Scientific Light

VOL 1, No 3 (2017)

Scientific Light (Wroclaw, Poland)

ISSN 0548-7110

The journal is registered and published in Poland.

The journal publishes scientific studies,

reports and reports about achievements in different scientific fields.

Journal is published in English, Polish, Russian, Ukrainian, German and French.

Frequency: 12 issues per year.

Format - A4

All articles are reviewed

Free access to the electronic version of journal.

«Scientific Light»

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E-mail: info@slg-journal.com Web: www.slg-journal.com

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EDUCATION OF INDEPENDENCE OF STUDENTS WITH THE USE OF INFORMATION TECHNOLOGY

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Abstract:
The work involves the pedagogical identify opportunities for physical culture in the education of students of self-sufficiency and to make adjustments in the educational process through the introduction of information technologies. We consider the content of the didactic complex information support for the e-learning course (EUK) on a subject «Physical culture», which allows increasing the efficiency of independent work of students.In the process of self-study student acquires self-organization skills, self-management, self-reflection and becomes active independent subject of learning activities. The use of modern means of information create conditions of individualization and intensification of the educational process, contributes to more motivation to learn, the system facilitates the organization of independent work of students, the successful development of the discipline and the formation of professional and general cultural competence. EUK can be actively used by students in the process of self-learning and self-education.

Keywords: information technology, e-elective course, independence, independent work of students, physical culture.

Introduction: An important problem of the modern university is a question of specialist training competitive, highly qualified, possessing information technology skills of independent acquisition of knowledge, capable of self-development, having a high level of general culture and physical health.

With the introduction in the educational process of high school the new state educational standards based on competence, becomes urgent task of education of active creative personality, able to make their own choice, having the desire for self-improvement and self-realization.

The desire for self-development and acquisition of knowledge and skills developed, especially in the process of self-activity of the student. The problem of activization of independent work of students is one of the urgent problems of vocational training.

Important skills of self-employment can be generated in the process of studying the discipline "Physical culture". The educational process is built on the basis of the activity, the competency and student-centered approaches can create favorable conditions for the education of the students' independence in activities of sports and recreational activities [1]. Improving students physical education autonomy contributes to the formation methods of physical self-improvement, maintaining optimal health, education of creative social and active person.

Methods of research: Informatization and computerization of education provides a new process to organize the development of cognitive independence. Modern researchers (N.V. Apatow, R. Williams, B.S. Gershunsky, S.R. Domanova, I.G. Zakharova G. Kleiman, A. Kuznetsov et al.), Demonstrated that the use of information technology provides opportunities for individual creativity of students, enhances the effectiveness of the learning process in acquiring the ability to independently acquire knowledge, mastering the techniques of learning, an independent choice of forms and methods of learning [5].

The problem of the study is to understand the possibilities of information technology in the organization of independent work of students in physical education.

The purpose of research - to identify and substantiate the possibility of using information technologies in the education of students autonomy in the development of the discipline "Physical culture".

The hypothesis of the study: the introduction of information technologies in the process of physical education will allow students to do independent work more efficiently, which will contribute to more motivation for self-study, increase physical fitness, a successful formation of professionally important qualities and general cultural competence.

Methods: analysis of scientific literature, analysis of teaching materials, observation, survey, testing, information and computer technology.

Of greatest interest to achieve this goal, aimed at training future specialist, capable of self-improvement and self-realization, is independent work of students, promoting the development of professionally important qualities of independence, responsibility and organization.

Independence - one of the leading qualities of the person, which is expressed in the ability to set goals and strive to achieve them on their own.

Independent work - is a form of learning in which the student is active in the organization of its activities in accordance with the task, is able to absorb the necessary knowledge on their own, to acquire skills and abilities to form professional and general cultural competence.

Students should acquire the ability to independently acquire knowledge, analyze and organize the information, assess the specific situation and to take the necessary steps to resolve it. Formation of life skills takes place during the entire period of study through the active participation of students in various forms of training activities. In the process of self-study student acquires self-organization skills, self-control, self-management, self-reflection and becomes active independent subject of learning activities.

M.J. Vilna stresses the importance of sports activity in the formation of student subjectivity, which is manifested in his "self" in all the essential fields. First, in the self-orientation (voter turnout and effective goal setting). Second, self-expression (emotional attitude to relationships and relationships arising in the normal course of business). Third, self-realization (volitional expression of active voluntary activity aimed at overcoming difficulties). Fourth, in the self-awareness (understanding of their role in the activities in the reflection of their needs, abilities, interests). Finally, self-esteem (self-analysis in the evaluation of the "I") [2].

In the context of our study an independent sports activity - a set of special methods of organization of students, aimed at the expression of motivation, focus, self-organization, self-reliance, self-control, and other personality traits, in the course of physical training.

An analysis of the scientific literature has allowed to structure self athletic activities are the following components: motivational, substantial and operational, control and evaluation. These components are closely interrelated. Motivational component will work towards the realization of specific activities target students and their orientation to perform independent work. Content-op component reflects familiarize students with the work of different kinds, associated with the direct implementation of the students' independent work to achieve the goal. The essence of the control and evaluation component is to take control of students' independent work process, its evaluation, in order to ensure the transition of students to a higher level of self-employment.

When mastering the ways students independent activity of great importance is the use of a variety of forms, methods and technologies of training. Forms of organization of independent activity of students of sports varied. They include:

- The study of educational, scientific and methodical literature, materials of periodicals involving electronic media;
- Preparation for the theoretical, practical exercises, controlling the activities of the current and intermediate certification;
- Preparation of reports and writing research papers;
- Participation in the work of student conferences;
- Perform physical exercise and recreational activities in the day time;
- Training in sports clubs, sections, groups of interest;
- Mass health, physical culture and sports activities.

To prepare the student for independent work in the course of sports activity, you need to give it a sufficiently broad range of knowledge, skills and abilities to form, not to limit the content of the curriculum material. As practice shows, when a large amount of theoretical material on the subject of "Physical culture" in educational planning at the lectures is allocated a minimum number of hours. In some cases they are included in the practical section of the program, making it difficult to realize the goals of the theoretical and methodological section in full, which in turn affects the quality of knowledge, skills and competences of students [3].

Formation of knowledge and skills during the development of the discipline "Physical Education" will be more effective when using active methods of learning using computer technology. Active learning involves the use of such a system, method, which does not focus on the implementation of finished tasks on the assigned algorithm teacher and students to self-mastery of knowledge and skills in the process of active cognitive and practical activities.

The analysis of scientific literature has shown that information technology plays a significant role in physical education students in training at the university. It is proved that the active use of information technologies in educational process promotes the interest and motivation to learn, it is a good preparation for the future specialist for independent activity and self-education. The introduction in the educational process of the automated training and control systems allows the student to study on their own discipline and simultaneously control the level of assimilation of the material [4].

The establishment of the University of the uniform educational environment using Blackboard Learn computer program allowed the development of electronic elective course (EEC) "Physical culture".

EEC using information Blackboard Learn platform allows you to:- To introduce educational materials

free electronic access for students, as well as to incorporate into it and diagnosing automated training programs;
- Use of new forms of interaction between student and teacher in the learning process;
- Provide students with additional information on the subject material;
- Independently acquire knowledge and skills by using information technology tools.
- Ensure regular and timely control of knowledge and skills in the field of physical culture;
- To create conditions and incentives for students mastering the skills of independent work and self-study;
- To carry out prompt feedback on the learning process, to adjust the process, focusing on the individual characteristics of the student;
- To make the supply educational information more interesting and memorable for each student;
- Generate positive motivation training, contributing to the personal development of students.

When forming EEC great attention is paid to the development of teaching materials and guidelines for their use in the process of independent work of students at training.

In order to meet the challenges of physical education in elective course content of the program, introduced the following sections: theoretical, methodological and practical, control.

Theoretical section contributes to the understanding of natural and social processes functioning of the physical culture of society and the individual, the formation of the ability to use this knowledge for personal and professional development, improvement and organization of a healthy lifestyle. Particular attention is paid to the influence of exercise on the human body, control and self-control issues, education of personal-professional qualities.

Methodological section provides the students mastering the knowledge of the vital motor skills; teaching students methods of mastering skills training exercise; methods of self-monitoring of health status and physical development; methods of self-health, fatigue, fatigue and the use of means of physical training for their directional correction; The methodology of individual programs of physical self, the methods of application of funds directed development of certain physical properties, methods of preparation and carrying out of independent physical exercises, techniques of self-development of the individual elements of professionally-applied physical training and others.

The bottom section is aimed at learning motor actions, the development and improvement of mental and physical abilities and personal qualities of students, to provide the necessary motor activity, achieving and maintaining an optimal level of physical fitness, conservation and restoration of the physical and spiritual strength, the prevention of mental and physical fatigue, the formation of healthy lifestyle.

The control section is aimed at evaluation of Learning, a comparison of the controlled parameter to a predetermined program, identifying the causes and nature of the possible difficulties of students in the discipline, to adjust their knowledge and skills.

Organization of independent work, providing the education of students of autonomy, provides for the creation of necessary conditions for teaching practical mastery of the discipline for the study of knowledge. The task of the teacher is to select those training methods that would allow each student to show their activity, independence, creativity, activate the motor and cognitive activity.
Features Blackboard Learn program allowed in elective course on physical training included didactic complex information supply discipline. The course is presented in the form of modules provide informational, educational, developmental, diagnose and control functions.

Teoretichesky module containing methodical, teaching aids, textbooks, electronic lecture notes, presentations, audio lectures, allowing students to choose their own ways of learning[6].

The activity (bottom) module includes training programs and programs for self-diagnosis, presentations, video tutorials, aimed at self-organization process of physical education. The acquisition of practical knowledge and skills are important multimedia program during the development of the art of training exercises and familiarization with the methodology of teaching motor actions (eg: throwing techniques in basketball, running technique in athletics, teaching methodology of attacking blow in volleyball, technique courses of study in the ski preparation etc.). Proposed archive exercises on development of speed, strength, endurance, flexibility, and others. Allows students to choose among a set of exercises to correct the lagging physical qualities [7].

Control and evaluation module that contains the tests and assignments to evaluate the theoretical and practical knowledge and skills of students, to determine the level of mastering the material covered, and make timely adjustments in future planning of the educational process.
Didactic complex information support discipline in the students' independent work provides information on the perception of a higher quality level. dynamic visualization and multimedia tools allow students to plan a sports or recreational training, to develop sets of exercises, wellness programs, or professional-applied orientation, self-organized physical training, to improve the technical and physical fitness. Diagnose programs provide an opportunity to carry out self-diagnosis of mental, functional and physical condition, which is done on the basis of self-analysis, conclusions and recommendations to the received data. With the help of automated tests, students can assess their knowledge and to plan their next steps.

Conclusion: Implementation of EEC using Blackboard system in traditional educational process of physical education contributes to the formation of students' independence and ability to work with information, set a goal, work plan, simulate and assess their performance.

Observations on the activity of students and testing have shown that the self-study raises the level of knowledge, responsibility, organization, discipline and interest in the outcome of their assignments.

The media in the independent work of students contribute to its systemic organization, personalization and create conditions of activization of independent work, contribute to the successful development of the discipline and the development of competencies.

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