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**MODERN METHODOLOGICAL APPROACHES TO STUDY THE
PROBLEM OF PROFESSIONALLY APPLIED PHYSICAL TRAINING
OF FUTURE DOCTORS**

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Modern Methodological Approaches to Study the Problem of Professionally Applied Physical Training of Future Doctors

In the article the necessity of introduction professionally of the applied physical preparation and influence of facilities of physical culture is grounded on professionally necessary qualities of students of higher medical educational establishments.

Meaningful character traits and physical qualities of workers of medical establishments are certain professionally; determination of the state of problem professionally the applied physical preparation of students of higher medical establishments in a theory and practice of domestic and foreign higher medical education; practice professionally of the applied physical preparation as basis of forming of readiness of future doctors is investigational to labour activity; obgruntuvano modern methodological approaches of study of problem professionally the applied physical preparation of future doctors.

Key words: professionally the applied physical preparation, factors, educational process, professional activity.

The high level of modern technique and technologies, permanent increase of intensity of human activity needs the proper personal preparedness. Many research workers and specialists (T. Yu. Krucevich, 2008; O. O. Yaremenko, O. D. Dubogay, 2005; O. V. Church, 2007) were affect a question about the necessity of application of measures for growth of not only professional knowledge's but also complex of psychophysical readiness for future employment.

Yu. M. Shkrebtiiy, 2000; V. S. Ashanin, 2007 argue that psychophysical professional readiness of future specialists is characterized the integrative state of personality, which combines the optimum system of necessities, reasons and capabilities, knowledge's, abilities, skills, basis that makes professional qualities of

specialist and his attitudes toward professional activity. The amount of information assimilation which is annually increased requires from the students of a great psychophysical stress. Such transformation of character of activity is represented on the features of adaptation processes and suitably a state of health of future specialist. The results of researches testify to disparity of psychophysical qualities of graduating students of the modern requirements of professional activity. Such situation is conditioned absence of the scientifically grounded technologies in the field of physical education of students and a development which takes place in most cases do not take into account of the specific features of future professional activity in a complex.

In relation to the problem of the complex forming of professional psychophysical competence of students in the process of physical education which is not practically represented in the special literature. Therefore a study of this problem, which provides the necessary level of adaptation, strengthening of health and development of professional psychophysical competence of students which is timely and actual [4, p. 12].

Prevention of the negative impact of labor and mechanization of human life on organism involved experts in various fields, in a that number also the specialists of physical culture. During preparation of young people to the modern types of labor it is important to use the experience of the directed application of facilities in physical culture and sport which were already tested for the increase of functional capabilities that are needed in professional activity.

In 1963 at the first time was included vocational and applied physical training (PPFP) to the programs of physical education of students of the universities .PPFP was made only in order to the programs of physical education in higher educational establishments and faculties, where PPFP was organic part of future profession of student. For example, PPFP of students of soldiery establishments always was organically related to certain soldiery specialties (pilots, cosmonauts, border guards, paratroopers and many other). But PPFP takes a place at preparation of specialists

after some civil specialties. There was attention to psychology of forming of professional interest [5, p. 15].

The necessity of psychophysical training for the future professional activity is related to influence of modern mechanization of a labor and the way of life on the vital functions of human and also with changing of functional role of human in a modern production process etc.

A number of researchers [1, p. 4 – 13; 3, p. 12 – 15] marks that among the workers of different industries there is a low level of „dynamic health level”, the high morbidity, early professional weariness, insufficient professional reliability which is reason of production traumatism, which can also bring a large social diseases .

Authors of many researches such as Raevskiy R. G., Filinkov V. I., Kanishevskiy S. M., Khalaydzhi S.V., Makarov R.N which was carried out in the last years and determine that providing of physical capability and reliability of specialists which work in the different spheres of national economy, most arrived in the process of the special professionally directed usage of physical culture facilities that are got the name of the professionally applied physical training [2, p. 32].

However, the analysis of practice certifies that such preparation of future specialists is not enough carried out on the stage of diploma education and in the period of next production activity. Principal reason of it is absence of the scientifically grounded approach of the systems to PFP and method of it practical realization which are taking into account directions of preparation specialists.

Such situation predetermines actuality of scientific ground and introduction of the directed professionally applied preparation of students in higher educational establishments, that when foundation of professional capability is mortgaged [6, c. 17].

The primary purpose of this article is determination of the personal and socially economic necessity of the special psychophysical preparation of specialists to labor in modern terms and medical workers in particular.

The analysis of scientific researchers from the professionally applied physical training of students, experience of pedagogical work in medical universities and also

pedagogical looking after an educational process, allow to establish that modern professionally physical training of specialists in educational establishments of III-IV levels of accreditation dissatisfies the proper measure modern requirements to physical training, related to their future professional activity of medical worker. Principal reason of it is absence of the scientifically grounded system presentation of PPF and methods of its practical realization after professional direction.

Forming of purpose of the article, rising of tasks, stipulated an address to the historical certificate about the directed use of physical exercises for preparation of human to labor and a doctor, in particular.

It was set by researches, that in the process of PPF is well formed complex of psychophysical capabilities and abilities which are need a specialist in his professional activity.

In the theory of physical education PPF is subdivided into general and special. Special PPF is used only where it is possible. But nowadays the development of special PPF remains uncompleted through problems, related to complication of differentiation PPF for the mount of professions [10, p. 275 – 278].

The analysis of the mentioned on-line tutorials and also methodical recommendations are enables to consider that on the departments of physical education the new factors of intensification of studies were applied (strengthening of motivation, expansion of informative maintenance of employments, activation of process of studies, to the improvement of process of studies, development of the applied skills etc.). Consequently, the personal interests of students were functionally combined with professional interests and also with the general necessities of society.

The purpose of our research is determination of factors which influence on the necessity of the professionally applied physical training of future specialists to concrete professional activity.

For the students of medical educational establishments meaningfulness of PPF in the context of harmonious development of physical qualities considerably grows in connection with the features of educational activity and specific of future profession of a doctor.

In the context of realization of maintenance of PPF as a component program from physical education, we came to the conclusion that on the first course of PPF students of medical universities must carry adaptive and developing character.

On the second course PPF is directed on development of psychophysical qualities and abilities which are enable to promote the general and mental capacity of students-physicians.

On the third course of students orient on development of psychophysical qualities, abilities for support of high mental capacity in the context of sectional engaged in the select kind of sport or during realization of independent physical exercises.

On the fourth course of PPF of students of medical universities distribute in accordance with qualifying descriptions and professiongrams of certain specialties. Basic attention is focuses on those psychophysical qualities that are specific to a particular specialization.

On a fifth course and in internship PPF of students goes into a detail in accordance with a working place. Attention is concentrated on the development for the students' abilities and skills of organization of PPF on the future working place in the context of production practice [7].

But to fully understand the importance of the concept of PPF for a medical worker, to our opinion, its follows to define his components which are playing a substantial role in professional activity.

The physical (biological) component of physical culture foresees an ability of human to develop the physical health component; awareness of personal corporeality, as properties of personality, the ability of listening to the body's functioning, its systems and organs and at the first signs of deviations from a norm with the help of all of possible methods to remove them. For successful implementation of professional duties it is needed to have a sufficient level of development of all physical qualities for the future doctor, such as: force, endurance, flexibility, speed, adroitness and quickness. As labors of Vlasova, O. of Zaplatina, In. Mandrikova and to our opinion too, the major among physical qualities in

professional activity of future doctor is physical endurance which foresees low fatigue ability and high capacity [1]. In a great importance is also coordination and muscular sensibility of future specialist .It is related to the specific of professional activity of doctor:

- irregular working hours (night and unscheduled duties of doctors and nurses);
- significant physical activity (difficult work of Ambulance workers, doctors MOE, domestic and district doctors, medical workers is in rural locality, exhausting operations for long hours which conduct surgeons and their assistants, grants of the first medical aid, transporting sick or victims;

- precision movements and muscle coordination (vitaly important work of vertebrologists, anaesthetists, cardio- and neuro-surgeons, obstetricians, traumatologists and orthopedists).

The psychophysical component of physical culture to a great extent depends on the functional state of cerebrum, it is characterized a level and quality of thought, development of attention and memory, measure of emotional firmness, development of volitional qualities. As known, in medicine a human factor has a decision value, that is why physiological features of future doctor, psychophysiological self-examination, optimization of the functional states, which are show up in professional activity, influence on efficiency and quality of his work, and it in same time on a health and life of patients. Except of it, a psychophysiological component is instrumental in the decision of tasks of professional specialization and fitness in this or other sphere of medical activity, determination and forming of important for implementation certain professional activity of individually psychological qualities of medical worker [9].

Importance of psychophysiological component of physical training due to excessive medical psychophysiological and emotional stress associated with the peculiarities of working with patients:

- work in psychiatric hospitals with patients that is socially dangerous, aggressive, prone to suicide and impulsive actions;

- work in orphanages, with incompetent and intellectually underdeveloped children;
- work is with heavy patients with chronic illnesses (oncologic, psychiatric, tubercular and others like that);
- work with the drug abuse patients and AIDS patients;
- work in nursing homes, schools imprisonment, military physicians work in situations of armed conflict and other;
- by a permanent concern for their physical safety [9].

Consequently, actuality of PPF of students, after direction of preparation 7.110101 – “Medical case”, “Dentistry”, 7.110104 is “Paediatrics”, stipulated place and role of these specialties, by the high rates of development of industry in which works or it is required to work specialist, by the large stake of the personal factor in providing of efficiency of production and increase of the labor productivity, and also by high expectations to physical and mental preparedness of workers [5].

To our opinion, it will be contribute to improved production activities, increase of general capacity and improvement of the state of health, especially prevention of professional diseases. Therefore the course of PPF of students-physicians foresees forming of the proper knowledges, abilities and skills, necessary in practical activity specialists [4]. For the medical universities the basic task of the profiled physical education is consists in that students already on the stage of entry to higher establishments more realized near the process of physical education, found out more independence and activity in the studying process .

We see the prospects of subsequent researches in:

- determination of the state of problem of the professionally applied physical training of students of higher medical establishments in a theory and practice of domestic and foreign higher medical education;
- research of practice of the professionally applied physical training as bases of forming of readiness of future doctors to labor activity;
- justification modern methodological approaches to study the problem of vocational and applied physical training of future doctors.

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Петришин О. В.

Сучасні методологічні підходи вивчення проблеми професійно-прикладної фізичної підготовки майбутніх лікарів

У статті обґрунтовано необхідність упровадження професійно-прикладної фізичної підготовки та вплив засобів фізичної культури на професійно необхідні якості студентів вищих медичних навчальних закладів.

Визначені професійно значущі риси характеру і фізичні якості працівників медичних закладів. визначенні стану проблеми професійно-прикладної фізичної підготовки студентів вищих медичних закладів у теорії і практиці вітчизняної та зарубіжної вищої медичної освіти; досліджено практику професійно-прикладної фізичної підготовки як основу формування готовності майбутніх лікарів до трудової діяльності; обґрунтовано сучасні методологічні підходи вивчення проблеми професійно-прикладної фізичної підготовки майбутніх лікарів.

Ключові слова: професійно-прикладна фізична підготовка, чинники, навчальний процес, професійна діяльність.

Петришин О. В.

Современные методологические подходы изучения проблемы профессионально прикладной физической подготовки будущих врачей

В статье обосновано необходимость внедрения профессионально прикладной физической подготовки и влияние средств физической культуры на профессионально необходимые качества студентов высших медицинских учебных заведений.

Определены профессионально значимые черты характера и физические качества работников медицинских заведений; определены состояния проблемы профессионально прикладной физической подготовки студентов высших медицинских заведений в теории и практике отечественного и зарубежного высшего медицинского образования; исследована практика профессионально прикладной физической подготовки как основа формирования готовности будущих врачей к трудовой деятельности; обґрунтовано современные методологические подходы изучения проблемы профессионально прикладной физической подготовки будущих врачей.

Ключевые слова: профессионально прикладная физическая подготовка, факторы, учебный процесс, профессиональная деятельность.

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