

ORGANIZATION OF THE TEACHING PROCESS THROUGH VIDEO LESSONS FOR STUDENTS MAJORING IN SPORTS

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ABSTRACT *The article reveals the innovative activities and sports in the field of video lessons in the educational process physical education. It contains an online review of educational materials on physical education for university students. The purpose of the work is to identify the possibilities of e learning in the field of physical education, summarize the experience of using video lessons in physical education, and get an idea of electronic content on physical culture for university students. The results of the study may be useful in organization of open, distance, e-learning in physical culture, as well as the creation of electronic teaching materials and courses on discipline, in particular the electronic course “Physical Culture” for students.*

Keywords: *video lessons, computer technology, e-learning, open educational resources, electronic textbook, printed textbook, electronic course, electronic content, virtual campus, physical education.*

Introduction. Today, the rapid process of information and computerization of education, in including in the field of physical education and sports is developing in modern world. This process is direct public policy implications in the field of creating information society in the country. “For free orientation in information flows, a specialist of any profile should be able to receive, process and use information with computer”. Computer technology and video lessons help to expand greatly the possibilities of presentation for various necessary information, to improve the quality of training and developing approaches to the formation of professional competencies for future specialists. Video lessons and computerization of physical education in university includes the usage of computer in the creation of

teaching materials, in the educational process, in extracurricular time, in academic performance. However, there are not methodological developments, typical curriculum reflecting the features of the usage of video lessons and computer technology in teaching physical education of Higher Education. Therefore, the areas of research activity are applying study for video lessons, computer tools and revealing new directions and features for video lessons, computer usage in physical education, sports and recreational activities. The rapid development of the video lessons and electronic technology somewhat reduce the role of the teacher as a carrier of knowledge. This tendency is especially evident with distance learning. Teacher recommends studying along with electronic publications resources. We dare to assert that the achievement for using video lessons with contributing not only to awareness of its rules, but also a preliminary knowledge of the basic knowledge in the field of study those students should receive from teacher. Knowledgeable student easier to navigate in the video lesson and make a choice of truly useful and interesting materials. It seems that this approach will not allow students manipulate information but help to master the necessary knowledge. The using video lesson in education touches the discipline of “Physical Culture”. It is important for studying in the university is not only possible to compensate for the deficit student movements and prepare them to further professional activities by means of physical culture, but also transmit knowledge in the field of physical education and sports that allow students to independently methodically organize for their health and sports activities in the future. A few years ago, the video lesson and physical education seemed incompatible concepts. However, electronic technologies especially video lessons have a wide progress in our lives. Nowadays, we can talk about the active usage of video lessons, electronic technology and the Internet in the learning process. A modern teacher of physical education is simply necessary own computer technology. Widespread using of video lessons allows you to organize effectively for your educational process. The video lessons play essential roles in the implementation of

scientific and methodological work. Nowadays, modern teachers carry out e-learning for students with all forms of training using video lessons. The teachers are creating and constantly updating training materials with using video lessons for helping masters all sections of the program physical education training: theoretical, practical and control. Students may download videos, electronic versions which are explained teacher's choice. "The ability to download all the necessary training materials in one electronic device is not enough places in a bag"; "Save time, because you have to go to the library for a printed textbook". Of the electronic options, preference was given to materials. There are following main reasons for using video lessons during the lessons: - "convenient navigation, in particular, easy to switch to the desired page"; - "pictures, actions are better loaded"; - "lack of distracting automatically pop-up windows with distracting information allows you to focus on the text as much as possible". The fact of survey revealed that more video lessons, materials in various disciplines are presented in Adobe Flash Player format.

Moreover, in training manual "Physical Culture" (for students) an electronic course is created corresponding to SCORM 2004 standard. The course is more designed for students, studying on-line. Course should allow learners to master educational material without help teacher and contribute developing competencies in physical culture. In addition to the main video courses, the new program "Physical Culture" which is contained information necessary for studying the theoretical part of the discipline program, teachers have developed and constantly update electronic versions training materials on sports specializations with the help of this video program.

It should be noted that there is a section of the program - students mastering practical the choice of sports specialization. Students assess this opportunity as completely. But learning higher requirements process this form of physical trainings. For the successful development of specialization for the teacher it is necessary to solve the problems of physical, technical, tactical and even psychological training

during classes with video lessons. Similar process lays on additional responsibilities for teachers to create extra new educational and methodological video lessons. Nowadays so many video lessons and computerization of physical education created successfully in the educational process. The following methodological developments are applied:

- “Strength training program for girls”
- an electronic textbook in PowerPoint format with the presence of hypertext;
- “Aerobics”
- electronic educational complex in Word format with a large number of photographs of exercise patterns;
- “Athletic gymnastics”
- educational complex in Adobe format Flash Player
- Training manual “Basketball”
- electronic teaching complex in Word format program. Moreover, video lessons of discipline workspace are organized based on standard e-learning tools:
 - The calendar;
 - Ads;
 - Discussion board (consulting and thematic forums);
 - file sharing;
 - Library of documents;
 - Links on the discipline.

Blended video learning method - students attend practical classes in physical education, it can be illustrated by the following example. The teacher assigns the student to prepare the next lesson with the set of physical exercises for the preparatory part. The student has the opportunity for browsing the campus in advance the teacher ask a question in the forum or email, discuss and refine creatively task. If students work successfully that allows the student to come on This way develop teachers’ video lessons, electronic teaching materials can be used in the process of physical education as a means of training and activating students. The benefits of video lessons, e-learning applications in the process of physical parenting

allow to: - in practical video exercises to solve a larger number of problems, without wasting time explaining; - conduct video classes dynamically, with high motor density; - enhancing cognitive activity of students makes their work creative, which increase significantly - interest of making video lessons is essential factor. Such knowledge and skills are effective that how students get them in the process of independent work; - the teacher conduct a lesson in the form of independent work, leaving the role of manager and consultant; - the teacher quickly and effectively control knowledge students. Teachers of the department are actively using tool of Internet. Every teacher created own channel on YouTube to promote healthy lifestyle and college sports. On the channel are placed photos, videos, open lessons, master classes, fitness and sports events which are held at the university.

In this pages students can leave their comments, opinions on physical education and sports work at the university, ask questions from the field of physical education. Also developing complex pause exercises for students and staff are taking into account the specifics of their work. Some are also shown on monitors, photos and videos are created for YouTube. Creating experience such materials may come in handy when development of multimedia components in the electronic course. Multimedia technologies combining text, sound, video and graphic information are among the most dynamically developing and promising areas of information technology. They allow specialists to create electronic teaching materials that best reflect the specifics of teaching sports and pedagogical disciplines.

The main methods of teaching motor actions: verbal explanation and demonstration, creating an idea of the movement being studied, breaking the whole exercise into parts and phases can be effectively implemented in videos accompanied by a “voice-overs” commenting on the demonstration doing exercises; cinema and animated videos using static and dynamic graphics, freeze frame, slow motion, replays. At the same time, video materials are part of not only theoretical and methodological material, but also are included in test tasks. The analysis of

scientific and methodological literature showed that active attention was paid to the creation of a new generation of teaching materials based on computer technologies; over the past five years, interest in these developments has declined. Today in the educational process of universities of physical education educational computer programs (or multimedia software complexes) in sports and pedagogical disciplines - aerobics, fitness, athletic and gymnastics, athletics, physical education, weightlifting, figure skating, rowing, karate-do, skiing, electronic textbooks and manuals are focused on the use by students of sports schools. The article briefly describes the methods and innovative educational tools process on discipline "Physical culture" is developed and tested in the real practice. It should be noted that the development of methodological provisions is aimed at implementation in the educational process, educational technologies based on electronic technology in each specific areas, including the sphere of physical education. Physical education is one of actual problems of modern pedagogy". We hope that our experience and best practices will contribute in solving this problem.

Conclusions:

1. The video lessons in full-time studies are supported for modern methods and increase level of the educational process in physical education; by the opportunities of students that prefer watching recommended sites.
2. The usage of video lessons in teaching physical education to students, are allowed implement the requirements of the theoretical and control sections, programs, and masters them by students independently in case exactly developed content of the relevant sections.
3. The video lessons have didactic effectiveness in carefully designed scenario taking into account the peculiarities of perception of information from electronic devices.

4. To increase efficiency the perception of educational material, important in electronic physical education tools. The multimedia presentation forms combining texts with graphic, video and audio materials.

5. The video lessons in teaching the discipline “Physical culture” are not developing intensively compared to with other disciplines, in particular, conclusions about the need

6. The video lessons of training course “Physical culture” must contain compilation materials and carrying out the basic complex general developmental exercises for vocational Applied Physical Training that complexes of exercises of physical education - pause, taking into account the conditions and the nature of students' work.

7. To formulate the hypothesis that the active usage of video lessons, multimedia educational programs will improve the quality of training and cognitive activity of students, the formation of professional competencies in pedagogical, coaching and recreational activities.

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