



Socio-Pedagogical Significance of the "gto" Complex in the Formation of Healthy Population

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Abstract

Purpose of the study: The purpose of the article is to conduct a historical review of the development of the global trend towards the creation of physical culture and sports systems aimed at increasing the number of citizens who systematically engage in physical culture and sports, the formation of the population's conscious needs for systematic physical culture and sports, physical improvement and healthy lifestyles in Russia, Germany and Austria. **Methodology:** The leading research methods were a theoretical review of historical and pedagogical scientific literature on the topic, a comparative analysis of physical culture and sports systems in Russia and foreign countries, and generalization and interpretation of the materials studied. **Results:** The main results of the article which were obtained in the course of the study are the historical analysis of the development of the GTO complex, differentiated by years and the main directions of state policy in the field of physical culture and sports, the disclosure of changes in the goals and objectives of the GTO system at various historical stages of the country, and the analysis of the modern GTO system. **Applications of this study:** The practical significance of the article is to develop the stages of development of GTO in the context of socio-economic conditions and political situations in the country, recommendations for improving the basic principles, and approaches to the GTO system in the context of new global trends to improve the quality of life, a healthy lifestyle, and active longevity. **Novelty/Originality of this study:** The novelty of the research is that data were obtained on the historical stages of the development of the GTO in Russia; the physical culture and sports systems of Austria and Germany are analyzed; it was found that the mandatory delivery of the GTO standards is not a leading factor in improvement of the well-being of the population, but it is necessary to increase motivation and encourage the population to maintain a healthy lifestyle, active recreation based on training for independent physical education and sports, and the formation of a conscious attitude towards their health.

Keywords: All-Russian sports GTO complex, "Ready for Labor and Defense", physical activity, social potential, physical culture and sports, standards, physical fitness of the population, physical activity, quality of life.

1 Introduction

In the twenty-first century at the global level, issues of preserving, strengthening and reproducing the health of the population acquire strategic importance for each country, acting as an important criterion for the social well-being of society (9, 10, 13, 20). Extensive growth of financing in the sphere of healthcare, physical culture and sports, an orientation towards the development of innovative technologies of medicine, wellness, and rehabilitation, - as world practice has shown, improve the health of the

population as well as improve the quality of life (4,7). More effective, "inexpensive" factors of strengthening and preserving the health of the nation are the increase in the number of physically active population, the formation of motivation for maintaining a healthy lifestyle throughout life and well-thought-out state policy in the field of physical culture, sports and healthy lifestyle.

To improve the health of Russians to the rank of national wealth is a high and socially significant goal uniting the efforts of the state and society. Evidence of this was the revival of the Physical and Sports Complex "Ready for Labor and Defense" from September 1, 2014, which provides for the delivery of sports standards in eleven age groups of the population. The physical fitness complex "Ready for Labor and Defense" has similar systems of physical education of

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the population in foreign countries, for example, in Germany - "Golden German Sport Icon" and in Austria - "Sport icon ÖSTA" (5). For the first time such a system of recovery of the population was introduced in Sweden "Idrottsmärke", the badge of distinction was awarded not to professional athletes, but to those who were actively involved in sports. After Sweden in Germany, on the initiative of Karl Dima, the "Golden German Sport Badge" appeared. Since 1914, the "Golden German Sport Badge" has been acting as a program for young people to take the semi-physical tests in swimming, endurance, strength, speed and flexibility. In the modern system of Austria, the ÖSTA sports badge, which has been in operation since 1920, in order to obtain the badge, it is necessary to pass a standard - one exercise in five disciplines: swimming, long jump or high jump, running, strength exercises and endurance exercises. Standards are provided for different age groups of the population. Each of these systems during its period of existence has undergone various changes, which reflected the historical stage, the political situation, the values of society, and the socio-economic conditions of the territory.

"The modern complex "Ready for Labor and Defense" is an international trend for a healthy lifestyle and prolonging the activity of the elderly population of the country" (12).

The implementation of the "Ready for Labor and Defense" sports complex is a problem-solving program of the Strategy for the Development of Physical Culture and Sports in the Russian Federation until 2020, according to which the proportion of the population systematically engaged in physical culture and sports should reach 40% in 2020, and 80% among students. It seems necessary to analyze the main stages of the history of the development of the GTO complex in order to reflect on the social and pedagogical potential of the modern physical culture and sports complex on health improvement of the population.

2 Literature Review

In the history of the development of the physical training and sports complex "Ready for Labor and Defense" we have identified stages differentiated by years and main areas of state policy in the field of physical culture and sports:

The first stage - the stage of the formation of the GTO - covers the years 1931-1934. During this period, the complex has changed 3 times. The era of the formation of the GTO is distinguished by the ideology of the dominant proletariat, the politicization of all aspects of society's activities. The main emphasis was placed on the simplicity and general accessibility of physical exercises and sports included in the standards, evidence of their usefulness for improving health and developing the skills and abilities required in the daily working life-person and defender of the Fatherland.

M.Y. Vilensky, V.V. Mikhailov, and N.A. Levenko (1979) explained the mass character and general accessibility of the GTO complex by the necessity of teaching the population the basics of physical culture, sanitation and hygiene. The continuity with the "big" sports was weak, as party documents condemned the so-called "record holder". The young country defended its right to exist, involved "mastering the basic skills of physical culture by millions of working and studying youth with an acute shortage of qualified coaching staff, almost without social industry and infrastructure" (18).

The second stage -1935-1958. During this period, the system of control exercises, physical tests suitable for assessing the physical fitness of various age groups of the population was clarified; levels of regulatory requirements were adjusted and improved; and detailed age limits within individual steps.

In the pre-war years with their complex international situation and real military conflicts, the GTO complex was distinguished by its practice-oriented content (marching, skiing, rifle training, swimming, throwing grenades, and overcoming water obstacles). During the Great Patriotic War, the GTO complex provided the basis for mass military physical training of the population (in 1942, the All-Union Committee for Physical Culture and Sport made changes to the GTO complex in order to improve its compliance with wartime requirements (11).

Russian and foreign historians note the high level of physical training of the Red Army and the "labor front" of civilians "The badges of the GTO withstand the hardships of wartime with honor, quickly eliminated the consequences of a forced interruption of production activities and re-established their professions" (18).

In the postwar years, the main task of researchers to improve the health of the population, including those who were studying, was to find the most effective combination of the standards of the GTO complex with the program requirements for physical education in educational institutions at various levels. It was during this period that the GTO complex formed the program-normative basis of the Soviet system of physical education of the population. "The goal is to contribute to the formation of the moral and spiritual outlook of the Soviet people, their all-round harmonious development, preserving for many years good health and creative activity, preparing the population for high-productive work and protecting the Motherland" (6).

The emergence of top-level sports, the development of mass sports and children's sports oriented theorists and practitioners in the field of sports pedagogy to transfer the emphasis on strengthening the sports and competitive orientation of the complex, to transform the latter not only into a training school for future defenders of the Fatherland, but also for future champions and highly qualified athletes to prepare and submit standards for the GTO complex.

Changes in the life of Soviet society in the postwar years, the results of the political "snowbreak" and scientific and technological progress changed the social functions of physical culture and sports, made separate directions and the old "military-defense" ideology of the GTO obsolete.

The third stage - 1972-1990. - focused on the harmonious development of man of a new society. In addition to physical development, in the improved GTO, emphasis was placed on social activity (civil and physical culture and sports), health-saving activities are being stimulated, and age limits are expanding due to the introduction of new levels for students in grades 1-2 "Ready for the start".

The development of the GTO Complex and the verification of its results were based on the materials of major scientific studies on physical culture conducted by leading scientific institutes. Particularly, in the 70s-80s, All-Russian Research Institute of Physical Culture conducted a targeted study on the development of the content and control materials of the GTO complex were grounded and differentiated types

of movements (tests), allowing to characterize the parties physical fitness of a person to solve the problems of physical education production, sports and defense; the quantitative indicators of the degree of development of physical preparedness involved in different age and sex are determined.

The changes introduced into the text of the Decree "On the Introduction of the New Complex "Ready for Labor and Defense of the USSR" (GTO) fixed that sport was firmly established in the life of the Soviet people, became its integral part. Being an important means of developing the Soviet system of physical education, Olympic and mass sports were designed to further the introduction of physical culture in the daily life of the population, to create opportunities for comprehensive physical training of students for work and military service.

The differences of this GTO complex from its predecessors, - experts believe, firstly, in the difference of tasks. The upgraded complex included the task "to go to the vanguard of international sports" (18), that is, the GTO was intended to become the foundation for the training of highly qualified athletes; hence the requirement of the complex, that "the applicant or contender of the badge should know about the international relations of Soviet sport, its international and peace-loving nature" (3); secondly, the regulatory requirements have increased, in order to compensate for the lack of physical activity of students who live in more comfortable conditions.

The reasons for termination of the existence of the complex of the GTO in the 90s of the 20th century, according to B.R. Goloshchapova, are:

- a clear downward trend in the importance and popularity of the complex in the system of physical education;
- unjustified frequent changes and additions to the content and structure of the complex, erroneously exaggerated understanding of its significance for the process of physical education of the population;
- the proclamation of the complex program basis of physical education, which meant a close connection of the content of physical education in educational institutions with the list of control exercises included in the complex of the GTO;
- command-bureaucratic style of work, methodical planning of preparation of icons, as a consequence of a formal attitude to work;
- the collapse of the USSR (11).

The fourth stage: 2014 - to the present. After a break of almost a quarter of a century, the GTO is again being implemented. The main reason for introducing the GTO was the tendency to reduce the quality and life expectancy of people, physical development and physical fitness of various population groups. According to the results of the study, it was revealed that the majority of citizens do not lead an active lifestyle: 15.9 percent of the population regularly engages in physical culture and sports in the country, and in the economically developed countries of the world this figure reached 40 - 60 percent (8,16,17). The real amount of physical activity of schoolchildren and students did not ensure full physical development, optimal mental and physical performance, and health promotion.

The modern complex of the GTO is called upon to play a decisive role in increasing the number of people actively

engaged in physical culture and sports, improving the physical fitness indicators of the country's inhabitants.

3 Findings and Conclusion

A review of the scientific literature, study of the programs of the GTO complex of different years, changes in the rules of the GTO and corrections in tests show that the improvement of the population, their involvement in systematic physical education and sports were the main tasks of the state level.

Analysis of the history of the formation and development of the GTO shows that in order to realize social potential of physical culture and sports, to consolidate the priority of development and maintenance of physical health in the state policy, and the population to be active (1,2), the modern All-Russian sports complex should, firstly match the realities of modern society, secondly, meet the needs of each age category and the population group; thirdly, be scientifically based (14,15,19).

The key moments of the modern GTO testify to the cardinal changes in society are accompanied by changes in the social functions of physical culture, sport and the sports industry. If in the previous complexes put together there was a strong collectivist ideology, a military-patriotic component, then the new GTO complex should help everyone to understand their own capabilities, improve their own health, turning it into life value, and daily activities with physical culture or sports - into a natural need. It is not important to achieve high athletic performance, a career in professional sports for children and young people who will take the GTO complex, the formation of behavioral stereotypes to establish and maintain a healthy lifestyle. The motivation is systematic physical education and sports, rest will become the daily need of every person. And for adults and the elderly population - improving the quality of life, preventing diseases, promoting health, increasing life expectancy through systematic various types of physical culture and health activities. In 2017, the GTO was developed and implemented for people with disabilities, taking into account sensory, movement and mental disorders. The priority approaches of the modern GTO complex are: - personification and individualization as indicators in addressing social issues, taking into account gender and age groups and population groups; - the inclusion of tests on the choice of the student, including those on military-applied types most popular in the youth environment (mountain bike, parkour, karting, BMX-racing, workout, skateboarding, speedway, etc.); suitable types of tests and physical education and fitness activities for the elderly age group; ethnic types of exercise and sport in the region; - the inclusion of theoretical tests in order to identify knowledge involved in the theory, methods of organizing self-study physical education and a specific sport, methods of self-diagnosis, operational self-control before, during and after exercise).

We believe that the need for systematic physical training should be formed and developed through obtaining information about the level of physical fitness, about the capabilities of your body to achieve the optimal form of physical performance, etc. The GTO complex is not an end in itself, but a means by which each person will not only know the state of his physical development, physical fitness, but

also gain a real incentive to further strengthen and maintain his own physical health.

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