



UDC 378.172:796.011

## FORMATION OF MOTIVATION FOR MOTOR ACTIVITY IN STUDENTS THROUGH APPLIED PHYSICAL TRAINING

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**Abstract.** Conscious activity is impossible without motivation, and physical education and sports are no exception. The article considers the issue of forming students' motivation for physical education and sports. Methods for attracting students' attention to healthy lifestyle issues, including through applied physical training, are proposed.

Motivation for physical activity is a special state of the individual aimed at achieving an optimal level of physical fitness and performance. The process of forming interest in physical education and sports is a multi-stage process: from the first simple hygienic knowledge and skills to deep psychophysiological knowledge of the theory and methodology of physical education and intensive sports.

The main issues of the organization, content and methodology of structural and substantive filling of the motivational sphere of students for physical education, health and applied physical activities are revealed. The analysis of the research allowed us to state that over time, the structure of the motivational sphere of students becomes more mosaic. There is a rotation of motives associated with health preservation, functional filling of activities, recreation, obtaining new knowledge with motives of social and personal actualization.

Improving the formation of motivation for physical activity in students involves mastering the system of scientific, practical and specialized knowledge necessary for understanding the social processes of physical culture functioning, the ability to adaptively and creatively use them in personal and professional development, self-improvement, and the organization of a healthy lifestyle.

The introduction of applied physical training, special motor skills and abilities will increase the level of physical training of students, modernize the system of physical education of students, prepare young people for work and service in the armed forces.

**Key words:** sports, physical culture, motivation, physical development, applied physical training; student.

### Introduction.

Motivation for the implementation of physical activity is a certain state of a student as an individual, which should be aimed at achieving a certain level of physical performance. Currently, the need for physical education and sports among students is not formed and, as a result, there is a low level of inclination to lead a healthy lifestyle, which is primarily due to the insufficient organization of physical education, health and sports work of educational institutions. Since the formation of motivation is a rather



complex process, the need for which a person must realize before he starts playing sports, of course, not without the help of external sources (I.V. Zherebtsova, T.A. Koshurina). Motivation is an incentive to a certain action; that is, a psychophysiological process that controls human behavior, sets the direction of activity, the organization of his further actions, stability and activity. All human activity is the merit of motivation and persistent work on its formation. The analysis of scientific and educational-methodical literature revealed the main groups of motives for physical education classes at the university (M.Ya. Vilensky, V.A. Slastenin, Yu.V. Okunkov, I.A. Zimnyaya): health motives (improving one's health and preventing diseases); motor-activity motives (performing special physical exercises); competitive motives (improving one's own athletic achievements); aesthetic motives (improving one's appearance); communicative motives (promoting better communication between social and gender groups); cognitive-developmental motives (maximum use of one's body's physical capabilities); creative motives (new opportunities in one's spiritual development); professionally-oriented motives (focused on professionally important qualities of students of various specialties, to improve their level of preparation for upcoming work); administrative motives (physical education classes are mandatory at the university); psychologically significant motives (positive influence on the mental state of young people); educational motives (promoting the development of moral and volitional qualities, as well as the education of patriotism and citizenship).

Applied training involves the development of motor skills and abilities with the solution of professional problems in special conditions of the state of emergency, ensuring the personal safety of citizens in the process of solving official tasks (E.A. Chelnokova). By acquiring knowledge and developing skills in mastering applied special qualities, students acquire readiness for activities in extreme conditions and military service.

One of the conditions for the development of applied physical training is a competent approach to its popularization. It is important to stimulate the interest of young people in physical development, it is also necessary to create conditions so that it is beneficial for students to be healthy and successful. Conscious activity is



impossible without motivation, and sports are no exception. Motivation, an incentive to a certain action can be imagined as an acute influence on a person's feelings and emotions, which ultimately form a call to action. For proper motivation, you need to understand what this phenomenon is and how it works. Having analyzed the problems of preparing university graduates for work, we identified the following contradictions:

- between the need to develop applied physical readiness of students in the process of physical education at the university and the insufficient development of the formation of motivation for physical activity in students;
- between the requirement to produce students' readiness for work and the low level of their preparedness;
- between the need to develop motivation and search for alternative pedagogical conditions and forms of training university students and insufficient scientific and methodological support for their development.

A low level of motivation for physical education classes accordingly reduces physical activity, which leads to a decrease in the level of physical and mental performance, physical fitness and physical development of students.

One of the solutions to the education of young people is the formation of motivation for physical activity using applied means of physical education that contribute to the development of high performance in young people, the formation of professionally significant qualities, skills and readiness for their active manifestation in various spheres of society.

In this regard, it is relevant to study the structure of the motivational complex for applied physical training classes. Search for new means and methods that encourage physical education, methods of increasing motivation for applied physical training, motivation is an integral component of successful physical education and sports activities. Maintaining and strengthening the health of students will allow us to prepare competent specialists ready for productive and long-term professional activity.

Determining students' motivational priorities and interests in physical education and sports will make it possible to formulate the needs for systematic applied physical training and determine the effectiveness of building the process of physical training for



students in higher education institutions.

The article uses modern pedagogical theories and technologies of students' physical education (L. I. Lubysheva, V. K. Balsevich, V. V. Ponomarev, S. A. Doroshenko); modern theoretical and practical developments in strengthening students' health at the university (G. L. Apanasenko, A. V. Zharova, V. V. Kolbanov, and others); various approaches to the problem of motivation (P. A. Rudik, A. I. Leontyev, I. V. Zhrebtsova, T. A. Koshurina, and others).

### **The objective of the study:**

- to study the interests and needs of students in the field of physical education;
- to develop recommendations for physical education and sports to develop students' motives for physical activity;
- to form positive motives for physical education in students and future specialists through applied physical training.

### **Research methods:**

- analysis of scientific and methodological literature on the organization of the formation of motives for students' motor activity;
- analysis and generalization of the means of applied physical training of students and basic motor skills that contribute to the productive work of future specialists.

### **Research results:**

During the research, we identified the main provisions of the work on the formation of motivation for physical activity in students through applied physical training:

- the formation of motives for physical education and sports in future specialists is the foundation of effective professional training of students for postgraduate practical activities;
- a set of psychological and pedagogical conditions that activate the formation of motives for physical education in university students and contribute to their personal and professional growth.

Motivation for physical activity is a special state of the individual aimed at achieving an optimal level of physical fitness and performance. The process of forming



interest in physical education and sports is not an instantaneous, but a multi-stage process: from the first elementary hygienic knowledge and skills to deep psychophysiological knowledge of the theory and method of physical education and intensive sports (Yu.V. Okunkov).

The range of motivations is quite wide, and these are:

- 1) the need for movement and physical activity;
- 2) in communication, contacts and spending free time with classmates and friends;
- 3) in games, emotional release, self-affirmation, in learning and physical improvement.

To increase students' motivation, educational and sectional activities, the introduction of applied training are necessary. Classes should not be monotonous.

The processes of motivation and training in any motor actions in physical education are closely connected with the solution of educational, upbringing and health problems. In the process of forming motives for physical activity classes through applied physical training, the quality of mastering the studied specialty improves among university students.

The basis of students' motivation is cognitive activity. Theoretical knowledge is a powerful means of influencing the motivational and need sphere of a student, and practical experience gained during physical education and sports classes, together form the outlook in the field of physical education and the need for it.

Mastering the system of knowledge will help to form students' motivation and need for physical activity classes through applied physical training, and will also allow students to independently use physical education tools, ensuring adequate self-esteem and self-control.

As a result of the study, the following were revealed:

- ✓ the structure of university students' motivation for physical education and sports classes in the process of educational and sports activities;
- ✓ the reasons causing a decrease in students' interest in physical education classes and ways to overcome them were outlined;
- ✓ the criteria, psychological, pedagogical and methodological conditions that



activate the formation of motives for physical activity in university students through applied physical training, contributing to their personal and professional growth, are considered;

- ✓ objective and subjective factors that determine the dynamics of the formation of motives for physical education and sports of future specialists at various stages of obtaining professional education are identified;
- ✓ a system for forming motives for physical activity through applied physical training is developed

The effectiveness of physical development will increase significantly as a result of developing an optimal way to attract (form motivation) students to regular physical education classes. In this regard, we can add: the direction of the educational process of the educational institution, the content of classes, the availability of material and technical base for their implementation, the frequency of classes, the attitude of the teacher to students, etc. Thus, the development of this algorithm requires an assessment of the influence and level of development of many factors.

Regular attendance of classes will ensure the achievement of a certain level of physical fitness, and can only be achieved if the teacher, through his activities, forms motivation in students during classes as one of the main components of maintaining health. This focus means using an individual approach to the physical capabilities of individual students, determining the most preferred types of motor activity for them, and developing interest and motivation for classes.

In the process of the educational and training process in physical education, competitive activities, relay races, game sports were used to expand communication between students, as well as sports sections based on interests. It is also necessary to conduct physical education and health events.

All this can contribute to an increase in the level of motivation of students to engage in physical education and sports, as well as their physical and psychological health.

Having analyzed the program of the discipline "Physical Education and Sports", we defined a model for the formation of motivation for physical activity in students



through applied physical training within the framework of the educational standard at PSTU.

The system of physical education in the university should perform educational, social, developmental and educational functions. Their implementation, as well as the achievement of the motivational goal, are due to the solution of the following tasks:

- students must realize that physical education is necessary for the development of their personality and in preparation for further professional activity;
- students must master the theoretical basis of physical education in practice in order to maintain and strengthen their general health;
- students should develop a motivational attitude towards physical activity and should strive to improve their physical fitness and regular physical activity.

Applied physical training in practice solves the following problems:

- 1) equip students with applied knowledge about the profession, about the physical qualities they need to successfully perform work operations, for highly effective work;
- 2) develop students' motor skills and abilities that will contribute to the productive work of future specialists;
- 3) develop in them the physical and mental qualities necessary in future work;
- 4) promote accelerated learning of the profession;
- 5) teach how to use active recreation to combat industrial fatigue, for a quick and complete recovery.

The proposed model for the formation of motivation for physical activity in students by means of applied physical training in the form of an obstacle course complex has been developed according to the basic sections of the educational program: gymnastics, general physical training, athletics, sports games.

Overcoming an obstacle course is one of the most motivating and effective applied skills in the process of physical training of students. Applied and sports methods of overcoming obstacles are largely different in the technique of execution. Sports methods are not always used in life. Therefore, it is necessary for students to master applied methods in physical education classes, and thanks to this, prepare for successful



mastery of sports technology for further work. It contributes to the integral improvement of natural movements, vital motor skills, effective development of physical qualities, increasing the requirements for the manifestation of volitional qualities - determination, persistence, independence. The variety and diversity of the performance of motor tasks to overcome obstacle courses under time constraints create situations in which students apply previously acquired motor skills in new combinations, timely and rationally switching from one motor action to another, transforming them in accordance with the requirements of the situation. The need to perform an action in a new situation activates the student, motivates and makes him focus on changes in the form of movement, amplitude, degree of developing muscle tension. Thanks to this, not only new motor actions are developed, but previously mastered ones are also improved, performed in new combinations and combinations. Performing exercises on an obstacle course stimulates and promotes the development of strength, speed, endurance, agility, coordination of movements, attention, motor memory in students, improving and consolidating the skills they have acquired, increasing the emotional level of a gymnastics lesson, as well as the formation of applied qualities.

Organization and implementation of the educational process on applied physical training of university students using labor activity modeling will significantly improve the formation of motivation for physical activity in students through applied physical training, physical and psychological readiness and reduce the risk of stress.

Using the program for educating young people on the formation of motivation for physical activity in students using physical education tools, through applied physical training, in particular obstacle courses, allowed:

- to systematize the theoretical - motivational, and practical - applied physical training of students at the university;
- to maintain and strengthen the health of students;
- to increase the interest of young people in labor activity and service in the Armed Forces;
- to gain knowledge and develop skills in mastering applied special qualities for



activities in extreme conditions.

The conducted study allowed us to identify the motivation of students to engage in physical education, depending on the desire to look good, strengthen and maintain health, develop and improve motor skills and abilities, and receive positive emotions.

### **Conclusions**

The study of the main health factors within the framework of professional activity allowed

- to identify the specifics of the formation of motivation for physical activity in students through applied physical training;
- became the basis for the creation of a methodology for the formation of a culture of health in students in the process of physical education classes during their studies at the university.

When forming a physical education program, it is necessary to take into account the identified motives and individual preferences, as well as to use various types of physical education classes (in particular, applied physical training), increasing the number of sports and health-improving physical culture that could arouse and maintain the interest of any contingent of students.

The introduction of a system of applied physical training of students using various types and forms of obstacle courses will increase the number of people involved in physical education and sports, improve the level of physical fitness of students, modernize motivation for physical activity through physical training, the system of physical education and the development of mass and student sports, and most importantly - graduates will be successful in their future professional activities.

Organizing independent work for students allows for the formation of a motivational individualized process, activating students' search work in choosing their favorite sport, and attracting them to participate in competitions.

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