



# The educational structure of students' sports training in the framework of physical education classes at a higher educational institution

UDC 796

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Received by the editorial office on 02.04.2025

## Abstract

**Objective of the study** to substantiate and formulate the term “cultural code in sports”, define its functions, and also identify the relationship between its types and categories.

**Methods and structure of the study.** In the course of the research, the following methods were applied: general (collection and analysis of scientific research and the available source base on the problem under consideration), general logical (generalization, comparison, analogy, comparison, systematization, etc.).

**Results and conclusions.** The authors indicate that the cultural code in sports is a multifunctional system. The following functions have been identified and defined: accumulative, diplomatic, identification, image, integrative, communicative, cognitive, aesthetic, which are responsible for preserving the ideals and values of sports, creating a favorable friendly atmosphere in the sports arena, and are aimed at uniting people for the implementation of cultural interaction.

Based on the system analysis of the totality of components of the cultural code, a structure of the relationship between the types and categories of the cultural code in sports has been developed.

**Keywords:** *cultural code in sports, classification of cultural code, functions, meaning, types, categories, relationships.*

**Introduction.** The modern process of physical education of students in non-physical education universities is aimed at the physical training of young people and the formation of general physical education competencies, which in general does not motivate the student contingent to systematically engage in physical education and sports. In general, an “average” process of physical education is organized, aimed at minimally maintaining physical activity, without taking into account the individual abilities of those involved. In addition, there is a decrease in the number of teaching and practical hours for physical education of students in the country's universities, where up to 70% or more of classes are held only in the 1st and 2nd years, and in the third year – at best, electives. We also note that up to 20% of the teaching hours for physical education are transferred to a lecture course, which does not provide students with the necessary physical activity. The best theory of physical education is prac-

tice. The need to introduce a sports-specific approach into physical education of students will help increase students' motivation, realize their individual motor potential, and form a sustainable sports culture, which will allow young people to cultivate their chosen sport in their future professional and social life.

At the same time, the Minister of Sports of Russia M.V. Degtyarev identified one of the main tasks for improving the physical education and sports movement in the country through the development of a sports-oriented approach in physical education of student youth in Russian universities.

Objective of the study is to theoretically substantiate and develop a pedagogical model of students' sports training in physical education at a university and recommend it for practice.

**Methods and structure of the study.** The studies were conducted during 2024 at the Russian State Agrarian University – Moscow Agricultural Academy



named after K.A. Timiryazev. The following methods of collecting information were used in the study: analysis of scientific and methodological literature on the subject, questionnaires, conversations, pedagogical observations, expert opinions, systematization, modeling, abstraction, etc. All this generally contributed to the collection and systematization of the necessary scientific and methodological material, and further development of an experimental model for designing sports training in physical education of students at a university.

**Results and conclusions.** The conducted scientific and theoretical analysis, systematization of the studied material and abstraction contributed to the development of an experimental model of sports training of students in physical education at a university.

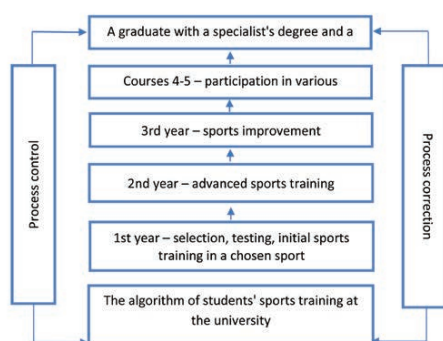


Fig. 1. Theoretical model of sports training of students in physical education at the university

As shown in Figure 1, the experimental model includes four consecutive functional blocks of sports training of students in physical education at the university: initial specialization, advanced, improvement block and participation in student sports competitions.

**Conclusion.** The developed theoretical model of sports training of students at the university is optimal and compact, does not contradict the general methodological principles of the sports training system and can be recommended for testing in universities of the country.

## References

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