

Olympic education as one of the priority areas of physical education and sports specialists

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Abstract

The *aim* of the study was the theoretical development and experimental justification of pedagogical conditions for the formation of Olympic education of university students who train to become specialists in the field of physical culture and sports.

Material. The work utilized pedagogical methods, content analysis methods, modeling method, empirical methods, and methods of mathematical statistics. The principles of differentiation and scientific ethics were observed while carrying out the research. The topic is comprehensive and is at the intersection of different scientific areas - physical culture and sports, psychology, pedagogy, etc.

Results. At the present stage, in the Republic of Kazakhstan, Olympic education is designed to introduce students, including university students, to the ideals, values, principles of Olympism. Based on the results of the study, it was found that the level of knowledge of students specializing in "Physical Culture and Sports" about olympism is within 57.1%, which indicates the need for some changes to the curriculum and inclusion of the discipline "Olympic education as an elective subject".

Conclusion. The problems of Olympic education attract the attention of many scientists and practitioners in our country and abroad. They have become the subject of discussion at international Olympic congresses, scientific conferences, symposia, seminars and in scientific papers. In the Kazakh Academy of Sports and Tourism of Kazakhstan, International scientific congresses "Olympic Sport and Sport for All" are regularly held, in which scientists from many countries of the world take part.

Key words: Olympic education, specialist in the field of physical education and sports, Olympic movement, educational program.

Introduction.

An important direction of the social policy of the state of Kazakhstan is the moral and physical development of youth through the integration of education, sports and culture. At the present stage, sport is becoming a symbol of national unity, a sense of pride, solidarity and the formation of the foundations of Kazakhstani patriotism.

2019 is declared to be the Year of Youth in Kazakhstan. The program "Rukhani Zhagyru" speaks of the need to develop a healthy lifestyle, mass sports, and sports of the highest achievements. "The development of mass physical culture should become a pyramid, on top of which there will be new champions, and at its base we will achieve healthy, active youth and, ultimately, a strong nation" A single systematically interconnected three-step program for the development of social consciousness "Rukhani Zhanyru" includes three interrelated and complementary steps that are aimed at the development of mass physical culture, promotion of sports and healthy lifestyle among the population.

In our opinion, a properly organized education process aimed at strengthening motivation for physical education and sports, improving the sports field, and searching for new sports talents is one of the ways that will help the implementation of the state program to modernize the consciousness of society, focused on the historical experience and traditions of the people. Graduate specialists in the field of physical education and sports should direct their activities to ensure that "... any Kazakhstani citizen, like the nation as a whole, needs to have a set of qualities worthy of the 21st century" [1].

In the field of mass sports, the priority is to increase the coverage of the country's population with systematic physical education and sports. Due to the fact that in the first half of 2019 alone, 27 thousand events were held with a total coverage of 2 million people, we can say that there is a steady tendency in the republic to increase the number of people engaged in physical education and sports from the total population.

Currently, there are 131 higher education institutions in Kazakhstan; 113 of them have sports clubs; about 2000 sports sections in different sports varieties operate; 177 thousand students do sports (according to the analytical information from the Ministry of Culture and Sports in the field of physical culture and sports dated 08/15/2019). The republic has built a system of training professional athletes from the initial stage to the highest sportsmanship.

Hosting one of the largest sports competitions in Kazakhstan has become the nationwide sports triumph. At the VII Winter Asian Games in 2011, the national team won the first place. At the XXVIII World Winter Universiade 2017, for the first time in the history of participation in such highly ranked competition, Kazakhstani team won the 2nd place. The national team won 36 medals, including 11 gold, 8 silver and 17 bronze medals. The Concept for the Development of Physical Culture and Sports of the Republic of Kazakhstan until 2025 speaks about the impact of ongoing measures to develop mass sports on the economic growth and social well-being of citizens of the country.

Sport has great social significance as an activity pushing the boundaries of human capabilities. In the field of sports, colossal material and financial resources revolve, powerful incentives of both material and spiritual nature act. In recent years, a galaxy of brilliant athletes has appeared who glorified Kazakhstan with their victories.

In Kazakhstan, sport is becoming one of the universally recognized spheres of human activity; it occupies an important role in both the physical and spiritual culture of society.

The program “100 Concrete Steps Toward A New Nation” states that the effective and large-scale development of physical culture and sports contributes to the social consolidation of society, which educates citizens towards a healthy lifestyle, contributes to a stable balance, and along with economic growth, improves the quality of life of young people [2].

Sport helps to overcome racial prejudices, promotes international cooperation, fosters respect for a different culture, forms tolerance and creates an atmosphere of mutual understanding between people.

The creation of an Olympic educational program aimed at strengthening motives by doing physical education and sports, improving the sports sector, and searching for new sports talents will help to implement a state program to modernize public consciousness.

The problem of the research. Currently, there is a need to raise awareness about Olympic education in the sphere of educational services which can be difficult in the face of a lack of knowledge on the Olympic movement, and address the promotion of a healthy lifestyle to determine effective methods for the formation of Olympic education and the education of university students in Kazakhstan.

The aim of the study was the theoretical development and experimental justification of pedagogical conditions for the formation of Olympic education of university students who train to become specialists in the field of physical culture and sports.

Objectives of the research:

1. To determine the priority areas of research based on the results of pedagogical testing.
2. To explore modern scientific achievements in the field of Olympic education with the aim of developing a Kazakhstani educational program in Olympism.
3. To introduce innovative educational technology in the domestic system of Olympic education.

Material and Methods.

The work utilized pedagogical methods, content analysis methods, modeling method, empirical methods, and methods of mathematical statistics. The principles of differentiation and scientific ethics were observed while carrying out the research. The topic is comprehensive and is at the intersection of different scientific areas - physical culture and sports, psychology, pedagogy, etc.

Object of the study. The testing was attended by 3rd and 4th year students studying in the undergraduate program of "Physical Culture and Sports".

Research results and discussion.

At the present stage, in the Republic of Kazakhstan, Olympic education is designed to introduce students, including university students, to the ideals, values, principles of Olympism.

The term “sports education” or “Olympic pedagogy” was used in the works of Pierre de Coubertin for the first time, who emphasized the educational, social and cultural parameters of these concepts. Much ahead of his time, Pierre de Coubertin spoke out in defense of training in Olympism. According to his provision, the simultaneous development of spiritual, intellectual and physical qualities prevails [3].

Olympic education is a holistic social phenomenon, where the main factor is the humanistically organized pedagogical process aimed at providing conditions for the active mastery of knowledge, ideals and values of Olympism by young people, turning the latter into effective motives for individuals and norms of a humanistic way of life of people. This means that Olympism must be transferred from the form recorded in texts, rituals, customs and traditions, into a living, personal form of knowledge, skills, abilities, acquired by individuals, to act in accordance with the ideals and values of Olympism [4].

Olympic education is part of general education, and Olympism is the basis of Olympic education. The dissemination of knowledge about the Olympic Games, the Olympic movement and Olympism, familiarization with the ideals and values of Olympism and the formation of a lifestyle based on the joy of effort, the educational value of a good example, social responsibility, and respect for universal basic ethical principles is understood under the Olympic education [5].

An important aspect in the system of Olympic education is moral education: disclosing the humane potential of the meaning of Olympic education; the formation of sustainable motivation for independent study of the Olympic movement; achievement of self-affirmation in one's profession through Olympic education.

With the help of receiving an Olympic education, the younger generation will also prepare to participate and involve themselves in social life.

The world Olympic movement has become a reflection of the modern world, and not so much a reflection as the focus of modernity. Sport has become a kind of magnifying glass, allowing to see the problems that have yet to be solved by modern civilization [6].

The modern Olympic movement is closely interconnected with social, economic and political processes taking place in the world. They invariably exert their influence on the state and functioning of the Olympic movement, on the activities of its governing bodies and their decision-making.

In the XXI century, sport has become an integral part of politics, a tool for creating a positive image of the country. The Olympic movement is viewed from various perspectives: Olympism as a condition for the formation of mutual understanding between nations, as a factor in harmonizing the interests of the Olympic movement; as a means of creating a healthy lifestyle; as the basis of professional training in physical education and sports [7].

Olympic education is focused on the modernization of public consciousness. An analysis of scientific publications in this area shows that determining the role of Olympic education in the process of professional training of students is of considerable interest for researchers in different regions of the country [8].

The relevance of our study is that the creation of the Olympic educational program in Kazakhstan, aimed at strengthening motives by doing physical education and sports, improving the sports sector, and searching for new sports talents, will help to implement a state program to modernize the consciousness of society, focused on historical experience and traditions.

In the educational system of future specialists in the field of physical education and sports in Kazakhstan, Olympic education should occupy, in our opinion, one of the priority areas. With the help of Olympic education, it is possible to involve the population in the process of healing and self-improvement. Olympic education is designed to bring people together and to influence society as a whole.

The thirty-first Olympic Games of Rio de Janeiro (Brazil) in 2016 demonstrated how the level of athletes of Kazakhstan has grown in recent years. The Olympic team of Kazakhstan won 22nd place in the overall standings. 17 Olympic winners, including 3 Olympic champions (Nijat Rahimov - the representative of weightlifting, Dmitrii Balandin - swimming, and Daniyar Yeleusinov - boxing). For the first time in history, a Kazakhstani athlete won Olympic gold in swimming. Kazakhstani athletes won 5 silver and 9 bronze medals. Further developments of the Olympic movement will increase the motivation of the younger generation to engage in physical education and sports, thereby strengthening health and increasing the working capacity of people.

The Olympic Movement, as a means of integrating culture, experience and scientific knowledge, will contribute to the formation of an educated person - a graduate specializing in Physical Culture and Sports. Olympic education carries the geopolitical, environmental, cultural and historical, constructive and regulatory, developing, innovative functions in the field of pedagogy.

Nowadays, Olympic education of various forms is used in the process of training specialists in physical education and sports. The main factor in Olympic education and upbringing is a humanistically organized pedagogical process aimed at providing conditions for the active mastery of knowledge, ideals and values of Olympism by students.

The implementation of humanistically oriented and socially significant approaches to physical education and sports training puts forward new requirements for the system of high professional physical education with the purpose of providing the sphere of physical education and sports with highly qualified personnel. In a market economy, experts in the field of physical education and sports are faced with the problem of competitiveness and adaptability. To solve this problem, they necessitate a variety of closely related professional skills in the training and education of the younger generation.

An analysis of practical experience in the educational process, in particular student youth, showed that along with the development of scientific and educational materials on Olympic education, proactive training of physical education and sports specialists in matters of Olympism is required.

A study of the scientific and methodological literature on the issues of Olympic education in Kazakhstan showed that Olympic education is not always included in the curricula of educational programs in the field of Physical Culture and Sports at universities where people specializing in this sphere are trained. In this regard, we believe that it is necessary to develop the theoretical, methodological and organizational foundations of Olympic

education in the Republic of Kazakhstan. We have developed a work program of elective discipline in the amount of 2 credits, which is called "Olympic Education". A comprehensive approach to the theory of Olympic education aims to expand and complement existing knowledge, for example, on the history of physical education and sports, including in Kazakhstan, which will give new directions and ways to implement them. There is a need to develop new approaches to the organization and implementation of Olympic education, the priority of Olympic education, and the methods of conducting classes that contribute to the targeted involvement of the population in Olympic sports, health-improving forms of physical education and, thus, the introduction of knowledge on Olympism among the population by future teachers, trainers, experts in the field of physical education and sports. The practical implementation of the technology we have proposed will significantly increase the number of people engaged in physical education and sports, contribute to the formation of an educated person, expand students' perceptions of the world around them through the school of Olympic culture, and create a unified system of Olympic education and upbringing in the Republic of Kazakhstan.

Olympic education aims to preserve culture, national achievements in the field of physical education and sports. Doing sports, including those of Olympic nature, should be an important condition for the success of the modernization of the competitiveness of graduates and a factor in their success. Olympic education should occupy one of the priority areas in their preparation.

With the help of Olympic education, in our opinion, a greater involvement of the population in the process of healing and self-improvement is possible. Olympic education unites people and affects society as a whole. The problem of introducing Olympic education in Kazakhstan is one that needs to be studied. In the Republic of Kazakhstan, athletes are winners of the Olympic Games, and their achievements are highly appreciated by the state and have great social and educational value. The development of the Olympic movement will increase the motivation of the younger generation to engage in physical education and sports, thereby further strengthening their health and increasing the working capacity of people.

Not only the educational aspect is high, but also upbringing values of the Olympic Movement as a means of integrating the culture, experience and scientific knowledge of a graduate specializing in Physical Culture and Sports.

Olympic education today carries such functions as: geopolitical, environmental, cultural-historical, structurally-regulatory, developmental, innovative in the field of pedagogy. The objective of Olympic education is the preservation of culture, national achievements in the field of physical education and sports, which should occupy one of the priority areas. Olympic education is an area that needs to be studied. In the Republic of Kazakhstan, athletes - winners of the Olympic Games become national heroes, and their achievements are highly appreciated and are of great importance for the state. The development of the Olympic movement increases the motivation of the younger generation to engage in physical education and sports.

Within the framework of the system of Olympic education in higher educational institutions, problems that require the development of professional competencies for future specialists as to how to increase interest in sports among students, develop the need for systematic sports and the desire to achieve high sports results are discussed. Olympic education is aimed at focusing on sports as one of the important means of shaping a person's physical culture, as an element of a healthy lifestyle, and also as a sphere of manifestation of morality, culture, and humanism.

One of the tasks of Olympic education is to increase interest in the Olympic Games, Olympic movement and Olympic heroes; to elaborate and promote the ideas of Olympism and to contribute to its development. The educational value of the Olympic movement as a means of integrating culture, experience and scientific knowledge contributes to the formation of an educated person - a graduate specializing in "Physical Culture and Sports".

Currently, in the Republic of Kazakhstan, in the face insufficient knowledge on Olympism, the need has arisen for promoting Olympic education and determining effective methods for its formation in the training of specialists in higher educational institutions. Education has always been one of the most important areas of social life. As a measure of improvement and the process of assimilation of systematized knowledge and skills, it ensures the transfer of knowledge of all the spiritual wealth that humanity has developed, the assimilation of the results of socio-historical knowledge reflected in the sciences of nature, society, art and technology, and also mastery of various skills from one generation to the other.

The contrast between the level of social requirements and the effectiveness of physical education and knowledge of Olympic education is well pronounced in the field of education at universities. As increasing the role of Olympic education has become one of the urgent issues, the search for new means, the formation of the need for knowledge, etc. Olympism, in our opinion, is an effective way to engage the population in physical education and sports, as well as an important component of human culture.

Currently, in the Republic of Kazakhstan, the basis of knowledge on Olympic education is knowledge on the history of physical education, the theory and methodology of physical education and other sports disciplines. Most foreign authors are convinced that the effective implementation of Olympic education is possible only with highly qualified specialists. Such specialists should have the appropriate knowledge, skills and skills to attract the individual to the ideals and values of Olympism. Leading experts note that the main

teaching staff on the implementation of the ideology of Olympism in secondary schools are graduates of specialized higher educational institutions and physical education departments of higher educational institutions.

The modern direction of specialist training puts forward adequate requirements. Modern teachers of physical culture and trainers in various sports require not only high professionalism and competence in their professions specifically in the field of physical culture and sports, but also a variety of related professional skills, a rich set of sufficiently developed additional abilities, versatile development, including the issue of educating the younger generation in the spirit of Olympism, national pride for Olympic winners.

An analysis of practical experience and the mass implementation of the values of the issues of the Olympic movement in the educational process of student youth showed that along with the development of scientific and educational materials on Olympic education, special training of physical education and sports specialists is required. At present, not all universities with educational program of "Physical Culture and Sports" have included the elective discipline "Olympic Education".

In order to assess the procedural and substantive characteristics of Olympic education and their impact on the training of specialists in the field of physical education and sports at Kazakhstani educational institutions for the preparation of bachelor's degree students of physical education and sports, we tested students belonging to different year groups. The testing involved 120 respondents - the 3rd and 4th year students studying at an undergraduate program in "Physical Culture and Sports". These were students of the Kazakh Academy of Sports and Tourism and the West Kazakhstan University named after M. Utemisov.

Test items were divided into three blocks. The first block included questions on the history and development of the Olympic Games of Ancient Greece, the second block included questions on the history and development of the modern Olympic movement, while the third one contained questions on the history of the Olympic movement in Kazakhstan. They were compiled on the basis of theoretical material on Olympic education. There were a total of 18 questions, which are presented in *table 1*.

Table 1 - the Distribution of questions in units

I Block	II Block	III Block
Olympic Games of Ancient Greece	Contemporary Olympic Games	Olympic Movement of Kazakhstan
1. What year is considered the date of origin of the Olympic Games of Ancient Greece.	1. Where were the first Olympic Games of our time held	1. In which year was the NOC of Kazakhstan formed
2. In which city the ancient Olympic Games were held.	2. In which year the first Olympic Games of our time were held.	2. Who became the first president of the NOC of Kazakhstan.
3. What are the main competitions of the Olympic Games of Ancient Greece.	3. Who became the first president of the IOC	3. When did the team of independent Kazakhstan first take part in the Summer Olympic Games.
4. What kind of reward did the Olympic athletes receive for winning the Olympic Games.	4. What the Olympic rings symbolize	4. When did the team of independent Kazakhstan first participate in the Winter Olympic Games.
5. Who was a participant in the Olympic Games of Ancient Greece.	5. What does the Olympic motto sound like?	5. How did Kazakhstan rank in the medal standings at the Olympic Games in Rio de Janeiro in 2016.
6. Why the Olympic Games were banned.	6. What is the Olympic Charterio	6. How many athletes became Olympic champions in Rio de Janeiro (Brazil) in 2016.

The obtained test results showed an insufficient level of students' knowledge about the origin of the Olympic Games in Ancient Greece as only 62% (52 students) of students knew when the first Olympic Games were held. Only 40% of students.

48 people were well aware of the program of the Olympic Games of Ancient Greece. The question "Who was a participant in the Olympic Games of Ancient Greece?" was correctly answered by 59% (71 people) of students. The best indicators compared to the first block were knowledge of the Olympic Games of our time. The average figures for six questions related to the Summer and Winter Olympic Games, IOC Presidents, prize-winners of the games, Olympic symbols equaled to 57.6%, and the average score for the first set of questions was 53.7%. Analyzing the answers to the questions of the second part of the questionnaire, we noted that 57.6% (69 people) gave the correct answers.

An interesting fact was that in the third block of questions regarding the development of Olympism in Kazakhstan and the winners of the last Olympic Games, where Kazakhstan athletes participated, the average figure for correct answers stood at 60%. Issues related to the results of the Olympic Games in Rio de Janeiro (Brazil) in 2016 were included; the place that the team of Kazakhstan won (22 place in the overall standings);

who and how many people were Olympic champions (Nijat Rahimov - weightlifting representative, Dmitry Balandin - swimming and Daniyar Yeleusinov - boxing). The question with the least correct answers were: who is the president of the National Olympic Committee of the Republic of Kazakhstan, when the National Olympic Committee of the Republic of Kazakhstan was formed.

Analyzing the general indicators of correct answers for universities, we would like to emphasize that the results of students of the Kazakh Academy of Sports and Tourism (72%) were slightly higher than the test results of students of West Kazakhstan State University named after M. Utemisova (68%). It should be noted that the difference between these indicators is not very significant, but, nevertheless, the results shown by students require changes in the process of training Kazakhstani universities in the program specializing in Physical Culture and Sports, since even the most competent students totaled far from maximum results.

Findings.

Based on the results of the study, it was found that the level of knowledge of students specializing in "Physical Culture and Sports" about olympism is within 57.1%, which indicates the need for some changes to the curriculum and inclusion of the discipline "Olympic education as an elective subject".

During the formation procedures of an educational program for the training of future specialists in the field of physical education and sports, it is necessary to include the elective discipline in Olympic education. Such program will reveal the target orientation, features of functioning and the problematic content of the activities of physical education universities in Kazakhstan. The specifics of Olympic education will be considered through the prism of a socio-pedagogical aspect in relation to the sphere of physical education and sport; disclose the main functions of Olympic education.

The application of innovative methods in the study of the elective subject "Olympic education" in the program specializing in Physical Culture and Sports, for example, according to the methods of teaching physical culture and sports, will increase the expected learning outcomes, which will be updated and presented by the following learning outcomes:

- by the principles and methods of forming communicative, informational, legal, environmental, professional competencies of students in the field of Olympic education;
- by the integration aspects of the content of Olympic education with the national values of Independent Kazakhstan;
- by methods of implementing individual plans for professional development in the field of Olympism;
- by the principles and methods of studying the educational environment on the issues of the Olympic movement, including in Kazakhstan;
- by the studies of educational practice in the field of the Olympic movement;
- by studying the forms and methods of cooperation in the international professional community in the field of the Olympic movement.

The future specialist will gain the skills to independently construct the conditions for the educational activities of the Olympic Education course, using innovative pedagogical technologies aimed at considering the individual characteristics of students. The graduate will gain skills in building the educational process considering the national priorities of Kazakhstan, involving representatives of sports and other organizations in the educational process in accordance with the requirements of the modern education system.

In order to increase the number of children up to 5% while progressing them to move from the first level of training in sports to the second, or more, it is necessary to apply systemic measures. One of these areas we propose to plan, for example, systematic quarterly meetings in all educational organizations with the national heroes of Kazakhstan - the famous champions of Europe, the world, Asia, and the Olympic Games. Only in Kazakhstan there were 164 champions and prize-winners in summer Olympic sports, and more than 300 people in winter and non-Olympic sports. Due to the constant rotation by athletes of educational institutions, they will become more recognizable. This cannot but give a noticeable effect on the formation of mentality, lifestyle and attitude to sport.

Such events will be a great opportunity to promote the Olympic movement, support outstanding athletes of Kazakhstan, attract young people to a healthy lifestyle.

Currently, special efforts are being put in Kazakhstan to support the Olympic movement:

- Every year on June 23, Kazakhstan takes an active part in the celebration of International Olympic Day;
- Athletes - Olympians receive comprehensive support;
- The values of the Olympic movement among the population are promoted;
- Active activities are being carried out to promote sport and a healthy lifestyle;
- Special literature on Olympic subjects is published;
- The public association "National Olympic Academy" was created, which is responsible for the implementation of the educational tasks of the Olympic movement.

The problems of Olympic education attract the attention of many scientists and practitioners in our country and abroad. They have become the subject of discussion at international Olympic congresses, scientific conferences, symposia, seminars and in scientific papers. In the Kazakh Academy of Sports and Tourism of

Kazakhstan, International scientific congresses “Olympic Sport and Sport for All” are regularly held, in which scientists from many countries of the world take part.

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