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## **COURSE "THEORY AND METHODOLOGY OF TEACHING STRENGTHS AND MARTIAL ARTS" IN THE TRAINING OF BACHELORS IN PHYSICAL EDUCATION AND SPORTS**

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**Abstract.** The article discloses the structure and content of the educational discipline "Theory and methodology of teaching strengths and martial arts" for the bachelor's level of training in the specialty 017 Physical culture and sports at the Ternopil Volodymyr Hnatiuk National Pedagogical University. The prospects for the implementation of this discipline are outlined.

**Keywords:** bachelor's degree, strength sports, martial arts, physical culture and sports, educational discipline, meaningful module.

**Анотація.** В статті розкрито структуру та зміст навчальної дисципліни «Теорія і методика навчання силових видів і єдиноборств» для бакалаврського рівня підготовки з спеціальності 017 Фізична культура і спорт в Тернопільському національному педагогічному університеті імені В. Гнатюка. Окреслено перспективи впровадження даної дисципліни.

**Ключові слова:** бакалавр, силові види спорту, види єдиноборств, фізична культура і спорт, навчальна дисципліна, змістовний модуль.

**Topicality.** Ensuring the proper level of professional training of specialists in the specialty of physical culture and sports is an important factor in the formation of awareness and the ability of the average individual to maintain the proper level of physical training to ensure full-fledged social activity, the growth of the socio-economic level of Ukrainian society, overcoming the demographic crisis, the formation of traditions and motivation regarding physical education and mass sports as an important factor of physical and social well-being, improving health, leading a healthy lifestyle and increasing its duration [2, 4].

Currently, in domestic science there are a number of studies related to the study of the experience of professional training of

future specialists in physical culture and sports [1, 3, 4, 6]. However, it should be noted that attention was paid to the structure and content of individual academic disciplines mainly at the master's level [7, 9].

Therefore, the relevance of this study is related to the review of the system of training and retraining of these specialists in accordance with the introduction into the educational process of the Ternopil Volodymyr Hnatiuk National Pedagogical University of the discipline "Theory and methodology of teaching strengths and martial arts", the development of appropriate educational and methodological support that takes into account personnel and material support, traditions and achievements of higher education institutions and, in turn, will increase the level of intellectuality, theoretical education and adaptability to modern requirements of the sports industry of future specialists in the field of physical culture and sports.

**The purpose of the research** is to investigate the scientific and methodological basis of the introduction of the educational discipline "Theory and methodology of teaching strengths and martial arts", its structure and content.

**Research methods:** system analysis method; method of analysis and summarization of documentary materials; method of primary domestic experience; method of comparison and abstraction.

**Research results.** Strength training and wrestling are one of the oldest and most accessible types of motor activity, aimed primarily at overcoming resistance, whether it is a weight or an opponent. This specific feature makes them valuable applied sports and creates great opportunities for cultivating courage, initiative, perseverance and other moral and willful qualities [5]. Therefore, martial arts and strength sports are one of the programmatic means of physical education of schoolchildren, which, together with other types of exercises, effectively influence the comprehensive physical development of the young generation.

The introduction of the discipline "Theory and methodology of teaching strengths and martial arts" into the educational process of the Ternopil Volodymyr Hnatiuk National Pedagogical University (TNPU) is carried out on the basis of the decision of the Academic Council, protocol No. 1 of August 31, 2020. This discipline is included in the cycle of professional training of the educational program and its implementation is determined by modern requirements for a specialist in the field of physical culture and sports [8].

The program of the academic discipline consists of the following **content modules**: basics of athletics and strength sports; theoretical and methodological foundations of martial arts.

**The purpose** of teaching the academic discipline "Theory and methodology of teaching strengths and martial arts" is to provide theoretical knowledge and professional and pedagogical skills necessary for teaching strength sports and martial arts in educational institutions.

**The main tasks** of studying the discipline "Theory and methodology of teaching strengths and martial arts" are:

- *assimilation* of a theoretical course, which includes: the history of the origin and development of athleticism and strength sports and martial arts; tasks of athleticism and martial arts, their place in the system of physical education, applied meaning, analysis, basic terms, concepts, classification of strength sports and martial arts; basic means and methods, theory and methodology of teaching the techniques of strength exercises and martial arts; theoretical aspects of planning and organizing classes in sections (lesson structure, selection of tools, methods in accordance with the tasks); safety equipment and rules of behavior of students in classes; places of training, equipment and inventory for strength sports and martial arts; organization of competitions; hygiene of workplaces and personal hygiene; prevention of overstrains, injuries and diseases during strength training and martial arts;

- *mastering the basics* of the technique of general, special and competitive exercises from strength sports; martial arts exercises and regulations; simple forms of struggle; games, the main elements of technical martial arts actions; method of identifying and correcting errors during exercises and technical actions; insurance and assistance in performing special exercises and techniques; competition rules and judging elements;

- *independent study* of program material based on recommended literature and information resources, homework; participation in the organization and holding of competitions in institutions of higher education;

- *fostering* interest in systematic physical education and sports through strength training and martial arts.

According to the requirements of the educational and professional program, students **should know**: historical information on the development of strength sports and martial arts; safety equipment and rules of behavior of students in classes; basic terms, concepts, classification; places of classes, equipment and inventory; hygiene of workplaces and personal hygiene; prevention

of overstrain, injuries and diseases during classes; peculiarities of teaching the basics of strength sports and martial arts.

**Be able to:** perform basic exercises and positions in strength sports and martial arts; simple forms of martial arts; games with elements of martial arts, basic elements of technical actions of power sports and martial arts; to have the technique of identifying and correcting errors when performing exercises and technical actions; insurance, self-insurance and assistance in performing special exercises and techniques; the rules of competitions in strength sports and martial arts, elements of refereeing.

The course "Theory and methods of training strength sports and martial arts" is a selective educational discipline and is presented in the cycle of professional training of the OPP. 90 hours, 3 ECTS credits are allocated to the study of the academic discipline. The program of classes includes a lecture course, practical classes, independent work. The formation of knowledge from the academic discipline "Theory and teaching methods of strength sports and martial arts" should be based on intersubject connections and accumulated knowledge previously acquired by the student.

According to the **first module "Fundamentals of athleticism and strength sports"**, students need to master questions related to: the history of the origin and development of strength sports; safety equipment in classes; features of the impact of classes with weights on the human body; features of strength training for different ages and genders; equipment and inventory of places for strength sports classes; the basics of the technique of performing strength exercises; organization and content of strength classes in educational institutions (Table 1).

**The second meaningful module "Theoretical and methodological foundations of martial arts"** is determined by the formation of a system of knowledge and skills from: the history of the development of types of martial arts; biomechanical basics of martial arts techniques; basic means and techniques and methods of teaching martial arts; equipment and inventory for martial arts; games and game tasks in martial arts classes; peculiarities of the organization of classes depending on the tasks, age and level of training of students; organization and holding of competitions; competition rules and refereeing practice.

**Table 1.**  
**Names of the topics of the academic discipline "Theory and methodology of teaching strengths and martial arts"**

<b>Titles and topics</b>	<b>Number of hours</b>
<b>Content module 1. Basics of athleticism and strength sports</b>	
Topic 1. Introduction to the subject. Tasks and content of the course "Theory and methodology of teaching strengths and martial arts"	6
Topic 2. Peculiarities of the impact of classes with weights on the human body	8
Topic 3. Equipment and inventory of places for classes in athletic sports	10
Topic 4. Fundamentals of the technique of performing strength exercises	10
Topic 5. Organization and content of strength training classes in educational institutions	10
<b>Content module 2. Theoretical and methodological foundations of martial arts</b>	
Topic 6. Short historical development of martial arts	6
Topic 7. Biomechanical basics of martial arts techniques	6
Topic 8. Basics of martial arts techniques. Equipment, inventory	10
Topic 9. Games and game tasks are elements of martial arts	8
Topic 10. Organization and conduct of martial arts	10
Topic 11. Organization and conduct of competitions. Competition rules. Judging practice	6
<b>Hours in general</b>	<b>90</b>

In the process of mastering the program of the discipline "Theory and methodology of teaching strengths and martial arts", students develop the amount of knowledge and skills to solve certain professional tasks, taking into account general cultural and professional competencies, which are disclosed in the educational program of the bachelor's training in the specialty 017 Physical culture and sports.

In the process of studying the discipline "Theory and methodology of teaching strengths and martial arts" the following ***evaluation tools and methods of demonstrating the results of training are used***: standardized tests; current survey; movement

tasks; presentations of the results of completed individual tasks; assessment of activity, knowledge and skills of students during practical classes; analysis of regulatory documents; sets of exercises; essays.

The following forms of control are used to check the **knowledge and skills of students**: current control (carried out in the form of evaluating the results of students' educational activities in practical classes and their performance of independent work tasks); modular control and final control (carried out in the form of credit).

### **Conclusions.**

1. In accordance with the modern requirements of the physical culture and sports industry, there is a need to improve the system of training specialists in this field, therefore, the relevance lies in the introduction of the discipline "Theory and methodology of teaching strengths and martial arts" into the educational process of higher education institutions.

2. The prospect of introducing the discipline "Theory and methodology of teaching strengths and martial arts" is determined by the need and systematization of knowledge formation and the increase of requirements for a bachelor's degree in physical culture and sports. Mastering knowledge and skills in power sports and martial arts, on a par with other professional disciplines, will allow the future sports specialist to be more theoretically educated and adapted to practical activities corresponding to the modern development of society.

**Prospects for further research are the development** of an electronic complex of educational and methodological support for the discipline "Theory and teaching methods of strength sports and martial arts", its implementation in the educational process of training bachelors, determination of its effectiveness in the formation of an educated specialist in physical culture and sports.

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## **ACCOUNTING OF PSYCHO-PHYSIOLOGICAL INDICATORS OF YOUNG TAEKWONDO PLAYERS IN THE PROCESS OF THEIR TECHNICAL AND TACTICAL TRAINING**

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**Анотація.** У публікації обґрунтовано важливість врахування психофізіологічних характеристик юних тхеквондистів в процесі їх техніко-тактичної підготовки. Запропоновано алгоритм дослідження проблеми, що складається із наступних кроків: 1) аналітичної оцінки проблем техніко-тактичної підготовки з врахуванням показників психофізіологічного стану спортсменів; 2) вивчення та узагальнення практичного досвіду з техніко-