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FEATURES OF TEACHING SPORTS AND PEDAGOGICAL DISCIPLINES IN INSTITUTIONS OF HIGHER EDUCATION

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Abstract. This article is devoted to the study of the peculiarities of teaching sports and pedagogical disciplines in institutions of higher education. This topic is important because it requires careful analysis and consideration of various aspects of the education of students who are preparing to work in the field of physical culture and sports. The article highlights the key aspects of such teaching. The article helps teachers of higher educational institutions to improve the methods of teaching sports and pedagogical disciplines and to prepare high-quality specialists for the field of physical culture and sports.

Keywords: Higher education, Sports and pedagogical disciplines, Methodical approaches, Training of specialists in the field of sports, Optimization of teaching

Relevance of research. In modern society, attention to a healthy lifestyle and physical activity is growing. Sports and

pedagogical disciplines play a key role in the training of specialists who will be able to effectively influence the physical activity of the population. The sports industry is becoming an increasingly important branch of the economy. Teaching sports disciplines prepares future specialists who will be able to work effectively in this field. The teaching of sports disciplines in higher educational institutions helps to increase the level of professionalism of future coaches, physical education teachers and other specialists in the field of sports. Modern technologies and scientific research are rapidly changing sports practice. Teaching sports and pedagogical disciplines helps students adapt to new trends and challenges in the world of sports [1,3].

Teaching sports and pedagogical disciplines contributes to the creation and development of scientific research in the field of physical culture and sports. Students and faculty can participate in research projects that expand knowledge and contribute to scientific discoveries. Institutions of higher education play an important role in training coaches and mentors for various sports. It is important to understand modern training methods and strategies for training highly qualified specialists.

The purpose of the research is to analyze and reveal the main features of teaching sports and pedagogical disciplines in institutions of higher education. The research is aimed at determining important aspects of the pedagogical process, including methodological approaches, pedagogical strategies, the use of modern technologies in education, as well as the adaptation of educational programs to the needs of the labor market.

Research results. Analysis of the scientific literature [1,3,4] indicates that practical learning and training sessions are extremely important for students preparing for a career in sport and physical culture. Practical skills and experience play a key role in their training. Research highlights the need for a more individualized approach to students, as everyone has their own level of preparation and individual learning needs. It is important to create opportunities for individual training plans and the learning process.

The results of the study indicate that the use of modern technologies, such as video analysis, computer programs for training and virtual simulators, can improve the quality of teaching and make the educational process more effective. Scientists also pay attention to the importance of the teacher's role as a mentor and example for students. Teachers must be experienced and maintain active interaction with students, stimulating them to professional and personal growth.

It is believed that it is important to include pedagogical aspects in the educational programs of sports and pedagogical disciplines, since many graduates become coaches and teachers of physical culture [2].

In the process of teaching sports and pedagogical disciplines, it is necessary to pay attention to the fact that increasing the level of motivation of students can be achieved through the creation of interesting and stimulating learning environments, as well as through active participation in sports events and competitions [3,4]. It should also be noted that the importance of practical training in the process of teaching sports and pedagogical disciplines in higher education institutions cannot be overestimated. This key aspect plays a decisive role in the training of future specialists in the field of physical culture and sports with the following justifications:

Hands-on learning allows students to gain real-world experience and develop practical skills critical to their future careers. They learn the techniques, strategies and methods used in physical education and sports; involves active physical activity of students, which helps to improve their physical fitness and health. Scientists emphasize that individualization of training is one of the key aspects of teaching sports and pedagogical disciplines in institutions of higher education. This approach involves the personalization of the educational process for each student, taking into account his individual needs, abilities and level of preparation. The importance of this aspect is as follows: students entering sports programs may have different levels of physical training and experience; individualization of

training allows to adapt the training program to take into account this difference and to provide additional support to weak parties; allows students to devote more time and attention to the development of their strengths and interests; contributes to the development of the student's personality, helping him to discover his goals and potential; can contribute to increasing the efficiency of the educational process, as students get what they need at a specific moment in time, avoiding wasting time on educational material they have already learned; prepares students for individual work with athletes or clients in future professional activities [1,2].

The use of modern technologies in the process of teaching sports and pedagogical disciplines in institutions of higher education is of crucial importance in the training of future specialists in the field of physical culture and sports. The use of modern technologies makes educational material more accessible to students. They can access learning resources at any time and from any device with Internet access; the use of interactive exercises, multimedia presentations, video materials, etc. can make learning more exciting and interesting for students; the use of online resources and platforms for learning promotes the development of independent study skills [3,4].

The role of the teacher as a mentor in the process of teaching sports and pedagogical disciplines in institutions of higher education is important, it affects the success of students' studies and their preparation for future professional activities in the field of physical culture and sports. The teacher-mentor plays the role of a mentor who provides students with personal support in the learning process. It helps students define their professional goals and develop their professional skills; the teacher acts as an expert who imparts theoretical and practical knowledge in the field of sports to students. It teaches students not only concepts but also practical skills including movement technique, game strategy and other aspects; the teacher-mentor promotes the development of independence in students, teaching them to independently search and analyze information, solve tasks and draw their own conclusions; the teacher plays an

important role in evaluating students and providing constructive feedback. Emphasis on pedagogical aspects in the process of teaching sports and pedagogical disciplines in institutions of higher education is a key aspect, since the training of future specialists in the field of physical culture and sports involves the development of their pedagogical competence and the ability to influence the training and development of other personalities in the sports environment. Students should understand the basic pedagogical principles and methods used in the education and training of athletes. An important aspect is the development of interpersonal communication skills, as coaches and teachers in sports institutions must communicate effectively with athletes, families, as well as other professionals [2,3].

Increasing the level of motivation in the process of teaching sports-pedagogical disciplines in institutions of higher education is an important aspect, as motivated students usually achieve better academic results and show greater interest in the subject.

Conclusions The article considered the peculiarities of teaching sports and pedagogical disciplines in institutions of higher education. The study emphasized the importance of choosing appropriate methodological approaches, pedagogical aspects and the use of modern technologies in student education. The work showed that the adaptation of educational programs to the needs of the labor market is a key factor in training high-quality specialists in the field of physical culture and sports. Scientific research in this field will allow teachers of higher educational institutions to improve the methods of teaching sports and pedagogical disciplines and ensure the training of quality specialists for the labor market.

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