

## CHAPTER 3

# THEORETICAL AND PRACTICAL ASPECTS OF MODERN PSYCHOLOGY

### SPECIALIST IN PHYSICAL TRAINING: ESSENTIAL CHARACTERISTICS

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**Abstract.** *On the basis of scientific resources the article gives the analysis of following concepts: «profession», «specialty», «qualification» and «specialist». Different approaches to treating these concepts in the modern science are revealed in the article. The structural components of professionally aimed individual are allocated and analyzed in details: professional orientation, professional competence, professionally important qualities and professionally important physiological properties. The meaning of the concept «a specialist in physical training» is given in the article as well as the list of main competences of graduates of higher educational institutions of physical training and teacher training direction. Among them great attention is paid to: forming the basis of rational behavior, aesthetic norms and skills in the training process; assistance in labor, intellectual and aesthetic education of pupils during the lesson of physical training; forming the essentials of self-behavior of an individual in the process of physical training. The criteria of readiness for professional activity of the modern professional in physical training are defined: forming the basic and professional economic culture of the individual of an employee; value-semantic orientations; attitude to the profession; forming the systemic integrational skills; the awareness about peculiarities of the region and regional peculiarities of the system of physical education; willingness to participate in development of the market field; the acceptance of responsibility for their own career; willingness to provide competition using moral methods; realizing by the specialist the scientific reduction of basic theories into elaboration of conceptual fundamentals of professional activity in conditions of market economy.*

**Keywords:** *profession, specialty, qualification, a specialist in physical education, professional activity.*

**JEL Classification:** H10, IO, Y8

**Formulas:** 0; **fig.** 1; **tabl.** 1; **bibl.** 12

**Introduction.** Fundamental changes in the socio-economic and spiritual development of the state, the modernization of the education system in Ukraine put the problem of improving the training of teaching staff on the agenda. The implementation of the requirements of the time, in particular the integration of national education into the European educational space, requires the creation of technologies for the

professional training of future specialists aimed at improving qualifications, professional competence, and competitiveness in accordance with the growing conditions on the labor markets. Therefore, it is a difficult and responsible task to professionally prepare future teachers who are able to fully meet the high professional guidelines of the 21st century.

This also applies to the professional training of future physical education specialists and sports. Today, it is important that higher educational institutions ensure not only the direction of the educational process to arm future specialists with special knowledge, abilities and skills, but also the development of professionally significant personality qualities of the future physical education and sports specialist, its intellectual potential, opportunities, interests, inclinations, motives and value guidelines.

All this requires a rethinking of the purpose, content, functions and tasks of the professional training of future physical education and sports specialists in higher educational institutions of Ukraine in accordance with the requirements of the personally oriented paradigm of education, the need to ensure the high competitiveness of physical education specialists.

**Literature review.** Various aspects of the functioning of the system of continuous professional education are highlighted in the works of domestic scientists (Bennabi, 2019).

The conceptual foundations of the professional training of future specialists were thoroughly studied by domestic scientists (Bengel, 2018), in particular, the professional training of future specialists in physical education and sports - by domestic scientists (Arshava, 2019) and Indian (Bohlmeijer, 2011) by researchers. A special place belongs to the works of Ukrainian scientists, who analyzed the professional training of future specialists in the context of personally oriented education (Burlakova, Sheviakov, 2021).

**Aim.** The purpose of our article is to clarify the essence of such concepts as "profession", "specialty", "qualification" and "specialist" in modern scientific literature.

**Methods.** The methodological basis of the research was the theoretical analysis and generalization of literary sources.

**Results.** We should immediately note that explanatory dictionaries of the Ukrainian language equate the concepts of "profession" and "specialty". Thus, in the "Great Explanatory Dictionary of the Modern Ukrainian Language" the following interpretation of the concept of profession is given:

1. Type of occupation, labor activity that requires certain training and is the main means of subsistence; profession.
2. Basic qualification, specialty.

We come across a similar definition in the "Interpretive Dictionary of the Ukrainian Language".

In the Vocational Education Dictionary, the concept of "profession" is presented in more detail and is interpreted as "a type of labor activity of a person who possesses

a complex of special theoretical knowledge and practical skills acquired as a result of professional training and work experience".

Instead, A. Caza gives a more generalized definition of this concept. In particular, the author is convinced that the profession is a historically and culturally determined social phenomenon, which is objectively determined by the achieved level of division of labor. This is a complex of systematic knowledge, abilities and skills, abilities and beliefs of a person acquired in the process of education and upbringing, oriented to the social division of labor, which is a prerequisite for performing skilled work in material and non-material production (Caza, 2010).

However, we are more impressed by the definition of this concept by scientists A. Christian, who consider the profession as "a peculiar set of abilities, skills, types of activities, personal hobbies and interests of a person, which serves as a source of income, contributes to the discovery of creative abilities and the realization of personal and social aspirations"(Christian, 2011). We also agree with J. Chung who notes that "the profession determines a person's place in the social structure and is the source of his spiritual and material well-being. The profession is most often associated with education, interests, needs, it leaves an imprint on a person, his worldview, behavior, etc." (Chung, 2018).

In the scientific literature, the concept of "specialty" is interpreted as the specialization of activity according to the subject of work. In particular, in pedagogy, there is the following definition of this concept: "a specific, historically formed type of labor activity, which is systematically performed by a specialist in the direction of a certain profession and provides him with the means of subsistence". Instead, researchers M. Constand interpret the specialty more narrowly - as "a narrow, specialized type of work within the framework of a specific profession, in which a person has achieved the required level of training, a certain professional skill, gained the necessary experience" (Constand, 2014). Scientists believe that this is the type of activity in which the specialist acquired additional, deep knowledge, skills and practical skills. This definition of the concept of "specialty" is close to us, and therefore we will follow it in our study.

According to researchers I. Burlakova and O. Sheviakov, a specialty in the field of physical culture and sports is "a set of knowledge about physical culture and a person who is engaged in physical culture and sports activities; experience of emotional and value relations; moral standards; the ability to transfer the values of physical culture to a totality sufficient for a productive social bearer of sports experience (a specialist) with another person (a learner) in order to harmonize his natural physical data" (Burlakova, Sheviakov, 2021).

Specialties of specialists are determined by the State Classifier in each from areas of training. In the direction of "Physical culture and sports", professional personnel are trained in the following specialties:

- physical education (classification code – 010201);
- physical rehabilitation (classification code – 010202);
- Olympic and professional sports (classification code - 010203).

In the Ukrainian Pedagogical Dictionary, "qualification" is interpreted as:

1) degree of professional training of the employee, the availability of knowledge and skills necessary for him to perform a certain type of work. Depending on the employee's qualifications, the special qualification commission assigns him a tariff class according to the tariff and qualification manuals;

2) characteristic of a certain type of work, which is established depending on its complexity, accuracy and responsibility;

3) characteristics of the subject, phenomenon".

Traditionally, the term qualification in higher education denoted a specific profession. Compilers of the new list of specialties suggest that the name of the level of training, which is implemented by the corresponding professional educational program, should be called a qualification - bachelor, specialist, master.

The interpretation of the concept of "qualification" is much broader in the encyclopedia "Pedagogy". In particular, this term means:

1) the level of development of the employee's abilities, which allows him to perform labor functions of a certain degree of complexity in a specific type of activity, the level of professional readiness for a certain type of work;

2) profession, specialty.

P. Coventry proposes to use the term professional qualification together with the above-grounded ones, which includes his traditional understanding - the specification of a profession, specialty (Coventry, 2015).

According to S. Culbertson, qualification is "a complex characteristic of the quality of a specialist's work, determined by his educational level and professional training in a certain specialty" (Culbertson, 2010). The qualification of graduates of higher educational institutions, which is certified by diplomas of higher professional education, provides them with the opportunity to carry out various types of professional activities, defined by the state educational standard of higher professional education in terms of state requirements for the minimum education and the level of training of graduates.

The educational and qualification level of higher education characterizes the degree of formation of the personality, the system of knowledge, abilities and skills, which ensures the ability of a person for professional activity of the appropriate level.

We are also close to I. Burlakova interpretation of the concept of "specialist", which we will follow in our work. According to it, a specialist is a person who professionally possesses the knowledge, tools and skills of a certain type of activity in accordance with the educational and qualification level (Sheviakov, 2022).

In particular, in the scientific literature there is a four-component professionally conditioned structure of the personality of a specialist, the characteristics of which are given in table. 1.

**Discussion.** Considering this, in our opinion, a future specialist in physical culture is a person who purposefully acquires professional education in specialized higher educational institutions in the process of specially organized educational activities aimed at preparing for further professional activities.

As a result of such training, a modern specialist in physical education and sports should:

- to know: the content of traditional and innovative technologies in the field of physical culture and sports; forms, methods and principles of organizing traditional and innovative education; medical-biological, psychological-pedagogical, sociocultural foundations of traditional and innovative technologies in the field of physical culture and sports;

- be able to: plan, organize and conduct classes using traditional and innovative technologies; use modern tools in classes and methods of physical education adequate to the content of the applied technologies; evaluate the effectiveness of the technologies used and control the quality of the educational process; analyze and correct their professional activity; organize and conduct scientific research in the field of professional activity.

**Table 1. Professionally determined structure of the specialist's personality**

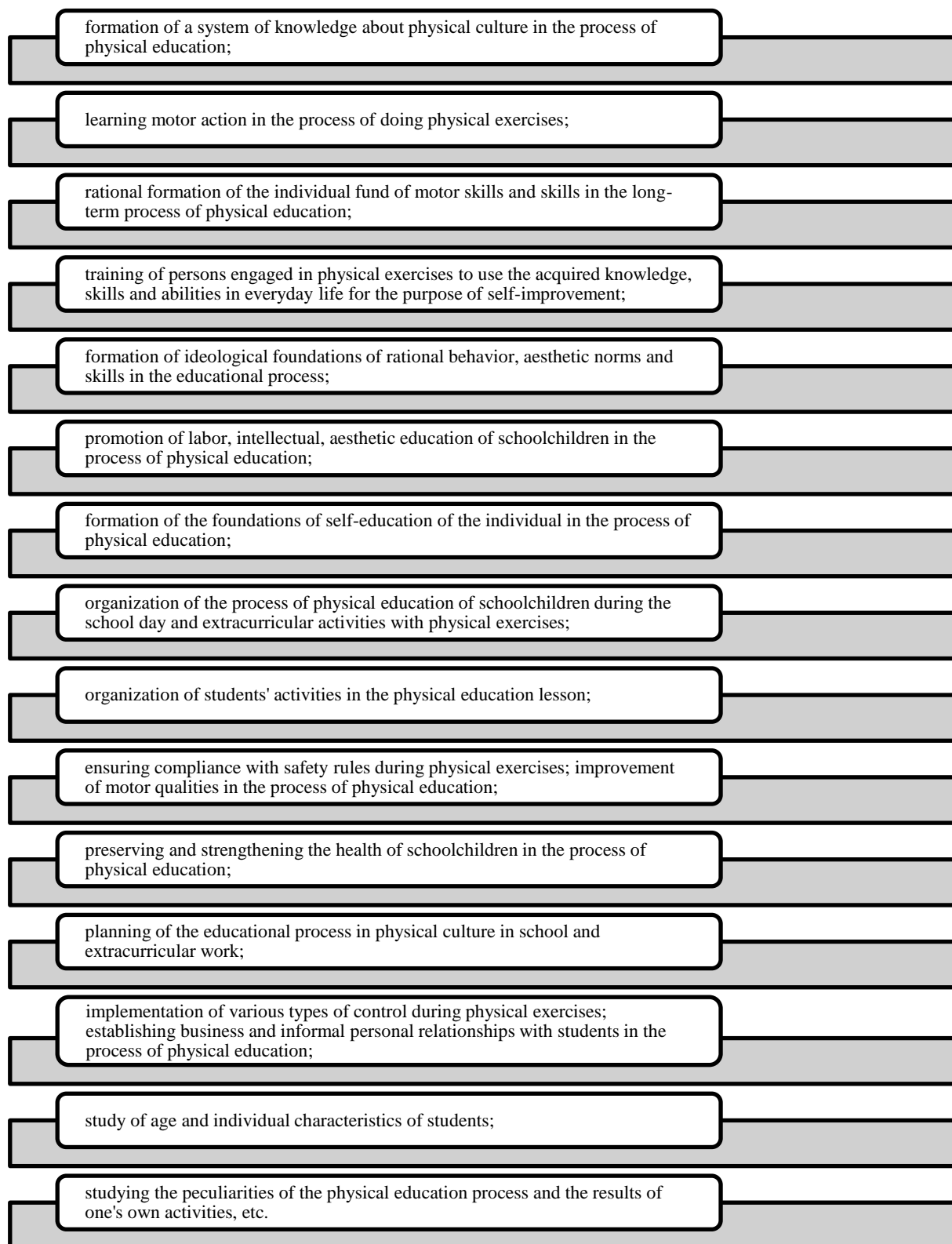
Substructures	Socio-psychological and psychophysiological components of substructures	Professionally determined ensembles of substructure components (key qualifications)
Professional orientation	Tendencies, interests, attitudes, expectations, attitudes, motives.	Socio-professional abilities: readiness for cooperation, focus on achievement, success and professional growth, corporateness, reliability, social responsibility, etc.
Professional competence	Professional knowledge, skills and abilities, qualification	Socio-legal and economic competence, special competence, personal competence (knowledge, skills that go beyond one profession), self-competence
Professionally important qualities	Attention, observation, creativity, decisiveness, contact, self-control, independence, etc.	Professional independence, socio-professional intelligence, ability to plan technological processes, diagnostic abilities, professional mobility, self-control, etc.
Professionally significant psychophysiological properties.	Energetics, neuroticism, extroversion, Visual coordination, reactivity, etc.	Generalized professional abilities: coordination of actions, speed of reaction, vision, dexterity, endurance, stress resistance, etc.

*Sources: systematized by the authors*

Instead, I. Burlakova details the requirements for the competences of graduates of higher educational institutions in the field of physical education and pedagogy, approved by the State Standard. In particular, she names the following (Figure 1).

**Conclusion.** Thus, taking into account the fact that a modern physical culture specialist must be ready to work in market conditions, this puts new demands on him. In view of this, a specialist in the field of physical culture is a person who is ready to carry out health-sports-pedagogical (synthetic) activities on the basis of formed pedagogical (reflective and project) abilities, which are manifested in the knowledge, abilities and skills of didactics of physical education and health riverbanking, its measurements, formations and preservation in the conditions of scientifically based forms of organization of the educational process.

The market conditions of functioning determine the following criteria of her readiness for professional activity:



**Figure 1. The main requirements for the competences of graduates of higher educational institutions in the field of physical education and pedagogy, approved by the State Standard**

*Sources: systematized by the authors*

- formation of the basic and professional economic culture of the employee's personality;
- value and meaning orientations; attitude to professional activity (sustainability of professional interest and its component (intellectual, emotional, volitional) composition);
- formation of systemic integrative skills (gnostic, projective, constructive, communicative, organizational);
- knowledge of the features of the region and regional features of the physical education system, readiness to participate in development of the market sector;
- recognition of one's own responsibility for a professional career, readiness to ensure competition by moral means;
- carrying out by a specialist a scientific reduction of fundamental theories (activity, management, socialization, personally oriented education) in the development of conceptual foundations of professional activity in the conditions of a market economy.

Prospects for further research into the professional competence of future specialists in physical culture require the development of specific situations that have a personal character in the development of the professional culture of future specialists.

**Author contributions.** The authors contributed equally.

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