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## Olympism and traditional games in the system of motor potential formation among students

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**Abstract:** The article considers the problematic issues of Olympism and the Olympic movement principles realization at a higher education establishment in terms of traditional games use. It is known that the values and principles of Olympism and the Olympic movement can become a condition for the effectiveness of physical culture and sports training improvement among student youth. We underlined the effectiveness of the game method realization as a condition for the motor and sports potential formation. We studied the goals, values and principles of Olympism and traditional games. It was revealed that the ideas and values, as well as the principles of Olympism and traditional games, are similar and their mutual use will complement each other, provide effective physical culture and sports activities problems solution. The aim of the research: to study the theoretical and practical aspects of the motor potential formation among students by means of the Olympism principles and traditional games realization. **Scientific novelty.** During the research work for the first time we found the points of coincidence, interconnection of Olympism and the Olympic movement with traditional games. **Practical significance.** The results of the research can be used by physical education teachers on the basis of higher educational institutions. Materials and research methods. The research was carried out on the basis of Yelabuga Institute of Kazan (Volga Region) Federal University during the period since 2021 till 2023. Traditional games and Olympism values realization was carried out in terms of physical culture and sport elective disciplines (modules) and included several stages. During the research work we analyzed and summarized scientific-methodical and special information sources, connected with the problem of the research. **Results.** The analysis and evaluation of the principles and ideas of Olympism and the Olympic movement was carried out, taking into account the conditions for implementation during the lessons at a higher educational establishment. A comparative characteristic of Olympism principles and traditional games was carried out. **Conclusion.** Olympism principles and traditional games use during physical culture and sport elective disciplines (modules) improves the emotional and physical state, and also interconnection between students and their peer and teachers.

**Keywords:** Olympism, traditional games, motor potential, students.

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### Introduction

Modern sport development happens together with society development and rivalry intensification during the competitions of different stage and first of all during the World Championships and the Olympic Games. Different variants of motor activity stimulation use among the population conditions changes in terms of the Olympic traditions and values. The values of Olympism and the Olympic

movement use for the spirit of competition increase stimulates sport results improvement. This situation conditions new, higher demands claimed on physical upbringing of young generation of athletes and their coaches, scientists and people. They organize student sport in the country and in the world.

It is important to broaden the limits of Olympism and the Olympic movement concepts use. They provide the quality of students training development

and further improvement. The main Olympic kinds of sport are included into the process of students' physical upbringing at higher educational establishments.

The research works by V.K. Balsevich, L.I. Lubysheva discuss the methodology of physical culture sportization as the condition for sports culture improvement among the students of different educational establishments. There the variant of a usual sportized physical culture lesson transformation can become the factor of sports training principles attraction, can become the methodical base for Olympism and the Olympic principles distribution [1, 4].

Z.M. Kuznetsova, Chris Gratton, Holger Preus, (2012) studied positive and negative heritage of big sport events and saw a great power of image, culture of a city, country and people change. This presents the success of a national wealth in cultural and economic sphere. It we would like to revive owing to the status of traditional games improvement in physical upbringing [3, p. 59-72].

Theoretical and practical basis of sportization, in the opinion of V.K. Balsevich, help to realize organizational-methodical principles. They, in our opinion, can help to realize the principles of Olympism, using traditional games means [1].

S.N.Litvinenko, studying the phenomenon of sport pleasure, defined and substantiated motivation of physical culture and sport as the need of a personality for self-determination and self-realization, positive emotions getting. It underlines the necessity to realize the principles of Olympism [5]. In this connection the work by V.I. Stolyarov "The Olympic concept of Pierre de Coubertin and the present" underlines the necessity to pay attention to the ideas of Pierre de Coubertin as the condition for present Olympic movement development [7, 8].

In terms of the International project "Possibility" realization the problem of the attitude to traditional games of the world nations reconsideration becomes urgent, as the condition for creative thinking, communications and students' physical potential formation [2, 9]. Olympism and traditional games have their own values. They are connected with physical upbringing of students and can be effectively used in it.

Scientific-methodical information sources analysis showed that the problems, which Olympism and traditional games solve, are similar and their mutual use would complement each other, show the most advantageous realization of the set objectives in the sphere of physical culture and sport [1, 2, 3, 4, 5, 6, 7, 8, 9,10].

Olympism and traditional games, being closely connected in terms of the values, help to broaden the existing experience of confidential relations, friendship, communication skills between the

participants of different activity.

The aim of the article: to study the theoretical and practical aspects of the motor potential formation among students by means of the Olympism principles and traditional games realization.

### **Materials methods**

The research work was carried out on the basis of Yelabuga Institute of Kazan (Volga Region) Federal University during the period since 2021 till 2023. Traditional games and Olympism values realization was carried out in terms of physical culture and sport elective disciplines (modules) and included several stages:

1. Getting acquainted with the traditional games and their rules during physical culture and sport elective disciplines (modules) lessons.
2. Getting acquainted with the ideas and values of Olympism during physical culture and sport elective disciplines (modules) lessons.
3. Traditional games of different orientation realization during the educational process with the values and ideas of Olympism inclusion.
4. The realized work analysis, mistakes discussion and new offers introduction during the research work.

### **Results and discussion**

At a present stage of civilization development Olympism and the Olympic movement influence all spheres of a person life.

S.I. Kurilo, (2000) creating social-philosophic concept of the International sport, underlines its influence on society, race and national relations, business, career development, heroism concept and ethics [3]. It is known that the mechanisms of Olympism and the Olympic movement further development and introduction undergo contradictory changes. The Olympic movement is a system. It takes an important place in the structure of modern society, especially in the upbringing process of students. At the same time, the Olympic movement has great opportunities for bringing up physically and morally developed person, improving his health state, providing connections development between the countries. However, the main is a social factor of the oncoming generation upbringing and its need for a healthy life style formation. Students involvement into physical culture and sport, into success during different competitive activity is the evidentiary basis of a nations power, its spiritual and political power.

Olympism and the Olympic movement in the present social-economic situation in the country and the world demand strong personality formation with professional, cultural, business, organizational skills, entrepreneurial and managerial abilities. A

student should be able to meet competition, “sell” himself in the employment market. The Olympic movement can help students to get rid of different stereotypes, develop creative thinking and the ability to solve wide spectrum of problems owing to creative and physical potential realization.

The urgency of the considered problem is conditioned by the main objective of physical culture, physical potential, professionally significant personality qualities formation in the system of modern education. Searching for the contact between the concept of Olympism and traditional games is the base for the ability formation to orient oneself in difficult social-cultural conditions, react professionally and responsibly in terms of vital objectives realization. There physical health is an

important component.

The presented problem study is actual and would become wider, if traditional games would be used for educational objectives realization, as game activity (game method) is typical for a human being activity. It includes experience, traditions, customs transfer, knowledge of nations and nationalities living conditions. Both the principles and values of Olympism and the principles and values of traditional games transfer the oncoming generation experience, traditions, friendly relations, leadership, human being possibilities correct use and development, directed toward the activity realization for the result achievement, which is victory.

Table presents the principles of Olympism and traditional games.

Table 1

Interconnection and the conditions for the principles of Olympism and traditional games realization

Principles of Olympism	Principles of traditional games
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.	1. Philosophy of traditional games combines national culture, rites and traditions of the nations and nationalities. Traditional games express traditions, rites, customs of the nations and nationalities and their historical culture in a form of a game.
2. 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.	2. Ethnic peculiarities of the nations realization in a form of a game and common to all mankind values mastering.
3. 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.	3. Traditional games carry upbringing potential created by nations, in terms of virtue and respect.
4. The rights and freedoms, set in the Olympic Charter, should be provided 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.	4. Traditional games provide common to all mankind values realization, develop love and respect for national culture, native land, bring up courage, honesty, sense of mutual help, responsibility for own actions.
5. Recognizing that sport occurs within the framework of society, sports organizations within the Olympic Movement should have autonomous right and obligations.	5. Traditional games bring up pride in own nation, increase interest in own history and culture.
6. The Olympic Movement is the concerted, organized, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and legal entities. They are inspired by the values of Olympism. It covers the five continents. It reaches its peak with the bringing together of the world's athletes at the great sports festival, the Olympic Games. Its symbol is five interlaced rings.	6. Traditional games form cultural heritage of the nation, directed toward physical, spiritual, cultural development of a person and which covers the whole world of nations and nationalities and which integrates everybody during the competitions and festivals.

The research works of the specialists in the sphere of physical culture and sport prove that with the philosophy of Olympism use the level of physical readiness increases effectively. In this connection the scientists pay physical culture teachers' attention to the role of Olympism and traditional games in

physical education of students at higher educational establishments.

One of the main features of Olympism and traditional games principles coincidence is the aims and ideas of motor potential formation correspondence with body culture of people, who

train.

Table 1 demonstrates that the principles of Olympism and traditional games realize one mission of bringing up physically developed, spiritually perfect generation. They can proudly carry the Olympic flag of own country, regardless of the nationality, preserving and loving own national culture.

In present day native scientific information sources the problems of traditional games means use among students are not studied enough. The information concerning the history of traditional games development in different countries and their role in physical upbringing of students is not sufficiently analyzed.

5. Scientific literature study showed that it is necessary to study the experience of traditional games realization at physical culture and sport elective disciplines (modules) lessons.

It should be noted that traditional games use demands card catalogue creation. It would help to use the games with different orientation.

6. We realized traditional games of Turkic speaking countries, in particular traditional games of the Republic of Tatarstan, the Republic of Bashkortostan, Republic of Sakha (Yakutia) at physical culture and sport elective disciplines (modules) lessons.

7. Together with using the values and

principles of Olympism, which influence the personality's culture, communication skills and students' motor potential formation.

The objectives of traditional games repeat the values and principles of Olympism:

- generate students' interest in traditional games and the desire to play them;
- develop love and respect for national culture, native land;
- bring up courage, honesty, sense of mutual help, collectivism, rivalry, responsibility for own actions;
- develop motor activity and physical qualities;
- bring up pride in own nation, increase interest in own history and culture.

Traditional games card catalogue and also traditional games encyclopedia creation in terms of "Possibility" project realization. It was founded by European Commission UNESCO for traditional kinds of sport and games popularization, is the instrument of social integration and gender equality assistance.

Exactly this moment is one of the elements of traditional games and the principles of Olympism contiguity.

During the research work we revealed that there are different classifications of traditional games.

Fig. 1 presents the example of traditional games classification.

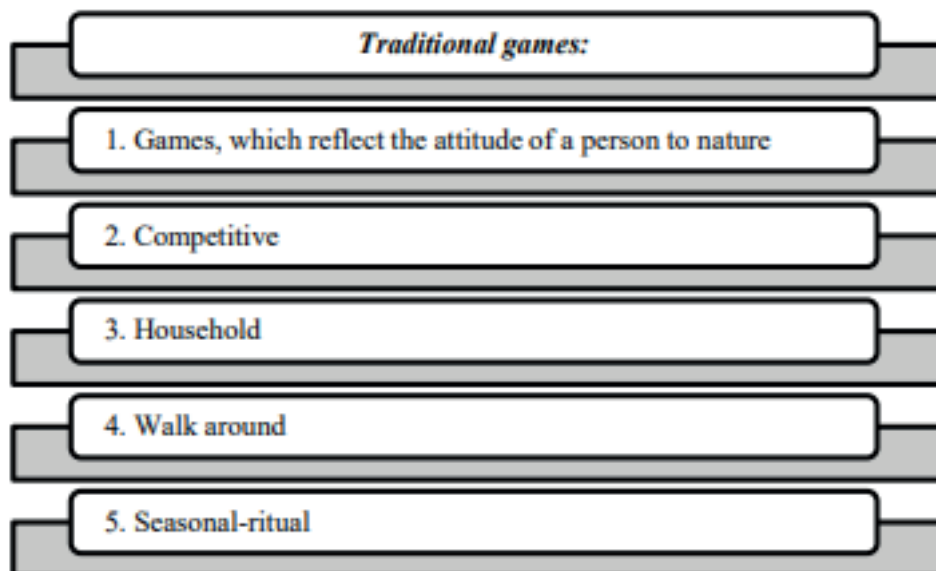


Fig. 1. Traditional games classification

Fig. 1 shows that, this classification of traditional games includes all spheres of human life.

There is also traditional games classification

in accordance with the definite physical qualities formation (Fig. 2).

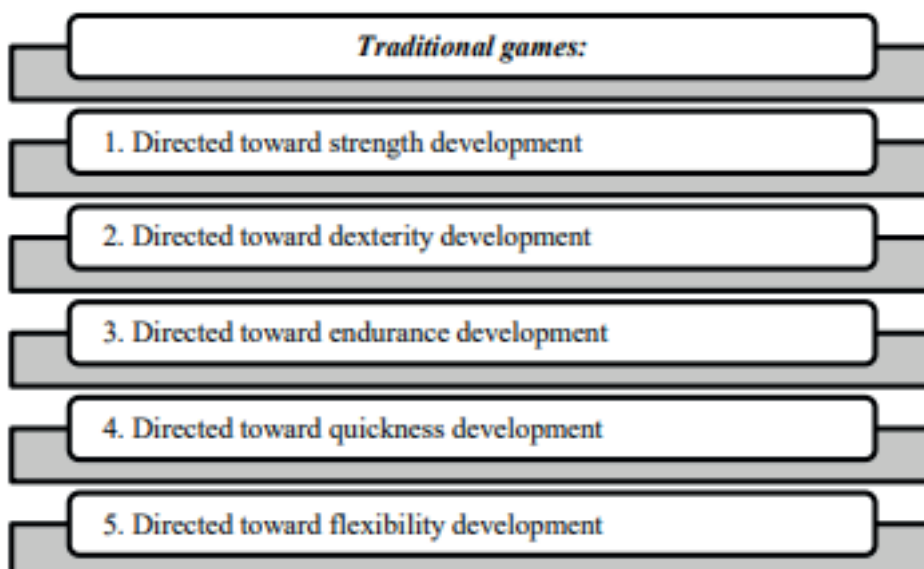


Fig. 2. Traditional games classification in accordance with the definite physical qualities formation

By the presented examples of traditional games classifications, we see that it is possible to create the card catalogue of games. It would help to broaden the possibilities of their realization in the system of a higher educational establishment, would give an opportunity to merge them with the ideas and values of Olympism and the Olympic movement.

Thus, Olympism and traditional games philosophy is diverse enough and long since fulfills the role of self-actualization means, as people demonstrate not only physical possibilities, but also such personal qualities as kindness, generosity and mutual help. The presented direction is oriented toward the definite physical qualities development and includes the upbringing aspect. It is connected with students' personalities formation at higher educational establishment.

It should be noted that one of the main factors of physical training among students by means of Olympism philosophy and traditional games is physical and spiritual potential formation for creative longevity and social and productive functions fulfillment.

During the research work we offered the conditions for traditional games realization at physical culture and sport elective discipline (modules) lessons.

Table 2 presents traditional games, realized taking into account the units of physical culture and sport elective disciplines (modules).

During traditional games choice and realization we took into account the objectives of the unit of

each lesson. For example, in track and field we used traditional games. They included motor actions in a form of running, walking, jumps and throwing. During this lessons the following skills were developed: the skills to overcome vertical, horizontal obstacles. They provided the following qualities development: courage, dexterity and endurance.

Traditional games use with the elements of gymnastic exercises provided the ability to train with the objects and without them, with weight. Taking into account ethnic peculiarities of traditional games helps students to master the history of traditional games origin and formation.

Pilot studies connected with the effectiveness of Olympism and traditional games values revelation showed that during the work positive emotions, collective interaction, health-improving values, physical readiness are formed, physical and personal qualities of students are improved.

### **Conclusion**

Olympism and traditional games principles form a unique life philosophy. It elevates and combines into one unity the qualities of the body, will and mind, and also contributes to traditions revival, friendly international relations improvement. Olympism and traditional games principles provide the problems of physical culture and sport development solution and their practical realization in physical upbringing of the oncoming generation.

Table 2

Traditional games list, which are realized taking into account the unit of the lessons of physical culture and sport elective disciplines (modules)

Unit of the program	Traditional games description and the conditions for their realization	Methodical instructions
Track and field	Traditional games use with the elements of track and field exercises (running; jumps; throwing), which provide vertical and horizontal obstacles overcoming: - Equestrian competition (Bayga) – Kazakhstan; - From the back of the (At beli) – Azerbaijan; - Day and night– Azerbaijan; - White poplar, green poplar (Ok terakmi, kuk terak) – Uzbekistan.	- changing the duration of the game and the size of the playing ground; - running distance decrease or increase
Gymnastics	Traditional games use with the elements of gymnastic exercises (games with the sticks; hoops; dumbbells; balls; on apparatuses, with apparatuses and without them): - White bone (Ak suku) – Kazakhstan; - Quint – Azerbaijan; - Shooter (Uksy) – the Republic of Bashkortostan (Russia); - Pulling on sticks (Mas tardypyyta) – Yakutia (Russia)	- the amount of repetitions decrease and increase; - the players division into subgroups for their activity increase
Powerlifting	Strength oriented traditional games use: - Slam the pumpkin (Ashkabak chapmai) – Kyrgyzstan; - White poplar, green poplar (Ok terakmi, kuk terak) – Uzbekistan	- the players division into subgroups for their physical readiness increase
Volleyball	Traditional games with the balls: - White ball and black ball (Ag ton ve gara ton) – Azerbaijan; - Raisin (Kishmishi) – Azerbaijan; - Ball game – Yakutia (Russia)	- changing the duration of the game and the size of the playing ground; - the amount of players change in each team.
Ski training	Traditional games use outdoors, seasonal traditional games: - Sticks throwing (Tayak urytuu) – Kyrgyzstan; - Field hockey (Chavgonbozi) – Tadzhikistan	- the players division into subgroups for their physical readiness increase

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