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## THE ROLE OF ELECTIVE COURSE “WEIGHTLIFTING” IN CHANGING THE LIFE QUALITY OF STUDENTS

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**Abstract.** Exploring the efficiency of intercalation the elective course “Weightlifting” into the elective environment of State budgetary educational institution of higher education of the Republic of Crimea "Crimean Engineering and Pedagogical University". Criteria for testing the effectiveness of intercalation were chosen indicators of the students' personal qualities. The assessment of the personal quality was carried out using an internationally adapted methodology «The MOS 36 Item Short Form Health Survey» (SF 36). Was proved that the intercalation of the elective course "Weightlifting" into educational process helps the improving of students' life quality, has a positive impact on improving the physical and social functioning. The received data testify a reliable improvement in the students' life quality that chose the elective course "Weightlifting" by the 7 scales of the SF-36 test, in comparison with the students who chose the course "Physical Culture".

**Keywords:** elective course; weightlifting; health; life quality; student; physical functioning; social functioning; vitality.

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**Introduction:** Physical culture was always taking an important place in the professional preparation of students [1]. Were studied the ideas of application the anthropological approach to organization of activity on the department of physical culture [2]. However, special attention to the student's personality started appearing in the conditions of creating an elective environment in a higher educational institution for the professional growth

of students [8]. P. Lesgaft studied physical culture from the standpoint of anthropologism. The educational system of P. Lesgaft is based on the doctrine of the unity of the physical and spiritual growth of the individual.

The scientist considered physical exercises as a means not just of physical, but also intellectual, moral and aesthetic growth of man [5]. We support the P. Lesgaft's point of view, but also add the significance of the social com-

ponent in the physical education of students. A modern young man who actively positions himself in the social environment, is working on physical enhancement of his body, not just for maintaining good health, but also for improving the life quality.

The elective environment organized in the higher educational institution allows the student to make a free, conscious choice of participation in the educational process. The decision to pay attention to own health, allocate from the budget hours for weightlifting, allows a young person to become active in the process of self-development.

A researcher S. Chernyakova, who supports the idea of an ecopsychological approach to the "embeddedness and interpenetration" of educational environments, pays attention to the elective environment. Within this framework, will be created an elective environment for physical education, saturated with electronic information and educational resources and practice-oriented microenvironments providing opportunities to meet Athletic and sports needs of students; The educational material will be spirally structured according to the modules in accordance with the structure of universal physical culture competencies "[8, p. 5–6].

S. Chernyakova revealed the characteristic features of the elective environment of physical education: openness and flexibility (communication with other environments / systems / resources and compliance with the standards and needs of students); Cluster-network organization (coordinated interaction between different microenvironments-clusters and their compo-

nents, as well as partnership relations entities for the implementation of network corporate projects); Personal orientation (differentiation, individualization, authenticity for building individual physical education and educational routes) [8, p. 6].

One of such points in the individual educational route of students is the elective course "Weightlifting", which goal is the formation of the physical culture of the individual and the ability to use various means of physical culture and sports for the preservation and strengthening of health, psychophysical preparation and self-preparation for future professional activity. This course appeared in a higher educational institution due to the formation of an elective environment in the educational process.

I. Monteljeý also emphasizes the importance of elective courses. The elective environment allows: "To develop a project for the spatial-subject organization of a sports and sports environment that meets the following requirements: connectivity of functional zones; Heterogeneity and complexity; Flexibility and controllability; Individualization and authenticity; Providing a symbolic function" [6].

D. Konstantinov and S. Petrov emphasize that the formed value attitude to health makes it possible to create a cause-and-effect chain and to assert that a healthy and beautiful body is a kind of "marker" of personal success [3]. The topic of success is inextricably linked with the notion of "life quality", V. Shadrin and N. Zabylina consider "the life quality as a lifestyle – a result of the combined impact of factors affecting health, happi-

ness, including individual well-being in the environment, satisfaction with job, education, social success, as well as freedom, the possibility of free action, justice and the absence of any oppression" [14].

In our opinion, the free choice of elective courses makes a positively influence on the life quality of students.

Research hypothesis: the intercalation of the elective course "Weightlifting" to the educational process will improve the life quality of students.

Aim: to check experimentally the dynamics of quality of life indicators for students doing in the courses "Weightlifting" and "Physical Culture".

**Materials and methods.**

**Participants:** during the experimental work, students of the GAOBEV RK "Crimean Engineering and Pedagogical University" who took part in the "Physical Culture" group A (39 people) and students who chose the "Weightlifting" elective course – Group B (40 people). A total number: 79 people.

All participants gave agreement for participating in the experiment.

**Procedure:** The experiment was going during the 1st semester of 2016-2017 academic year within the framework of the courses "Weightlifting" and "Physical Culture".

**Indicators of significant differences**

Test score SF -36		Indicators, M ± SD				P 1-2 in the beginning of semester P 1-2	P 1-2 in the end of semester P 1-2
		A Group		B Group			
		The beginning of semester	The end of semester	The beginning of semester	The end of semester		
1	Physical functioning	54,7±6,8	55,8±4,9	60±6,8	79,6±9,8	inv	0,001
2	Role physical functioning	29,9±12,8	36,7±12,4	38,1±12,5	57,5±12,9	inv	0,001
3	Pain, intensity	27,3±9,9	26,9±9,5	26,8±9,4	15,3±9,6	inv	0,001
4	General health	48,3±6,6	49,9±6,5	46,7± 6,8	65,9±9,4	inv	0,001
5	Vitality	55,7±6,3	57,5±5,8	52,8±5,7	78,9±5,8	inv	0,001
6	Social functioning	47,9±7,8	46,3±5,4	46,5±8,3	75,4±10,8	inv	0,001
7	Role emotional functioning	30,4±19,2	19,25±15	26,7±18,4	44,3±16,9	inv	0,001
8	Mental Health	47,6 ±7,6	45,2±4,7	45,8±6,8	49,6±5,9	inv	0,01

In the course of the experiment was used SF-36 questionnaire [15] to measure the life quality QoL of first-year students, which consists of 11 sections, the results are presented in the form of scores in 8 scales. The survey was made twice: in the first and last weeks of the first semester.

**Statistical analysis:** Statistical analysis allowed to trace the dynamics of QoL indicators by the SF-36 questionnaire in groups A and B at the beginning and the end of semester (beyond the Student's test), to determine the indicators of significant differences.

**Results:** received data indicate a significant raise in QOL for students who chose the elective course "Weightlifting" on the 7 scales of the SF-36 test, in compare with the students who chose the course "Physical Education". The indicator "mental health" has not significantly changes in both groups. The indicators "Physical functioning", "Social functioning" and "Vitality» (more than 20 %) in B group (students doing in weightlifting) increased most.

**Discussion.** Comparing the received data with the life quality indicators of students from the medical institution (according to the results of the research of V. Shadrin, N. Zybelina [14], obtained by SF-36), we can state the similarity in the scales "General health" and "Pain, intensity", though indicators "Physical functioning," "Social functioning", "Role physical functioning" are higher in the experimental group B, that was doing in the course "Weightlifting". Perhaps that's due to the emphasis of the attention of students doing weightlifting, on the im-

provement of their body. However, the issue of the study of V. Shchedrin, N. Zybelina [14], that the life quality of students influences the quality of the educational process remains debatable.

During our research, we proceed from the opposite, that the elective educational environment provides an opportunity for independent choice of disciplines in a higher educational institution, which makes a positive effect on the dynamics of students' life quality indicators.

The right choice of the studying method of the students' personalities' quality stays debatable. Kurco, Z. Kulchitsky used the "method of sociological survey".

To study the subjective assessment of the basic indicators of the life quality, students were offered a questionnaire-questionnaire, consisting of 120 questions. To obtain representative answers, the questionnaire was conducted in conditions that excluded discussions. The first block of the questionnaire showed the satisfaction degree of the student with the life quality and its main components: health, material well-being, psychological comfort. Further questions allowed us to evaluate some aspects of the diet, the living conditions of the respondents, the students' well-being, the peculiarities of the day's regime, the material situation of the student's family. In addition, studying of personal data allowed to characterize certain indicators of the student's lifestyle in the family and in the group" [4].

As we see, there are discrepancies in the list of scales of "life quality", in connection with this we propose in further studies to discuss the number

of "personal quality" scales and apply several diagnostics to confirm the reliability of the research work.

**Conclusion:** The intercalation of the elective course "Weightlifting", permits the life quality indicators' raise of students according to the results of the SF-36 methodology, which testifies to the positive role of this course in the educational area of a higher educational institution.

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