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Theory and methodology of physical education, sports training, health and adaptive physical culture

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ANNOTATION: This article about the Theory and methodology of physical education, sports training, health and adaptive physical culture.

Keywords: doctoral dissertations, candidate dissertations.

INTRODUCTION: The development of physical culture and sports as one of the key strategic objectives of the development of the Russian Federation is given great importance due to its high social significance for society and the state as a whole [6]. Effective development of the branch of physical culture and sports, improvement of means and methods of physical education and sports training is impossible without deep scientific substantiation and expansion of the base of scientific knowledge in the field of sports science.

Issues related to the solution of these tasks are considered in the process of research activities of scientists and specialists in the field of physical culture and sports. Moreover, problems with undoubted scientific novelty and practical significance are studied in dissertations in the field of physical culture and sports, defended in various branches of science [2, 3, 7].

In the field of physical culture and sports, the largest number of dissertations are defended in the scientific specialty 13.00.04 "Theory and methodology of physical education, sports training, wellness and adaptive physical culture" [4, 5]. The analysis of such dissertations defended in 2020 is given in this study.

The article discusses the subject of dissertations in the field of physical culture and sports in accordance with the passport of the scientific specialty 13.00.04 according to the structure of the passport of the specialty in the following areas of research:

1) fundamental problems of the general theory of physical culture (TFC);

2) theory and methodology of physical education;

3) theory and methodology of sports;

4) theory and methodology of professionally applied

physical culture;

5) theory and methodology of health-improving physical culture;

6) theory and methodology of adaptive physical culture;

7) psychology of sports.

Theory and methodology of physical education as a section of the passport of specialty 13.00.04 considers theoretical, methodological and historical-logical problems of physical education in the system of preschool, school, secondary vocational and higher education, issues of optimization of professional activity of physical education specialists in various types of educational institutions. Analysis of the topics of dissertations defended in 2020 in this direction,

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which is one of the main profile disciplines in the system of professional training of specialists in the field of physical culture and sports.

The section "Theory and methodology of professionally applied physical culture and physical training of military personnel" discusses the general patterns of development, functioning and improvement of the system of professionally applied physical culture and physical training of military personnel, as well as the content and normative basis of the system of professionally applied physical culture and physical training of military personnel. This section includes dissertations that study the issues of professionally applied and industrial physical culture of various age groups of the population, including also aspects of physical culture in their free time. cultural studies are mainly devoted to methodological issues of physical culture of disabled people and persons with health disorders of all socio-demographic and nosological groups. The subject of study of this branch of science is the types of adaptive sports included in the program of the Olympic Games, Special Olympics Olympiads and World Games of the Deaf; tasks – scientific substantiation of the content and orientation of new sports for the disabled, integrated programs that combine adaptive physical culture with creative and other activities of the disabled and persons with disabilities. In 2020, 8 dissertations were prepared, including 2 papers dealing with general problems of adaptive physical culture, and 6 on adaptive sports (swimming, snowboarding, chess, freestyle wrestling, sambo).

The psychology of sports studies the psychological patterns of physical education of young people and other segments of the population. In the section "Psychology of sports" within the framework of the scientific specialty 13.00.04 in 2020, 3 candidate dissertations were defended: 1 – on sledge hockey and 3 - on general sports issues without specifying a specific sport.

Analysis of the topics of dissertations defended in 2020 according to the scientific specialty 13.00.04, it allows you to get up-to-date information about the main directions of scientific research in the field of physical culture and sports, to assess current problems and trends in the development of sports science in the near future.

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