical seminar was held. One of the directions of his work was Olympic education.

- Dissemination of Olympic knowledge among heads of departments, faculties, universities. Cooperation with the Institute of Postgraduate Pedagogical Education. In a social network Facebook page of the Creative Scientific Laboratory for Physical Education, Sports and Olympic Education "Socrates" [7] was created with the aim of informing about activities aimed at spreading the ideals of Olympism and the development of Olympic education.

- Involvement of leaders of the Olympic movement, athletes, coaches, journalists, actors, writers on Olympic and sports topics, participation of students – future teachers in propaganda events at sports tournaments.

- Involvement of students – future teachers, to the addition of exhibits to the museum of sports glory and the holding of sports performances in museums and educational institutions. In the perspective of creating a virtual museum of sports glory of the Ternopil National Pedagogical University named after Volodymyr Hnatyuk.

- Conducting Olympic lessons and quizzes by future subject teachers during pedagogical practice. In Ternopil, there are schools promoting

Olympic education in which students put into practice the knowledge and skills of conveying the basics of Olympic education to children.

– Conducting scientific and methodical seminars for teachers and students "The place of Olympic education in the formation of a new Ukrainian school" during which the ways of implementing Olympic education through the events of the NOC of Ukraine – "Olympic care", "Olympic day", "Olympic corner", "Olympic lesson" are revealed", "DO like OLYMPIANS", "#OIumrisLab". Note that this is the first pilot project that is planned to be implemented in the future with teachers during their pedagogical qualification improvement.

Summarizing the above, we can conclude that "Olympic education" in the process of training future subject teachers should include interrelated components: news, a theoretical section, a lecture hall, Olympic education in publications, a video library, evaluate your knowledge yourself, questionnaire surveys and tests that are based on a complex presentation of materials (electronic textbook, multimedia, video materials, competitions, etc.) from Olympic education, adapted to the conditions of distance learning using active methods.

A comprehensive approach to the implementation of Olympic education expands and supplements existing knowledge, gives new directions and methods of their implementation. The use of modern educational and methodological and popular literature, published in recent years with the assistance of the National Olympic Committee of Ukraine and the Olympic Academy of Ukraine, and the introduction of Olympic education into the educational process of future subject teachers will improve the awareness of students, which should have a positive effect on the education of secondary school students educational institutions.

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