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Using educational potential of Olympism values in the formation of students' motives for physical culture and sports activity

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Abstract: This article presents the importance of using the principles of Olympism as an educational potential in the process of university students' physical education. We underline the importance of Olympism values for student sports development and a personality's sports culture formation. It is considered by the experts as readiness for effective, creative use of physical culture and sport values. We defined the significance of Olympism concept as a condition for professional growth and self-development of an individual, image organization, health level improvement, both physical and functional, psychological. **The aim** of the research: educational potential of Olympism values analysis and evaluation in students' motivation formation for systematic physical education and sport lessons. **Scientific novelty.** In the course of the research work we revealed the motives of student youth for systematic physical culture and sport lessons. **Practical significance.** The results of the research can be used by physical education teachers on the basis of higher educational institutions. **Material and research methods.** For the problem analysis and summary we studied the materials of the specialists, organized a questionnaire survey among students, testing, and timing of the events. A questionnaire survey of respondents was conducted in order to reveal the attitudes to the Olympic Games. **Results.** The positive attitude of respondents to sport was underlined. We created the algorithm for the educational potential of Olympism realization. It includes the transformation of principles into the educational component of physical education with the events emphasizing. They were realized in terms of familiarization pedagogical practice in the sports and recreational camp "Burevestnik", Naberezhnye Chelny, Russia. We studied students' motives for physical culture and sports activity and the dynamics of motives before and after the events realization. The use of educational potential of Olympism principles has many prospects for development, since the fundamental principles of Olympism present the philosophy of life. It elevates and unites the virtues of the body, will and mind into a balanced whole. The aim of Olympism is to create the way of life based on the joy of efforts, the educational value of good example, social responsibility and respect for universal ethical principles, as sport is one of human rights. **Conclusion.** The concept and principles of Olympism can act as an educational potential in the formation of students' positive attitude to the components of a healthy lifestyle and physical culture and sport activities. The principles of Olympism include educational values connected with the promotion of sports and physical culture values.

Keywords: Olympism, principles, values, motives, students.

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Introduction

The legacy of sport events turned into the events of the world scale. They are directed toward experience gaining, benefit for the country and the tendency of the kinds of physical culture and sport activities development and improvement. In this connection the importance of Olympism and the

Olympic movement heritage in the world scale is underlined by the president of the International Olympic Committee Jacques Rogge. He considers the Olympic Games the greatest event, positive heritage and the condition for the country, city development, where they were held. An important thing can become the opinion of the population

(in the region) and guests revelation, as they can define the values and significance of a sports event [1,2,3,6,9].

V.K. Balsevich (2004) presents the base of youth upbringing in the system of mass physical education modernization on the basis of intensive mastering by pedagogical practice the values of the national and world sports culture [1, p. 21-25].

Z.M. Kuznetsova and others define the Olympic traditions revival in the system of student sport as the base for physical and spiritual potential of student youth improvement [4,5,9,10].

Students' motives formation and support for the means of traditional games choice at physical culture elective lessons can be successful owing to Olympism values use [3,7].

Student community presents the collective. It develops, obeying the laws of moral, physical and mental development. It covers the main kinds of human activity. Students, included into the group, co-operate with each other and accumulate creative potential. Olympism values can become the content of students' activity and development [7,8].

In our opinion, educational potential revelation of Olympism values can change the needs and the attitude of students to regular physical culture and sport activities.

The expediency of Olympism values use, in accordance with the regional, national and age-related characteristics of student youth in terms of modern society development, increases qualitative level of life.

Some research works analysis showed, that systematic physical culture and sport activities increase the need of student youth for communication, trust-based relations, need for taking part in competitions. It can change their ideological culture and enrich spiritual potential [1,2,3,4,5,6].

Nowadays less students are interested in physical culture and sport activities. It is partially conditioned by IT-industry development. The most important in the system of modern physical education of children and youth is their involvement into the values of Olympism and Olympic movement.

In accordance with the mentioned above information the aim of our research work is to analyze and evaluate educational potential of Olympism values use in students' motivation formation for systematic physical culture and sport activities.

Materials and methods

The research work was held among the students of the 1st-2nd courses of psychology and pedagogics unit at theory and methodology of physical culture and life safety department of Yelabuga Institute of Kazan (Volga region) Federal University during

curricular practical training on the basis of sports-recreational camp "Burevestnik" since May, 26 till June, 9 2022. During two weeks 89 students lived on the territory of sports-recreational camp "Burevestnik". During the research work we organized a questionnaire survey in order to reveal students' motives for systematic physical culture and sport activities.

Results and discussion

In order to define and estimate educational potential of Olympism we revealed the attitude of different groups of population. The respondents in the questionnaire survey became the students of Yelabuga Institute. They studied at psychology and pedagogics and foreign languages departments. In all 87 respondents took part in the survey. The amount of male respondents was 29%, female respondents -71% out of general amount of students.

Asking the question concerning the quality of the Olympic Games we offered 4 variants of answers: satisfactory, good, perfect, super. The respondents were to choose their variant of answer. According to the points indicators the answers were the following: perfect – 56%; super – 34%; good – 5%; satisfactory – 5%.

Answering the question "Does the Olympic Games coverage in media satisfy you?" the respondents gave the following answers: Yes – 67%, No – 2%, very good – 10%; insufficiently – 11%.

Answering the question "Would you like the Olympic Games to be held in your town?" all respondents gave positive answer (100%). It means that the Olympic Games since childhood are introduced into the minds of students, that is why it is necessary to organize further educational and propaganda activities in this direction.

At the second stage of our research works we created the algorithm and revealed educational values of Olympism principles and created the plan of events concerning their realization (Fig. 1, table 1).

Fig. 1 presents the algorithm of educational potential of Olympism realization, which includes transformation of Olympism principles into educational component, which was realized in terms of familiarization pedagogical practice in the sports and recreational camp "Burevestnik" Yelabuga Institute of Kazan (Volga region) University.

For the research organization we analyzed 7 main principles of Olympism according to the Olympic Charter. They were transferred into educational potential, realized during the events organization. They provide physical and spiritual values development. Table 1 presents the content of educational potential of Olympism. It comes from the principles of Olympism.

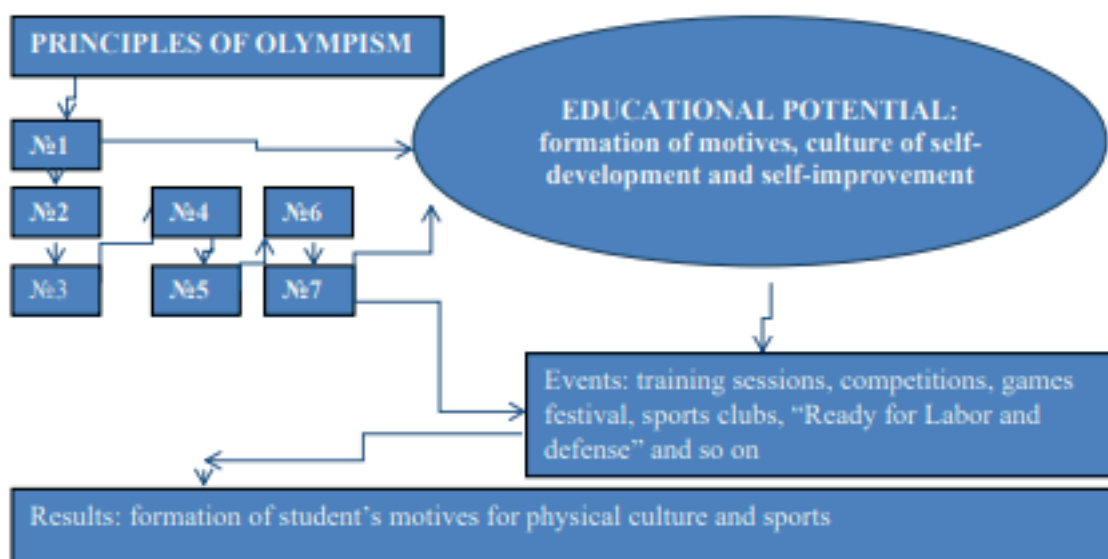


Fig. 1. Algorithm of educational potential of Olympism realization

Table 1

Principles and educational potential of Olympism

Olympism principles	Educational potential	Events
№1. Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy of effort, the educational value of good example, social responsibility and respect for universal fundamental ethical principles.	The explanation of the fact that practicing sport, getting cultural upbringing and education students would achieve a lot and would start the way to improvement and self-development.	“The model of a gifted student” workshop organization. Interview with successful people (scientists, athletes). Taking part in contests connected with Olympism.
№2. The goal of Olympism is to place sport at the service of the harmonious development of humankind, with a view to promoting a peaceful society concerned with the preservation of human dignity.	Give students an idea of the fact that sport helps to become better.	Militarized relay-race “Zamitsa” organization. Tie-park creation and overcoming.
№3. The Olympic Movement is the concerted, organized, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and entities who are inspired by the values of Olympism. It reaches its peak with the bringing together the world’s athletes at the great sports festival, the Olympic Games.	Provide the idea understanding, that everything should be coordinated and organized, that every person deserves respect.	Volleyball competitions organization. “Mini-Sabantuy” festival organization. Traditional games festival.
№4. The practice of sport is a human right. Every individual must have the possibility of practicing sport, without discrimination of any kind and in the Olympic spirit. It requires mutual understanding with a spirit of friendship, solidarity and fair play.	Each person has the right to do, what he or she wants and introduce the understanding of the fact that each competition should be fair, even if somebody lost.	Morning exercises organization and training classes in the chosen kind of sport.
№5. Recognizing that sport functions within the society, sports organizations within the Olympic Movement should apply political neutrality. They have the rights and obligations of autonomous organizations. It includes freely establishing and controlling the rules of sport, determining the structure and governance of their organizations, the right of elections free from any outside influence and the responsibility for using that principles of good governance.	Each person, who lives in society, should respect other people, should be always honest and follow the rules of fair game.	Marksmanship training organization. Shooting competitions. Track and field competitions. General physical training competitions. RLD (ready for labor and defense) norms fulfillment.

<p>№6. The rights and freedoms realization, set forth in this Olympic Charter, should be secured without discrimination of any kind, such as race, color, sex, sexual orientation, language, religion, political or other opinion, national or social origin, property, birth or other status.</p>	<p>Explain that each human being is a personality, an individual and has the rights and freedom. Even if a person differs from others, we should respect and help him.</p>	<p>Cultural events organization using traditional games means of different nations and nationalities.</p>
<p>№7. Belonging to the Olympic Movement requires compliance with the Olympic Charter and recognition by the IOC.</p>	<p>Provide understanding of the idea that there are the definite rules and it is necessary to follow them.</p>	<p>Maintain discipline and follow the rules. Trust-based relations.</p>

Fig. 2 presents the fragments of the organized events in sports-recreational camp “Burevestnik” Yelabuga

Institute of Kazan (Volga region) University in terms of educational potential of Olympism realization.



Fig. 2. Events connected with educational potential of Olympism principles realization

Notes: a) “The model of a gifted student creation” workshop; b) Mini Sabantuy; c) “Zarmitsa”; d) Communicative games (Traditional games)

Correct attitude to physical health formation can also be implanted in young people at physical culture and sport elective disciplines (modules) lessons at higher educational establishments. Teaching staff should motivate and arouse the interest by means of sport activities. First of all, it is important to teach students correlate the needs with own physical abilities. Our aim is to teach students form correctly the motives for physical culture and sports activity [2]. One of the prospects of bringing up correct attitude to physical health formation is the prospect of Olympism principles use. The Olympic movement also has the prospects of further development owing to new kinds of sport formation, active participation of people in sport competitions, positive attitude of mankind to sport.

Educational potential of Olympism principles use

has a great amount of prospects for development, as the basic principles of Olympism present the philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Olympism seeks to create a way of life based on the joy of effort, the educational value of good example, social responsibility and respect for universal fundamental ethical principles, as the practice of sport is a human right [3].

Ways of introduction: productive lesson organization. It would help students to increase own motor activity and a regular need for it. It more important to think how to present the material correctly in order to stimulate students’ interest and increase motivation to attend the lessons.

Each of 7 principles of Olympism fulfills the definite function of educational character and is

realized at the lessons with students.

Each event contained upbringing, motivational, worldview values, which really helped to increase motivation of students for own motor activity development.

We revealed the level of students' motivation to

physical culture and sport activity before and after the events realization, connected with educational potential of Olympism principles use.

Table 2 presents the results of students' motivation change after the experiment.

Table 2

Students' motivation before and after practice

Level	1 course		2 course		3 course	
	before	after	before	after	before	after
High level	17	20	21	25	30	35
Average level	3	1	5	3	6	1
Low level	1	0	3	1	1	0

Table 1 shows that the level of students' motivation to regular physical culture and sport activities and to healthy lifestyle values after educational potential of Olympism principles realization changed positively. The amount of students with high level of motivation to change own attitude to systematic physical culture and sport activities, to healthy life style formation

or own motor activity increased. Hierarchy of students' motives changes owing to other motives formation and old motives elimination.

Fig. 3 and 4 present hierarchy of students' motives change in terms of the events realization, directed toward educational potential of Olympism use.

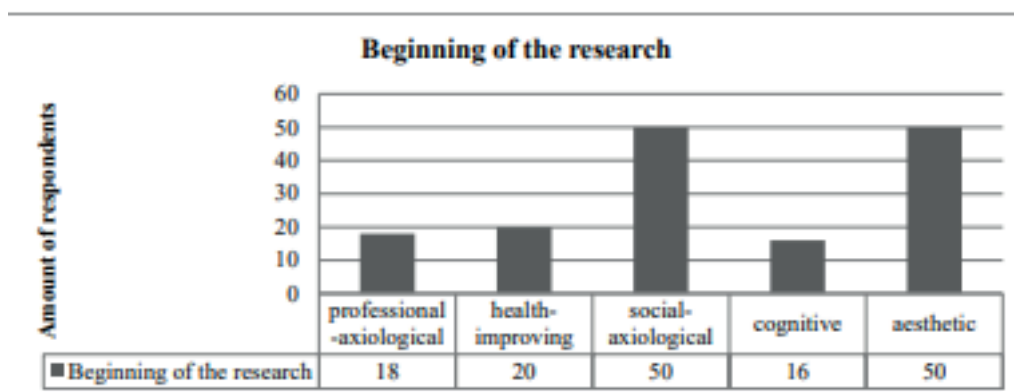


Fig. 3. The results of hierarchy of students' motives changes before the events realization

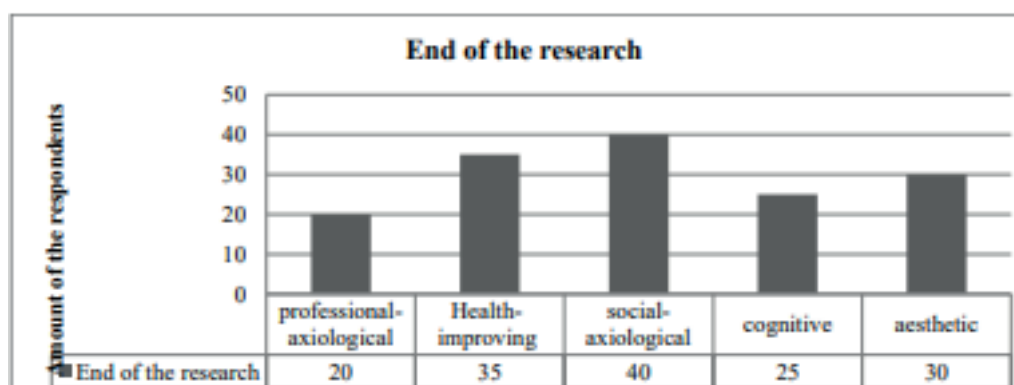


Fig. 4. The results of hierarchy of students' motives changes after the events realization

Higher educational establishments students' motives formation and support to systematic physical culture and sport activities is one of the most important components of a human being formation. Successful realization of the motives causes the need for healthy life style and sense of satisfaction with motor activity. On the basis of the desire to improve own physical potential (physical body harmonious development) students also have

the tendency to self-affirmation. We define the need for individuality demonstration in physical harmony achievement.

Conclusion

1. The concept and principles of Olympism can act as an educational potential in the formation of students' positive attitude to the components of a healthy lifestyle and physical culture and sport

activities.

2. The principles of Olympism include educational values connected with the promotion of sports and physical culture values.

3. Practical realization of educational potential of Olympism principles should be systematic at all levels of physical culture and sport and physical culture and health-improving work of educational establishments.

Thus, we can come to the conclusion, that there are many prospects of Olympism principles use. It is a good obvious system of how should develop a person, who really wants to achieve success.

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