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PECULIARITIES OF TEACHING FUTURE SPECIALISTS IN PHYSICAL CULTURE AND SPORTS THE BASICS OF SELF-DEFENSE

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Abstract. *The article is devoted to the peculiarities of teaching future specialists in physical culture and sports the basics of self-defense. The paper presents the results of research on a differentiated approach to the selection of training content for students of different sports specializations in teaching them the basics of self-defense. It is established that in the self-defense curriculum the content of the technical arsenal should not be general and voluminous, but short and specific, from 10 to 12 actions.*

Keywords: *basics of self-defense, future sports specialists, teaching methods, differentiated approach.*

Анотація. *Статтю присвячено особливостям навчання майбутніх фахівців з фізичної культури і спорту основам самозахисту. В роботі представлені результати досліджень*

щодо диференційованого підходу до відбору змісту навчання для студентів різних спортивних спеціалізацій при навчанні їх основ самозахисту. Встановлено, що в навчальній програмі з самозахисту зміст технічного арсеналу повинен бути не загальним і об'ємним, а коротким і конкретним, від 10 до 12 дій.

Ключові слова: *основи самозахисту, майбутні фахівці зі спорту, методика навчання, диференційований підхід.*

Introduction. The system of higher education, like all other areas of human activity, is subject to changes in the social sphere. In this regard, the requirements for professional knowledge and skills of graduates of physical education faculties and HEIs of physical education profile should be revised to meet the changing needs of society. This problem is most closely related to applied sports and closely affects the process of training specialists in martial arts.

The recent prognostic assessment of crime development shows that in the coming years, negative trends will dominate the dynamics and structure of crime.

Today, society has formed a specific social order related to people's desire to master self-defense techniques. It is about the desire of citizens to eliminate their illiteracy in resolving conflicts that are combined with criminal threats. The need for specialists capable of conducting self-defense classes, offering techniques accessible to the majority and forming the necessary skills in the shortest possible time, is today not only a social demand, but also a government order [1, 2].

In the training of a future specialist in physical culture and sports, martial arts aim to form highly qualified, comprehensively developed specialists with deep and solid theoretical knowledge, practical skills and abilities, capable of effectively conducting teaching, coaching, research and organizational work.

The purpose of the study: to determine the peculiarities of teaching future specialists in physical culture and sports the basics of self-defense.

Research methods: method of system analysis; method of analysis and synthesis of documentary materials; method

of primary domestic experience; method of comparison and abstraction.

Research results and their discussion. The study of the discipline "Fundamentals of Self-Defense" by students will ensure the graduation of specialists who have the necessary minimum of theoretical knowledge and practical skills, who are able to methodically competently organize and conduct self-defense classes in sections, higher, general and extracurricular educational institutions, etc.

The peculiarities of the methodology of teaching self-defense techniques are due to the variety of possible extreme criminal situations that usually arise unexpectedly and involve a threat to human life, health, honor and dignity. The unpredictability of the enemy's behavior, unregulated actions, differences in the environment, climatic and weather conditions, and time of day require the formation of a plastic motor skill that allows you to reproduce the necessary actions with maximum efficiency in each specific situation [3, 4, 5].

In self-defense classes, future teachers learn martial arts and self-defense skills [3]. The enrichment of the technical arsenal of martial arts from other types of martial arts cannot be unlimited and requires careful selection of the most rational technique. This should be taken into account when training future specialists in physical education and sports. In addition, mastering self-defense skills is the basis for the safety of any person's life.

Given the large volume of technical actions of the kicking and throwing arsenal, it becomes a necessary condition for teachers to determine the place and basic content in teaching students of various sports specializations the basics of self-defense. An equally important problem for the effective teaching of students the basics of self-defense is the need to create a methodology that would most fully take into account the characteristics of their sports specialization and level of physical fitness. Despite the high popularity of various types of martial arts, there are still practically no studies that would scientifically substantiate the arsenal of training tools in combined martial arts, select the minimum content of technical and tactical actions for teaching students the basics

of self-defense. It is necessary to select the most effective strikes, techniques and grips that should be used in teaching students. To realize this direction, a differentiated approach to the selection of class content should be applied.

Based on the above, self-defense is a set of actions characterized by a state of protection against internal and external threats, which are formed by means and methods of martial arts, which form the basis of effective counteraction in extreme situations where there is a real threat to human life and health.

The content of behavior in these specific conditions will be characterized by an algorithm of the following components: assessment of the situation, neutralization of the attacker's actions, stopping and reducing the effectiveness of the impact, overcoming the consequences.

The analysis shows an insufficient level of formation of self-defense skills by means and methods of martial arts for extreme situations of a criminogenic nature among student youth. This requires the search for more effective means and methods for the formation of self-defense skills in future sports professionals.

The formation of self-defense skills in students depends on the quality use of martial arts means and methods. In the course of the study, we identified factors that affect the effectiveness of the use of these means and methods. Experts consider the use of a differentiated approach to the selection of the content of technical and tactical actions for students of different sports specializations to be the main factor influencing the effectiveness of the use of means and methods of martial arts. The ranking of factors that

determine the high efficiency of teaching students the basics of self-defense has yielded the following results:

1. a differentiated approach to the selection of the content of teaching the basics of self-defense for students of different specializations (21,4 %);

2. selection of the most effective means of training for students of different sports specializations (18,7 %);

3. selection of the most effective technical and tactical actions for teaching students the basics of self-defense, taking into account their sports specialization (17,8 %);

4. determination of the most optimal time for teaching self-defense techniques (14,3 %);

5. rational distribution of physical activity in the classroom, taking into account the level of physical fitness of students (10,7 %);

6. predominant use of exercises aimed at developing strength, agility and strength endurance (7,2 %);

7. taking measures to prevent injuries in self-defense classes (6,3 %);

8. determining the conditions for the legitimacy of the use of self-defense means in extreme situations of a criminogenic nature (3,6 %).

In the process of further research, the most effective means and tactical and technical actions necessary for teaching students of various sports specializations the basics of self-defense were determined. To solve this problem, a survey of specialists was conducted. The results of the survey

revealed the most effective means of martial arts for the formation of students' self-defense skills:

1. self-defense with the use of improvised means (19,1 %);
2. self-defense against an armed opponent (18,2 %);
3. blows and ways to defend against them (15,3 %);
4. self-defense against several opponents (14,1 %);
5. throws, releasing from the grips of opponents (10,9 %);
6. exercises on the development of coordination and accuracy of movements (9,7 %);
7. exercises aimed at forming an optimal fighting stance (6,8 %);
8. exercises that improve joint mobility (3,0 %);
9. self-insurance and exercises to develop the skills of correct movement when interacting with an opponent (2,9 %).

At the next stage of the study, we developed a methodology for teaching the basics of self-defense for students of sports specializations not related to martial arts, using a differentiated approach to the selection of the content of technical and tactical actions.

In accordance with certain stages of the methodology for the formation of self-defense skills, specific goals and objectives for students of different specializations are defined. It is determined that it is advisable to plan the load with a predominantly general orientation, which will ensure the intensive development of basic physical qualities: agility, speed, endurance and strength.

Conclusion. In the course of the research we managed to establish that in the curriculum on self-defense for students of 017 Physical Culture and Sports the content of the wrestling technical arsenal should not be general and voluminous, but short and specific, from 10 to 12 techniques. It should be borne in mind that the training of wrestlers (boxers, wrestlers, representatives of free-fight, etc.) should be based on the method of "additional training", and students of other specializations - on the method of "phased training" from wrestling - throwing, to striking and combined style of application of technical and tactical actions, or the method of

“phased-parallel training”, including throwing and striking technical actions. And when teaching the section of defense against an attack by an armed person, use the methodology of a combined (mixed) approach, which is reflected in the program of the discipline “Fundamentals of Self-Defense”.

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