

IntELLectual  
Archivs

## **Editorial Board**

### *Editor in Chief*

**Mark Zilberman**, MSc, Shiny World Corporation, Toronto, Canada

### *Scientific Editorial Board*

**Viktor Andrushhenko**, PhD, Professor, Academician of the Academy of Pedagogical Sciences of Ukraine, President of the Association of Rectors of pedagogical universities in Europe

**John Hodge**, MSc, retired, USA

**Petr Makuhin**, PhD, Associate Professor, Philosophy and Social Communications faculty of Omsk State Technical University, Russia

**Miroslav Pardy**, PhD, Associate Professor, Department of Physical Electronics, Masaryk University, Brno, Czech Republic

**Lyudmila Pet'ko**, **Executive Editor**, PhD, Associate Professor, National Pedagogical Dragomanov University, Kiev, Ukraine

## **IIIIEctIICIIArchIvE, Volume 6, Number 4**

Publisher : Shiny World Corp.  
Address : 9200 Dufferin Street  
P.O. Box 20097  
Concord, Ontario  
L4K 0C0  
Canada

E-mail : [support@IntellectualArchive.com](mailto:support@IntellectualArchive.com)  
Web Site : [www.IntellectualArchive.com](http://www.IntellectualArchive.com)  
Series : Journal  
Frequency : Bimonthly  
Month : July/August of 2017  
ISSN : 1929-4700  
Trademark : **IntEIIectualArchivE™**

© 2017 Shiny World Corp. All Rights Reserved. No reproduction allowed without permission. Copyright and moral rights of all articles belong to the individual authors.

# Intellectual Archive

Volume 6

Number 4

July/August 2017

## Table of Contents

### Physics

<b>J.C. Hodge</b>	STOE Model of Voids in Cosmology, Charge, Point Particles, and Atomic Spectra	1
<b>A. Shalyt-Margolin</b>	Two Approaches to Measurability Conception and Quantum Theory.....	9
<b>A. Bolonkin</b>	Universe (Part 4). Relations between Charge, Time, Matter, Volume, Distance, and Energy.....	53

### Pedagogic

<b>P. Petrytsa</b>	Assessment of the Formation of a Student's Personal Physical Culture .....	62
<b>O. Romanovsky, O. Ponomaryov, I. Asieieva</b>	Realization of Pedagogical Conditions of Formation of General Scientific Competence of the Future Bachelors of Machine Engineering Specialties.....	68
<b>O. Kompanii</b>	Text-Creation Possibilities of the Word in the Process of Forming Skills to Create Texts by Primary School Students .....	75
	Manuscript Guidelines. Where to Find Us.....	85

Toronto, July/August 2017

# Assessment of the Formation of a Student's Personal Physical Culture

Petro Petrytsa

*Ternopil National Pedagogical University named after Volodymyr Hnatyuk*

## **Abstract**

The article deals with the formation of the student's personal physical culture of the Ternopil National Pedagogical University named after V. Hnatyuk, which is estimated for the eight components.

The purpose of the research is to substantiate the state of the formation of the personal students' physical culture.

On the basis of data analysis of the experiment, it was found that the general level of formation of a student's personal physical culture before the experiment, on average, was between 31 and 32 points, and corresponded to a low level. After completing the forming experiment, the average score in the experimental group is 60 points and corresponds to the average level, while the average score of the personal physical culture of students who were engaged in the control group, increased by only 14 points and remained at the lower-middle level.

Key words: physical culture, physical education, personal physical culture, student.

**Topicality.** Laws of Ukraine "On Physical Culture and Sports" [7], "On Higher Education" [8], set the task for specialists in the theory and methodology of physical education in relation to the formation of the physical culture of the personality. The problem of the formation of personal physical culture, as a social phenomenon, is inextricably linked with the need to determine its level in general and the formation of some individual components.

The modern rhythm of life demands from young people more and more stresses of forces. Nervous, mental and physical overloads associated with the mastery of complex modern technology, professional and everyday stresses lead to the disorder of metabolism, overweight, and the emergence of cardiovascular diseases. In addition, the volume of motor activity of a young person during the day is minimized. Student needs higher physical activity and preparation. Nowadays, to solve the problem of increasing the volume of motor activity cardinally by passing the means of physical culture, is practically impossible [1].

The task of a PE specialist is the formation of a student's personal physical culture through his / her self-knowledge and self-determination in the physical culture and health activity. The student should be able to evaluate and compare his / her personal physical culture with that one of peers [2].

Considering that the student's physical activity includes not only motor activity, but personality's development as well, that is manifested in the unity of physical and spiritual perfection, it is appropriate to consider it as a combination of cognitive, motivational and behavioral components that ensure the formation of a student's personal physical culture.

Scientists [1; 4; 5; 6] distinguish some separate components of person's individual physical culture. In fact, at the same time, there is no scientific research on the importance of the components of personal students' physical culture in higher educational establishments, that served as the basis for our study.

**The purpose of the research:** to determine the level of formation of the students' personal physical culture.

**Object of research:** students' personal physical culture in higher educational establishments.

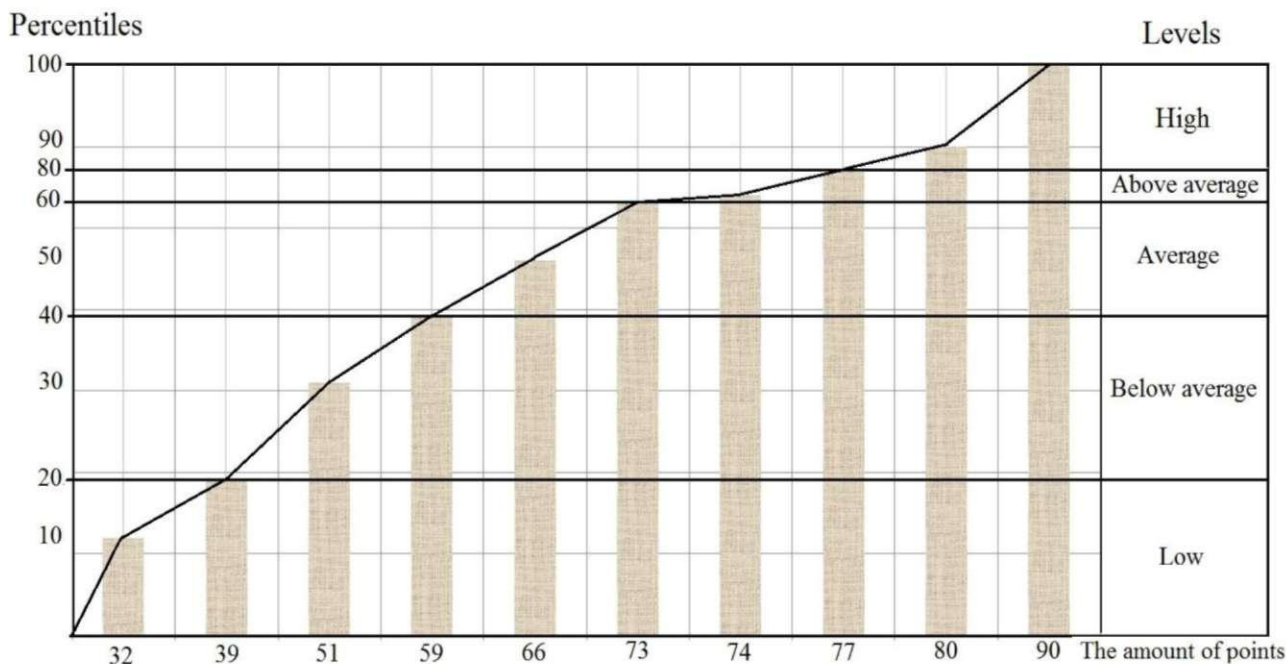
**Subject of research:** components of students' personal physical education and level of their formation.

**The research tasks** are formulated according to the purpose of the study:

1. To analyze the state of the problem at the scientific and pedagogical level.
2. To determine the level of the formation of the students' personal physical culture.

**Presenting of the main material.** An assessment of the student's personal physical culture was carried out during the academic year 2015-2017 with the students of the Ternopil National Pedagogical University named after Volodymyr Hnatyuk. 125 students took part in the research. Two groups were chosen for analysis: a control group (64 students) which studied according to the traditional methods without focusing on the formation of a student's personal physical culture and an experimental group (61 students) in which the class was conducted in order to form a student's personal physical culture, through the formation of individual components [4]: attending physical education classes, independent doing physical exercises, level of formation of motor qualities, level of physical health, skills and abilities, knowledge, participation in physical culture and health events and visiting the sports section.

The percentile methodology of evaluation was used in assessing of the students' personal physical culture.



**Picture 1. The percentile scale of an assessment of the student's personal physical culture**

According to the recommendations of Metivirg et all (after Leder L.) [3], it is recommended to assign values to a low level of personal physical culture that are available for more than 90% of students, to a below average level - 70 - 89%, to an average level - 45 - 69% , to an above average level - 30 - 44% and to a high level - for less than 16% of students (Picture 1).

The percentile scale is formed according to one hundred points scale (from 0 to 100, where zero is of a low value). Estimation from 0 to 39 points refers to the zone of low results, 40- 59 points - to the below average zone ; 60 - 73 points - to the average zone; 74 - 80 points - to the above average zone and 81 - 100 points - to the high zone.

The received results of the molding experiment are presented in Table 2.

Analyzing the general level of the formation of the student's personal physical culture, we found out that on average, before the experiment, it was within the range of 31-32 points and corresponded to a low level (Table 1).

Table 1

**The state of students' personal physical education in 2015-2016 academic year  
before experiment ( \$ - n =125 )**

Indexes				Level
Control group	n=64	31,78	15,59	Low
Experimental group	n=61	32,18	12,83	Low

After the experiment, the average score, shown in the experimental group, is 60 points and corresponds to the average level of the formation of personal physical culture.

Table 2

**The state of the formation of students' personal physical education in 2016-2017  
academic year after the experiment ( \$ - n =125 )**

Indexes		The amount of points scored for the indicator (Taking into account the coefficient of significance)		
				Level
Control group	n=64	46,50	20,86	Below average
Experimental group	n=61	60,70	19,29	Average
P		P < 0,001		
		P < 0,001		

Speaking about the average components' indicators of the formation of students' personal physical culture, the changes were mainly observed in the indicator of motor qualities. If the results of the study to reflect in percentages, then before the experiment, the formation of motor skills, shown by the students of the control group and the experimental group, were in the range of 28-29% of the maximum possible, and after its completion - 60-61% in the experimental group and 44-45% in control one.

Summarizing the foregoing, we can make the following conclusions: analysis of literature has revealed individual components of the personal physical culture; it was assessed the formation of the students' personal physical culture and found a positive effect of approbation results of the research's forming experiment. So, before the experiment the students of the Ternopil National Pedagogical University named after Volodymyr Hnatyuk in the control and experimental groups had a low level of personal physical culture, and after the end of the forming experiment in the experimental group the level of personal physical culture was at an average level. It gives us the reason to speak about the positive effect of the experimental technique over the traditional one.

Further perspectives of our study include the development of a program of formation of personal physical culture for the students in special medical groups and for those ones from the other non-pedagogical universities.

### ***References***

1. Bulicz E. Human health: Biological basis of vital activity and motor activity in its stimulation / Bulicz E., Murawow I. - K.: The Olympic literature, 2003. - 424 p.
2. Kriventsova I.V. Concept about the physical culture of future teachers / Kriventsova I.V. // Pedagogics, psychology, medical and biological problems of physical education and sports: Kharkiv: KhDADM (KhPI), 2009. - No. 4. - P. 58-61
3. Leger L., Boucher R. An indirect continuous running multistape field test. The University de Monreal Track test. Can. F. Appl., 1980. - № 5. - P. 77-84.
4. Petro Petrytsa. Criteria for assessing of the formation of personal physical culture / Petro Petrytsa / Actual problems of sports development for all: experience, achievements, trends // Materials of the V International Scientific and Practical Conference, October 20-21, 2016. Ternopil, 2016. - 59 - 61 p. - ukr .
5. Petro Petrytsa. Physical Health Indicators as a Factor in the Student's Personal Physical Culture / Petro Petrytsa // Young Sports Science of Ukraine: Collection of Scientific Works on Physical Education, Sport and Human Health. Issue 20. - L .: LDUFK, 2016.- V.3,4.- 122-127 p.
6. Petro Petrytsa Physical preparation as a component of personal physical culture / Petro Petrytsa // VII International scientific and practical conference "Modern problems and prospects of development of physical education, health and professional training of future specialists in physical education and sports". - Kyiv: NPU named after M.P. Dragomanov, 2016.- Issue 3K 2 (71) 16. - 255-259 p.



7. Law of Ukraine "On Physical Culture and Sport" (information of the Supreme Council of Ukraine (VVR), 1994, No. 14, Article 81) Access mode: <http://zakon3.rada.gov.ua/laws/show/3809-12>

8. Law of Ukraine "On Higher Education" (information of the Supreme Council (VVR), 2014, No. 37-38, 2004). Access mode: <http://zakon3.rada.gov.ua/laws/show/1556-18>