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ACADEMIC DISCIPLINE "THEORY AND METHODS OF ADAPTIVE SPORT" IN THE TRAINING OF BACHELORS IN PHYSICAL CULTURE AND SPORTS

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Annotation. *The article reveals the structure and content of the discipline "Theory and Methods of Adaptive Sports". The prospects of introducing this discipline into the educational process are outlined.*

Keywords: *adaptive sport, training, athletes, bachelor's degree, academic discipline, content module.*

Анотація. *У статті розкрито структуру та зміст навчальної дисципліни «Теорія і методика адаптивного спорту». Окреслено перспективи впровадження даної дисципліни у навчальний процес.*

Ключові слова: *адаптивний спорт, тренування, спортсмени, бакалавр, навчальна дисципліна, змістовний модуль.*

Introduction. The system of training specialists in physical culture and sports at the bachelor's level should be carried out in accordance with the current requirements of the state level. The bachelor's level is the first level of higher education, where the acquisition of theoretical knowledge and practical skills sufficient for the successful performance of professional duties in the chosen speciality comes to the fore [1, 5].

The professional competence of future specialists in physical culture and sport depends on mastering the basic provisions of the educational course in adaptive sport. Specialists in physical culture and sports should be aware of important issues related to admission to physical activity of

different population groups, mastering the means of adaptive physical culture and sports [2, 3, 4].

Today in the national science there is a limited number of studies related to the study of the experience of professional training of bachelors in physical culture and sports [5, 6]. Therefore, the relevance of this study is related to the revision of the system of training and retraining of these specialists in accordance with the introduction of the discipline "Theory and Methods of Adaptive Sports" into the educational process of TNPU named after V. Gnatiuk and the development of appropriate educational and methodological support, which, in turn, will increase the level of intellectuality, theoretical education and adaptability to modern requirements of the sports industry of future specialists in the field of physical culture and sports.

The purpose of the study is to develop a programme of the discipline "Theory and Methods of Adaptive Sports", its structure and content.

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 programme of the discipline "Theory and Methods of Adaptive Sports" is compiled in accordance with the educational and professional programme of bachelor's degree in speciality 017 Physical Culture and Sports. This discipline is part of the professional cycle of the educational programme and its implementation is determined by the modern requirements for a specialist in the field of physical culture and sports.

The programme of the discipline consists of the following content modules:

1. Adaptive sport in the system of the international Olympic movement.
2. Adaptive sport as a type of social practice.
3. Sports training of persons with disabilities who have injuries of the musculoskeletal system.
4. Sports training of persons with mental disabilities.

The aim of teaching the discipline "Theory and Methods of Adaptive Sports" is to study the history of the Paralympic movement, the Deaflympic movement and the Special Olympics movement, their ideals, principles, place in the system of phenomena of modern social life, theory and methods of training people with disabilities for competitions.

In accordance with the requirements of the educational and professional programme, students should know: the organisation and construction of the Paralympic movement, the peculiarities of sports work with persons with disabilities of various nosologies (persons with hearing impairments, persons with visual impairments, persons with mental disabilities, persons with musculoskeletal disorders, etc.), the organisation and conduct of competitions for persons with disabilities of various nosologies, the rules for conducting competitions among persons with disabilities, etc.

To be able to: apply the acquired knowledge in practical activities, use modern means and methods of sports training in the preparation of persons with disabilities for participation in competitive activities at both national and international levels.

The discipline takes 90 hours, 3 ECTS credits. The final assessment is in the form of a test. The programme includes a lecture course, seminars, and independent work. The formation of knowledge in the discipline "Theory and Methods of Adaptive Sports" should be based on interdisciplinary connections and the accumulated knowledge gained by the student in previous courses. In accordance with the above, we have adjusted certain topics in the disciplines of the biomedical cycle and sports and pedagogical disciplines.

According to *the first module*, students need to master the issues related to: The Olympic Movement, its characteristics and content; components of the Olympic Movement; historical sources and characteristics of the constituent elements of the Paralympic Movement; typological classification of the Olympic Movement; competitions for persons with disabilities in the International Olympic System; general characteristics of Deaflympic sport.

The second content module is conditioned by the formation of a system of knowledge on adaptive sport as a social phenomenon and features of sports work with people with disabilities, namely: characteristics of adaptive sport as a social phenomenon; factors that determine the emergence and development of adaptive sport; socio-cultural, ideological and socio-political, socio-economic and personal factors; concept, purpose and tasks, functions of adaptive sport; basic principles of adaptive sport; ethical and deontological aspects of sports and recreational work among people with disabilities; practical significance of sports and medical deontology; ethical and moral norms in the relationship between a doctor, a coach and persons with disabilities involved in sports; problems of choosing a sport by persons with disabilities; assessment by persons with disabilities of their own level of functional capabilities; health-improving effect of sports on the physical condition of persons with disabilities; requirements for professional training of coaches and sports doctors working with persons with disabilities in sports; specific requirements for the organisation and conduct of sports competitions among persons with disabilities; organisation of sending and meeting athletes, solving the problem of transport, accommodation and food during competitions; preparation and equipment of competition venues for athletes of different nosologies; solving the problem of communication; requirements for judges and judging; cultural programme during competitions; ethical aspect of athletes' classification; peculiarities of the sports classification procedure; characteristics of muscle strength assessment criteria.

The third content module studies sports training of persons with musculoskeletal disorders: general characteristics of nosology; traditions and current state of sports work with persons with disabilities with musculoskeletal disorders; classification of athletes with various injuries; correctional and rehabilitation training of athletes with musculoskeletal disorders; new ways of rehabilitation of persons with disabilities through sports; basic sports in classes with persons with disabilities with musculoskeletal disorders; the

concept of sports training of persons with spinal cord and spinal cord disorders and its main components.

The fourth content module involves the study of sports training of persons with mental retardation, namely: typology of persons with mental retardation; the concept of mental retardation; characteristics of groups of persons with mental retardation; traditions and the current state of sports work with persons with mental retardation; the history of involving persons with mental retardation in sports; the tasks of sports with persons with mental retardation; Special Olympics Games.

In the process of mastering the programme of the discipline "Theory and Methods of Adaptive Sports", bachelors in physical culture and sports develop the scope of knowledge and skills to solve certain professional problems, taking into account general cultural and professional competencies.

Conclusions.

1. In accordance with the modern requirements of the sports industry, there is a need to improve the system of training specialists in physical culture and sports, so the relevance is to introduce the discipline "Theory and Methods of Adaptive Sports" in the educational process of higher education institutions.

2. The prospect of introducing the discipline "Theory and Methods of Adaptive Sports" is determined by the need and systematisation of knowledge formation and increased requirements for a bachelor's degree in physical education and sports. Mastering the knowledge and skills of this course, along with other professional disciplines, will allow the future specialist to be more educated in theory and adapted to practical activities in accordance with the modern development of society.

Prospects for further research are the development of an electronic complex of educational and methodological support for the discipline "Theory and Methods of Adaptive Sports", its implementation in the educational process of training bachelors, determining its effectiveness in the

formation of an educated specialist in physical culture and sports.

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