



Blended Learning and Introduction of New Forms in Teaching the Discipline of Physical Education in Ukrainian State University of Railway Transport

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Physical education is an integral part of the educational process in higher education institutions in Ukraine. However, the global pandemic and the introduction of quarantine measures impose certain restrictions on the full educational process. But new times set new challenges that push for the development and improvement of the learning process. Teachers of the Department of Physical Education and Sports faced an urgent question: how to provide distance learning for students of UkrDUZT in the discipline of physical education and how to organize and involve students in daily physical exercises in quarantine [1].

At the university, the end of the 2019/20 academic year differed from the standard learning process to which all students and teachers are accustomed. Due to the introduction of all-Ukrainian quarantine and the transition to distance learning, the educational process ended remotely.

We will consider the main problems and ways to solve them that arose before the teachers of the Department of Physical Education and Sports in the realities of the pandemic COVID-19. We considered various options for organizing the educational process of physical education at the Ukrainian State University of Railway Transport, taking into account the global coronavirus pandemic. In the conditions of quarantine at the Department of Physical Education and Sports,

distance learning was introduced using the Google Classroom platform. It should be noted that the vast majority of students were active and regularly interacted with teachers.

The courses developed by us in the Classroom system are analogous to classroom classes. Each course consists of an instructional section, sections with educational materials and a control unit [2].

The instructional section is information about the course, topics, terms of study and assessment system. Also in this section, there is a forum and a chat for communication with students.

Sections with educational materials consist of abstracts of lectures and practical classes, guidelines for the implementation of theoretical and practical classes, the algorithm of tasks. Similarly, after each lesson, information is provided for study and self-control. According to the curriculum, the courses are filled with control materials, both test form and open-ended questions. The most difficult to study topics students are asked to work online with the teacher using Zoom.

The final control block provides a separate chat and forum for student consultations immediately before the test, a list of all questions submitted for control, a sample of modular work and its design.

During the training, teachers post study materials and recommendations for theoretical and practical tasks on a page in the Google Classroom. Students complete weekly online assignments and submit reports to the Google Classroom platform. In order to explain in more detail the role of physical education and sports in the development and development of young people as individuals, together with the organization of distance learning teachers of the department have introduced new forms of extracurricular physical education and health work. Students were invited to take part in various on-line sports activities, namely: surveys, flash mobs, on-line actions in support of a healthy lifestyle, on-line cross-country sports competitions for girls and boys, jumping rope, burp, push-ups from the floor, lifting the torso forward from a supine position [3].

As we can see, the quarantine and introduction of distance forms of the educational process for the staff of the Department of Physical Education and Sports has not become an insurmountable obstacle to an effective educational process.

I am not sure that the school year 2020/21 will follow the standard classical schemes of education. Taking into account the experience of the end of the previous academic year and realizing that in the near future COVID-19 may not weaken its position, the university management decided to develop and implement a more complete distance approach to student learning, so now teachers of physical education and sports and a physical education course

is introduced on the Moodle platform [4]. We do not abandon classical education, but our university is a classic educational institution that is ahead of its time. We are ready to provide a full education, both in the classical form and in the distance. We make every effort to make our version of distance education interesting and full, most importantly effective.

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