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THE SIGNIFICANCE OF PERSONAL QUALITIES OF STUDENT’S FORMATION WITHIN THE PHYSICAL EDUCATION

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Abstract

In this article, the consideration of physical education significance in accordance with the modern requirements has been defined not only as a result of the influence of the environment, but also as the subject where the influence is considered to be the human relationships and physical culture. Society is rapidly changing: himself undergoes the goals and objectives, the nature and behavior of the person to the significant changes, as well as the man as a subject. Along with this, the fulfilled functions and comprehensive study of the nature and the origin of society, physical culture and spiritual values determine the necessity of consideration of the theme relevance taking into consideration the welfare problems of physical culture among the students.

Keywords: physical culture, personality, health, the value of unity, the unity of a service, practical unity.

Introduction

In nowadays, the welfare of the society is considered to be the most important aspect in the formation of personality character traits. To the present time, it is impossible to imagine the qualified specialists training without mastering their healthy lifestyle and physical culture. Coming up from here, it should be noted that the health of a specialist is not only his personal wealth, but also this plays an important role in the development of economic and educational systems. An important condition for the preservation of health is a cultural environment and a healthy lifestyle.

So, in a strategic program "Kazakhstan 2030" a special section is devoted to the health of the nation where the President highlights that it is impossible to build a civilized society, to achieve a developed economy, to improve the welfare of the people without a healthy lifestyle.

Discussion

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At present time, the presentation of the principles of physical education, new technologies, innovation experience of national and universal values connected in between is one of the major challenges of modern requirements. Consideration of physical education is supposed to be with the requirements of the modern world.

Physical education is one of the components of the educational and upbringing processes of the younger generation, and also serves to develop the feelings of love for the motherland, education comprehensively developed and strong personality who is able to fulfill the creative activities for a long time. Thus, the work of training of future professionals, who are highly developed and ready to educate the next generation in higher education institutions, in accordance with the state requirements. In accordance with the structural changes in higher educational system there has appeared the necessity of innovation inclusion in the concept of a national program of the higher education. Our task today is that the process of preparing future professionals, fully mastered the physical education has been carefully considered. According to this it should be noted that there are such documents as the state program of the President of the Republic of Kazakhstan " The welfare of the people" from the 18th of May, 1998 ,"Strengthening the welfare of the people" in the continuous education system of the Republic of Kazakhstan . The main problem, which is seen in these programs, is the development of a healthy lifestyle with the help of physical education of young generation. The reason for this in our time is the need to preserve public and social importance of the individual. Teacher for physical training, along with the objectives of education and improvement not only performs his professional career but also is responsible for the formation of the spiritual personality of the students.

Today, from day by day the needs to develop the skills and education of future professionals’ independence by implementing tasks to improve the management of the daily routine of the students have been increased. In this direction, great importance is given to the quality of training of future professionals in higher education. And also there has been focused on expanding horizons during its influence on education. The authors of scientific papers such as Tanikeev M., Botagariev T.A., Nurlybekova A.B., B.A.Toylybaev, Onalbek Z.K., Karakaya A., Zhanabaev K.T., B.M. Saparbaev, E. Mukhidinov should be highlighted for their contribution in the research relating to the effects of the identity formation in physical culture and education of the students. According to the research area of the scientific works Onalbekov Z.K., Ayashev O.A. Bekbetchaev T.J., Kasymbekov S.I., J.Egizbaev can be mentioned that their works play an important role in physical education of students.

Fingering the sources and historical development of physical culture it is possibly can be divided into the following stages of their appearence:

- Arisen public life experience from improvement of physical fitness and good health;
- Conclusions and ideas of various thinkers and educators in different historical stages for the comprehensive education of the personality;
- Teaching experience and proposals for the harmonious development of all-round education of skilled and educated generation.

Figures and the results

Despite the theoretical foundations, the question of the formation of the study of physical education of the individual remains open and urgent. They cause the opposites in the sphere of physical culture. Therefore, for the organization of psycho-pedagogical training in physical preparation it is necessary to rely on the methodological foundations of philosophy, psychology and pedagogy. According to the scientist Vilenskii M.Ya. physical education students personality is a qualitative, systematic and dynamic knowledge that is based on the physical development and physical education level of knowledge of the individual. Its structure consists of three units:

- Significant unit expresses the individual’s interest to the needs, goals, motives and attitudes;
- Specific utility unit is expressed as physical perfection, defining the skills and abilities of the individual.
- Practical unit shows and educational and physical activity of outlook (cognition, agitation, propaganda, self-development, self-discipline).

The process of becoming a person can be considered complete only in the case when by the method of analysis, trial and error values of the true nature have been formed in the individuals.
(Figure 1). The process of formation of physical culture of the person
However, some major categories of physical training are not taken into consideration. These categories include the
theory and technique of physical training, personal hygiene, psychology and physiology of movement, active participation in the classroom for physical education, increasing motivation for classes, personal performance of students which are not always performed in practice. The above mentioned categories are considered as the main aspects of the process of physical education. Practical and methodical training is provided by the systematic implementation of the following practical problems fulfillment:
- Conducting and performing of a complex hygienic morning exercises;
- Creating a plan of daily exercise;
- Organization and holding of warming up exercises and outdoor games;
- Taking part in recreational sports activities;
- Active participation in the Universiade and the different types of refereeing.

Psychological preparation allows you to master the knowledge and abilities of students in the basics of physical education. In turn, the practical training determines the active creation and application of operational knowledge at the appropriate level.

Conclusion
The result is that, on an experimental platform, we conducted research with students of the Kazakh National Medical University named after S. Asfendiyarov. The seminars were held in the form of comprehensive discussion topics, sharing of experiences, roundtables, debates, intellectual competitions, business and sports games etc. Practical exercises are usually accompanied by the control works by the defining of body condition and development, controlling by testing and practical implementation, by filling the physiological inquiries, preparation of individual characteristics of students on physiological and psychological preparation. Along with this the importance of the formation of personality, with its significance and role in the implementation of physical education was clearly highlighted. Students according to their tasks discussed the importance of physical education in the implementation of the educational process of students and teachers. During the discussion, the students were able to show their knowledge in the field of physical education. The experiment was identified pedagogical system works covering the following components:
- Creation of knowledge and skills in practical classes;
- Comparison with educational and psychological practice;

Experimental site was created for the students of the 3rd and 4th courses. The results of research in this scientific area were as follows:

Table 1 - Results of experiment

<table>
<thead>
<tr>
<th>№</th>
<th>levels</th>
<th>3 course Before experiment</th>
<th>4 course Before experiment</th>
<th>3 course After experiment</th>
<th>4 course After experiment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>High</td>
<td>14,6%</td>
<td>16,8%</td>
<td>28,1%</td>
<td>31,5%</td>
</tr>
<tr>
<td>2</td>
<td>Average</td>
<td>55,2%</td>
<td>56,1%</td>
<td>54,6%</td>
<td>44,3%</td>
</tr>
<tr>
<td>3</td>
<td>Low</td>
<td>30,2%</td>
<td>27,1%</td>
<td>17,3%</td>
<td>24,2%</td>
</tr>
</tbody>
</table>

After the results of the experiment the level of preparation of students increased by (28.1 %), while the number of students with a low level of training has decreased by (17.3%).

And as we have seen figures of experimental work had a profound influence on the development of responsibility and professional future students. To summarize, the students managed to get themselves to organize a system of physical education and gain a sense of the high awareness of their future profession, purposefully it should be used the various methods of pedagogical process, and it is necessary to establish creative relationships, and realize the high importance of the specifics of the physical education. As a result, after of carried out research work we came to the following results. (Figure 2).
Conclusion

According to the experimental results, we summed up the work carried out which displays the following:
- Acts as a method of self-improvement and self-education in the system of physical education students. In this regard, special training covers the techniques and methods of cultivation.

Students need to pay attention to the following tasks:
- to refine the particular goal in the process of self-improvement;
- to consider the ways of interests and demand for the work of physical education of students;
- making up difficulties during exercise on the development of positive qualities, wills and determination;
- to quench your character using physical education and the ability to find solving all of life's complexity;
- Improving knowledge and skills in areas such as psychology, anatomy, physiology and physical education;

Also it is better to notice that the content of this paper corresponds to the motto "tempers me by myself" and is aimed at developing the qualities of physical education.

The acknowledgements

The message of the President of RK to the people of Kazakhstan "Kazakhstan -2050" the new political directions of the developed state", 2012, 14 December.

References