

• **ІСТОРИЧНІ, ОРГАНІЗАЦІЙНІ, ПРАВОВІ, СОЦІАЛЬНІ  
ТА ГУМАНІСТИЧНІ АСПЕКТИ ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

• **HISTORICAL, ORGANIZATIONAL, LEGAL, SOCIAL  
AND HUMANISTIC ASPECTS OF PHYSICAL TRAINING AND SPORTS**

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**THE ROLE OF OLYMPIC EDUCATION  
IN SOLVING PROBLEMS  
OF MODERN GENERATION**

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**ВИРІШЕННЯ ПРОБЛЕМ СУЧАСНОЇ МОЛОДІ ЗАСОБАМИ ОЛІМПІЙСЬКОЇ ОСВІТИ. Євгеній ПРИСТУПА, Юрій БРИСКІН, Мар'ян ПІТИН, Оксана БЛАВТ. Львівський державний університет фізичної культури**

**Анотація.** Олімпійська освіта, базуючись на ідеях олімпізму, робить спроби формування способу життя, що передбачає радість від рухової активності, освітньої цінності позитивних прикладів, а також прийняття універсальних, фундаментальних етичних принципів.

Мета дослідження. Охарактеризувати роль олімпійської освіти у вирішенні проблем сучасної молоді.

Методи дослідження. Теоретичний аналіз і узагальнення, порівняння, систематизація, абстрагування.

Олімпійська освіта, реалізуючи основні ідеали сучасного олімпізму, є суттєвим фактором формування культурного та фізичного здоров'я молоді.

Засобами олімпійської освіти, які передбачають вирішення проблем сучасної молоді, є організація і проведення загальнонаціональних турнірів з видів спорту, «Олімпійських уроків», науково-пізнавальних конкурсів, участь відомих спортсменів у реалізації системи олімпійських ідеалів, а також формування у вищих навчальних закладах наукових напрямів і шкіл, пов'язаних з олімпійською освітою.

**Ключові слова:** олімпійська освіта, молодь.

**Introduction.** The objective of this article is to present to the readers the value of Olympic Education in solving problems of Modern Generation. It describes how the Ukrainian Olympic educational program came about and how Olympic education was introduced into the Ukrainian education system. Also it explains how physical education is “enriched” by Olympic education in Ukrainian higher educational institutions. Incorporation of Olympic values into the educational system means that you need to be aware of the system’s strengths, as well as its limitations. It appears that the connection to Olympism and its values is very particular in our educational system. At the core of our educational system, therefore, when dealing with values that are closely related to those of the country, the pillar of Ukrainian society, you need to develop a whole strategy in order to teach the Olympic ideals to Ukrainian youth.

**Objectives:**

- to provide students with specialized knowledge on issues related to Olympic Studies, as well as the necessary skills;

- to promote knowledge and research on issues of Olympic philosophy and education, and on organization and management of greatest athletic events, Olympic Games, and general Olympic and athletic studies;

- to promote the growth of international Olympic education programs, contribute to the creation of a scientific basis for the growth and organization of sports, and provide a specialized workforce to further organize and head Olympic and athletic institutions.

**The aim of the study:** to characterize the role of Olympic education in addressing the problems of modern youth.

**Methods of research:** Theoretical analysis and generalization, comparison, classification, abstraction.

**The Importance of Olympic Education in Promotion of Olympism Ideals.** The 2004 Olympic Charter states this longstanding commitment to education in its Fundamental Principles:

Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles.

Today it is an irrefutable fact that for the general public the idea of Olympism and the Olympic Movement is only seen as a large sports event held every four years, while “everyday Olympism” appears to be completely unknown to the general public. Various organizations make praiseworthy efforts to popularize and promote Olympism. But more often too theoretical for the average person to understand that “Olympism” is something more than an international sports meeting. Olympism uses sport to promote the balanced development of people as an essential step in building a peaceful society that respects human dignity. The purpose of the study was to determine the meaning of Olympism nowadays and the importance of Olympic Education in order to promote Olympism, and its role in solving problems of young generation.

A Special Kind of Connection between Sport and Social problems. Physical activity is an essential component of any strategy that aims at problems of sedentary lifestyle and obesity among children and adults. Active lifestyle contributes to individual physical and mental health as well as to social cohesion and community well-being. Opportunities for being physically active are not limited to sports and organized recreation. They exist everywhere – where people live and work, in neighbourhoods and in educational and health establishments. The way we build our cities, design the urban environment and provide access to the natural environment can be a great encouragement or a great barrier to physical activity and active living. Other barriers exist in the social environments within which people work, learn, play and live. Many of the people suffering from health problems such as obesity and chronic diseases are those experiencing poverty and social disadvantage. Meeting the needs and contributions of all citizens in different settings of everyday life is a prerequisite for ensuring equity and comprehensiveness in efforts to promote physical activity and active living.

Traditional values of sport in Ukraine:

1. Education of Youth and Children.
2. Developing and maintenance of social conformity and harmony.
3. Provision of leisure, recreation and entertainment.
4. Maintenance of defense and internal security.

Modern values and ideals of Olympism:

1. Health.
2. Knowledge and understanding of Olympic ideals.
3. Athletic Qualities (Citius, Fortius, Altius).
4. Personal Qualities.
5. Moral Qualities e.g. fair play, fairness, character, honesty.
6. Ethical behavior . Unity of friendship.
7. Social conformity and involvement.
8. Competitiveness.
9. Responsibility and decision making.
10. Educational and cultural transmission.
11. World peace.
12. Sports festival.

**Suggestions for Improving Olympic Education.** Fundamental to the understanding of Olympism is its emphasis on an educational mandate. In fact, the “Olympic idea cannot be understood

without an understanding of its educational mission” (Gessman, 1992:33). This educational mandate is outlined in several of the Fundamental Principles of the Olympic Charter (IOC: 2000).

Fundamental Principle 2 – Olympism is a philosophy of life; exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles.

Fundamental Principle 3 – The goal of Olympism is to place everywhere sport at the service of the harmonious development of a man, with a view to encourage the establishment of a peaceful society concerned with the preservation of human dignity.

Some of the specific positive values referred to in these principles include a respect for balance in the human character between aspects of mind, body and spirit, an understanding of the joy found in effort, an emphasis on peaceful behaviour, and respect for others. The principles also include direction for an Olympic pedagogy. That is, the fundamental principles seem to suggest components of a possible teaching and learning strategy.

Recommendations are as follows:

- Ensure quality physical education and sport for everyone in schools.
- Intensify collaboration between the school and the sports system.
- Establish connections between the physically inactive and the sports system.
- Closely link education and a sporting career, and provide social, medical and psychological care for young athletes.
- Develop talent identification programmes based on a holistic approach.
- Create new and innovative opportunities for competition and take youth culture and sporting interests into consideration.
- Promote clean sport and disseminate awareness and education programmes via different communication channels and the media, with a focus on prevention and the fight against doping.
- Cooperate with champions who act as role models, showing perseverance and dedication and setting good moral standards.
- Invest in scientific research and use the findings to develop sports structures, programmes and initiatives and as a basis for critical reflection.

It is important for the Olympic Movement and other sporting bodies at the international and national levels to involve and empower young people, and to contribute to intergenerational opportunities. All members of the Olympic Movement have a key responsibility in encouraging and offering access to sport and to competitive sport for people of all ages and groups. Close cooperation between sports organizations and governments is required to achieve this target.

Thus, Olympic education is designed to direct the formation of each social unit in socially useful direction. Therefore, the attention must be paid not only to the content and structure of youth problems, but directly to the ways of their solutions, taking into account the nature and values of Olympic education.

Olympic education in Ukraine has significantly strengthened its social position since independence. A bright example is the introduction of Olympic education in schools. The schools were introduced to some theoretical classes regarding questions of Olympism, the Olympic competition system, etc. It is carried out by development and implementation of training and methodological support of this process that allows reinforcing the choice of motives in sport.

Hereby we present the analysis of contents and realization of Olympic Education program introduced by the National University of Physical Education and Sport of Ukraine and the Olympic Academy of Ukraine in accordance with the IOC policy.

This program was designed under direct supervision of the former IOC president Mr. J. A. Samaranch.

**It includes:**

1. Implementation of academic disciplines "Olympic Sport" and "General Theory of Athlete Training in Olympic Sport" into all higher Ukrainian schools curricular, dealing with physical educators training, and also setting up Olympic Sport Departments at these establishments, and publishing

handbooks. Presentation of the first manual ("Olympic sport") was done by the IOC President Mr. J. A. Samaranch in 1994 at the Centennial Olympic Congress in Paris. In 1997 a handbook "General Theory of Athlete Preparation in Olympic Sports" was published.

2. Foundation of "Olympic Literature" Publishing House, that during 10-year period has published more than 100 books devoted to history and contemporary state of Olympic movement, medical-biological and sportive-pedagogical foundations of Olympic athlete skill improvement.

3. A very important component of this program has resulted in publication of 5-volume "World Encyclopedia of Olympic Sports", which has not got analogues in the world literature as for its completeness and versatility. Being printed in Russian it is available for sports experts and enthusiasts from more than 20 countries of Eastern Europe.

4. Holding of international scientific congresses "Olympic Sport and Sport For All" on a regular basis. The first of those congresses was held in Kyiv in 1993.

5. Distribution of knowledge about Olympic sport, ideals of Olympism in the system of secondary and higher schools by means of introduction lessons on theory physical education programs of schools and universities, publication of Olympic sport popular library (7 books, 5 posters), etc. There are mutual edition of scientific-theoretical journal "Science in Olympic Sport" with the IOC, combined programs with participation of the OAU, IOA, and Centers of Olympic education of different countries.

6. The meeting of students with champions. Before the visit, students work on the champion's discipline, the Olympic Games where they won their medals. They train hard for the competitions, that are the culmination of their work.

7. Setting up of Olympic Youth Camps for the younger students is underway. Based on the principle of «mini-Olympics», young students are given the opportunity to build an interdisciplinary program based on sport the practice of sports, as well as its history, physical sciences.

8. Increasing levels of participation in appropriate sport and physical activity can contribute to social cohesion, neighborhood revitalization and an increased sense of community identity . Green spaces, skateboarding parks, trails, paths and sports facilities provide a social focus and enhance people's perception of their neighborhood. Providing equitable and safe opportunities for active living may also encourage the expansion of social networks.

9. Make a larger number of people interested in sport by raising awareness of its importance in an early stage of children's lives, because as they get older, they will be able to help a larger number of teams.

10. Promotion of existing events. The regional and departmental directors are invited to highlight sports meetings using cross-cutting themes such as sports and disabled students or sports and sustainable development.

11. Annual holding of the national Olympic lesson. Involvement of athletes of all levels in conducting demonstration lessons in schools in all regions of Ukraine.

Sport is a methodical and intense form of a game that leans towards perfection and coordination of muscle effort, aiming at physical and spiritual improvement of human beings. When added to child and youth education and development, sport becomes a valuable tool for consistent education, by creating healthy habits, which strengthen values and attitudes, such as:

- motivation for study;
- promoting social inclusion;
- respect and a spirit of friendly good-fellowship;
- development of a sense of responsibility and maturity;
- opportunities for new friendships;
- fun, boosting self-esteem;
- promotion of cultural exchanges;
- encouraging competitiveness, but valuing ethics during competitions and friendship outside the field of play;
- highlighting the role of teachers;

- teaching the value of team work;
- improvement of time schedule organization: study, training, competitions, leisure, family.

**Conclusions.** Although the concept of living life to the fullest is closely related to the youth the meaning of this phrase changes with the generations.

Teenagers often stop to live life to the fullest in a healthy way and they start to associate with destructive habits. Today's youth have a vision of themselves that can be explained by a profound change in identity on a worldwide scale, which is the main cause of the decline in youth participation in sports.

The new "identity construction" is closely related to negative aspects of globalization such as the technological revolution, massive urbanization and lower incomes. The international community has the opportunity to revert the process using the positive side of globalization trends to ensure that young people live life to the fullest in a positive way. What we have to do:

- Ensure quality physical education and sport for all in schools.
- Intensify collaboration between the school and the sports system.
- Establish connections between the physically inactive and the sports system.
- Closely link education and a sporting career, and provide social, medical and psychological care for young athletes.
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- Cooperate with athletes who are champions and role models, showing perseverance and dedication and setting good moral standards.
- Invest in scientific research and use the findings to develop sports structures, programmes and initiatives and as a basis for critical reflection.

Today sport is becoming increasingly accepted both as a goal in itself and as a means to achieve developmental goals. Sport programmes can support psychosocial health, promote children's (including girls and disabled) active participation, provide safe spaces for children to play, and serve as containing contexts to restore a sense of normalcy in the lives of children affected by conflict or disaster.

Nevertheless it would be naive to think that sport automatically elicits and promotes these positive effects. In order to reveal the positive potential of sport and to avoid any negative impacts we need to know and analyse the active ingredients of sport delivery in a developmental context. Policy-driven initiatives are too fragile a basis for the quality, efficiency and sustainability of sport and development programmes. The identification and indepth analysis of the factors in sport, which may be supportive and the development of evidence-based intervention strategies are needed.

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**РЕШЕНИЕ ПРОБЛЕМ  
СОВРЕМЕННОЙ МОЛОДЕЖИ  
СРЕДСТВАМИ ОЛИМПЕЙСКОГО ОБРАЗОВАНИЯ****Евгений ПРИСТУПА, Юрий БРИСКИН,  
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**Аннотация.** Олимпийское образование, базируясь на идеях олимпизма, предпринимает попытки формирования образа жизни, предусматривающего радость от двигательной активности, образовательной ценности позитивных примеров, а также принятия универсальных, фундаментальных этических принципов.

Цель исследования. Охарактеризовать роль олимпийского образования в решении проблем современной молодежи.

Методы исследования. Теоретический анализ и обобщение, сравнение, систематизация, абстрагирование.

Олимпийское образование, реализуя основные идеалы современного олимпизма, является существенным фактором формирования культурного и физического здоровья молодежи.

Средствами олимпийского образования, предполагающими решение проблем современной молодежи, являются организация и проведение общенациональных турниров по видам спорта, «Олимпийских уроков», научно-познавательных конкурсов; участие известных спортсменов в реализации системы олимпийских идеалов, а также формирование в высших учебных заведениях научных направлений и школ, связанных с олимпийским образованием.

**Ключевые слова:** олимпийское образование, молодежь.

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**Annotation.** Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles.

The aim of the study to characterize the role of Olympic education in addressing the problems of modern youth;

Methods of research: Theoretical analysis and generalization, comparison, classification, abstraction.

Olympic education, implementing the basic ideals of modern Olympism is a significant factor in shaping the cultural and physical health of young people.

The means of Olympic education, solving the problems of today's youth are organizing and conducting national tournaments in sports, "Olympic lessons" , scientific competitions, the participation of the famous athletes in the implementation of the Olympic ideals, and establishment in the institutions of higher education Olympic-related schools.

**Key words:** Olympic education, young people.

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