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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ  
ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ  
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

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## **CHOREOGRAPHY IN THE PROCESS OF PHYSICAL EDUCATION OF STUDENTS IN POLISH UNIVERSITIES**

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**The introduction.** In the conditions of the university education reforming in Ukraine, there is an urgent necessity to bring the training-educational activities of educational institutions according to the tasks of the main moral and national principles implementing of Ukraine, providing the unity of consciousness, love to the national culture in the professional and social sphere of life of future generation. Problems of the national education of young people are constantly in the focus of educators, social workers, public and political figures.

The importance of defined problems especially occurs in the critical times when radical changes in society determine the restructuring of educational process in general, and first of all should focus on nurturing of healthy, strong, courageous and patriotic generation. In such circumstances, the study of pedagogical ideas of Europe, reinvention and application of positive experience in accordance with the national realities take special consideration in shaping the worldview of students.

**The task.** The task of our research is to explore the importance of choreography in the process of physical education of students in polish universities.

**The goal of research.** In our research on physical education and sports in the university education of modern Poland, we have established that Polish higher education institutions successfully embody the European standards of study. According to the principles of the Bologna process, adopted laws and legislative acts

on education they are competent to shape its own strategy, to choose priorities in education and implementation of scientific research independently, to spend their resources and to set their own criteria for the preparation of modern highly professional specialists, to create new educational models at different levels of education, to establish pilot projects in different professional areas. Thus, within the obligatory classes of physical education students have the right to choose the types of physical activity during classes, according to their physical capabilities and preferences.

In most universities in Poland among the varieties of activities aimed at ensuring physical activity are classes of gaming sports, swimming, aerobics, athletics, gymnastics, badminton, tennis, ski touring, seminars on yoga, etc. It should be noted that within classes of physical education students may engage in modern, sport and folk dancing.

During an internship at the Economic University in Katowice (Uniwersytet Ekonomiczny w Katowicach) we have visited the practical classes of physical education, extracurricular classes and sport sections where we observed the activities of the relevant structural subdivision – Physical Education And Sports Centre – PESC (Studium Wychowania Fizycznego i Sportu – SWFiS), which is responsible for physical culture and sport work in the university.

Visiting folk dance classes that are in most Polish universities included in the obligatory classes within the physical education was slightly unexpected for us. The class was conducted from 6.20 p.m. to 7.50 p.m. in the sports hall of the university; it was attended by 12 people.

Full-time lecturer of PESC, experienced choreographer, artistic director of the folk dance ensemble "Silesianie", mgr. Jerzy Staszica conducted classes. During the class the elements of Polish folk dance were examined. Interestingly, folk dance classes were held under "live" accompaniment (accordion), which, in our view, promotes the formation of students' consciousness in the education

of socially active youth with well-developed national identity. The academic is convinced that the trend of the dance introduction as a kind of physical activity has positive effects on the level of the physical preparedness of students, because dancing is great exercise during which all muscle groups work actively. Jerzy Staszica has reminded us the famous philosophical statement, which he guided that dance is the movement, and the movement is life!

Choreography is a tool used in the process of physical education with the purpose of aesthetic culture forming among students. The advisability of dance classes conducting, including folk choreography in mass fitness and educational work with students is constantly discussed by progressive educators, historians, psychologists. It should be noted that in the universities of Ukraine different types of dance classes are offered mainly in off-hour time and they are related to the educational work with students. Dance classes are creating in universities, students can attend them, but not professionals and beginners do hard these classes. This problem is completely resolved in Polish universities, where along with professional dance teams of the universities the opportunity to do the dance to students who do not have proper prior preparation, but they want to develop themselves at this sport is given.

**The conclusion.** The research has shown that the question of the application of national culture is a means of all-round education and formation skills of healthy lifestyles, physical perfection and ensuring motor activity of university youth.

Thus, we can confidently emphasize that taking into account the national context in the physical education of university youth both in Ukraine and in Poland, namely the active use of folk dances are not only improve the efficiency of physical preparation, but also foster love for national culture, norms and values which determine the choice of the line of conduct, lifestyle, national identity which in general the human way of life consists of.