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## APPROACHES TO DISTANCE LEARNING IN PHYSICAL EDUCATION IN COLLEGES DURING WAR

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### ABSTRACT

*Lockdowns and the introduction of anti-epidemic measures to prevent the spread of the acute respiratory disease COVID-19, the war conflict in Ukraine resulted in the implementation of online education, significantly limited the access of students to college gyms and reduced the number of face-to-face classes under the guidance of teachers. This had a negative impact on the health of students. According to the results of the medical examination, about 28% of the students of the “Universum” Vocational College are assigned to the preparatory and special medical health groups. Statistics show that every third of young people have various abnormalities in their health. One of the reasons for this is insufficient motor activity. With the introduction of martial law in Ukraine, the situation regarding the organisation of the educational process has deteriorated significantly. The cyclical commissions of physical education of colleges faced the question of finding new forms and methods of organising classes, taking into account the challenges of the times. The author analysed the advantages and disadvantages of physical education for students in the period of implementation of distance and blended learning. It has been established that mixed training in physical education is a more flexible and diverse form of conducting classes. The transition to a distance and mixed form of education in physical education requires the development of new approaches to the methodology of organising classes, the establishment of personally significant priorities and needs for the physical development of students, the modernisation of existing learning technologies and the development of new mechanisms for effective cooperation between teachers and students.*

**Keywords:** *blended learning; distance learning; physical education; students.*

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## INTRODUCTION

The emergency higher education transition to distance learning worldwide was caused by the COVID-19 pandemic (Mospan, 2022). In Ukraine, the introduction of distance and blended learning is a forced measure, which was primarily connected with lockdown restrictions (Mospan et al., 2022) and the war. Distance learning is likely to affect physical education. Bogusz (2021) shows the negative impact of quarantine restrictions on the development of motor skills of students and the maintenance of their physical capacity. The search for alternative ways to meet the motor needs of students led to the need for physical culture specialists to develop various fitness programs (Tan et al., 2023), which allow training in a limited space using non-standard equipment. To date, there is no universal program for conducting physical education classes that would meet all the requirements for the development of the functional and physical condition of students during the implementation of distance and blended learning. However, each of the proposed fitness programs has its own positive achievements that the teacher can use in his professional activities.

## PROBLEM STATEMENT

Physical education is a specific educational discipline with the purpose of teaching, which is to improve the health of students, relieve emotional stress, learn new movements, develop physical qualities, master special physical education knowledge, and create a conscious need for systematic physical exercises.

The results of the literature review on the problem of distance and blended learning in physical education show that today this problem remains insufficiently researched. The problems of distance and blended learning in physical education are investigated by modern scholars, e.g. Lopatenko et al. (2021), Pippi & Fanelli (2022), and Tan et al. (2023).

**The purpose of the article** is to learn the advantages and disadvantages of the implementation of distance and blended learning in physical education in times of crisis.

## METHODOLOGY

To achieve the results, a theoretical literature review and internet sources were carried out; pedagogical observations; a study of the practical experience of specialists regarding the organization of distance and blended learning in physical education.

Analysis of regulatory documents, scientific and methodological literature, and pedagogical observation: the research was conducted during the 2020-2021 and 2021-2022 academic years with the participation of 950

students from the “Universum” Vocational College. During this period, the following changes took place: modern distance learning technologies using the Moodle electronic educational platform were successfully introduced into the educational process; methodical and visual support for students' independent work was developed; Pedagogical observation of students' activity and success in the learning process was carried out.

The analysis of normative documents and the generalization of literary data made it possible to determine conceptual approaches to the organization of classes in quarantine and martial law conditions, which should ensure:

- the implementation of the main task of the discipline;
- the formation of a careful attitude to one's health, the harmonious development of physical and mental properties;
- the creative use of physical culture tools in the organization of students' healthy lifestyles;
- flexible and quick transition to forms of education (face-to-face, mixed, distance) according to circumstances;
- placement on the Moodle electronic educational platform of educational materials presented in a clear and accessible way for students to understand;
- provision of individual consultations for students during a semester;
- implementation of systematic control over the individual work of students and providing feedback (Lola et al., 2023).

In order to implement the mentioned conceptual approaches, the most acceptable forms of training organization were determined. Thus, under the conditions of relaxation of the quarantine, the class was organized according to a mixed form of education, which provided for the distribution of students by educational departments and groups corresponding to the number of quarantine restrictions. At the same time, classes of students majoring in “Physical Education” were held in the sports hall of the “Universum” Vocational College or on open sports grounds.

Students' classes were conducted in a distance asynchronous form of learning, which included independent practical classes at home and on open sports grounds. With the worsening epidemiological situation, student-athletes also switched to remote asynchronous training. To ensure successful learning, electronic educational and methodical complexes in the discipline “Physical Education” adapted to the level of physical capabilities and health status was developed for students of each educational department. This gave students the opportunity to familiarize themselves with the algorithm of distance learning, the requirements of the discipline and the conditions for obtaining an educational rating. The course program was developed in two sections: general physical training and theoretical training. The general physical training task was designed to be completed at home 3–4 times a week for 30–40 minutes. Exercises that are components of the state tests of physical fitness of the population of Ukraine were included in the content of independent

practical classes. At the same time, students were given the opportunity to use other exercises at their own will. Also, it was recommended to perform your own complex of morning hygienic gymnastics daily, which should contain physical exercises for all muscle groups, exercises for flexibility and recovery of breathing. It was not recommended to introduce exercises of a static nature, with a significant load and endurance (Pippi & Fanelli, 2022). In addition, students were given the opportunity to choose practical and theoretical credit tasks to complete at their own will. Independent work performed by students was automatically recorded on the educational platform, which ensured weekly ongoing control. The conducted pedagogical observation and analysis of the results of the final control proved a sufficiently high level of activity and success of students. According to ECTS assessments, more than 45% of students received A (excellent). At the same time, a trend towards a decrease in the number of students willing to complete the control standards in full has been noted.

## RESULTS

Physical education is a specific educational discipline with the purpose of teaching, which is to improve the health of students, relieve emotional stress, learn new movements, develop physical qualities, master special physical education knowledge, and create a conscious need for systematic physical exercises. 90% of physical education classes in non-sports educational institutions consist of practical classes and are held in the first courses of study. At the current stage of development of the education system and the spread of distance and blended learning, in particular physical education, new approaches to the organization of the educational process were needed. The development of electronic learning opportunities, progress in the spread of distance forms of education, personalization of personal needs and achievements of students, and adaptability to new challenges of time have become important features and characteristic features of modern educational technologies. The world experience of distance learning confirms its effectiveness and ability to overcome the shortcomings of traditional forms of providing educational services. The use of remote forms of education with the use of modern information technologies allows for increasing the effectiveness of the educational process due to the opportunity to receive additional information from various sources, to study expert opinions of specialists on current issues, to form personal views on a specific problem (Lopatenko et al., 2021). At the same time, distance learning has a number of characteristic disadvantages that affect its effectiveness. First, this is the lack of live communication between the student and the teacher, the high dependence on the quality of the Internet, the low level of practical orientation of classes, and the insufficient level of formation of the student's methodological skills (Bogusz, 2021).

Distance learning in physical education should be considered as one of the elements of the higher education system, which allows meeting the needs of the participants of the educational process in access to specific information of sports, physical culture and development, health, and recreational nature. Distance learning, on the one hand, is mobile, operational and interactive, which allows all participants of the educational process to learn, interact and develop personal communication skills through the means of physical education. On the other hand, distance education limits such advantages of traditional education as the possibility of active participation in sports activities as part of a team, organizing competitions, providing mutual assistance, and improving the emotional state of students during physical education classes. During the transition to distance education, it becomes impossible to hold mass sports and entertainment events, organize national team training sessions, conduct tourist trips, as well as compete in various sports. Distance education significantly limits the variety of forms, methods and means of physical education for students, which ultimately negatively affects the final result and achievement of the goal of physical education. Blended learning is a combination of traditional, online and self-study of the student. The prospects for the development of blended learning are practically limitless. Blended learning creates new opportunities for the development of the educational environment and allows the teacher to focus more on the individual needs of students, take into account their interests and aspirations for personal self-development, choose the most rational forms and methods of learning, take into account the natural abilities and characteristics of students (Tan et al., 2023).

Management of the student's learning process becomes the main function of a modern teacher. Mixed training in physical education is a more flexible and diverse form of conducting classes, it allows you to use the advantages of traditional and distance learning and, on the contrary, suggests their shortcomings. Of course, the mixed form of conducting classes in physical education requires new knowledge, abilities, skills, communication skills and a creative approach to the organization and conducting of classes from the teaching staff. A skilful combination of traditional, distance and self-directed learning allows the teacher at various stages of the student's training to use exactly these tools, which are the most effective. For example, consideration of theoretical provisions should be considered during distance learning, practical skills development — during traditional classes, and improvement of physical skills — during independent classes. The distribution and variability of students' activities for working out educational questions can be numerous. This approach requires a creative approach to the organization of classes from the teacher, a clear understanding of the duration of each of the stages of learning, systematic monitoring and control of students' activities. The transition to a distance and mixed form of education in physical education requires the development of new approaches to the methodology of organizing classes, the establishment of personally significant priorities and

needs for the physical development of students, the modernization of existing learning technologies and the development of new mechanisms for effective cooperation between teachers and students (Lola et al., 2023).

It is in the combination of the personally significant needs of students, creative implementation of modern fitness technologies of individual and group training with the use of innovative forms of conducting physical education classes that success is possible during the implementation of distance and blended learning.

Today, it is important to restore the understanding that physical activity and sports, especially for different segments of the population, are important conditions for the development of the mind and body. And physical activity and playing sports improve the quality of life, reduce stress, increase the body's efficiency, and physical culture and sports are the key to the health of the nation and strengthening the national security of the state. It is known that physical culture and sports are important means of the versatile and harmonious development of student youth. Optimizing the process of physical education as a specialized, targeted, managerial pedagogical activity requires the search for new approaches to the physical activity of students of higher education institutions in Ukraine, especially during military operations in Ukraine. In accordance with the conditions of martial law, physical education classes are held in remote mode and are aimed more at independent studies of students and can have the most diverse forms, but, they are aimed at strengthening health, increasing work capacity, mastering the necessary skills and abilities, improving professional activity, formation of social activity and consciousness. The correct organization of work and rest, and a healthy lifestyle, which, along with physical exercises, includes giving up many harmful habits, which is very important during military operations, are important for the successful mastery of educational material, raising the level of life. The learning process consists of the educational activity of the teacher and the specially organized cognitive activity of the students. The effectiveness of training depends on the preparedness and capabilities of students. It is important for a physical education teacher to be able to correctly determine the level of development of physical qualities and to ensure mental readiness and motivation for mastering physical exercises. Learning as an activity begins only when the student realizes the need to acquire new knowledge, skills, and abilities, and the teacher realizes the need to transfer the knowledge accumulated by mankind. In conditions where a person's motor activity is limited by working or living conditions, it is precisely regular physical exercises and various sports that help reveal the natural gifts and abilities of a young person. Such classes can fill in what was missed in childhood. In the modern system of physical education in higher education institutions, a significant preference is given to sports — games and competitive activities aimed at achieving certain results, characterized by the high motor capabilities of a person in competitive conditions.

Also, in our opinion, during military operations, special attention should be paid to three main components: endurance, power endurance and strength. Yes, we believe that it is important to emphasize the use of training methods in conditions of risk; development of endurance (running for 2–3 km or to propose introducing in the process of training a marching throw for a distance of 5–7 km; daily running for 3–4 km before breakfast; fast running with a change of direction and twisting; strength exercises with own weight and on the crossbar. Accordingly, increase the time devoted to physical exercises. In addition, it is important to conduct physical training in difficult conditions, such as, for example, in a mountainous area where students will experience not only physical stress and neuropsychological stress, but also a lack of oxygen, exposure to cold and moisture and other factors. Therefore, in addition to mastering the skills of overcoming mountain obstacles and the development of general, speed, power endurance, strength, dexterity, and speed, special attention is paid to the development of individual tolerance of environmental factors in young people.

Here are the main motivations when choosing sports or physical exercise systems:

- strengthening health, correcting deficiencies in physical development or body structure;
- increasing the functional capabilities of the body;
- psychophysical preparation for future professional activity and mastering of vital skills and abilities;
- recreation;
- achieving the highest sports results.

The use of applied sports and systems of physical exercises to ensure psychophysical reliability and safety during the performance of professional types of work is based on the fact that the practice of various sports, as well as the level of qualification of athletes, are reflected in the functional readiness, degree of mastery of applied motor skills and skills of future specialists. Playing sports in their free time is an integral part of the physical education of students. Such classes are carried out on an independent basis, without any conditions and restrictions for students. Independent classes are one of the forms of sports training. Independent sports training does not exclude participation in internal and intercollegiate competitions. In the learning process, the teacher uses the most effective tools and methods, creates appropriate learning conditions, distributes them by time, determines the sequence of individual exercises, and ensures all types of control. Control over the quality of learning material is a necessary condition for the timely correction of errors, a guarantee of high learning efficiency. The effectiveness of training may decrease as a result of the violation of pedagogical principles of training, ill-conceived use of methods, limitations of training tools, non-compliance with training conditions and the optimal sequence of mastering parts of physical exercise, and incorrect determination of the causes of errors and ways to eliminate them.

The success of training depends on the presence of necessary and sufficient conditions for mastering the curriculum. Readiness for learning is determined using control exercises (tests) and information about the previous motor experience. This readiness is mainly determined by three components: physical readiness (the degree of development of physical qualities), motor readiness (the degree of coordination development), and mental readiness (mainly the motivation of educational activities).

Solving a motor task requires a certain level of development of physical qualities. Learning how to climb a rope, overcome obstacles, and perform exercises on gymnastic equipment is possible only if there is a sufficient level of development of strength, speed, flexibility, endurance, and dexterity. Before the start of training, the level of physical qualities of students should be determined and, if it is insufficient for mastering the planned motor actions, the necessary period of preliminary physical training should be assigned. The process of learning each individual motor action consists of three relatively complete stages, which contain certain stages of skill formation. The work at these stages differs in the essence of the tasks to be solved, the content of the used means and the methods of learning. Thus, young people are a guarantee, a reserve and a driving force for the development of the country, its present and future.

The upbringing of healthy, comprehensively developed, patriotic citizens is the core that unites the people of Ukraine in their efforts for national revival and full integration into the world community. Mass involvement of people in sports significantly improves the health of the nation, and the quality of life in various aspects, and is a means of achieving well-being.

## CONCLUSIONS AND PROSPECTS

The results of the analysis of modern domestic and foreign publications, the monitoring of the effectiveness of distance learning in institutions of higher education show that the remote form of conducting physical education classes does not solve the main tasks of the educational discipline, that is, it is not sufficiently effective. The mixed form of conducting classes in physical education allows for solving most of the tasks of the educational discipline, that is, it is partially effective and needs further development and improvement.

The obtained results give grounds for asserting that the organization of training in a mixed and remote asynchronous form allows the most effective implementation of conceptual approaches to the teaching of the discipline "Physical Education" in quarantine and martial law conditions. The implemented methodical support and established control over the independent work of students contribute to the proper organization of training and the achievement by students of the desired educational rating. At the same time, it was established that under conditions of distance learning, the problem of lack of motor activity of students is increasing. The number

of students who prefer to complete theoretical assessment tasks at the expense of practical ones is increasing. In our opinion, this is related to a sedentary lifestyle and a passive attitude of students to their physical condition. Regulating the amount of motor activity of students, necessary to ensure a healthy lifestyle, is an urgent task for further improvement of the organization of the educational process.

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## НОВІ ПІДХОДИ ДО ОРГАНІЗАЦІЇ ДИСТАНЦІЙНОГО НАВЧАННЯ ФІЗИЧНОГО ВИХОВАННЯ В УМОВАХ ВІЙНИ В ЗАКЛАДАХ ФАХОВОЇ ПЕРЕДВИЩОЇ ОСВІТИ

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*Карантин та протиепідемічні заходи через запобігання поширенню COVID-19, російська військова агресія проти України та запровадження через це освітнього процесу в дистанційному форматі, значно обмежили можливість студентів користуватися спортивними залами закладів фахової перед вищої освіти та знизили кількість практичних з викладачами, що згубно вплинуло на стан здоров'я студентів. Приблизно 28% студентів Фахового коледжу «Універсум» за результатами медичного огляду належать до підготовчої та спеціальної мед групи. За даними статистики, кожна третя молода особа має проблеми у стані здоров'я через недостатню рухову активність. Ситуація стосовно організації освітнього процесу відчутно погіршилась через воєнний стан в Україні. Перед цикловими комісіями з організації фізичного виховання коледжів постала необхідність пошуку нових форм і методів організації занять з врахуванням сучасної ситуації.*

*Автором проаналізовано недоліки та переваги фізичного виховання студентів під час імплементації змішаної та дистанційної форми навчання. Дійшли висновку, що змішане навчання є більш гнучкою формою проведення занять з фізичного виховання. Перехід до дистанційної та змішаної форми навчання з фізичного виховання потребує відпрацювання нових підходів до методики організації занять, визначення потреб фізичного розвитку студентів, вдосконалення технологій навчання та розробку нових механізмів кооперації викладачів і студентів.*

**Ключові слова:** змішане навчання, дистанційне навчання, фізичне виховання, студент.

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