

PROFESSIONAL AND APPLIED PHYSICAL TRAINING FOR STUDENTS OF COMPUTER ENGINEERING SPECIALTY IN THE TEMPORARILY OCCUPIED TERRITORY WITH USING DISTANCE LEARNING

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The combination of distance / asynchronous learning and physical education is an innovative system that allows a modern person not to limit the learning process and to acquire quality knowledge at a convenient time. But there are advantages and disadvantages of distance learning. Positive aspects include: flexible schedule, independent study possibility, stress reduction, physical and psychological health improvement, using interactive technologies and virtual reality, competition and cooperation promotion, support from teachers and parents, innovation stimulation and development of new teaching methods, assistance in development of a healthy lifestyle as an education part. On the other hand, negative aspects include: social isolation, reduced motivation, lack of stimulating environment, difficulty concentrating, insufficient physical activity, technical difficulties, challenges with assessment and reporting, lack of teacher-student interaction, an increased self-discipline level, need for support and structure, and limited access to resources and opportunities for collaboration and group work.

The purpose of the research is to develop a model of professional and applied physical training for students of Computer engineering specialty in the temporarily occupied territory with using distance/asynchronous learning in Ukraine. The experimental model was implemented from January 2022 to May 2023 on the basis of the Melitopol Industrial and Economic College. 24 students took part in the experiment, who were assigned to the main medical group based on their state of health. In the research, there was developed a model of professional and applied physical training for students of Computer engineering specialty in the temporarily occupied territory using distance learning, which was partially asynchronous. The developed model consists of four interconnected blocks: fundamental, organizational, theoretical, and diagnostic. This learning model allowed using online platforms, video conferencing, educational materials in digital format and other means of communication for learning. The main advantages of such learning are the ability to provide students with access to education, even if the physical conditions in the territory limit or complicate the possibility of physical learning in an educational institution. The effectiveness of the developed model was determined on the basis of the obtained digital data, which testifies to the distance learning quality with rationally organized process and the ability to combine specific aspects of each education sector. So, the best results according to the following tests are as follows: the exercise of 5-second running in place (amount of repetition) got a significant quantitative increase of 14.95%, the results in long jump (cm) improved by 13.67% and in dip up (amount of repetition) – by 13.11%. After analyzing the implemented model supported by positive digital dynamics, it can be concluded that the model of professional and applied physical training for students of Computer engineering specialty in the temporarily occupied territory with using distance/asynchronous learning in Ukraine has the right to exist and can be recommended or adapted (depending on the age) for Ukraine’s educational institutions during the learning process.

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