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COMPARATIVE ANALYSIS OF THE PHYSICAL CULTURE AND SPORTS SPECIALISTS TRAINING FOR THE FUTURE PROFESSIONAL ACTIVITIES IN UKRAINE AND ABROAD

Annotation. *In the article a comparative analysis of physical culture and sports specialists training for future professional activities in Ukraine and abroad is carried out. The relevance of the study is due to the fact that nowadays in every society there is a growing awareness of the importance of a healthy lifestyle and regular physical activity for the preservation of human health. Accordingly, the main roles of physical culture and sports in this process are emphasized as an effective mechanism of physical, moral, mental and spiritual development of the individual. One of the tasks of a modern institution of higher education is the training of specialists in physical culture and sports in the modern educational space of Ukraine and the disclosure of such training abroad. Solving these tasks contributes to the maintenance and promotion of a healthy lifestyle, the development of physical activity, and therefore the achievement of high results in professional activities.*

The research established that the domestic experience of training physical culture and sports specialists is characterized by the acquisition of knowledge and skills of the organization of health and recreational physical activity of various population groups, sports training and support of athletes in competitions.

We consider the national training of future specialists in physical culture and sports as a complex, complicated and multifaceted process, which includes the formation of worldviews and value attitudes in this area, the creation of a motivational field in the process of education aimed at realizing the importance

of this type of professional activity, their acquisition of theoretical knowledge and development necessary skills and abilities. The main components of university training are highlighted: theoretical foundations and practical skills, professional ethics and leadership, adaptability to changes, continuous learning and professional development. The essence of the psychological-pedagogical training of future physical culture and sports specialists with the formation of their readiness to implement «subject-subject» relationships in their future activities is indicated.

A comparative analysis of physical culture and sports teachers training was conducted on the example of China, which takes place in accordance with the laws of their professional development, step by step and with strict adherence to systematicity. An important aspect of a specialist's training is familiarizing them with the theory and methodology of teaching, learning various types of sports and sports training technologies, and fostering self-development skills and self-education. Therefore, the training of future specialists in the field of physical culture and sports in Ukraine and abroad (on the example of China) include methodical and psychological readiness of the future specialists for future work and understanding the importance of this type of profession for civil society.

Keywords: future teachers of physical education and sports, institutions of higher education, professional training, readiness for future professional activity.

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ПОРІВНЯЛЬНИЙ АНАЛІЗ ПІДГОТОВКИ ФАХІВЦІВ ФІЗИЧНОЇ КУЛЬТУРИ ТА СПОРТУ ДО МАЙБУТНЬОЇ ПРОФЕСІЙНОЇ ДІЯЛЬНОСТІ В УКРАЇНІ ТА ЗАКОРДОНОМ

Анотація. У статті здійснено порівняльний аналіз підготовки фахівців фізичної культури та спорту до майбутньої професійної діяльності в Україні та закордоном. Актуальність дослідження пов'язане з тим, що нині у кожному суспільстві зростає усвідомлення важливості здорового способу життя та регулярної фізичної активності для збереження здоров'я людства. Відповідно наголошено на основні ролі фізичної культури та спорту у цьому процесі як дієвому механізму фізичного, морально-психічного та

духовного розвитку особистості. Одним із завдань сучасного закладу вищої освіти є підготовка фахівців з фізичної культури та спорту в сучасному освітньому просторі України та розкриття такої підготовки закордоном. Вирішення цих завдань сприяє підтримці та просуванню здорового способу життя, розвитковості фізичної активності, а відтак досягненню високих результатів у професійній діяльності.

Дослідженням встановлено, що для вітчизняного досвіду підготовки фахівців фізичної культури і спорту характерним є оволодіння здобувачами освіти знань та навичок організації оздоровчо-рекреаційної фізичної активності різних груп населення, проведення спортивних тренувань та супровід спортсменів у змаганнях.

Національну підготовку майбутніх фахівців фізичної культури і спорту розглядаємо як комплексно-складний і багатогранний процес, що містить формування світоглядних та ціннісних установок у цій царині, створення в процесі навчання мотиваційного поля, направлено на усвідомлення важливості даного виду професійної діяльності, набуття ними теоретичних знань та розвиток необхідних вмінь і навичок. Виокремлено основні складові університетської підготовки: теоретичні засади та практичні навички, професійна етика та керівництво, адаптивність до змін, постійне навчання та професійний розвиток. Зазначено сутність психолого-педагогічної підготовки майбутніх фахівців фізичної культури та спорту із формуванням у них готовності до впровадження у майбутній діяльності «суб'єкт-суб'єктних» взаємин.

Порівняльний аналіз підготовки вчителів фізичної культури і спорту закордоном проведено на прикладі Китаю, яка відбувається відповідно до закономірностей їхнього професійного розвитку, поетапно та з суворим дотриманням систематичності. Важливим аспектом підготовки фахівця є ознайомлення його з теорією та методикою викладання, навчання різних видів спорту та технологій спортивного тренування, розвиток навичок саморозвитку і самоосвіченості. Отож, підготовка майбутніх фахівців у галузі фізичної культури та спорту в Україні і закордоном (на прикладі Китаю) включає їх методичну і психологічну готовність до майбутньої роботи та розуміння важливості даного виду професії для громадянського суспільства.

Ключові слова: майбутні вчителі фізичної культури і спорту, заклади вищої освіти, професійна підготовка, готовність до майбутньої професійної діяльності.

Problem statement. In modern society, the main role of physical culture and sports is to transform it into a real mechanism for the physical, moral, mental and spiritual development of the individual, which radically changes its quality. Strengthening the influence of the individual in all spheres of social progress puts extremely important tasks first, such as the fundamental transformation of the

system of physical education and sports, which is the main source of healthy human potential in society. To achieve these goals, physical culture and sports specialists with a high pedagogical and research culture who possess professional creativity in the broadest sense are needed. Only in this case, a specialist in physical culture and sports will be able to meet social expectations, when his personal, general and professional culture allows him to adapt his professional activity to specific social conditions and realities [Tverdokhlebova Y., p. 259].

The relevance of the study of the physical culture and sports specialists for professional activities training in the modern educational space of Ukraine and abroad is significant and urgent, as the awareness of the importance of a healthy lifestyle and regular physical activity for the preservation of human health is growing. Specialists in this field play a key role in the promotion of physical culture and sports among the population, as well as in the maintenance and development of sports infrastructure. They fully provide professional training and training of athletes at various levels, from elementary to Olympic. A comparative analysis of the training of these specialists in Ukraine and abroad is important, as it helps to ensure success in sports, increase the level of health of the population, and support national sports prestige.

Research analysis. Scientific works of O. Azhippo, V. Prykhodko, O. Tomenko, V. Stolyarova, and other researchers reveal the conceptual, theoretical and methodical principles of professional training of specialists in the field of physical culture and sports. In their research, D. Bermudez, N. Belikova, B. Dolynskiy, M. Nosko, E. Pavlyuk, and other scientists considered the practical aspects of training specialists in the field of physical culture and sports, such as the creation of a health-preserving environment, the use of innovative methods of motor activity, the formation of knowledge about health and the ability to preserve and restore it; V. Zhigir, O. Sokolenko, I. Sheremet considered various aspects of professional competence of physical culture and sports specialists; A. Krasilov, M. Lianoi, Y. Tverdokhlebova and others. pointed out the importance of using health restoration technologies of training in shaping the readiness of future physical culture and sports specialists for future activities.

The international experience of professional training of specialists is extremely important for Ukraine and enables the processes of internationalization of education, the development of international educational programs and accordingly, the effective integration of domestic education into the European and global educational space. Researchers O. Berest, L. Denisov, N. Dvogoplov, T. Derek, P. Indyk, O. Petrachkov, L. Sushchenko, V. Tumanova, O. Shinkaruk, J. Hermann and others indicate that traditional higher education in economically developed countries is provided by classical universities, specialized colleges, academies, institutes and professionally oriented higher schools.

The purpose of the article is to fulfil a comparative analysis of the physical culture and sports specialists' training for the future professional activities in Ukraine and abroad.

Presenting the main material. Physical culture and sports are not only an essential aspect of a healthy lifestyle but also a significant segment of society that contributes to the physical, emotional and social development of a person. With the development of national and global awareness of the benefits of an active lifestyle, there is a growing demand for qualified professionals who can influence this process, provide appropriate assistance and manage sports events and programs. Since physical culture and sports specialists play a crucial role in maintaining and promoting a healthy lifestyle, developing physical activity and achieving high sports results, their training for professional activity is of significant and decisive importance for ensuring the quality and effectiveness of physical activity and sports in today's society. This topic is becoming more and more relevant in conditions of growing interest in a healthy lifestyle and high sports achievements [E.O. Pavlyuk, 2017].

Performing a historical-pedagogical research of the national experience of physical education and sports specialists training for professional activity, it is appropriate to note the need to form personal requirements for the future specialist, which he will use in professional activity after completing his studies. First of all, a specialist in physical education and sports should have the skills to organize and conduct sports training, as well as accompany athletes in their competitions. Further requirements include the organization of health and recreational physical activity for various population groups, health promotion through physical activity, proper nutrition and other aspects of a healthy lifestyle. In addition, it is important to have an understanding of the history of the formation of physical culture and sports, to carry out a biomechanical analysis of movements, to use sports equipment, to understand the structure and functioning of the human body, as well as to provide first aid in case of emergency conditions [Dolynyn Y.O., 2020, p. 204; Melnychuk I., Rebukha L., Zavgorodnia T., Bloschynskiy I., 2018].

Therefore, it is advisable to consider the training of a future specialist as a complex process that includes the formation of worldviews and value attitudes, the creation of a motivational field, the acquisition of theoretical knowledge, the development of the necessary skills and abilities, as well as the consideration of personal traits and characteristics that will allow for effective professional development in the future activity without harming mental and physical health [Dolynyn Y.O., p. 205].

It is worth noting that the field of specialist professional activity in physical culture and sports is physical culture, sports, in particular children's and youth sports, professional sports, mass sports, motor recreation and rehabilitation, sports and health tourism, activities to improve the health of the population by means of physical culture and sports, etc. A competent specialist in this field must have high professional training, which includes deep knowledge of physical culture, sports, anatomy, physiology and other scientific disciplines that help to understand and effectively manage physical processes in a person. It is also important that he has a high level of practical skills, in particular, he should be able to conduct training, organize sports events, and work with athletes and other people of different age groups and fitness levels. Also, a specialist in physical culture and sports must

possess strong communication and leadership qualities and have a high level of ethics and responsibility. He must be able to communicate effectively with his students, motivate them to achieve their goals and be able to work in a team. A professional in this field must adhere to ethical standards in his activities, take care of the safety and health of his clients and keep to the principles of justice and equality. And, finally, as any specialist, he should be open to constant self-improvement and professional development, because sports and physical culture are constantly changing, so it is important to be ready to learn new methods, technologies and approaches in his activity [Berest O. O., Dovgopolova N. O., Indyk P. M., 2020].

Thus, the training of physical culture and sports specialists for professional activity is a complex and multifaceted process that includes various aspects.

In particular, summarizing the above, the following key elements of this preparation can be identified:

- theoretical basis and practical skills: applicants of this speciality must acquire in-depth knowledge of the basics of physical culture, sports, anatomy, physiology, psychology, teaching methods, etc. Also, a mandatory condition of their professional training should be their acquisition of practical experience in training, organizing sports events, working with different age groups and types of people;

- professional ethics and leadership: it is important to educate future specialists in responsibility, ethics, communication skills and leadership qualities, as they will work with different people and in different situations;

- adaptability to changes: sports and physical culture are constantly changing, so it is important that specialists are ready to implement new methods, technologies and approaches in their work;

- preparation for specific areas, as some applicants may choose to specialize in certain types of sports: medical rehabilitation, fitness, sports management, etc., therefore it is important that the professional training program provides opportunities for in-depth study of the chosen areas;

- lifelong learning and professional development: after basic education, it is important to continue improving skills and knowledge through seminars, professional development courses, membership in professional organizations and other forms of professional development.

The essence of the professional training of specialists in physical culture and sports involves a systematic study of the theoretical foundations of physical culture, medical aspects of sports activities, as well as methods of training and development of physical abilities. It includes practical work in training and classes with athletes, under the supervision of experienced mentors. In addition, specialists acquire skills in the organization of sports events, in the implementation of physical culture and health work among the population, and in the provision of medical assistance in case of need. Importantly, students also develop their ethics, develop communication skills and gain support and confidence as professionals during their

studies. It should be noted that the essence of professional training is determined by the following factors:

1. The teaching process involves the transfer of relevant knowledge and the formation of skills and abilities from the teacher.
2. The learning process, which includes the student's acquisition of knowledge, skills and abilities.
3. The result, which is the final product – readiness for professional activity [Dolynny Y.O., p. 205].

An important aspect in the psychological and pedagogical training of future physical culture specialists is their readiness to implement «subject-subject» relations in the interaction of «teacher-student», «coach-athlete», which largely depends on the personal qualities of the specialist. It is worth noting that the personal traits of a trainer-teacher differ from physical culture teachers due to the specifics and features of a specific sports activity. The choice of teaching methods is related to the development of students' cognitive abilities and their personal growth. It has been found that the most effective teaching methods are “combined with practical training, which has a systematic approach and includes laboratory and practical classes, educational practice of the trainer-teacher and technological practice in organizations and institutions”. Only with a rational combination of theoretical and practical training it is possible to form a highly qualified specialist in this field [Zabiako Y., p. 18].

It should be noted that the training of specialists in physical culture and sports in Ukraine requires a comprehensive approach that includes various teaching methods and emphasizes the development of practical, theoretical, and interpersonal skills. It helps students prepare for the challenges of their professional activities and succeed in this field. In our opinion, such a comprehensive approach should include the following components:

1. Practical classes and trainings: conducting systematic practical classes and trainings allows students to gain practical experience in conducting trainings and working with athletes and other clients. This helps develop their practical skills and abilities in real-world settings.
2. Study of theory and scientific principles: knowledge of theoretical foundations and scientific principles contributes to the understanding of basic concepts and methods in the field of physical culture and sports. This allows students to develop more effective and scientifically-based approaches to their professional activities.
3. Practical exercises and simulations of situations: the use of practical exercises and simulations of various situations helps students learn to make decisions in real-life situations and develop their analytical skills.
4. Work with practical cases and situations; the use of real cases and situations allows students to apply their knowledge in real-life conditions and develop their practical skills.

5. Teamwork and cooperation: working together in groups helps students develop communication skills and the ability to work in a team, which is important for professional activities in the field of physical culture and sports.

6. Support and mentoring from experienced professionals: mentoring coaching from experienced professionals can significantly contribute to the development of professional qualities in students. This helps them gain valuable practical experience and advice from people who already work in this sphere.

In general, the combination of these methods and the emphasis on the development of practical skills, theoretical knowledge, and interpersonal skills helps Ukrainian students to become professional specialists in the field of physical culture and sports.

We will conduct a comparative analysis of the training of physical culture and sports teachers abroad, on the example of China. "Physical culture and sports are an important part of the national culture of China, which has one of the oldest sports cultures in the world." [Petrachkov O.V., 2023, p. 119]. The training of this type of teachers in China takes place in accordance with the laws of the professional development and by stages. In the process of designing and organizing educational activities, systematicity is strictly observed. Thus, educational programs reflect the systematic and purposeful nature of the educational process and are future-oriented. In the process of evaluating the training of future teachers of physical culture and sports, the specific rules of the teaching profession and the characteristics of the actual time are combined. When conducting classes, they use a comprehensive approach focused on human, cultural, material, and management factors.

As for the training organization, first of all, the training conditions are important. The main focus in China is on the implementation of the training by the learners and the condition of the training grounds. Secondly, food and living conditions are important; thirdly, the involvement of qualified teaching staff, as well as the training system, As a result, teachers and coaches must have managerial skills to track the implemented training instructions and feedback from future teachers of physical culture and sports.

In the traditional mode, universities prepare teachers of physical culture and sports according to a single form, where the transfer of knowledge is one-way, mainly in the form of lectures. Nowadays, universities are making high demands on online and offline learning in the process of implementing digital technologies, strengthening the integration between the Internet and education. It helps to meet the real development needs of students by promoting intelligent, personalized learning programs such as modern learning and lifelong learning. In the process of preparation, the skilful choice of teaching methods and the role of information technologies to support and conduct various types of activities are emphasized. In the process of choosing teaching methods and implementing them into practice, the theory of the development of the future teacher, his training, and his interaction with others is systematically synthesized.

The individual development of Chinese students of physical culture and sports is not based only on quantitative indicators but requires a combination of qualitative and quantitative indicators that reflect the complex nature of their training. Evaluation of training requires the active implementation of a mixed method of such evaluation, which combines quantitative statistical data and qualitative descriptions. Such assessment can be divided into three phases, i.e. before, during and after higher education. At the same time, questionnaires, tests, interviews, observations and other assessment tools are used. As for the forms of evaluation, in the context of the intellectual era, artificial intelligence data is increasingly used, and files are actively created that reflect the continuity and effectiveness of the evaluation of future physical culture and sports teachers.

The purpose of training future teachers in the field of physical culture and sport is in ideological and moral and cultural education of a young person to acquire scientific and cultural qualities, social responsibility and the ability to think independently; the training of specialists who would have a modern scientific view of innovations in the field of sports, master the theory of sports and receive thorough knowledge of sports training, have a high level of specialized technical skills and independently carry out sports work at a high professional level [Denisova L.V., Shinkaruk O. A., 2020, p. 510]. In the process of professional training, the future specialist is taught a foreign language and oral communication and also develops the ability to use computers, network technologies, software, etc. in future professional work. The specialist is introduced to the theory and methodology of teaching and learning various types of sports, and the technology of sports training. In the activities of physical education and sports specialists, the key indicators are stable professional orientation, awareness of the importance of the profession, possession of the necessary professional qualities, a positive attitude towards themselves as professionals and the absence of personal deformations [Danylevich M., 2018, p. 129]. During practice, future teachers are able to independently conduct training, and successfully manage the organization of sports competitions and mass sports events. At the same time, future teachers of physical culture and sports are taught to prevent sports injuries and develop self-development and self-education skills.

Conclusions and prospects for further investigations. Therefore, in the context of modern realities and requirements, the higher school in Ukraine and abroad fulfills the social task of training future specialists in the field of physical culture and sports who would successfully function in the professional sphere. At the same time, students must have methodological and psychological readiness for future work and understand the importance of their profession for civil society. The dynamic development of domestic professional training for students of physical culture and sports education allows us to identify the specific patterns that have developed in Ukraine and their relationship with global trends, which cover the process of training highly qualified specialists.

Further scientific research is connected with the identification of pedagogical conditions for the process formation of quality training for future teachers of physical education and sports in Ukraine.

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