PERSONALITY CENTERED APPROACH IN THE EDUCATIONAL ENVIRONMENT OF PHYSICAL TRAINING

The authors argue that professional psycho-physical training of MGSU students is to be based on a personality oriented approach due to varied levels of health, physical fitness and medical groups of students. A personality centered approach in physical training contemplates individual health improvement programmes, innovative technologies, consideration of comprehensive health monitoring data and implementation of individual training sessions developed for MGSU students with a view to their higher motivation in terms of their motion activity.

Each MGSU student is to take physical training tests. They serve as the basis for individualized recommendations that encompass individual health improvement programmes and physical condition improvement plans. Coaches are to provide their advice at each stage of the process of testing and improvement of the physical health of students.

The authors argue that the personality oriented approach generates a double benefit: besides its health-related bonuses, students get more involved in practicing physical training exercises and sports.

Key words: personality centered approach, physical education, physical training, professional psycho-physical training, special medical group.

References


About the authors: Krylova Liliya Mikhailovna — Candidate of Pedagogical Sciences, Associate Professor, Professor, Department of Physical Training and Sports, Moscow State University of Civil Engineering (MGSU), 26 Yaroslavskoe shosse, Moscow, 129337, Russian Federation; pr-azdnik@yandex.ru.

Nikishkin Vasilii Aleksandrovich — Professor, Chair, Department of Physical Training and Sports, Moscow State University of Civil Engineering (MGSU), 26 Yaroslavskoe shosse, Moscow, 129337, Russian Federation; pr-azdnik@yandex.ru.