

DEVELOPMENT OF PHYSICAL QUALITIES OF STUDENTS BY MEANS OF POWER SPORTS DURING MARTIAL LAW

The students of the National Technical University of Ukraine have been studying on-line for the third year: first the epidemic, and then martial law. Mastering the elective discipline Power Sports Fitness and Strength Training is conducted on-line. What does it mean?

Students are offered to familiarize themselves with theoretical material. Then they take a test to determine how well they have mastered the theory. They also have on-line meetings with the teacher in pairs, where they receive additional theoretical information, and the teacher prepares a presentation on the topic studied in class.

The most progressive young people are not satisfied with studying only theory. Students attend fitness clubs, exercise on their own at sports grounds, and have the opportunity to find time to do exercises at home. As a rule, most students who have chosen the elective discipline of Strength Sports begin to take an interest in their health from school in grades 10-11, and receive initial systematic knowledge directly in the first-year classes on the Fundamentals of a Healthy Lifestyle and Physical Education in the second year at a technical university.

Unfortunately, in the first year of study, two semesters are offered to study the Fundamentals of a Healthy Lifestyle and only one semester in the second year of physical education, students have the opportunity to choose the elective discipline POWER SPORTS Fitness-strength training.

During the course of the discipline Fundamentals of a Healthy Lifestyle, various forms of classes are held with 1st year students: on-line classes with a teacher – almost 100% participation at the beginning of the academic year. It was difficult to hold classes from October to December 2022 during the air alert, when there was constant shelling, and then, as a result of the shelling of energy facilities, there was no electricity or communication for several days. Some students wrote complaints about the constant postponement of classes.

participation in testing (almost 100%). During martial law, this is the most reliable form of education. Students can take tests at any time and get points. The main thing is to have access to a computer and the Internet.

the ability to provide written answers to questions (50%) if the student could not score a high score on the test.

Preparation of presentations (60%) - 40% of students prepared even 2-3 presentations on the topics of the practical training. There were some interesting presentations.

As a result of students' active participation in the class, we have almost 50% of excellent grades.

Unfortunately, there are cases of expulsions when students do not

participate in the educational process in full (2-3%).

For second-year students, independent study is an interesting form of learning. Students create programs for independent study, familiarize the teacher and, if possible, do exercises to develop basic physical qualities: speed, endurance, agility, strength, flexibility and strength exercises to develop the muscles of the upper and lower extremities, back, and abdominal press.

There are students who manage to study, train and participate in sports competitions. For example, during the Covid-19 epidemic, second-year students took part in the Ukrainian Classic Powerlifting Championship among juniors;

in the Valerii Hryhorenko Memorial Cup Tournament in Dolynsk. Dolyna in bench press and

bench press among adults. They won prizes. First-year student Volodymyr Antoniuk (PBF) took part in the charity basketball tournament "Cup of the Youth Council of Fastiv" during martial law, where he won a prize.

Students were preparing for the competition at their place of residence and did not participate in the competition as part of the National University team.

There is a session and a vacation ahead. We hope that from September classes will be held online in the university gym.