



STUDYING TENNIS IN HIGHER EDUCATIONAL INSTITUTIONS NOT AIMED AT PHYSICAL CULTURE AND SPORTS, AS WELL AS SOLVING PROBLEMS THAT ARISE DURING TRAINING

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Abstract *This work examines how to fully implement table tennis in the educational process of higher education institutions where sport is not a specialty but only a mandatory part of education. The study shows that such conditions create a set of difficulties, ranging from lack of equipment to low student motivation. All of this gradually becomes a system that can be changed if you approach the work flexibly: adapt the methodology, maintain interest, and create a friendly atmosphere even in a limited space in the gym. The article presents the results of observations, surveys, and literature analysis, and discusses possible solutions that can enhance the effectiveness of learning and strengthen the role of table tennis in shaping a healthy culture among students.*

Keywords: *table tennis - physical education - non-specialized universities - teaching methodology - student motivation - sports infrastructure - organizational issues - program adaptation*

Аннотация. *В данной работе рассматривается, как полностью внедрить настольный теннис в учебный процесс высших учебных заведений, где спорт является не специальностью, а лишь обязательной частью образования. Исследование показывает, что такие условия создают набор трудностей, начиная от нехватки оборудования и заканчивая низкой мотивацией студентов. Все это постепенно становится системой, которую можно изменить, если подойти к работе гибко: адаптировать методику, сохранить интерес, создать дружелюбную атмосферу даже в ограниченном*

пространстве в спортзале. В статье представлены результаты наблюдений, опросов, анализа литературы и обсуждены возможные решения, способные повысить эффективность обучения и усилить роль настольного тенниса в формировании культуры здоровья у студентов.

***Ключевые слова:** настольный теннис - физкультура - неспециализированные вузы - методика преподавания - мотивация студентов - спортивная инфраструктура - организационные проблемы - адаптация программ.*

Table tennis occupies a special place among the game types of sports due to the compactness of equipment, the simplicity of organizing the training process, and the high dynamics of the game. It is suitable for higher educational institutions that are not specialized areas of sports education, but where physical education remains an important component of the educational process. However, the introduction of table tennis into the educational environment is associated with difficulties - from a lack of specialized premises to a shortage of qualified personnel.

The relevance of the topic is connected with the need to increase the effectiveness of physical education and search for types of activities that can be adapted to the conditions of non-philological higher educational institutions. Table tennis is one of the most promising sports in this direction. The article examines the organizational, methodological, and motivational problems of teaching and proposes practical solutions.

To put it directly, the purpose of the study is to understand how to effectively teach table tennis in higher education institutions where sports are not the focus. I wanted to find out what obstacles were more common, why they arose, and what steps would help to overcome them.

In the process of the lesson, the student's psychological comfort plays an important role. Many students experience discomfort due to lack of sports experience,

which reduces motivation and activity. The study showed that the introduction of game warm-ups, pair tasks, and interaction exercises helps to reduce tension and create a friendly atmosphere.

The results show that the main thing remains the flexibility of the system, not the infrastructure. Even in places with limited space, it is possible to create an effective learning model - folding tables, a modular table, simple corrections to the methodology allow table tennis to be "plugged" into the overall learning rhythm. At the same time, it is important to take into account psychological characteristics: students are more engaged when there is an opportunity to develop in a free environment and at their own pace.

To increase the effectiveness of table tennis training, it is necessary to solve the listed problems comprehensively.

Social dynamics

Table tennis is a type of social activity - communication between players is inevitable. It was observed that if students manage to form stable game pairs or mini-groups, they are more likely to engage in classes. The competitive component also strengthens social activity.

Impact of study load

The study load of non-specialized students is often high. This reduces attendance and limits the possibility of regular training.

The analysis showed that it is possible to significantly strengthen the teaching of table tennis in non-philological higher educational institutions based on a comprehensive approach. In this case, not only organizational and methodological aspects, but also psychological, social, and workload factors play an important role.

In addition, it can be said that in teaching table tennis in universities, methods are used that influence the psychology, strategy, skills, and abilities of students. They are set forth as follows:

1. The effectiveness of education increases by creating a friendly environment and reducing psychological barriers for students.
2. Social activity is one of the main factors in the successful acquisition of game skills.
3. The flexibility of the educational process, the introduction of distance elements and video materials increase the convenience of classes.
4. Comprehensive adaptation of programs to the conditions of a higher educational institution allows improving results even in conditions of limited resources.

Thus, table tennis has high potential as a means of increasing the general motor activity of students and forming a culture of a healthy lifestyle in them.

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