

## **Sport in the Environment of Student Youth as a Component of Physical Culture and Factor of Preparing Athletes of Highest Achievements**

Igor E. Ponomarev<sup>1</sup>  
Oksana V. Zorina<sup>2</sup>  
Viktor I. Tyutyunikov<sup>3</sup>  
Vitaly Belmach<sup>4</sup>  
Irina Yu. Schutyeva<sup>5</sup>  
Svetlana B. Olonets<sup>6</sup>

<sup>1</sup> Ph.D. in sociology, professor Department of Physical Education, Sports and Tourism, Rostov State University of Economics, Rostov-on-Don, Russia  
ponomarev.igor54@gmail.com; <https://orcid.org/0000-0001-6524-0564>.

<sup>2</sup> Ph.D. in Pedagogical Sciences, Department of Health and Rehabilitation, V.I. Vernadsky Crimean Federal University (Vernadsky CFU), Republic of Crimea, Russia  
zorina.oksana2017@mail.ru; <https://orcid.org/0000-0002-7693-864X>.

<sup>3</sup> Senior Lecturer, Department of Physical Education and Sports, Institute of Physical Culture, Donskoy State Technical University (DHTU), Rostov-on-Don, Russia  
viktorivanovich@gmail.com; <https://orcid.org/0000-0002-7093-3071>.

<sup>4</sup> Senior Lecturer, Department of Physical Education and Sports, Institute of Physical Culture, Donskoy State Technical University (DHTU), Rostov-on-Don, Russia  
belmach.v@inbox.ru; <https://orcid.org/0000-0003-3028-529X>.

<sup>5</sup> Senior Lecturer, Department of Physical Education and Sports, Institute of Physical Culture, Donskoy State Technical University (DHTU), Rostov-on-Don, Russia  
Elena.033p@yandex.ru; <https://orcid.org/0000-0003-0181-6864>.

<sup>6</sup> Associate Professor at the department of physical culture and sports Academy of physical and sports, Southern Federal University, Rostov-on-Don, Russia  
sveta.olonez@mail.ru; <https://orcid.org/0000-0003-4578-5254>.

**Abstract:** *In the article, student youth sport is considered as one of the components of physical education, as well as an important factor in the preparing athletes of the highest achievements. The authors analyze the concepts of physical culture and sport, pointing to the dialectical connection of these terms. Sport in the student youth environment contributes not only to the development of mass sports, but also affects the development of sport of the highest achievements. In this regard, the authors indicate that the modern stage of development of student sports movement is characterized by the emergence of new tasks of physical training in higher education.*

**Keywords:** *sport, physical culture, students, athletes, sporting events, sports of the highest achievements, physical education, physical culture and sports activities.*

### **INTRODUCTION**

Physical education is one of the socio-cultural sphere, in which it is possible to solve various social problems. The level of development of physical culture and sport in society can show the level of social well-being, physical and social health of a person (Gafiatulina et al., 2016; Lubysheva, 2001). Due to the fact that Russia is striving

for an innovative socially-oriented type of economic development, one of the priority areas outlined in the Concept for Long-Term Socio-Economic Development of the Russian Federation for the period until 2020 is to ensure the quality and accessibility of services in the field of tourism, physical education and sport, the revival of mass physical education and the involvement of the population in systematic physical education and sports (The concept of long-term socio-economic development, 2008). The Concept outlines the significant role of physical culture and sport in the development of the human potential of Russia, its spiritual and physical health, stabilization of the demographic situation and a reduction in mortality among citizens of working age. The direction of development of youth student sport is separately spelled out in the Strategy for the Development of Physical Culture and Sports in the Russian Federation until 2020 (Strategy for the Development of Physical Culture and Sports, 2009), which indicates its importance and priority. The state has an important task, which is to create favourable conditions for sport, promotion of sport among young people, improving the competitiveness of Russian sport at world level.

It is difficult to overestimate the importance of physical culture and sport in the student youth environment, since they contribute to improving the state of physical and psychological health, the quality of life, contribute to the formation of personality and are an important mechanism for attracting and mobilizing the physical and social potential of young generations (Gafiatulina, 2009; Gafiatulina, 2015). The goal of physical culture and sports activities is to optimize the physical development of students, comprehensively improve the physical qualities of young people and related abilities in unity with the formation of value orientations and the upbringing of psychosocial, spiritual and moral qualities of youth that characterize an active personality (Ponomarev et al., 2018). Turning to the works of the experts in the field of physical culture and sport, we note that the development of Russian student sport is controversial, and against the background of its popularity in other countries, it looks inconspicuously (Orlova & Khalaleeva O.E. (2015), which causes the relevance of considering sport among students as a component of physical culture and a factor in the training of athletes of the highest achievements.

## REVIEW OF THE RESOURCES AND RESEARCH METHODS

The relevance of the study of the phenomenon of sport in the student youth environment from the perspective of sociological science is confirmed by numerous studies. Particular attention of researchers is paid to the social health of Russian students, their attitudes towards a healthy lifestyle (Vorobiev et al., 2019). An important place in the study of the phenomenon of sport among young people is occupied by the researches related to the physical education of youth: sport is considered as the basic resource of a healthy nation, the importance of popularizing physical culture and sport in the mass consciousness of youth is shown. Based on the existing results in the framework of the subject field we are studying, an institutional approach is used to consider the practice of institutionalization, the main problems of functioning and promising areas of development of sport in modern Russia. Many works, based on this approach, consider sport as a social institution in modern society (Davletkaliev, 2006; Ponomarev, 2004). Sport as a social institution has specific functions that are analyzed based on the structural-functional approach of T. Parsons. It also analyses common issues related to the processes of professionalization and commercialization of modern sports (Bogdanova, 2013). For

our research, it is important to rely on the study of physical culture and sport as a process of developing social ties, involving people in various forms of manifestation of their activity as a social resource for the development of society from the point of view of the activity approach (Giddens, 2005). In general, the theoretical and methodological base of this study is oriented within the framework of the activist approach.

## RESULTS

Turning to the definition of physical culture, we note that it is a part of culture and a combination of values, norms and knowledge created and used by society in order to physically and intellectually develop a person's abilities, improve his physical activity and form a healthy lifestyle, social adaptation through physical education and physical development (Federal Law "On Physical Culture, 2007). From this definition, it follows that in order to form physical culture (values, norms and knowledge) of a certain actor, it is necessary to use the mechanisms of physical education, among which such a mechanism as sport is actively implemented. Sport is a sphere of socio-cultural activity as a combination of different kinds of sport that has been developed in the form of competitions and special practice of preparing a person for them. Thus, having sorted out the categorical-conceptual apparatus of the studied subject field, we see the dialectical connection of physical culture and sport, where sport is an integral part of physical culture. Since physical culture is a part of the culture of society, it is, first, inherent in the general cultural social functions that underlie the training of athletes of the highest achievements:

- educational (in the process of doing physical culture and sports, a person learns a lot of new things, masters motor skills, and besides, such trainings create opportunities for the development of creativity and the formation of cognitive activity of a person);
- upbringing (physical exercises provide opportunities for upbringing of patriotism, faith, dedication, hard work and labor qualities, form social activity);
- sports (in the process of physical education and sport, maximum physical abilities and motor capabilities of the human body are detected);
- value-orientation (physical exercises and sports contribute to the assimilation of universal values, social norms and requirements of society; develop humanistic beliefs);
- communicative (physical exercises and sports can establish interpersonal relationships, remove certain socio-cultural barriers) (Ponomarev et al., 2017).

Physical culture and sports education of students in the field of training athletes of the highest achievements should be aimed at solving two main problems: firstly, the formation, preservation and maintenance of health, as well as the optimal development of the basic physical qualities of future athletes; i.e. health should be perceived as a value among student youth (Gafiatulina et al., 2019); secondly, achieving a student's readiness for successful professional activity through the formation of the necessary competencies through optimization of the development of socially and professionally important qualities in physical culture and sports activities. Physical culture and sport cannot exist without each other. That is, they look like a magnet. The magnet model was developed by O.S. Vasilyeva, L.R. Pravdina and S.N. Litvinenko, who emphasize that "there is no need to cut a magnet, to divide "physical culture" and "sport" into separate phenomena, they will always be reproduced as two poles of the same phenomenon" (Vasilyeva et al., 2001). In the works of the researcher

L.P. Matveev, we see that physical culture has an integrative essence and it is divided into three types: physical education, professionally applied physical training and sport (Matveev, 2003).

Of course, the “magnet” physical culture and sport cannot work without the actor to whom it is directed. Of interest is the issue of sport in the student youth environment, since students are a carrier of great intellectual potential. Moreover, sports youth is a powerful resource for the development of society on the world stage. Conducting a semantic analysis of the category "sport" in the youth environment, we believe that it is advisable to consider this category in a narrow and broad contexts: sport as an actually competitive activity, as well as sport as a multifunctional sociocultural phenomenon, which is a system of organizing and conducting competitions and training sessions among students in accordance with certain specific complexes of physical exercises (Ponomarev & Lyashko, 2019). From the first steps of the development of modern sport, at least two main components or two key areas were differentiated in it:

- sport of the highest achievements, having a number of names: large, professional, international, Olympic movement, elite sport, the essence of which is to achieve the highest possible sports results, records and victory at any cost or victory at the largest (all-Russian and international) sports competitions;
- mass sport (or generally accessible, “sport for all”, “sport for oneself”) reflects a certain sphere of activity and is focused on providing the opportunity to the greatest possible number of different socio-demographic groups of society to improve their physical, somatic qualities and motor abilities; to master certain vital skills; promote active rest; strengthen physical, mental and social health and prolong creative longevity (Ponomarev & Lyashko, 2019).

The importance of promoting sport in the minds of young people in general, and specifically sport of the highest achievements, we can judge from the tasks outlined in regulatory documents. The Strategy for the Development of Physical Culture and Sport in the Russian Federation for the period until 2020 outlines the main targets that will contribute to the development of student youth sport: increasing the share of students who are systematically involved in physical education and sport, actively developing the sporting entertainment industry and the sports industry, ensuring the availability of sports and fitness services. The targets identified in the Strategy, are achieved through the implementation of state programs: "Development of physical culture and sport in the Russian Federation in 2016-2020" (The target program "Development of physical culture and sport." 2014). As part of this target program, some sporting facilities are being reconstructed - Federal State Budgetary Institution Southern Federal Center for Sports Training in Sochi; sports facilities in Kislovodsk; a hostel is being constructed at the Federal State-Financed Educational Institution of Higher Professional Education Churapchinsky State Institute of Physical Culture and Sports, Churapcha village, Republic of Sakha (Yakutia). Artificial coatings have also been purchased for football fields at children and youth sports schools and sporting equipment for children and youth sports schools of the Olympic reserve. Along with the federal target program “Development of Physical Culture and Sport in the Russian Federation for 2016-2020”, the project “Sport is the norm of life” began its implementation - it is part of the national project “Demography”

In addition to the implementation of the federal target program for the promotion of sport and maintain a healthy lifestyle of students a subject "physical culture" as a way of initiation to sport has long been firmly entrenched in the



education programs of all educational levels. According to a survey of the All-Russian Center for Public Opinion (VCIOM), every second Russian (62%) believes that playing sports is an important element in raising children. According to Russian citizens, sports and fitness activities and sport improve the health of their children (87%), promote their harmonious development (29%), shape their character (26%) and discipline (17%) (VCIOM, poll "Russia is a sports country" ", 2019). The implementation of targeted programs planned by the state, the improvement and creation of new objects of sports infrastructure, as well as the replenishment of the theoretical knowledge of young people about physical culture contribute to the development of not only mass sports, but also bring sport of the highest achievements to a higher level.

Sport of the highest achievements is large professional international sport, the essence of which is to achieve the highest possible sporting results, records and victory at any cost or victory in the largest (national and international) sports competitions. Sport of the highest achievements today is the only existing model of activity in which the performance of almost all systems of the human body of outstanding young record holders can manifest itself in the zone of absolute somatic, physiological and mental extreme boundaries of a healthy person. This, undoubtedly, allows one to penetrate the secrets of maximum human capabilities and determine the ways of rational development and use of each person's natural abilities in his professional and social activities, increase of general and professional performance. Sport of the highest achievements, unlike mass sport, involves the development of phased plans for many years of training and related tasks, focused on targeted, systematic planned hours of training to participate in competitions in the chosen sport and achieve the highest possible sports results, victory in major sporting events. At each stage of training in sport of the highest achievements, these tasks determine the necessary level of achievement of the athletes' functional capabilities, their development of technology and tactics in the chosen sport. All this should be implemented in total in a specific sports result (Lubysheva, 2001; Matveev, 1997). Every highest achievement of an athlete has not only personal significance, but becomes a national treasure, because records and victories at major international competitions contribute to the strengthening the country's authority on the world stage (Ponomarev et al., 2017).

According to V.I. Popkov and I.I. Vdovkin, sport of the highest achievements is a significant social phenomenon, to one degree or another significant for each member of society. Competitions in various sports are held daily and continuously, thereby they are a constant social factor that has a direct impact on society. These authors highlight several aspects of the sport of the highest achievements: financial because serious financial resources are spent on professional sports, both public and private. By investing large amounts of money, investors have the right to demand a certain return; therefore sport of the highest achievements is always accompanied by powerful advertising campaigns; political - by diverting the attention of the population to a particular sport, the state can mask existing social problems; moral and ethical - victories at sports competitions make a significant contribution to strengthening the status of sports, contributing to the development of amateur sport and encouraging young people to engage in physical education and sport (Popkov & Vdovkin, 2018). Sport is inconceivable without striving for the highest (absolute) achievements, which are a kind of benchmark for assessing the reserve capabilities of both an individual young person and the youth community. However, the peculiarities of sport and its indicators in the form of sporting achievements are that

if today absolute achievements are within the power of a narrow group of outstanding athletes, then after a few years they become the property of an increasingly wider mass of involved.

In this case, the main condition is the athlete's great dedication, expressed in purposeful training and achievement of the main and intermediate (stage) goals. One of the prerequisites in this case is a significant expenditure of efforts of an athlete on self-improvement. None of the most gifted athletes can achieve high results without hard work. Doing sports, student youth seek to expand the boundaries of their capabilities, they manifest a desire for victory and high sports results. Achieving high performance by young athletes is only possible if they have an optimally organized system of training. It is a combination of interacting methodological practice-oriented principles, organizational forms and conditions of the training and competitive process that provide the athlete with the best degree of preparedness for high sports achievements. Thus, relying on the ideas of V.V. Orlova and O.E. Khalaleeva about the student sports subculture as part of the general physical and sports culture, it is impossible not to note a rather distinctive community: the members of one youth sports club are characterized by a high level of cohesion around a common idea focused on achieving high sports results in order to increase the popularity of a particular university and a specific sport, as well as their own traditions of initiation into sports students, the use of a certain slang, style and form of clothing (Orlova & Khalaleeva, 2015). The development of student sport contributes to the training of highly qualified athletes and the preservation of the integrity of the physical culture and sports movement. For sport to correspond to the solution of new problems in physical education and the achievement of sports results among student youth sport, several measures is required:

- updating the material and technical base;
- providing personnel base;
- optimization of combining professional sport with training in the chosen specialty using a flexible schedule of classes;
- providing quality living and dining conditions, as well as the necessary conditions for the organization of independent work of student athletes;
- development of the most acceptable calendar of sporting events, considering the characteristics of the educational load;
- rational organization of the preparatory training activities of athletes implemented in a special sport training;
- development of the grounds for the formation of youth sports teams in accordance with the principle of justice in the search and identification of the best, transparency of selection among young people and the promotion of athletes.

## CONCLUSIONS

Sport as a multifaceted subsystem of values of modern culture has a huge creative potential for the formation of physical, psychosocial, spiritual, and moral health of a person. Sport, acting as a component of physical culture in the student youth environment, is aimed at the formation in the mass consciousness of values, norms and knowledge, in order to physically and intellectually develop the abilities of the young generation, improve their motor activity and the formation of a healthy lifestyle, social adaptation. In addition to the development of mass sport, it should be noted that sport in the student youth environment is a factor in the training of athletes of the highest achievements. To increase the role of sport of the highest

achievements among young people, a whole range of measures is important: scientific, methodological, organizational, legal, financial and economic aimed at:

- organization at educational institutions of integrated sports centers as a form of popularization and involvement of young people in active physical education and sport;
- mass publication of popular science literature, computer programs and videos, an increase in the number of sports programs in the sports and television broadcasting system, which have an informational and educational character and are aimed at popularizing sport among youth;
- development of socio-cultural programs and projects aimed at involving young people in physical education and sports;
- improving the program-methodological and organizational support for the physical education of youth in educational institutions, which will help revive interest in sport of the highest achievements, which is especially important for youth in relation to social norm, as an integral part of socialization and culture (in the sense of forming a value system) (Vaskov et al., 2018).

Considering sport of the highest achievements, we note that the sports success of youth is not only their personal achievements, but also the heritage of a higher educational institution, indicating not only the prestige of the university, but also generally reflecting an indicator of the level of social development. The victories of students in international sport are a measure of social and economic development, an element of the unity of the nation, a reference to a healthy lifestyle and sport for the younger generation.

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