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COMPARATIVE ANALYSIS OF THE ORGANIZATION OF PHYSICAL EDUCATION AND MASS SPORT IN KAZAKHSTAN AND OTHER COUNTRIES

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Comparative analysis of the organization of physical education and mass sport in Kazakhstan and other countries

Abstract. The authors analyze different approaches to conducting classes, physical education, and mass sport in foreign countries and Kazakhstan; substantiate international and national legal acts, taking into account which practical activities are carried out. The article summarizes the main tasks of the educational and training process for those involved, taking into account age and personal interest, the content of classes, the use of which will allow you to get the planned result, the sources of funding for programs and projects in physical education and mass sport in different countries are analyzed, the main results of the social project work which was implemented Almaty city "Sport in my yard" are presented. The statistical data on the equipment of courtyard sports grounds in the districts of Almaty are presented.

Key words: physical education, mass sport, project, sports ground, financing.

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Қазақстанда және басқа елдерде дене шынықтыру және бұқаралық спортпен шұғылдануды ұйымдастырудың салыстырмалы талдауы

Аңдатпа. Авторлар Қазақстан Республикасындағы, шет елдердегі дене шынықтыру және бұқаралық спорт сабақтарын ұйымдастыру мен өткізудің өртүрлі тәсілдерін талдайды, жүргізілетін тәжірибелік қызметті ескере отырып, халықаралық және ұлттық заңнамалық актілерді негіздейді. Жұмыста жасы мен жеке қызығушылығын ескере отырып, шұғылданушыларға арналған оқу-жаттығу үдерісінің негізгі міндеттері жинақталған, жоспарланған нәтижеге қол жеткізуге мүмкіндік беретін сабақтардың мазмұны анықталған, өртүрлі елдерде дене шынықтыру және бұқаралық спортты дамыту бағдарламалары мен жобаларды қаржыландыру көздері талданған, Алматы қаласында жүзеге асқан «Менің ауламадағы спорт» елеуметтік жобасының негізгі нәтижелері ұсынылды. Алматы қаласы аудандарының аулалық спорттық алаңдарымен жабдықталуының статистикалық мәліметтері келтірілген.

Түйін сөздер: дене шынықтыру, бұқаралық спорт, жоба, спорт алаңы, қаржыландыру.

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Сравнительный анализ организации занятий физической культурой и массовым спортом в Казахстане и других странах

Аннотация. Авторы анализируют различные подходы к организации и проведению занятий физической культурой и массовым спортом в Республике Казахстан и зарубежных странах, обосновывают международные и национальные законодательные акты, с учётом которых проводится практическая деятельность в сфере физической культуры и спорта. В работе обобщены основные задачи учебно-тренировочного процесса для занимающихся с учётом возраста и личной заинтересованности, определены содержание занятий, применение которых позволит получить запланированный результат, проанализированы источники финансирования программ и проектов по развитию физической культуры и массового спорта в различных странах, представлены основные результаты работы социального проекта «Спорт в моём дворе», реализованного в городе Алматы. Приведены статистические данные оснащённости дворовыми спортивными площадками районов г. Алматы.

Ключевые слова: физическая культура, массовый спорт, проект, спортивная площадка, финансирование.

Introduction. Today one of the priority directions of the development of the Republic of Kazakhstan is the development of physical education and mass sport. The 2020-2025 program for the development of physical education involves the introduction of new approaches and the improvement of those previously applied to the organization of physical exercises, to planning the content of classes, the distribution of physical load taking into account age, gender, and motivation of those involved, the construction of new sports facilities and the modernization of existing ones in the interests of residents, material support of the developed programs.

The purpose of the research is to analyze the existing forms of organizing mass sports and physical education at the place of residence in various countries.

Materials and methods. Literary sources were analyzed; the activities of various structures on the organization of physical education and mass sports in Almaty, regions of the Republic of Kazakhstan, and other countries were summarized.

Results and discussion. Today physical education and mass sport solve many socio-economic problems of the government: uniting society, distracting young people from bad habits, preventing diseases and life extension, healthy lifestyle promotion among various segments of the population, and engaging in physical activity, creating conditions for self-realization, self-expression and the development of physical fitness.

Documents have been developed that establish the basic principles for regulating the development of physical education and mass sport. The main international document is the “International Charter for Physical Education and Sport” proclaimed by the UN General Conference in Paris on November 21, 1978. Similar documents have been developed in other regions. European Sports Charter (1992), Resolution of the 9th European Conference of Sports Ministers (2000), “About national goals and strategic objectives of the development of the Russian Federation until 2024” (2019) and others [1].

The main principles of the above-mentioned documents and legislative acts of other governments are:

- the availability of mass sports without discrimination for any reason;
- governmental regulation of the development of a network of sports facilities and the availability of the physical activity.

In most countries, the priority of mass sport, its social significance is the basis for government events on the development of physical education and mass

sport, common approaches are being implemented to increase the role of the government in supporting its functioning in preventive and therapeutic measures, prevention of negative social phenomena, and the use of mass sport in the aesthetic, moral and intellectual development of the younger generation.

The main directions of government participation in support of physical education and mass sport are as follows: provision of resources; creation of infrastructure; organization of scientific research; coordination of actions of the participating structures; formation of agreements for economic entities.

The participation of the government in the development of physical education and mass sport has its characteristics in each country.

In the UK, the development of the mass sport is promoted by county community organizations that receive funding from local government and the Sports Council of England and are committed to improving the quality of life of local communities through the development of mass sport and physical activity. Public organizations actively interact with local sports federations. In the context of cooperation, sports competitions are annually held among the local population of counties with the participation of residents regardless of social status, age restrictions, and level of physical fitness, which attracts hundreds of participants, spectators, and volunteers from the local population [2, 3].

In Germany and France, local governments are involved in mass sport and physical activity of the population, which characterizes these countries as outstanding examples with a high degree of government participation. The Federal Republic of Germany has an after-classes sports program that promotes physical activity among German schoolchildren through collaboration between general education schools and sports organizations and free after-classes sports sections. [2, p.54]. The acting model allows coaches of local sports federations to engage schoolchildren in physical activity, as well as encourage the most gifted children to go to sports clubs.

In France, the government is actively involved in all aspects of the sports industry management. Departments and municipalities play an important role in the development of mass sport, which annually allocates about 10.8 billion Euros. France is one of the leaders in terms of funding for the sports sector from the budget of the municipal authorities.

In the United States, the development of physical activity and mass sport is carried out due to the high activity of public organizations, sports clubs, and

societies Local sports federations, in collaboration with parks and recreation departments within local municipalities offer a variety of training programs for different sports (football, basketball, rugby, golf, tennis, baseball, etc.). Classes, most often, are free of charge, which attracts many Americans to sport. The parks and recreation departments have a sizeable budget. The model of collaboration of American sports federations with the US municipal parks and recreation departments has also been successful in engaging different population groups, especially children and young people, in physical activity and mass sport at the local government level. [2, p. 54].

In Russia, the main regulatory document for the development of physical education and mass sport is the federal law “On physical education and sport in the Russian Federation”, which states (Article 30, clause 3) that local governments create conditions for the development of physical education and sport at the place of residence and place of rest of citizens, including by attracting specialists in the relevant field.

Regional structures independently create conditions for the development of physical education and mass sport, taking into account their own economic, financial, personnel, organizational capabilities, cultural and sports traditions, physical education, and sports interests of the population. Educational organizations, teenage clubs, physical education, and sports centers, commercial physical education, and sports organizations (fitness clubs, centers, studios, etc.) are involved in organizing work with various groups of the population [4].

In Italy, regional and municipal authorities are responsible for the development of sports and recreational activities according to the principle “Sport for All”, coordinating their work with the sports sector and implementing administrative functions that guarantee the creation of the necessary conditions for all citizens to have the opportunity to do sports in all different forms.

The supreme governing body for the development of sports in China is the Administration of government for physical education and sport. Mass sport is carried out by provincial governments, which are financed from the budget, sponsorship is allowed.

Summarizing the presented data, we can conclude that the development of the mass sport is carried out, most often, with the participation of local authorities, especially communities and communes, which brings great social benefits - maintaining and improving health, improving the quality of life of the population, preventing drug addiction and crime among young people, introducing children, adolescents, boys and

girls to a healthy lifestyle, character formation and social responsibility of youth.

Specific tasks of the development of physical education and mass sport are solved at different ages.

Motor skills, skills, physical qualities are developed, a positive attitude towards physical activity and a healthy lifestyle is formed in preschool age, through physical education.

Issues of psychomotor, mental, emotional development are solved, the manifestations of initiative and curiosity are encouraged, a benevolent attitude towards others and discipline, and personal hygiene skills are formed in the course of classes at this age. Preschoolers should master and develop basic motor skills: walking, running, jumping, jumping down, hop, climbing, throwing, catching, and coordination abilities. The leading means of physical activity is a game controlled and managed by a coach or educator; gymnastics, dancing, and general developmental exercises of a specific orientation are also actively used.

Classes are organized within the framework of the schedule and curriculum at school and student age. These activities are less popular with children, as they are strictly regulated. Out-of-class activities are more popular at schools and other sports facilities. Mass sport and physical education at this age solve the problems of preventing negative social phenomena, the development of moral, aesthetic, and intellectual qualities. Physical education programs at this age focus on the following: an individual approach, taking into account the level of preparedness when planning the load; psychophysiological abilities; individual knowledge in matters of physical education, healthy lifestyle and their use in practice; the effectiveness of the physical activity, the application of norms and habits of a healthy lifestyle.

In the Republic of Kazakhstan, great attention is paid to the health of the nation, this is reflected in the strategy “Kazakhstan-2050”, the law “On physical education and sport”, the program for the development of physical education and mass sport 2020-2025. In various regions, modern programs for the development of physical education and mass sport are being effectively implemented.

In the city of Almaty in 2017-2018, the social project “Sport in my yard” was successfully operated, organized with the support of the Department of Physical Education and Sport of Almaty. This is the first social sports project funded by the government, which offered free classes on the courtyard grounds under the guidance of an instructor. The implementation of the project made it possible to carry out physical education classes

at courtyard sports grounds and to attract children and adolescents aged 7 to 17 years for daily physical exercises and various sports on the doorstep of the place of residence. In the course of the activity of the

social project “Sport in my yard”, the coverage of sports grounds in the districts of Almaty increased significantly in 2017 - 74 sites, and 2018 already 151 (Figure 1).

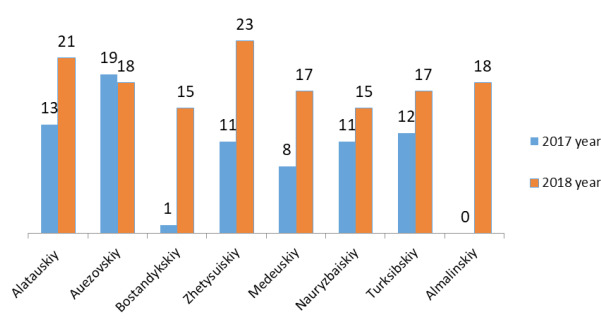


Figure 1 – The number of courtyard sports grounds in the districts of Almaty

The number of involved people increased from 7,416 in 2017 to 11,153 in 2018 (Figure 2) [5].

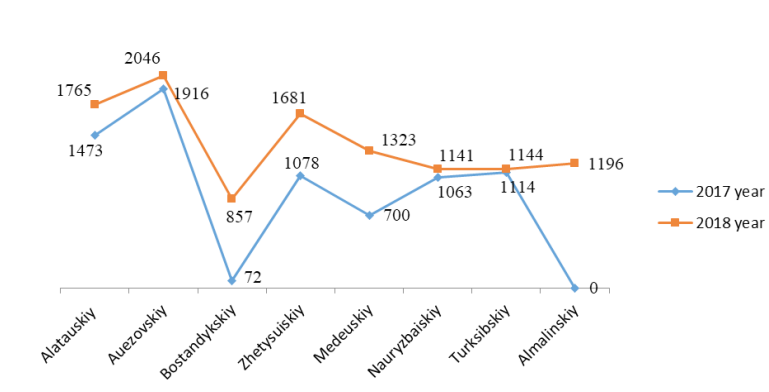


Figure 2 – The number of people engaged in courtyard sports grounds in the districts of Almaty

In 2020, 237 workout sites were built by the local administration of Almaty city, from various sources of funding, and their total number in the city was 337. These sites are available to anyone engaged on a free basis.

Twenty-two courtyard clubs have 68 sports sections, most of them are free of charge, and 12,500 people are involved in training.

There are 23 courtyard clubs in Nur-Sultan, where classes are held in 28 sports sections. Sports facilities of the various governmental institution are also actively used, which provide time for physical education and mass sports.

Conclusions. Each government has its peculiarities of organizing work on the development

of physical education and mass sport. In Germany and France, this work is carried out mainly by regional government bodies of authority, in the USA and Great Britain public organizations and federations for sports, in China, Kazakhstan, and other CIS countries, regional self-government bodies, and sports clubs.

Financing of expenses is carried out from the government budget, private investments, sponsorship funds, etc. Classes are held with the involvement of coaches, athletes, physical education instructors, educators, as well as independently. Different countries have their programs for the development of physical education and mass sport, taking into account local opportunities and conditions.

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