



## Problems and Prospects of the Implementation of the All-Russian Physical Culture-Sports “Ready for Labor and Defense” (RLD) Complex on the Example of Vologda State University

Alexander V. Nikulin<sup>1</sup>, Lyudmila G. Avdonina<sup>1</sup>, Evgeniya L. Belova<sup>1</sup>, Olga I. Bushmanova<sup>1</sup>, Irina N. Katkanova<sup>1</sup>

<sup>1</sup>Vologda State University, Vologda, Russia

Email: [nikulinv74@yandex.ru](mailto:nikulinv74@yandex.ru), [l.g.avdonina@yandex.ru](mailto:l.g.avdonina@yandex.ru), [lab\\_ffk@mail.ru](mailto:lab_ffk@mail.ru), [bush\\_oi@mail.ru](mailto:bush_oi@mail.ru), [ink-01@mail.ru](mailto:ink-01@mail.ru)

### ABSTRACT

The article “Problems and Prospects of the Implementation of the All-Russian Physical Culture-Sports “Ready for Labor and Defense” (RLD) Complex on the Example of Vologda State University” identifies the main problems of introducing the RLD Complex in the educational activities of the university; studies the contribution of the main social institutions that influence the formation of students' readiness to pass the control tests of the RLD Complex, substantiates the need for work aimed at increasing the motivation of students to pass the standards of the RLD Complex. The main directions of the organization of activities, prompting students to prepare and pass the tests of the RLD Complex, are formulated; the interpretation of the research results in the issue of students' attitude to the tests of the All-Russian Physical Culture-Sports “RLD” Complex is given.

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### INTRODUCTION

The Concept for the Development of Student Sports in the Russian Federation for the period up to 2025, approved by order of the Ministry of Sports of Russia No. 1007 of November 21, 2017, orients the university to increase the contingent of students who completed or took part in the implementation of the standards of the All-Russian Physical Culture-Sports “RLD” Complex (hereinafter – RLD Complex) by 2020 up to 70%, by 2025 up to 80% [1].

The results of a study conducted in 2019 at the Vologda State University indicate that only 56.4% of students passed the RLD Complex standards or did not pass all the standards, stopping the tests after the first unsuccessful attempt (Nikulin, Lebedeva, Lucenko, 2019).

The data obtained, with a high degree of probability, allow us to conclude that the control standards set by the Ministry of Sports of the Russian Federation for the first stage of implementation of the Concept in the university have not been achieved in full. On this basis, administrations of universities and specialists in the field of physical culture and sports are faced with the task of not only increasing the relevance of the participation of students in passing tests of

the RLD Complex, using purposefully physical culture means to prepare for passing the RLD Complex tests, but also modernizing generally accepted tests and searching for completely new forms and methods of physical culture work, contributing to the growth of students' motivation to fulfill the standards of the RLD Complex.

Analysis of literary sources on the problem under study and the practical results of the implementation of the RLD Complex in the youth environment made it possible to formulate the main contradictions: on the one hand, a state purposefully organized activity is being implemented to test all age groups of the population, on the other hand, in the educational process of the university there is no systemically organized work to increase the proportion of students who took part in fulfilling the standards of the RLD Complex; the higher school has sufficient opportunities to involve students in the process of preparing and passing the standards of the RLD Complex and insufficient use of these resources in the activities of the university; the need to prepare students during the period of study at the university for passing the tests of the RLD Complex is declared and there is no material, technical, scientific and methodological support.

The revealed contradictions prompted us to turn to the present research topic, the problem of which is formulated as follows: under what pedagogical conditions will there be an increase in students' motivation to fulfill the control standards of the All-Russian Physical Culture-Sports "RLD" Complex?

The solution to this problem determined the purpose of the study.

The search for effective methods of resolving the above contradictions predetermined the formulation of the following tasks: to study the students' opinion on the achieved results of the practical implementation of the All-Russian Physical Culture-Sports "Ready for Labor and Defense" (RLD) Complex at the Vologda State University, to identify the possibilities of the main social institutions that contribute to the implementation of the RLD Complex in the educational space of the university and to determine, in the course of the experimental work, the pedagogical conditions for increasing the motivation of students to pass the standards of the RLD Complex.

## RESEARCH METHODS

To conduct a sociological survey, with the aim of collecting information to identify the attitude of students to passing the standards of the All-Russian Physical Culture-Sports "RLD" Complex, a questionnaire was developed that includes both open and closed questions. Before starting the questionnaire, the respondents were thoroughly briefed with the presentation of the purpose and objectives of the study. In addition, a complex of various research methods was used: analysis of the problem under study in the modern practice of physical culture movement, many years of the author's experience of work at the university, conversations and observation. Each of the methods performed a compensating and controlling role in relation to others.

## RESULTS

The study involved 134 students of 1-3 year of studies at the Institute of Management, Economics and Law and the Civil Engineering Institute.

Answers to the question "Do you have an idea of what the All-Russian Physical Culture-Sports "RLD" Complex is?" showed that almost all respondents have a sufficient theoretical level of awareness on this issue.

However, the answers to the next question "Do you know how and where the registration procedure and testing of the RLD Complex take place?" (65% answered positively) give the right to assert that the available knowledge is not enough for practical steps, which is confirmed by the answers to the question "Have you passed the RLD Complex standards?".

Analyzing the answers to these three questions, we can draw the following conclusion: despite the fact that the university awards additional points to the USE upon admission, students, at the time of graduation from a general education school, are not ready to pass the standards of the RLD Complex. Therefore, when organizing work in the educational process of the university to involve students in the process of preparing and passing the standards of the RLD Complex, it is necessary to strengthen the emphasis on the formation of students' motivation to pass the tests of the Complex.

It should be recognized that one of the motivating factors for passing the RLD Complex standards is the students' interest in being included in the process of preparing and passing the tests of the Complex.

In line with our research, the main motives of students to fulfill the standards and receive the "RLD" distinction were studied. Thus, 67.5% of the respondents attributed the opportunity to get an "automatic" credit for the "Physical culture" course as the leading motive, 38% of the surveyed students associate their arrival at the Testing Center Site with the opportunity to work out missed physical education classes. 29% of respondents expect to receive additional points for an athletic scholarship. Among personal motives, students noted the following: self-affirmation (41%), strengthening their own health (54%), preparation for future professional activity (14%), manifestation of civic position (1.8%).

Based on the results obtained, it is possible to put forward a hypothesis that in order to increase the motivation of students, it is necessary to implement a comprehensive, purposefully organized work to promote the RLD Complex in the educational space of the university.

In this connection, in our opinion, it was very important to determine the factors that have the greatest influence on the formation of students' motivation in the process of preparing and passing the standards of the RLD Complex. To achieve this goal, we studied, during the research, the opinion of students on this issue (Fig. 1).

The results of this survey allow us to conclude that a physical culture teacher is a key figure that has the greatest influence on the formation of students' motivation in this area. Therefore, it is of interest to identify the level of readiness of teachers of the Department of Physical Culture, Sports and Adaptive Physical Education to be included in the activities to promote the RLD Complex in the student environment.

Thus, only 8 out of 32 people (which is 25% of the total number of teaching staff of the department) passed tests with the assignment of a distinction. The insufficient degree of participation of teachers in the implementation of the RLD Complex in the

university is one of the serious problems constraining the achievement of the goals and objectives of the Concept for the Development of Student Sports in the Russian Federation in the Implementation of the RLD Complex. Despite the fact that the majority of the teaching staff (83%) highly assesses their knowledge of the organization and content of tests, they have no desire to be involved in this work, considering that this is an additional burden, which should be compensated by incentive payments from the university administration.

The next factor that has a significant impact on the readiness of students to pass the standards of the RLD Complex is the media. Information about the RLD Complex and the participation of representative teams of the university in the "RLD" Festivals is widely and fully covered on the website of the Vologda State University, the media portal "AuditoriYA", on pages in social networks, on stands in educational buildings.

It should be noted that the choice of a sports club by students as the main factor influencing the formation of their readiness to fulfill the control standards of the All-Russian Physical Culture-Sports "RLD" Complex is not accidental. The sports club of the university carries out purposefully organized work in this direction, covering students from the first year with its activities (Nikulin, Bushmanova, Starostina, 2020).

In accordance with the developed criteria and indicators, all students are conditionally distributed over three levels of motivation formation for passing the standards of the RLD Complex. The results are shown in Figure 2. Depending on the level of formation, work with them is based on the principle of a differentiated approach (Nikulin, Starostina, Bushmanova, 2019).

The data obtained allow us to conclude that almost one third of the students did not fulfill the standards of the RLD Complex. This group of students has insufficient knowledge about what tests the RLD Complex includes. Where and how the testing takes place, their skills and abilities to perform the exercises included in the RLD Complex are not fully formed. This group, from the point of view of preserving and strengthening the collective health of the nation, lacks an understanding of the social significance of the implementation of the RLD Complex, there is no desire to master the skills and abilities to pass the RLD Complex tests. Organization of work with students belonging to this group is of particular interest. The transition of this category of students to the second or third level of motivation formation for passing the standards of the RLD Complex will make it possible to significantly advance in the implementation of the task of introducing the RLD Complex.

The efforts of the university administration are less noticeable for students, but they can make a significant contribution to solving the task.

When approving the education program for elective disciplines for the 2019-2020 academic year, it was decided to organize classes in the direction of "Functional all-around, (RLD) complex exercises", during which targeted preparation for testing will be carried out.

From 2020, upon admission to the Vologda State University, additional points will be awarded not only for a gold badge of distinction (3 points), but also for a silver badge (2 points), which will stimulate potential applicants to pass the standards of the RLD Complex.

To make a decision, the university administration was invited to work out the issue of registering the Testing Center Site on the basis of the Vologda State University, to form a panel of judges from teachers of the Department of Physical Culture, Sports and Adaptive Physical Education, who have previously completed training, with the receipt of the corresponding certificate.

A proposal was made to revise the criteria for the appointment of an athletic scholarship, one of which will be passing the standards of the RLD Complex. For students of the specialties "Physical Education" and "Adaptive Physical Education", by the end of the first year of study, it will be necessary to introduce 100% fulfillment of the standards of the RLD Complex.

The List of indicators for assessing the effectiveness of the labor activity of the teaching staff, should contain additional points for work in this direction: "Member of the RLD Standards Acceptance Commission", "Has prepared students to fulfill the RLD Standards for a gold badge", "Personally passed the RLD Standards", etc.

## DISCUSSION OF RESEARCH RESULTS

The popularization of the All-Russian Physical Culture-Sports "RLD" Complex as an integral part of the all-Russian physical culture and sports formula of the nation's health, in our opinion, should be organically integrated into the educational process in the "Physical culture" course. When planning physical education lessons, it is necessary to provide for the acquaintance of students with the RLD Complex. In the theoretical part of the lesson, it is necessary to talk about the goal and objectives of promoting the RLD Complex, to reveal its content and structure, to demonstrate how the registration procedure on the GTO.ru website takes place and how to submit an application on the website of the municipal testing center, to pay attention to the issue regarding the admission procedure to pass the tests. In practical classes, it is necessary to prepare for the fulfillment of standards and conduct

control testing based on the material and technical base.

To achieve the indicators set by the Concept for the Development of Student Sports in the Russian Federation for the period up to 2025, it will be necessary to develop and implement a comprehensive, purposefully organized work to promote and promulgate the RLD Complex in the educational space of the university. Systemically organized work, with the participation of all social institutions of higher educational institutions, such as the university administration, teaching staff, sports club, student trade union committee, management of educational and sports activities and others, will increase the proportion of students who took part in fulfilling the standards of the RLD Complex. In addition, it is necessary to provide scientific and methodological support for preparing students to fulfill the standards of the RLD Complex.

## CONCLUSIONS

The foregoing allows us to formulate the following conclusions:

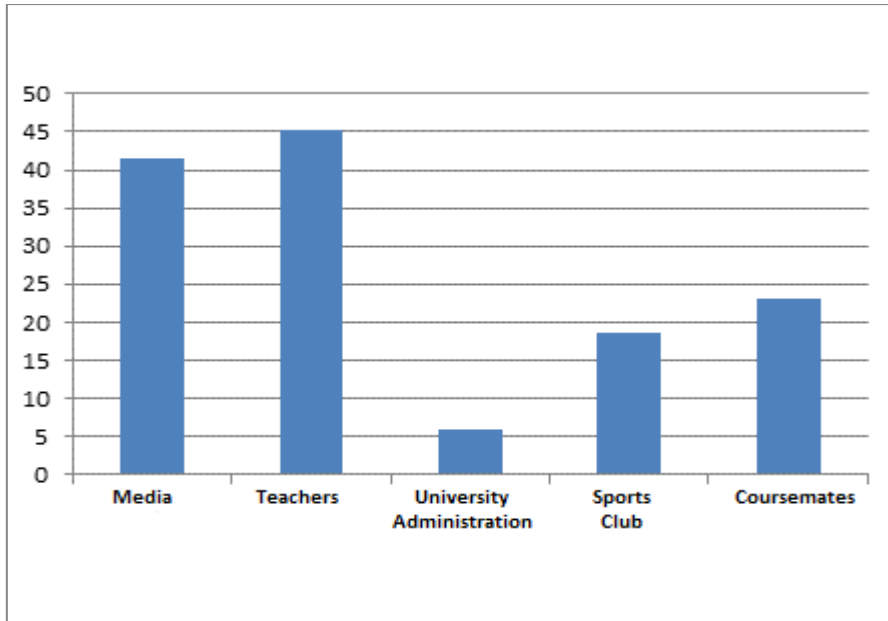
- analysis of the organization of the educational process and non-academic sports-mass work of the Vologda State University revealed the absence of systemically organized work to promote and promulgate the RLD Complex in the student environment and found the demand for the development of a comprehensive program of activities to form students' readiness to prepare and pass the standards of the RLD Complex;
- improving the work to promote the RLD Complex in the educational space of the university, in all the proposed areas, will not only achieve the planned indicators, but will also help to increase the students' motivation for regular physical culture and sports, which will undoubtedly contribute to the implementation of tasks for the formation of responsible behavior of students to maintain and strengthen personal health;
- pedagogical conditions to increase the motivation of students to fulfill the control standards of the All-Russian Physical Culture-Sports “RLD” Complex are:
  1. In the educational space of the university, all social institutions are involved in the work on the popularization and implementation of the RLD Complex. As a result of the integration of efforts, a specific educational environment is created, which contributes to increasing the motivation of students to engage in physical exercises to perform control tests of the RLD Complex;

2. The process of formation of readiness for preparing and fulfilling control standards of the RLD Complex and practical skills of students is carried out on the principles of collective and individual approaches with mandatory information, educational, scientific and methodological support.

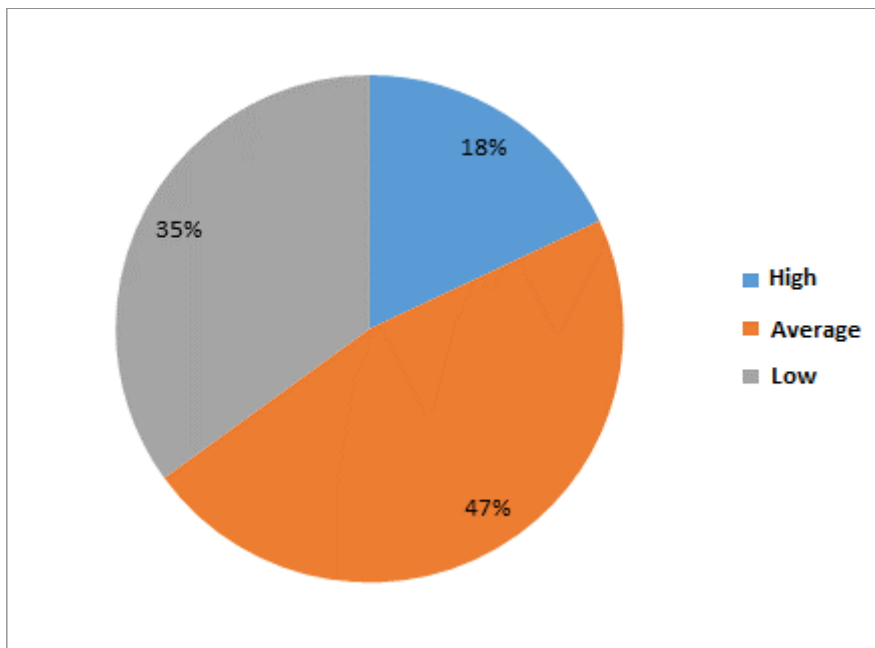
The study raises a number of questions that require further special study. It is necessary to continue research to study the capabilities of each social institution in the educational space of the university as a factor in creating conditions for increasing the readiness of student youth to master the skills to successfully pass the standards of the RLD Complex, to identify the potential of a significant reference environment for students and its impact on motivation for passing tests of the RLD Complex, to identify the relationship between the successful pass of the RLD complex standards by the teachers of the Department of Physical Education as a professional competence, and the impact on the formation of student motivation to be included in the preparation for passing tests.

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**Fig. 1:** The results of the survey of students about the factors that have the greatest influence on the formation of their readiness for the process of preparing and passing the standards of the RLD Complex in % (several of the most significant factors were selected).



**Fig. 2:** Levels of motivation for passing the standards of the RLD Complex (in %)