

HISTORICAL PRECONDITIONS OF THE ORIGIN OF SELF-OLYMPIC DIRECTION OF PHYSICAL CULTURE IN UKRAINE

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SUMMARY

This article is devoted to the study of the historical prerequisites for the emergence of such a specific direction of mass physical culture as the self-Olympic movement in Ukraine, in particular, in Kiev, Lvov and Kharkov regions.

Based on the results of the analysis of scientific literature, as well as the application of the historical review method, we came to the conclusion that in certain regions of Ukraine in the course of the historical process natural preconditions matured, contributing to the emergence and development of such a specific type of mass physical culture, such as the self-Olympic movement.

As a result of studying statistical data accumulated over many years, it was found that in some regions of Ukraine there is a tendency to a gradual increase in the number of children suffering from certain chronic diseases or having certain deviations in their state of health.

The use of standard physical training programs for such children is not advisable, since the development of these programs was carried out taking into account the capabilities of healthy children and their use for children with pathological changes in the body can contribute to the progression of their diseases, and in some cases lead to serious complications up to lethal outcome.

Thus, it became obvious the need for scientific substantiation, development and use of special physical training programs for children with deviations in health status, aimed at achieving harmonious physical development of sick children, despite the presence of pathological changes in their body.

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One of the ways to solve this urgent problem was the birth of the so-called self-Olympic movement. The essence of this movement was that in conditions of special centers for self-Olympic education, organized on the basis of medical universities and universities of physical education and sport, medical specialists, as well as physical training instructors systematically conducted with sick children, during who used special complexes of physical exercises.

These exercises were designed in such a way as not to aggravate the condition of the sick child and not to increase the risk of complications of the disease, but to help him achieve a state of harmonious physical development, despite the presence of pathological abnormalities in the body.

During these activities, each child seeks to achieve the best indicators of their physical development. He seems to be competing not with other athletes, but with his own organism, trying to set his personal records in the fight against the disease. Therefore, this type of activity was called the self-Olympic movement.

Keywords: mass physical culture, self-Olympic movement, indicators of physical development, and deviations in health.

INTRODUCTION

In the historical aspect, the development of physical culture of the population in some regions of Ukraine was determined by the need to conduct health-improving physical culture among the population¹.

Particularly relevant was the conduct of such work for those regions in which the incidence of the population in some nosological forms was higher than in other regions of the country.

Thus, a historical need was formed for the organization of the system of recreational physical culture, the main purpose of which was to help the population achieve a sufficiently high level of physical development, despite the presence of diseases and pathological processes in the body².

The best specialists working in the field of medical care of the population, as well as in the field of physical education and sports decided to combine their efforts to solve this important scientific and social problem.

Analysis of the scientific literature shows that in recent years it has described the results of studying the main aspects of recreational physical culture and

¹ Sian B., Genseric R. Training of future specialists of physical education for application modern information technologies in professional activity (Chernigov: Pedagogical University, 2012), 346.

² Michael Mazin "Creating a culture of professional self-realization for future teachers of physical education" (PhD diss., University of Zaporozhe, 2018).

features of the development of the fitness movement in different countries of the world.

In addition, a significant number of scientific studies were carried out in order to significantly improve the existing system of physical education for various categories of the population³.

Very interesting information was obtained by scientists who studied the effect of mass physical culture on the health indicators of people involved in various types of work.

From the point of view of classical science, very important data was obtained in the course of research, the purpose of which was to study changes in the functional state of the human body in the process of performing these or other types of motor activity⁴.

But, unfortunately, the topic of the use of special activities of physical culture for children suffering from certain chronic diseases or having certain deviations in their state of health remains insufficiently studied to this day.

Uncertainty in solving this extremely important social and medical problem was the reason for the necessity of conducting our research and creating a scientific article based on the materials received⁵.

METHODS

In the course of this scientific work, those methods were used that were a means of searching for sources of historical information concerning the question of the birth of the self-Olympic movement in individual regions of the country.

When performing the main stages of work, all data obtained from various sources of scientific information were processed using the method of theoretical analysis. And for the formation of final conclusions, the classical comparative method was applied.

The study was conducted from September 2016 to October 2018.

³ Maxim Lines, Basic methods of motor skills: textbook for university sports (Lvov: Shabbat, 2016), 126 – 184.

⁴ Bikmuhammetov Ramallah and Farmed Nortek, Technological mechanisms for the implementation of competent approach in the training of teachers of physical culture and sport (Kazan: Center of innovative technologies, 2017), 76.

⁵ Asimov V., Lukyanov, J. and Antypkin N. Methods of statistical processing of medical information in research (Kiev: Terre des Homes, 2012), 200.

During the first stage of the study, the study of documents containing information on the origin and development of special forms and trends of mass physical culture in certain regions of Ukraine was carried out.

The second phase of the study was devoted to the statistical processing of the data obtained, their analysis and the formation of final conclusions.

RESULTS

In the course of this research, more than five hundred documentary sources of information were processed, describing the process of the origin and development of certain types of mass physical culture in various regions of Ukraine from the end of the nineteenth to the beginning of the twenty-first century.

It was found that the real living conditions of the population in the most populated areas of Ukraine were such that they could contribute to the emergence of certain diseases⁶.

This fact, undoubtedly, for many years caused an increased interest of specialists working in the field of medicine and stimulated them to search for effective methods of preventing these diseases⁷.

The most accessible method for the prevention of many diseases characteristic of the population of these regions were special types of mass physical culture, in particular, which in our time is called the self-Olympic movement⁸.

The idea of creating special centers, whose staff would be engaged in recreational physical culture with children with deviations in health, has been embodied in the form of separate sections at physical universities and universities of physical training and sports.

There bachelors, undergraduates and graduate students spent with children with chronic diseases, courses of special physical exercises aimed at achieving a state of harmonious physical development of these children, despite the presence of pathological changes in their body.

Such classes turned out to be very productive, because during them medical monitoring of the state of the children was constantly carried out, and experienced instructors conducted virtually individual work with each child, selecting the most appropriate physical exercises for him that were harmful to his

⁶ Amelia Abulhanova, *Professional Activities and Personality's Psychology*. (Moscow: Science, 1999), 122–134.

⁷ Eliseev Oleg, *Workshop on the psychology of personality* (Sanktpiterburg: Pitter, 2008), 512.

⁸ Redmond K. *Promoting Physical Activity: A Guide for Community Action*, (Seattle: CDCP, 2015), 285 p.

condition, and helped to eliminate the existing violations in their in the organisms of those children.

Two years of experience in the use of such activities convincingly proves a fairly high level of their effectiveness. At the end of 2016, we chose a group of children with diseases of the organs of the cardiovascular system (124 people) and conducted classes with them under a special scheme until the end of 2018.

For comparison, we selected a group of 124 healthy children with similar anthropometric and age indicators. Measuring the main indicators of the physical development of children of both groups at the beginning of the study and after it was completed; we were convinced that the degree of lag of sick children from healthy in terms of these indicators was significantly reduced due to the conduct of systematic special physical training.

In conducting special physical training for sick children, we provided them with psychological support. It consisted in the fact that for each child individual limits were set on the possible achievable results (which do not harm his health, but strengthen him).

Simply put, just as an Olympian athlete strives to achieve the highest results in a certain sport, every child in our country strives to achieve such results in terms of his physiological condition that does not exhaust the resource of his individual health, but strengthens it and makes the child harmoniously developed person.

That is, each child struggles not with rivals in competitions, but with his or her ailments, achieving an improvement in his health and defeating these ailments. That is why this type of activity was called the self-Olympic movement in the mass physical culture.

Table 1. Indicators of physical development of children at the beginning of the study

Consecutive number	Physical Development Index	Groups of children	
		Core group	Control group
1	body mass	45,9 ± 2,6	55,8 ± 3,4
2	body length in prone position	47,5 ± 2,7	57,5 ± 3,5
3	chest circumference	47,6 ± 2,8	61,5 ± 3,9
4	tissue turgor	44,3 ± 2,5	54,5 ± 3,3
5	muscle tone	41,4 ± 2,3	62,6 ± 4,1

Table 2. Indicators of physical development of children at the end of the study

Consecutive number	Physical Development Index	Groups of children	
		Core group	Control group
1	body mass	50,8 ± 2,9	54,6 ± 3,2
2	body length in prone position	51,6 ± 3,0	55,3 ± 3,3
3	chest circumference	52,6 ± 3,1	57,9 ± 3,7
4	tissue turgor	49,2 ± 2,8	53,6 ± 3,2
5	muscle tone	51,2 ± 2,9	56,4 ± 3,6

The information presented in both tables shows that after conducting systematic classes in medical physical culture with sick children, the degree of their lag in terms of physical development from healthy children significantly decreased.

DISCUSSION

Given the fact that in many countries of the world the number of young children suffering from diseases of the organs of the cardiovascular system continues to increase, the relevance of scientific research in this area is extremely high.

It is logical to assume that if children suffering from chronic diseases of the cardiovascular system will simply limit their level of physical activity, fearing possible complications, in the future they will become physically weak and will not be able to engage in effective work activity. In addition, many of them will need to systematically apply appropriate treatment and rehabilitation programs.

In this regard, it is extremely important to use scientifically-based and proven in practice complexes of physical exercises, adapted specifically to the capabilities of children suffering from diseases of the cardiovascular system, and aimed at achieving harmonious physical development of these children, despite the fact that they have pathological changes in cardio-vascular system. The implementation of such exercises should be carried out correctly, using scientifically based methods and under constant medical supervision for changes in the physiological state of children.

In the future, it is advisable to create special centers for self-education at universities of physical education and medical universities, in which children with pathology of the cardiovascular system under the constant supervision of medical specialists and physical training instructors would implement special physical training complexes aimed at achieving harmonious the physical development of children with pathological changes in the organs of the cardio-vascular system.

The most important role in organizing the process of correcting the state of the physical development of children with diseases of the organs of the cardiovascular system is played by medical specialists and specially trained physical education teachers who specialize in working with this category of children.

Of course, all work with such children should be carried out against the background of constant medical monitoring of the state of children with additional medical examinations.

CONCLUSION

Based on the data, obtained as a result of research, we can make the following conclusions:

1. The impact of a combination of adverse factors associated with the habitat and nature of the daily lifestyle of a modern person leads to a gradual increase in the number of children suffering from various diseases of the cardiovascular system, which is a serious demographic, medical and social problem. Therefore, it is important to develop and use scientifically-based complexes of physical exercises designed for children with disabilities in their state of health (in particular, with pathological changes of the cardiovascular system) aimed at achieving harmonious physical development for patients with illnesses.
2. Leaving without due attention and individual approach of children with pathological changes in the organs of the cardiovascular system naturally leads to a deterioration of their general condition, progression of diseases and a lag in physical development from healthy contemporaries. At the same time, the use of special physical exercises for this contingent of children can allow not only to improve their state of health and physiological state, but also to increase the indicators of the level of their physical development, as well as to promote the transition of their diseases into a state of prolonged remission.
3. Optimally organized and carried out by experienced physical training instructors under constant medical supervision, using special exercises designed for children with pathological changes in the organs of the cardiovascular system to achieve harmonious physical development, despite the presence of diseases. It is advisable to carry out this work on a state scale on the basis of self-education centers at medical universities and universities of physical education.

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ИСТОРИЧЕСКИЕ ПРЕДПОСЫЛКИ ЗАРОЖДЕНИЯ СЕЛФ-ОЛИМПИЙСКОГО НАПРАВЛЕНИЯ ФИЗИЧЕСКОЙ КУЛЬТУРЫ В УКРАИНЕ

АННОТАЦИЯ

Данная статья посвящена исследованию вопроса об исторических предпосылках возникновения такого специфического направления массовой физической культуры, как селф-олимпийское движение, на территории Украины, в частности, в Киевской, Львовской и Харьковской областях.

На основании результатов анализа научной литературы, а также применения метода исторического обзора, мы пришли к выводу о том, что в отдельных областях Украины в ходе исторического процесса созрели закономерные предпосылки, способствующие зарождению и развития такого специфического вида массовой физической культуры, как селф-олимпийское движение.

На основе изучения статистических данных, накопленных за много лет, было установлено, что в некоторых областях Украины имеет место тенденция к постепенному увеличению числа детей, страдающих теми или иными хроническими заболеваниями или имеющими определённые отклонения в состоянии здоровья.

Применение для таких детей стандартных программ физической подготовки не является целесообразным, так как разработка этих программ

осуществлялась с учётом возможностей здоровых детей и их применение для детей с патологическими изменениями в организме может способствовать прогрессированию их заболеваний, а в некоторых случаях приводить к возникновению серьёзных осложнений вплоть до летального исхода.

Таким образом, стала очевидной необходимость научного обоснования, разработки и применения для детей, имеющих отклонения в состоянии здоровья, специальных программ физической подготовки, направленных на достижение больными детьми гармоничного физического развития, несмотря на наличие патологических изменений в их организме.

Одним из способов решения этой актуальной проблемы стало зарождение так называемого селф-олимпийского движения. Сущность этого движения заключалась в том, что в условиях специальных центров селф-олимпийского образования, организованных на базе медицинских университетов и университетов физического воспитания и спорта, специалисты-медики, реабилитологи, а также инструктора по физической подготовке систематически проводили с больными детьми занятия, в ходе которых применяли специальные комплексы физических упражнений.

Эти упражнения были разработаны таким образом, чтобы не усугублять состояние больного ребёнка и не увеличивать риск возникновения у него осложнений заболевания, а чтобы помочь ему достичь состояния гармоничного физического развития, несмотря на наличие патологических отклонений в организме.

В ходе таких занятий каждый ребёнок стремится к достижению лучших показателей своего физического развития. Он как бы соревнуется не с другими спортсменами, а со своим собственным организмом, стремясь установить свои личные рекорды в борьбе с болезнью. Поэтому этот вид деятельности и получило название селф-олимпийского движения.

Ключевые слова: массовая физическая культура, селф-олимпийское движение, показатели физического развития, отклонения в состоянии здоровья.

ИСТОРИЈСКЕ ОСОБЕНОСТИ НАСТАНКА ОЛИМПИЈСКОГ УСМЕРЕЊА ФИЗИЧКЕ КУЛТУРЕ У УКРАЈИНИ

САЖЕТАК

Овај рад посвећен је истраживању историјских предуслова за настанак таквог специфичног смера масовне физичке културе као што је само-олимпијски покрет у Украјини, посебно у Кијеву, Львову и Харкову.

На основу резултата анализе научне литературе, као и примене методе историјског прегледа, дошли смо до закључка да су у неким регионима Украјине током историјског процеса сазрели природни предуслови,

доприноси настанку и развоју такве специфичне врсте масовне физичке културе као што је само-олимпијски покрет.

Као резултат проучавања статистичких података прикупљаних током више година, установљено је да у неким регионима Украјине постоји тенденција постепеног повећања броја деце која пате од одређених хроничних болести, или имају одређена одступања у свом здравственом стању.

Употреба стандардних програма физичког вежбања за такву децу није препоручљива, јер је развој ових програма спроведен узимајући у обзир могућности здраве деце и њихова примена са децом са патолошким променама на телу може допринети напредовању њихових болести, а у неким случајевима доводе до озбиљних компликација, све до смртног исхода.

Дакле, постојала је очигледна потреба за научним утемељењем, развојем и употребом посебних програма физичког вежбања деце са одступањима у здравственом стању, чији је циљ постизање складног физичког развоја болесне деце, упркос присуству патолошких промена на њиховом телу.

Један од начина да се реши овај хитни проблем био је установљење такозваног само-олимпијског покрета. Суштина овог покрета била је у томе што су у специјалним центрима за само-олимпијско образовање, организованих на медицинским универзитетима и универзитетима физичког васпитања и спорта, медицински специјалисти као и инструктори физичког васпитања користили посебне комплексе физичких вежби, који су се систематски спроводили с болесном децом.

Ове вежбе осмишљене су тако да не погоршавају стање болесног детета и не повећавају ризик од компликација болести, већ му помажу да постигне стање хармоничног физичког развоја, упркос присуству патолошких абнормалности на телу.

Током ових активности свако дете настоји постићи најбоље показатеље свог физичког развоја па се тако чини да се деца не такмиче са другим спортистима, већ са сопственим организмом, покушавајући да тако поставе своје личне рекорде у борби против болести. Стога се ова врста активности назива само-олимпијски покрет.

Кључне речи: масовна физичка култура, само-олимпијски покрет, показатељи физичког развоја и одступања у здрављу.

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