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OLYMPIC EDUCATION OF YOUTH STUDENTS OF THE INSTITUTION OF HIGHER EDUCATION

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Анотація. У статті розглянуто популяризацію олімпійських ідей, реалізація олімпійської освіти серед студентів закладу вищої освіти. Використання диференційованого підходу для поширення олімпійських знань та застосування спеціальних ситуаційних завдань при підготовці педагогічних кадрів.

Ключові слова: олімпійська освіта, студент, заклад вищої освіти.

Abstract. The article considers the popularization of Olympic ideas, the implementation of Olympic education among students of higher education. The use of a differentiated approach for the dissemination of Olympic knowledge and the use of special situational tasks in the preparation of pedagogical staff.

Keywords: Olympic education, student, institution of higher education.

Topicality. Research results [1, 5], materials of international forums, Olympic congresses testify to the relevance of spreading Olympic education in the world. However, the analysis of scientific literature and materials on the Internet revealed that to date, an effective technology for introducing the ideas of Olympism into the process of educating students has not yet been developed, which determines the relevance of conducting research in this direction.

The aim of the study. Improve the process of education of students with the help of Olympic education.

Research results. There are 5 specialized higher educational institutions in Ukraine that train specialists in the field of "Physical Education and Sports": National University of Physical Education and Sports of Ukraine, Lviv State University of Physical Culture, Dnipropetrovsk State Institute of Physical Culture and Sports, Donetsk State Institute of Health, of physical education and sports

and the Kharkiv State Academy of Physical Culture and Sports. An important aspect of the implementation of Olympic education among student youth is the creation, with the support of the IOC and the Ministry of Family, Youth and Sports of Ukraine, at the initiative of the NOC and the OAU, at the base of each specialized higher education institution, the Center for Olympic Education and Research. The main activities of the Centers are the spread of Olympic education among the population of the regions of Ukraine.

Research on the implementation of Olympic education in the process of training students of specialized educational institutions of Ukraine allowed the following directions to be identified:

- conducting scientific research on Olympic sports and Olympic education;
- organization and participation in scientific conferences, seminars, round tables, competitions, Olympiads on Olympic sports and Olympic education;
- implementation of Olympic education in the educational process;
- cooperation on issues of Olympic education with various institutions.

The analysis of the situation regarding the implementation of Olympic education in the process of training students shows that each specialized university has developed topics for conducting scientific research on Olympic sports and Olympic education. Scientific research on Olympic education is carried out in the following areas: dissertation research (1-2% of the total number of scientific works performed by post-graduate and doctoral students of the educational institution), preparation of master's theses (2-3% of the total number of scientific works performed by master's students of the educational institution), writing course and diploma theses (3-4% of the total works performed by students of an educational institution).

The conducted studies show that the number of scientists studying Olympic education issues is 2-3% of the total number of professors and teachers of higher educational institutions of physical education and sports.

An essential component of the implementation of Olympic education in educational institutions is the holding of conferences, seminars, round tables, contests, and Olympiads on Olympic education. One of the most effective areas of implementation of Olympic education in specialized educational institutions of Ukraine

is publishing activity. Representatives of higher education institutions issue methodological recommendations and write articles and theses on Olympic education issues: annually, the university prepares 1-2 methodological recommendations that help students familiarize themselves with various aspects of Olympic sports and Olympic education. However, the number of publications on the specified topic in professional journals of the field is 0.7-0.9% of the total number of works [8].

An important role in the implementation of Olympic education in the process of training students of higher education educational activities play a role in them in physical education and sports institutions. Studies show that the introduction of Olympic education into the educational process of university students is one of the most effective mechanisms for training specialists capable of spreading the ideology of Olympism in their professional activities. The analysis of the process of training students allows us to note that issues of Olympic education are mainly included in the teaching of specialized academic disciplines: Olympic sports, history of physical culture, general theory of training athletes, Olympic and professional sports, Paralympic sports, high-achieving sports, theory and methods of youth sports, professional skills of the coach, etc. On average, the number of hours allocated to the teaching of material on Olympic education is 11% of the total amount of educational time allocated to the teaching of a specialized discipline. It should be noted the introduction of a separate discipline "Olympic education" into the curriculum of the Lviv State University of Physical Culture [9].

The methodical base for teaching issues of Olympic education is educational literature; as part of the educational process, visual support for lectures and seminars is also used: posters, slides, presentations, video films, etc.

The analysis of research results made it possible to note that one of the directions in the implementation of Olympic education in the process of training students is organizational activity, which is implemented on the basis of specialized universities in the following forms: the presence of Olympic education offices, Olympic museums; mass sports work under the Olympic slogan; meetings with outstanding Olympic athletes, veterans of the Olympic movement [7].

However, despite significant achievements in the implementation of the ideas of Olympism among specialists in the

field of "Physical education and sports", it should be noted the problems [3] that hinder the implementation of Olympic education in the process of training students of specialized universities:

- the problems of Olympic education in scientific research conducted by higher educational institutions of physical education and sports have not received sufficient distribution: separate publications, methodological recommendations, scientific conferences testify to the lack of an established system, the chaotic nature of the organization of scientific research;

- scientific works of students and postgraduates are not connected with each other, there is no continuity;

- visual accompaniment of lectures and seminars on Olympic sports and Olympic education is rarely used.

- the conducted studies allow us to note that in order to solve the problems of implementing Olympic education in specialized educational institutions of Ukraine, it is necessary to;

- to ensure a clear organization of the activities of specialized universities according to the main directions developed;

- to ensure the continuity of the subjects of scientific research according to the scheme: course, diploma, master's and dissertation works;

- to practice seminars on the exchange of experience of specialists on the basis of specialized universities in order to improve their qualifications;

- to ensure the planned preparation of methodological recommendations on Olympic education issues with their subsequent transition into teaching aids, textbooks, as well as their introduction into the educational and extracurricular processes of educational and sports institutions of Ukraine;

- to include issues of Olympic education in the program of pedagogical practice of students of specialized higher educational institutions;

- to introduce modern forms of implementation of Olympic education in the process of training students of higher educational institutions of physical culture and sports.

The training of personnel capable of implementing the ideology of Olympism among the general population is the basis of the Olympic education system. The analysis of literary sources, the survey shows that solving the problem of improving the implementation of Olympic education in the process of training specialists in the field of "Physical education and sports" is an

urgent issue in the modern conditions of the development of our country.

Conclusions

1. The implementation of Olympic education in the educational process of students is carried out through the implementation of innovative projects, the use of methodological manuals, and the use of various forms of dissemination of Olympic ideas.

2. Promotion of Olympic ideas, realization of Olympic education among the general population and, especially among children, adolescents and young people, are possible: introduction into programs of physical education and other disciplines of methodological recommendations aimed at the interconnection of educational material with Olympic ideals; use of a differentiated approach to spread Olympic knowledge; Application of special situational tasks in the preparation of pedagogical staff.

A promising direction of work will be the further study of the peculiarities of the implementation of Olympic education in the process of educating students of different age groups, the development of the structure and content of Olympic education, recommendations for their further implementation.

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THE ORIGIN AND DEVELOPMENT OF SPORTS WRESTLING AS AN OLYMPIC SPORT

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Annotation. The article considers the main aspects of the development of wrestling as an Olympic sport. In the context of the centuries-old development and holding of the Olympic Games, the presence of one of the most popular sports, which is wrestling, can be traced. The history of the origin and development of wrestling, its formation as an Olympic sport and prospects for further development are analyzed. The results of the analysis show that this sport occupies a worthy place and is progressing quite noticeably.

Keywords: sports wrestling, Olympic Games, competition rules.

Introduction. The threat of excluding wrestling (Greco-Roman, freestyle, women's) from the program of the 2020 Summer