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USING FOLK GAME-BASED AND BODY TRAINING TECHNOLOGIES IN MODERN EDUCATION IN EUROPEAN COUNTRIES

USANDO TECNOLOGIAS FOLK BASEADAS EM JOGOS E TREINAMENTO CORPORAL NA EDUCAÇÃO MODERNA EM PAÍSES EUROPEUS

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ABSTRACT

Modern education involves dynamic physical and spiritual improvement of children and youth. The tendencies of its development should be aimed at overcoming the mutual physical, emotional and spiritual alienation of education seekers, ensuring the implementation of the creative component in the educational process. At the same time, the increased attention in physical education in European institutions nowadays is paid to the historical, cultural and humanitarian direction, while an increase in the importance of folk game-based body training tools and methods is observed. The purpose of the academic paper is to clarify the features and key tendencies in using folk game-based body training technologies in the educational process of European countries. During the research, the analytical and bibliographic method was used to study the scientific literature on using body training technologies in modern education. Along with this, induction, deduction, analysis, synthesis of information, system-structural, comparative, logical-linguistic methods, abstraction, and idealization were applied to study and process the data. Moreover, the research authors conducted the questionnaire in online mode to practically clarify the most significant issues related to the organization of the educational process in European countries. Based on the research results, the primary and most important theoretical aspects of the issue of applying folk game-based body training technologies in educational institutions of European countries were established, and the standpoints of scientists and heads of educational institutions regarding the key aspects of this issue were also investigated.

Keywords: Teaching technologies, Methods of physical training, Physical education, Body training, Physical development, Formation of physical skills and abilities.

RESUMO

A educação moderna envolve o aperfeiçoamento físico e espiritual dinâmico de crianças e jovens. As tendências do seu desenvolvimento devem visar a superação da mútua alienação física, emocional e espiritual dos educandos, assegurando a concretização da componente criativa no processo educativo. Ao mesmo tempo, a atenção crescente na educação física nas instituições europeias hoje em dia é dada à direção histórica, cultural e humanitária, enquanto se observa um aumento na importância de ferramentas e métodos de treinamento corporal baseados em jogos populares. O objetivo do artigo acadêmico é esclarecer as características e as principais tendências no uso de tecnologias de treinamento corporal baseadas em jogos populares no processo educacional dos países europeus. Durante a pesquisa, o método analítico e bibliográfico foi utilizado para estudar a produção científica sobre o uso de tecnologias de treinamento corporal na educação moderna. Junto a isso, indução, dedução, análise, síntese da informação, sistema-estrutural, comparativo, lógico-linguístico, abstração e idealização foram aplicados para estudar e processar os dados. Além disso, os autores da pesquisa realizaram o questionário no modo online para esclarecer de forma prática as questões mais significativas relacionadas à organização do processo educacional nos países europeus. Com base nos resultados da pesquisa, foram estabelecidos os principais e mais importantes aspectos teóricos da questão da aplicação de tecnologias de treinamento corporal baseadas em jogos populares em instituições educacionais de países europeus, e os pontos de vista de cientistas e diretores de instituições educacionais sobre os principais aspectos deste questão também foi investigada.

Palavras-chave: Tecnologias de ensino, Métodos de treinamento físico, Educação física, Treinamento corporal, Desenvolvimento físico, Formação de competências e habilidades físicas.

Introdução

Considering that European society faces the task of searching for effective ways and means of forming a physically and morally healthy nation capable of adequately meeting the challenges of nowadays, the study of the national experience of the physical development of education seekers is particularly relevant. This is precisely why the investigation of the education systems of the European Union's states aims to study their national diversity while defining new European standards, the necessary skills that pupils and students should acquire throughout their lives.

The theoretical part of the present research substantiates the concepts, components of the game as a method of physical education and reveals the features of using folk game-based body training technologies in the process of physical education in European countries' educational institutions. The practical part of the research includes an assessment of priority directions for developing physical education technologies in European educational institutions. It determines forms of youth sports education used to achieve the declared goal of students' physical development in European countries. This part also comprises methods of work in the physical education sphere, requiring priority revision in order to more effectively support physical fitness and strengthen the health of students, the most important goals of using folk game-based body training technologies in modern education in European countries. It also highlights the types of folk game-based body training activities for which European educational institutions require support on the part of the public and state institutions.

Based on the research results, conclusions were made regarding the issues raised. Thus, during the survey, its participants identified physical culture and athletics, scouting (military) and corrective gymnastics as the primary directions of body training technologies in European educational institutions. At the same time, according to the respondents' standpoint, the most popular forms and methods of youth sports education used to achieve the declared goal of the physical

development of the education seekers are: training, competitions, demonstration performances and national holidays. At the same time, lectures, educational talks, stories, methods of monitoring the use of such tools, and the process of creating conditions for developing sports and material support for the physical education sphere should be further reviewed in order to maintain the students' physical form and strengthen their health. The survey has shown that the most significant goals of using popular folk game-based body training technologies in modern education in European countries are the development of physical culture as a type of mass physical and sports activity and the promotion of physical culture and sports. By the way, an important result of the research is the establishment of the types of game-based body training activities that currently require methodical and organizational support on the part of the public and state institutions for their activation, namely: musical, artistic game events, historical and sports competitions and game theatricalization.

Methodology

A practical study of modern tendencies in using game-based body training technologies in the educational process was conducted by surveying 241 scientists and 311 teachers working in 32 secondary and higher educational institutions in Cherkasy, Odesa, Poltava, Ivano-Frankivsk and Chernihiv regions of Ukraine. The research was conducted using the Plerdy service.

Research conceptual background

Modern European education is based on a set of values that are relevant for every time and determine the formation of a harmonious, multifaceted personality that knows how to live and act based on respect for these most important virtues. The leading European values that receive special attention nowadays include

democracy, tolerance, human rights, humanism, respect for the historical heritage of peoples, etc. (Jääskä & Aaltonen, 2022).

Studying the European experience of organizing the educational process is extremely important. After all, the lack of a clear national strategy in the educational system, taking into account the current trends of internationalization, leads to low quality of educational services, weak development of international educational programs and, accordingly, low effective integration of educational institutions in the pan-European and global educational space. Considering the large number of cultures, traditions and features in the modern multinational society, an important priority in functioning the educational system is the preservation and promotion of the development of the national cultures of the European Union's member states (Brown et al., (2019), (Riopel et al., 2019).

A game is an activity, it is an expression of a personality's particular attitude to the surrounding reality, an activity thanks to which a person changes reality and transforms the world. The essence of children's game as a body training technology lies in the ability to reflect and change reality. After all, the child's skills and communication characteristics are formed for the first time in the game, and his need to influence the environment is generated. At the same time, the game contributes to the formation of the physical and spiritual abilities of a growing child, his cognitive activity and imagination, will and leadership qualities. The child learns to understand another kid in the process of the game, as well as to enter into his position, which is extremely important for life in society. Therefore, the game is an effective means of moral education (Lu & Lien, 2019), (Liu, Shaikh & Gazizova, 2020).

Taking into account that the primary means of children's physical development are physical exercises and movements, game training courses contribute to developing children's skills of everyday practical activities, optimize the educational process (Barbosa & Rodrigues, 2020). The use of folk collective action-oriented games activates, in addition to physical development, the players' civic consciousness and educational activities, developing historical consciousness,

as well as such personal qualities as determination, courage and perseverance in achieving a goal (Boghian et al., 2019), (Law, 2019). Each participant of a collective action-oriented game is clearly convinced of the benefits of common, friendly efforts to overcome obstacles and achieve a common goal. The improvised concept of rule restrictions in the collective folk action-oriented game is useful from the perspective of providing education seekers with the opportunity to acquire the skills of historical thinking and awareness of the historical heritage and value of the past of their homeland (Freitas, 2018).

The purpose of the research is to determine the standpoint of scientists and teachers regarding the features of using folk game-based body training technologies in educational institutions in European countries.

Results

In the course of the research, the survey participants identified the primary directions of body training technologies in European educational institutions, taking into account the modern conditions of the emergence and rapid development of the newest forms of physical education in the world (Figure 1):

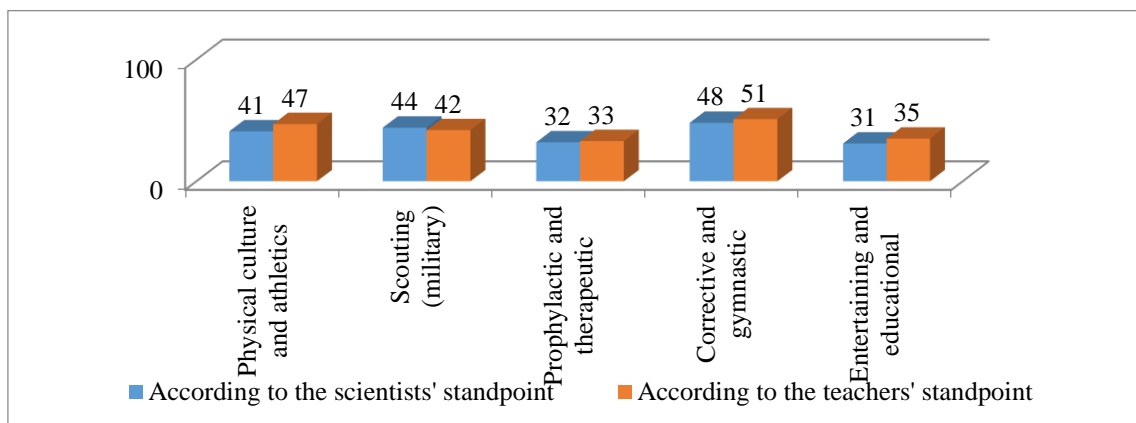


Figure 1. Priority directions for developing body training technologies in European educational institutions, %

Source: compiled by the authors.

As the survey showed, primarily, body training technologies in European educational institutions have a physical culture-athletic, scouting (military) and correctional-gymnastics direction. During the survey, the respondents identified the following forms and methods of sports education of youth, which are used to achieve the declared goal of physical development of education seekers (Figure 2):

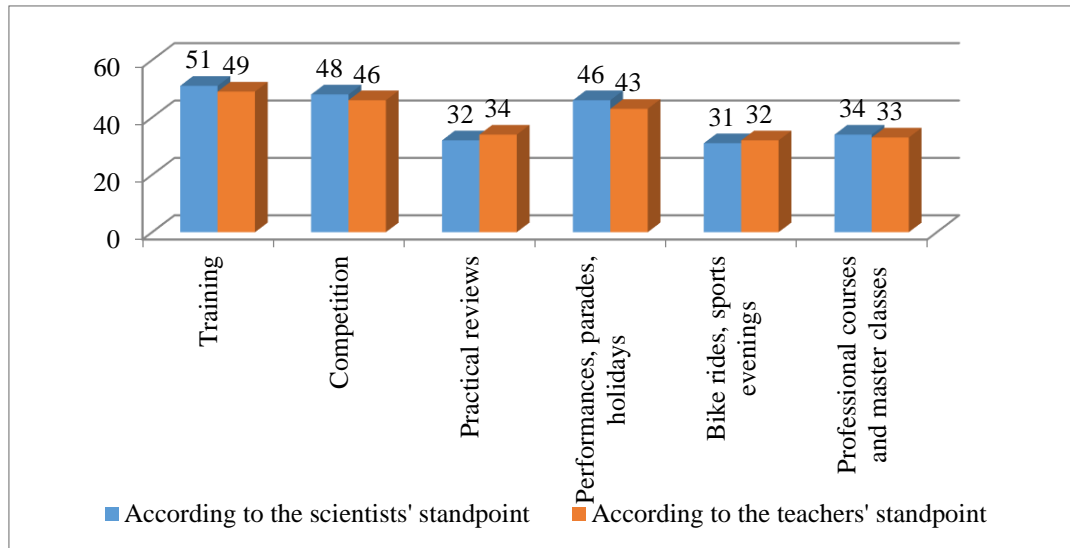


Figure 2. Forms and methods of youth sports education used to achieve the declared goal of education seekers' physical development in European countries, %

Source: compiled by the authors.

According to the standpoints of scientists studying modern trends in the physical development of children and youth, as well as teachers, the most popular forms of physical education are primarily training, competitions, demonstration performances and holidays.

At the same time, the following methods of work in the physical education sphere require priority improvements in order to maintain the education seekers' physical form and strengthen their health (Figure 3):

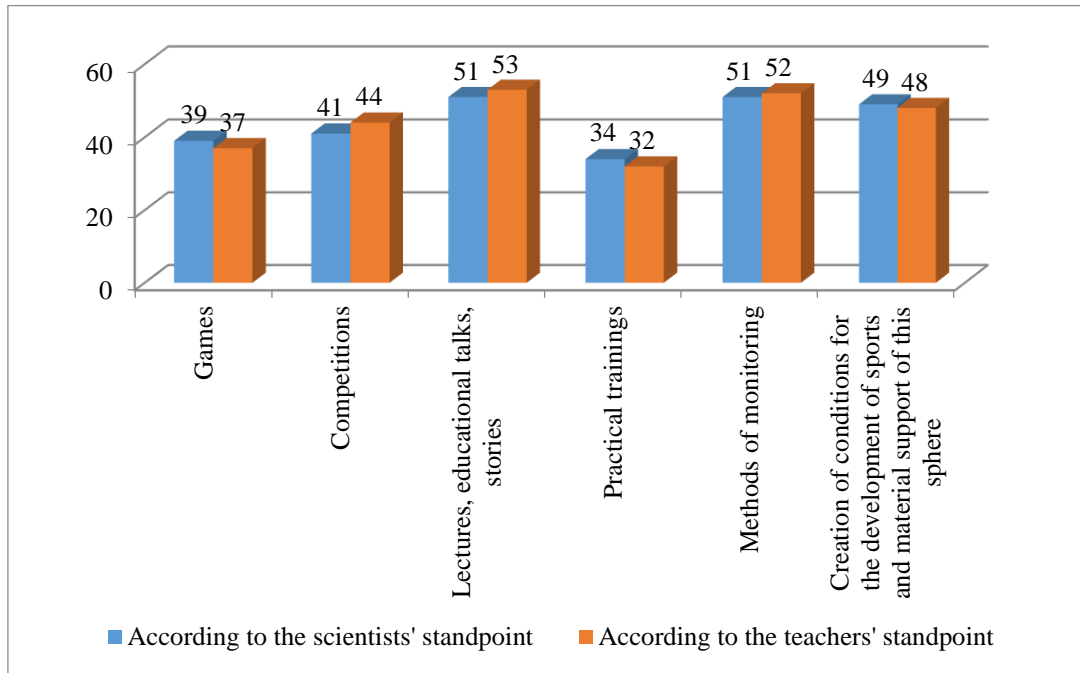


Figure 3. Methods of work in the physical education sphere requiring priority improvements in order to maintain the education seekers' physical form and strengthen their health, %

Source: compiled by the authors.

- - lectures, educational talks, stories;
- - methods of monitoring;
- - creation of conditions for the development of sports and material support of this sphere.

An important result of the survey is the clarification of the respondents' point of view regarding the purpose of using folk game-based body training technologies in modern education in European countries (Figure 4).

As can be seen from Figure 4, the survey participants identified the following target directions of body training activities with the help of folk game-based body training tools, such as the development of gymnastics as a type of mass physical and sports activity and the promotion of physical culture and sports.

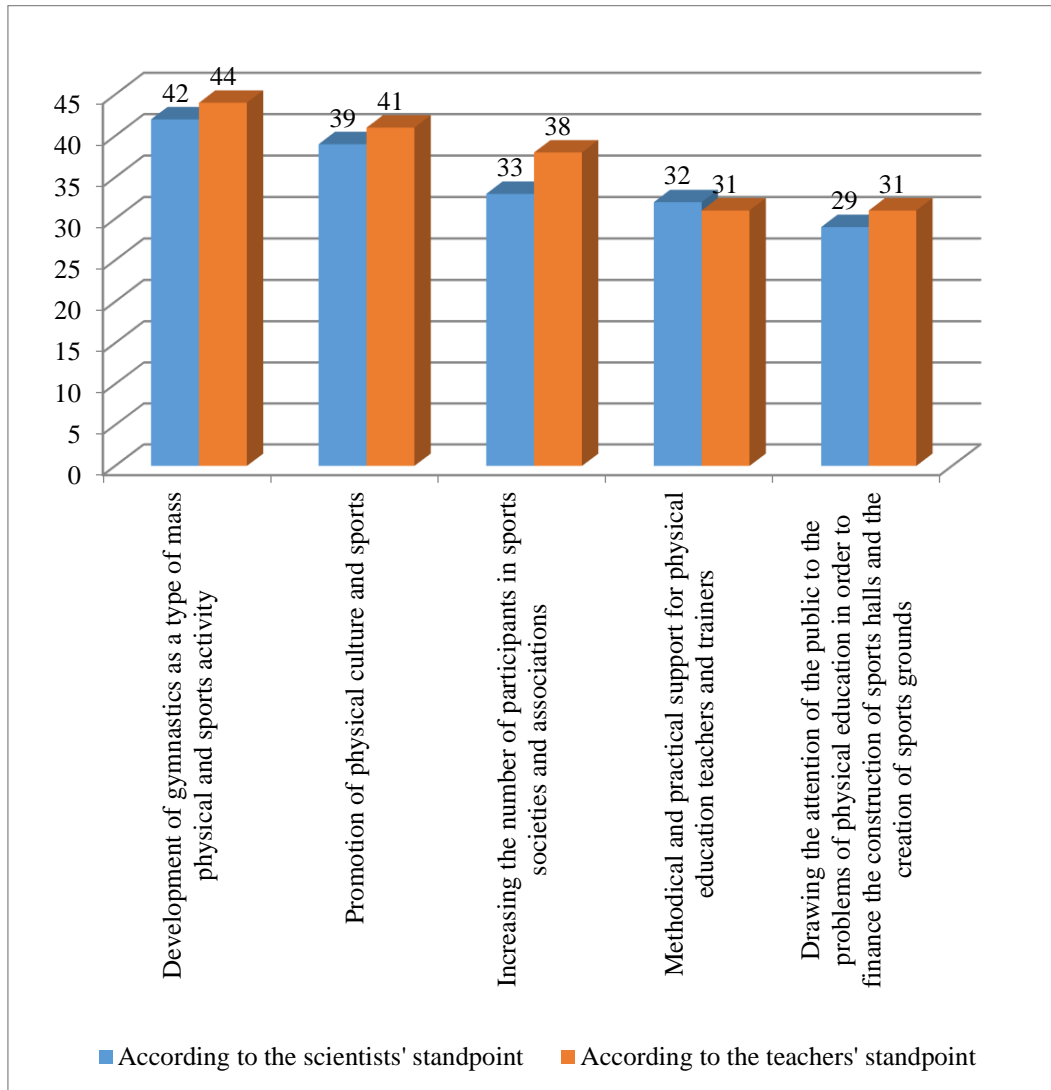


Figure 4. The purpose of using folk game-based body training technologies in modern education in European countries, %

Source: compiled by the authors.

At the same time, the respondents note that currently, educational institutions require methodical and organizational support on the part of the public and state institutions regarding their activation in conducting the following types of body training game-based activities (Figure 5).

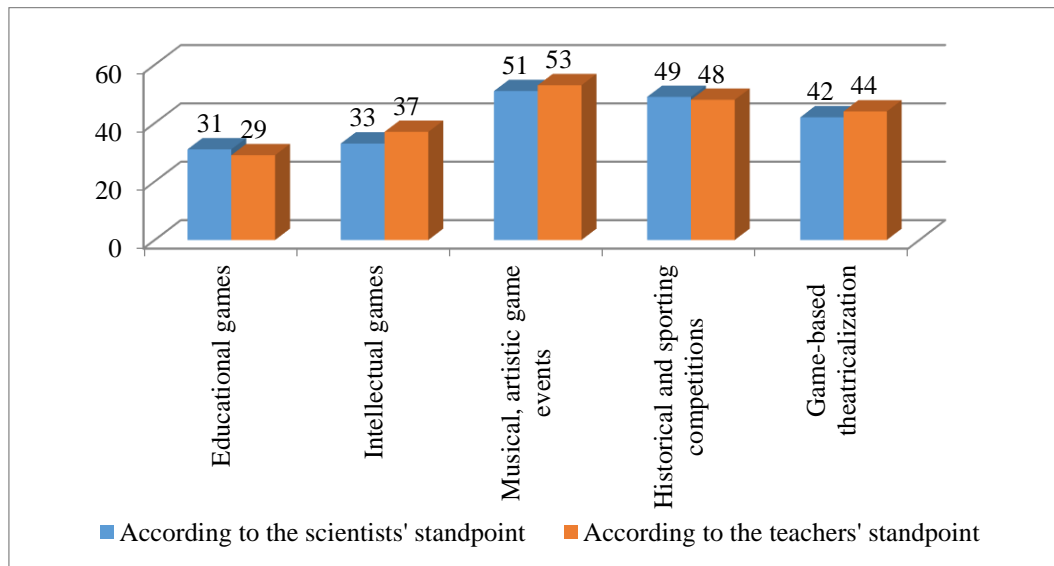


Figure 5. Types of folk game-based body training activities for which European educational institutions require support on the part of the public and state institutions, %

Source: compiled by the authors.

The survey has showed that the types of popular folk game-based events currently requiring support on the part of public and state institutions in Europe are musical, artistic game events, historical and sports competitions, and game theatricalization.

Discussion

Modern education is characterized by the search for new pedagogical opportunities, mainly associated with the rejection of traditional education and upbringing, with ideas about the integrity of the pedagogical process as a system based on the theory of universal values, humanization, and a person-oriented approach (Rumeser & Emsley, 2019), (Schoper et al., 2018).

At the same time, pedagogy (both theoretical and practical) nowadays is characterized by rethinking and changing many views and approaches, rejecting some established traditions and stereotypes. Currently, this requires a high level of professionalism from a practicing teacher, possession of modern teaching and

education technologies, the desire and ability to constantly learn and self-improve, a creative approach on the one hand, and a certain amount of pragmatism and rationalism on the other (Sousa & Rocha, 2019).

The application of the game in the process of physical education is of great importance in the process of personality formation. Freedom and the possibility of choosing favorite activities in game activities contribute to developing schoolchildren' and students' initiative and the ability to think independently, model historical periods of the life of their own country and independently draw conclusions, forming civic consciousness (Fatmawati, Ramli & Prayitno, 2023).

Game-based activities have great opportunities on involving children in personality development. A wide variety of game techniques and methods makes it possible to do this in the most comprehensive way, taking into account the possibility to fulfill the task of humanitarian and historical and cultural education of the education seeker with the help of game activities, using folk rites and game customs in the educational process, including in physical education classes (Jääskä, Aaltonen & Kujala, 2021), (Bray et al., 2023).

Ethnographic studies show that each nationality historically had its own forms and types of physical exercises. The representatives of modern Germany have games that involve throwing boomerangs and sticks, ball games, wrestling, dancing. Walking, running, swimming, boat races, games with throwing and tossing, games with a ball, etc., are more popular in England. The entire life path of the Slavic ancestors was also permeated by the system of national physical culture, which encompassed the maximum approach of a person to nature. The closeness of life to nature gave a person a harmonious, joyful view of the world. At the same time, a person improved his natural abilities in moving games, dances, and competitions (Subhash & Cudney, 2018), (Zhang et al., 2022).

Regarding Western European sports systems, it should be noted that they are quite diverse and contradictory, and have both their supporters and opponents. Considering the traditions of the most common Swedish system, many modern researchers claim that it quite fully meets the students' needs in their physical

development using folk methods and means of physical education (Arievitch, 2020), (Chen et al., 2021).

Along with this, it is worth noting that currently, the game has gained an important place as a means of developing the education seekers' external sensations: vision, hearing, touch; the speed of mental processes: understanding, ingenuity, will, imagination; personal character traits: initiative and independence, equalization of sexual and age barriers when participating in collective forms of educational interaction, etc. (Chuang, Hwang & Tsai, 2018).

Conclusion

Therefore, the analysis of the scientific literature on the research topic and the questionnaire results showed that physical training and physical education in the territory of European countries for a long time were used in the process of general educational activities for the formation of motor skills and abilities of children and youth.

At the same time, both in the past and nowadays, physical and labor education was singled out as one of the primary factors influencing the formation of a strong, disciplined, conscious and hardworking personality while conducting the historical, cultural and spiritual education of the younger generation with the help of elements of folk game-based body training technologies.

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