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PHYSICAL EDUCATION IN US UNIVERSITIES IN THE CONTEXT OF EXPERIENCE FORMATION

Abstract. The article reveals the priorities of physical education in US universities. The purpose of the article is to substantiate the peculiarities of physical education in US universities in the context of experience formation. American experts in the field of physical culture and sports believe that student sports have historically been the main source of the spread of higher achievements in sports, and now it is the nurturing environment for all mass physical activity in the country. One of the main motives for the sports improvement of athletes is the desire to receive financial support (sports scholarship) or to provide the most favorable conditions for admission to a higher educational institution.

It is noted that physical education, sports and various activities of the participants of sports programs contribute to increasing the motivation of students to study and have a positive effect on their success. The importance of extracurricular activities on university campuses is revealed. Over the years, the basic physical education programs have undergone changes related to the content of the main course and its main sections, as well as issues of organization of physical education of students and control of their level of physical fitness.

It has been studied that student youth studying at universities form the basis of the country's amateur and national national teams. Teams of professional and semi-professional leagues are replenished at the expense of student-athletes. In the USA, a system of selecting the strongest student athletes for professional league teams has been developed and implemented. According to the existing traditions of American society, the enrollment of student-athletes on a professional sports team is the pinnacle of an athletic career. However, US student sports have been engulfed in serious contradictions that threaten the entire system of organization and development of sports in colleges and universities. These contradictions are not the result of the US education system in recent years.

Keywords: student youth, peculiarities of physical education, theoretical basis, optional classes, educational institutions.

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ФІЗИЧНЕ ВИХОВАННЯ В УНІВЕРСИТЕТАХ США В КОНТЕКСТІ ФОРМУВАННЯ ДОСВІДУ

Анотація. У статті розкрито пріоритети фізичного виховання в університетах США. *Метою статті* є обґрунтування особливостей фізичного виховання в університетах США в контексті формування досвіду. Американські фахівці в галузі фізичної культури і спорту вважають, що студентський спорт історично є головним джерелом поширення вищих досягнень у спорті, а зараз – живильним середовищем всієї фізкультурномасової діяльності в країні. Одним із основних мотивів спортивного вдосконалення здобувачів-спортсменів є прагнення отримати фінансову підтримку (спортивну стипендію) або забезпечити найбільш сприятливі умови для вступу до вищого навчального закладу.

Зазначено, що фізичне виховання, спорт і різна діяльність учасників спортивних програм сприяють збільшенню мотивації студентів до навчання та позитивно позначаються на їх успішності. Розкрито важливість позакласних заходів у кампусах університетів. Протягом багатьох років базові програми з фізичного виховання зазнавали змін, що стосуються змісту основного курсу і його основних розділів, а також питань організації фізичного виховання студентів і контролю рівня їх фізичної підготовленості.

Досліджено, що студентська молодь, яка навчається в університетах, становить основу аматорських та національних збірних команд країни. Команди професійних і напівпрофесійних ліг поповнюються за рахунок студентів-спортсменів. У США розроблена і впроваджена система відбору найсильніших спортсменів-студентів у команди професійних ліг. Відповідно до існуючих традицій американського суспільства, зарахування студентів-спортсменів у професійну команду з виду спорту є вершиною спортивної кар'єри. Однак, студентський спорт США охопили серйозні протиріччя, що ставлять під загрозу всю систему організації та розвитку спорту в коледжах і вишах. Ці протиріччя не є результатом освітньої системи США останніх років.

Ключові слова: студентська молодь, особливості фізичного виховання, теоретична база, факультативні заняття, заклади освіти.

Formulation of the problem. Today, one of the primary problems of progressive humanity is the formation of a harmonious personality, which has a high level of development of spiritual, intellectual and physical abilities. Strengthening the health of schoolchildren in Ukraine is considered the most important task facing modern society, because more than 80% of them have health problems.

Analysis of recent research and publications. Such domestic scientists as S. Medynskyi, I. Maksimenko, N. Adamskyi, A. Zaitsev, V. Mudrik, I. Mudrik, S. Oparin and others.

The social need for physical education of the individual is based on the following legislative documents: the Constitution of Ukraine, the Laws of Ukraine "On Education", "On Physical Culture and Sports" and other legislative acts of the state. Physical education in the education system is carried out in accordance with the laws of Ukraine "On education", "On physical culture and sports" in all types of educational, educational and educational institutions, regardless of ownership. In this regard, the application of world experience in the organization of physical education of education seekers in Ukraine is becoming extremely relevant [1 – 4].

The purpose of the article is to substantiate the peculiarities of physical education in US universities in the context of experience formation.

Presenting main material. Physical education in the USA has a complex and interesting history, in the process of which it entered the pedagogical practice forever and received scientific and practical justification. Over the past forty years, physical education in the United States of America has gone through an intensive path of formation and reformation and currently represents one of the most successful and effective systems. The significant importance of physical education, as one of the most important areas of education, is explained by quite serious support from the state [2, 4].

The general features of physical education in US universities include the following (Table 1):

- ✚ harmonious combination of study and leisure of students;
- ✚ financial support for physical development of students;
- ✚ a developed system of optional and recreational classes;
- ✚ commercialization and professionalism of student sports.

American experts in the field of physical culture and sports believe that student sports have historically been the main source of the spread of higher achievements in sports, and now it is the nurturing environment for all mass physical activity in the country. It is common knowledge that secondary schools in many respects follow the example of higher education institutions in their activities. To a greater extent, this applies to the field of sports. One of the main motives for the sports improvement of athletes is the desire to receive financial support (sports scholarship) or to provide the most favorable conditions for admission to a higher educational institution [3, 4].

Table 1

Priorities of physical education in US universities

<i>Features</i>	<i>Characteristic</i>
1	2
<i>Harmonious combination of study and leisure of students</i>	Physical education, sports and various activities of participants in sports programs contribute to increasing students' motivation to study and have a positive effect on their success. Motor activity of students in competitive conditions creates prerequisites for an active lifestyle in American society. Sports competitions stimulate interest in physical activity not only among students and teachers, but also among their families. Physical education and sports raise the spirit and contribute to the unification of students to solve various tasks. The athletic success of students is supported in every way by the community of colleges and universities.
<i>Receiving sports scholarships</i>	Such a program to support student-athletes was offered by American universities. At the beginning of the 20th century with the help of sports scholarships, many US students were able to combine studies at higher education institutions with participation in major sports, and in the absence of sports scholarships, many would not be able to attend classes at the university. A full scholarship covers not only accommodation and various household aspects, but also money for books and other small expenses. However, it should be noted that the system of providing sports scholarships is quite original. The main financial source is income from major sports, including contracts, charity events and matches. The distribution of all these funds is not handled by the financial service of the university, but by the sports faculty of the university or the department of physical education and sports.
<i>Optional form of organization of classes</i>	The importance of extracurricular activities on university campuses is well known. These activities exist in addition to the university curriculum and contribute to enhancing the student's educational experience. According to O. Austin, almost any type of student participation in college has a positive effect on their learning and development. Extracurricular activities (electives) provide an appropriate attitude to involvement and interaction with other students. Thus, there is an increase in the effectiveness of education and an increase in the level of development of students.
<i>Commercialization of physical education and sports</i>	It is a characteristic feature of the United States of America. In the period between 1981 and 1984, the share of television revenues from the sale of broadcasting rights for college basketball and American football increased dramatically. Until the middle of 1984, the association had the monopoly right to conclude contracts with television companies on behalf of all its members, with the subsequent distribution of the resulting income among them. This practice stifled the interests of large universities and colleges with strong football and basketball teams, because it was the games of these teams that attracted television viewers. At the same time, this principle of income distribution supported the sports budgets of medium and small educational institutions.
<i>Growing professionalism of student football</i>	In the mid-1920s, the growing professionalism of college football, as evidenced by the hiring of professional sports coaches and related relationships with athletes, prompted the Carnegie Corporation to conduct a public interest investigation. A study conducted by X. Savage in 1929 showed that student sports had lost touch with their origins – amateur sports.

Administrations of universities and colleges in the USA skillfully combine studies and leisure time of students. In this regard, various wellness programs for students, teachers and service personnel have become widespread in the higher education institutions. Due to the fact that each higher education institution independently develops educational programs for physical education, they have differences in sports traditions; specifics of specialties; material base; in choosing popular sports, etc. Over the years, the basic physical education programs have undergone changes related to the content of the main course and its main sections, as well as issues of organization of physical education of students and control of their level of physical fitness. In 1959, 9 out of 10 US universities and colleges required students to take a Physical Education course. Today, only every 6 out of 10 educational institutions consider physical education as a compulsory subject necessary for optional development [2, 3].

Sports and education are closely intertwined in American society because sports are important to the school, parents, and students. It should be noted that the universities and colleges of the USA have great autonomy in choosing the organizational structure of physical education and sports, including in the development of the content of programs, educational courses and the schedule of classes.

Student youth studying at universities form the basis of the country's amateur and national national teams. Teams of professional and semi-professional leagues are replenished at the expense of student-athletes. In the USA, a system of selecting the strongest student athletes for professional league teams has been developed and implemented. According to the existing traditions of American society, the enrollment of student-athletes in a professional sports team is the pinnacle of an athletic career [3, 4].

Extracurricular sports or electives provide opportunities to play soccer, tennis, baseball, softball, volleyball, soccer, basketball, and other sports at the beginner, intermediate, and competitive levels. Activities are offered at different skill levels to encourage participation, regardless of skill. It can also include other components of physical activity, including dancing, fitness or physically active games. The result of this type of activity is: an increase in physical activity; improved physical training; reducing the level of obesity; increasing success in educational activities [1, 3].

The system of optional and recreational classes at the university is implemented in practice as follows. The student fills out an application form, in which he indicates the chosen sports, the teacher, and the desired class time. The service department of the department or center selects a program of classes convenient for each student and offers the necessary conditions for its implementation. Assessment of the level of physical fitness of students based on the results of mastering the basic programs also differs in different universities [3].

Student sports in the USA have been engulfed in serious contradictions that threaten the entire system of organization and development of sports in colleges and

universities. Student sports from the moment of its organizational development (actually simultaneously with the creation of the NCAA on March 31, 1906) began to move away from amateur sports. And the point is not that the NCAA succeeded in maintaining sports discipline on playgrounds and in regulating the rules of student sports competitions, but that the organizational formation of an independent structure in the field of sports determined increased requirements for sports programs, the result of which was a single the criterion is a sports result. And hence - increased requirements for athletes (selective selection), coaching staff (inviting specialists from professional sports), for the development of the sports material and technical base, which finally, after 10 years, allowed us to analyze the features of professionalism in student sports [3, 4].

These contradictions are not the result of the US education system in recent years. Analysis of literary sources and documentary data shows that it has existed for about a century. Although sports are taken quite seriously in many colleges, the desire to make money from the competitive activities of students sometimes violates the integrity of the educational process. In 1990, the "knight's commission on problems of intercollegiate sports" was created in order to control the processes carried out in university sports. In view of the above, the following features of physical education in US universities can be distinguished: a harmonious combination of study and leisure of students; financial support for physical development of students; a developed system of optional and recreational classes; commercialization and professionalism of student sports [1, 2].

Conclusion. Thus, when analyzing the peculiarities of physical education in US universities, it is worth taking into account the fact that the USA has accumulated a huge amount of experience in the field of physical education. The conducted research and taking into account the positive experience of the USA will contribute to the study of new approaches and ways of improving the existing system of physical education in Ukraine. Therefore, a thorough study of this issue will contribute to the solution of existing problems, because the modern system of physical education needs improvement and the introduction of the latest methods and approaches.

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