Sport and Health-Saving Technologies in the Structure of State Youth Policy

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ABSTRACT
The development of sports and health saving technologies in the Russian Federation is of particular importance, which is determined by the fact that they define the quality of life of young Russians and serve as the main social resource of social and economic development. In this regard, an effective state youth policy is needed to form the sphere of health protection, promotion of sports and physical culture among young people. Health-saving technologies mean all those psychological, pedagogical and socio-pedagogical programs and methods that are aimed at developing a health culture among the youth, focusing on physical culture and sports activities, developing personal qualities that contribute to the motivation to maintain a healthy lifestyle, as well as the formation, preservation and promotion of health.

Keywords:
sport, health-saving technologies, physical education, health, youth, state youth policy, Strategy, Russian Federation, Russian society.

Introduction
Young people as a socio-demographic group serving as a carrier of significant intellectual and creative potential, as well as a reserve for reproductive and labor resources, should have substantial reserves of physical, mental and social health [Gafiatulina, 2015; Gafiatulina, et al., 2018]. Therefore, the health of young generations is one of the priorities of Russian state policy. Preparation of highly qualified competitive young professionals, along with the formation, preservation and strengthening of their health in the conditions of the educational process and professional socialization is an integral part of the modern strategy of social development and the state youth policy. This is the aim of state programs of the Russian Federation “Development of Education” for 2018-2025, as well as the “Development of physical culture and sports” [the State Program of the Russian Federation, 2014]. In this regard, the search for new forms and technologies for promoting and maintaining health, stimulating independent physical activity and sports activities among young people in order to increase the health potential of young Russians becomes an essential task of modern social and pedagogical practice [Gafiatulina, 2009]. Today, in the light of the development of physical culture
and mass sports in the youth environment, state support and stimulation of athletes, health-saving technologies are undoubtedly an important direction of social policy, both at the level of the Russian Federation and at the regional level [Bykov, et al. 2019]. At the same time, the activity in the management of mass youth sports is the most important factor in the development of state youth policy aimed at improving the health and quality of life of young people, which is reflected in the government document “Strategy for the development of physical culture and sports in the Russian Federation until 2020” (Strategy 2020) [Strategy, 2009].

The designated Strategy speaks of the importance and necessity of transitioning the development of the sphere of physical culture and sports to an innovative model, in addition, it takes into account all issues focused on improving the health of young generations, raising the level and quality of their lives, improving the psychophysical fitness of human potential, improving competitiveness of Russian sport and the prestige of the state in the international arena.

According to the strategy of systemic innovations in the field of physical culture and sports, this is a gradual and purposeful transformation of the composition of its organizational structures, technologies, and methods of the system of management of physical culture and sports in the youth environment, aimed at replacing its elements in order to accelerate or improve the solution of the tasks set by society and implementation of the Strategy -2020 [Strategy, 2014].

Materials and methods

Issues of youth health saving are developed and implemented at several levels: state-political, public-social and individual-personal [Shakhova, et al., 2008]. The state-political approach is extremely broad in its semantic meaning. Here, the problem of sports as an institution of youth health protection at the state and political level is considered, since the preservation and maintenance of the health of young people today is a guarantee of social well-being of the society in the future [Chikaeva, et al., 2018].

In solving the research problems posed by the authors, general scientific research methods were used: dialectical and systemic approaches to the analysis of sports and health-saving technologies as social phenomena; as well as general sociological research principles.

Results

Modern state youth policy in the field of physical culture and sports is an important link in the general direction of solving the main tasks of society. This significance is determined by the special status of physical culture and sports in the matter of health preservation of the young nation, which is concluded in the fact that this sphere serves both as a source for improving the quality of life of young Russians, and as a social resource for the development of society.

Let us turn to the social analysis of such categories as “physical culture” and “sport”. When studying a diverse base of scientific sources from medico-social and socio-psychological to legislative, we found that these categories could be interpreted from at least two points of view. So, physical culture and sport can be considered: firstly, as two independent, separate concepts; secondly, sport can be analyzed in the context of physical culture, i.e. sport is considered as an integral part of physical culture. Such an ambivalent position is tracked, in particular, in the Federal Law “On Physical Culture and Sports in the Russian Federation”. Thus, the Law states that physical culture is a part of human culture, which is a combination of values, norms and knowledge created and used by society for the physical and intellectual development of a person’s abilities, improvement of his physical activity and the formation of a healthy lifestyle. On the other hand, the same law states that physical culture includes sport as an integral part, “sport is an integral part of physical culture, historically established in the form of competitive activity and special training of athletes for competitions” [Federal Law, 2007].

The state youth policy is a rather complex and multidimensional social institution in which at least two levels can be distinguished concerning the formation of health-saving technologies. Firstly, it is an organizational level, which is a complex of legal acts, as well as a system of international, state and public structures that regulate and implement
work with young people in order to develop physical culture and sports in the youth environment. Secondly, the technological level, contributing to the technological support of health-saving activities [Smirnov, 2011].

The modern stage of youth sports management in the structure of the state youth policy includes the ratio of two important components: on the one hand, top-level sports (high, professional sports) as such a type of sports that is controlled and managed at the state and regional levels. On the other hand, - mass sports (sports for all) - a type of sports, supervised and managed at the level of municipal authorities. At the same time, the main goal of the municipal youth sports management is to ensure the orientation of the activities of various public organizations and specialized physical culture and sports institutions to the formation and development of mass sports among the younger generations of Russians.

What is the place occupied by health-saving technologies in the structure of the state youth policy?

First of all, we note that in the framework of the state youth policy, health-saving technologies imply a system of measures to protect and promote the health of young people, taking into account the most important characteristics of the educational environment and human living conditions, a positive impact on health [Gryshai, et al., 2018].

In the structure of the state youth policy, the main directions for creating a system of mass physical and sports education and healthy socialization of young people are:

1) the development of the organizational basis for the management of mass youth sports and physical culture;
2) improving the system of physical culture and sports activities among young people;
3) improving the interaction of organizational and managerial subjects of physical culture and sports;
4) development of parameters and indicators of physical activity for various socio-demographic groups of young people;
5) development of a system of physical and sports education of young people, taking into account various age features;
6) the creation of a comfortable educational environment and the introduction of health-saving technologies in the process of educational and professional socialization of young people.

What are health-saving technologies?

Since we are talking about young people, it is worth first of all mentioning health-saving educational technologies, by which we understand all those psychological, pedagogical and socio-pedagogical technologies, programs and methods that are aimed at educating young people of health culture, orientation to physical culture and sports activities, the formation of personal qualities that contribute to the motivation to maintain a healthy lifestyle, as well as the formation, preservation and strengthening of health. We believe that only then it can be said that the educational process is carried out according to physical culture, sports and health-saving educational technologies, if the implementation of the used pedagogical system solves the problem of preserving the health of students and teachers. It is worth noting that health-saving technologies are implemented on the basis of a student-centered approach. Carried out on the basis of personality-developing situations, they are among the vital factors that make up a system of value orientations of young people, allowing them to engage in effective interaction. [Vaskov, et al., 2018]. Health-saving technologies should ensure the development of the natural abilities of a young person: his mind, moral and aesthetic feelings, interpersonal tolerance and trust, the need for activities, mastering the vast experience of communication with people and nature [Shakhbanova, et al., 2019].

By health-saving technologies, most researchers understand the system that creates the conditions for preserving and strengthening the physical, spiritual, emotional, intellectual health of young people. As a synonym for the concept of “health-saving technologies”, the term “health-forming educational technologies” is often used. [Fertikova, 2019].

We have identified the following components of the health-saving orientation of the educational environment: personal focus on physical culture and sports activities, psychological and physical safety, hygienic reasonableness and
preventive orientation of sports, orientation of physical culture and sports activities on the formation of a healthy lifestyle.

Next, we consider the mechanism for implementing the state youth policy for the development of sports and health-saving technologies among young people. The main elements of the mechanism for the implementation of the state youth policy in the field of health care include legal, organizational, economic and social foundations.

Let us consider in more detail each element of this mechanism. First, we are talking about the legal basis for the implementation of policies for the development of physical culture and sports and the formation of health-saving technologies. Table 1, compiled by the authors of the publication, contains the basic documents at the federal level, defining the nature of the activity of such a mechanism.

Table 1.
Characteristics of the main documents of the state youth policy on the development of physical culture and sports and the introduction of health-saving technologies

<table>
<thead>
<tr>
<th>Year</th>
<th>Document Name</th>
<th>Brief Description</th>
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<td>2007</td>
<td>Federal Law &quot;On Physical Culture and Sport in the Russian Federation&quot;</td>
<td>The main content of the law: - the basic principles of the law on sports and health are defined; - the subjects of physical culture and sport in the Russian Federation are identified and the significance and tools for the development of physical culture and sport in the education system, in the system of authorities, at the place of residence of young citizens are shown in order to adapt physical culture and sport to widespread practice; - the types of sports organizations are characterized.</td>
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<td>2009</td>
<td>Strategy for the development of physical culture and sports for the period up to 2020</td>
<td>The goal is for the period up to 2020 to determine the role of physical culture and sport in the development of human potential of Russia. Tasks are set: - the creation of a new national system of physical education and sports education of the population in general, and, young people, in particular; - development and implementation of a set of measures to promote physical culture and sport and the creation of health-saving technological conditions for the active involvement of young people in mass sports.</td>
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<td>2010</td>
<td>Order of the Ministry of Education of Russia of December 28, 2010 No 2106 &quot;On approval of federal requirements for educational institutions in terms of the health of pupils&quot;</td>
<td>The Order includes eight groups of requirements: - the integrity of the system of forming a culture of healthy and safe lifestyle of pupils; - the compliance of the infrastructure of the educational institution with the conditions for the health of pupils; - rational organization of the educational process; - organization of physical education and sports and mass work in an educational institution; - organization of the system of educational and methodical work with participants of the educational process on issues of a healthy and safe lifestyle; - prevention of the use of psychoactive substances by pupils; - comprehensive support of the system of forming a culture of a healthy and safe lifestyle for pupils; - monitoring the formation of a culture of healthy and safe lifestyle of pupils.</td>
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| 2015 | Federal target program "Development of physical culture and sport in the Russian Federation for 2016-2020" | The main goals of the Program are: - creation of conditions that provide the opportunity for young citizens to systematically engage in physical culture and sport; - improving the efficiency of training athletes in the sport of higher achievements; The objectives of the Program are:
According to the documents presented in the table, the legal basis for managing the development of physical culture and sport is systemic, consistent, encompassing areas associated with physical culture and sports (health, demography). It also creates and presents specific tools and mechanisms for the implementation of development tasks and creates, through evaluative actions of Rosstat (Federal State Statistics Service), a feedback mechanism to adjust the activities of entities responsible for the development of physical culture and sport and the introduction of health-saving technologies in Russian society.

The organizational foundations within the framework of the mechanism for the implementation of the state youth policy in the field of physical culture and sports and the health-saving of young people relate to subjects of general and special competence that implement the objectives of the Strategy, based on the Federal Law "On Physical Culture and Sports in the Russian Federation." The subjects of general competence include the Government of the Russian Federation, heads of subjects of the Russian Federation and regional governments. The functional responsibilities of the subjects of general competence are the development and adoption of documents defining the development of the physical culture and sport industry, the introduction of tools and mechanisms for the implementation of the goals of the physical culture and sport sphere. The subjects of special competence include various bodies of the Ministry of Sport, relevant structural regional divisions, public organizations of the federal and regional levels that specialize in the practical implementation of documents on the creation and development of sports in Russian society and the introduction of health-saving technologies.

The economic foundations of the mechanism for the implementation of the state youth policy in the field of physical culture and sport and youth’s health-saving include the financing of the sports and recreation infrastructure for the implementation of the Strategy, which is solved by various financial sources. The construction of sports infrastructure facilities is given serious attention in the Federal program “Development of physical culture and sport in the Russian Federation for 2016-2020”. In particular, it focuses on the advanced development of the priority areas in directions related to the improvement of conditions for the development of mass sports among the youth and the implementation of health-saving technologies.

The social foundations of the mechanism for the implementation of the state youth program in the field of physical culture and sport and youth’s health-saving include the federal budget, the budgets of the constituent entities of the Russian Federation, as well as the sources of funding of the largest Russian transnational companies, their spending on social projects. For example, the Gazprom to Children program (2015) was an All-Russian program, and the construction and maintenance of a large number of sports facilities were funded at its expense.

The social foundations of the mechanism for the implementation of the state youth program in the field of physical culture and sport and the health of young people should include the impact on mass development and participation of citizens in physical culture and sport, with the help of special institutions and programs implemented by the state and other organizations. A striking example is the program of the GTO (“Ready for Labor and Defense”), the institute of the GTO, which was adopted by the High Council of Physical Culture and Sports back in the 30s of the last
century [Russian Newspaper, 2014]. It should be noted that the GTO program focused on the development of the physical form of the population and made it possible to cultivate the principles of physical culture, sports and a healthy lifestyle, which affected the positive results in the field of saving and strengthening the health of citizens. The revival of the GTO system occurred again in 2013, and the emphasis was made on young people.

The example of other social events is the current system of continuous production gymnastics, annual traditional competitions: “Cross”, “Health Days”, celebration of “Athlete's Day”, skiing and running marathons, etc.

We emphasize the importance of the state and its institutions as well as other inalienable components for an effective practical solution of the problem in applying health-saving technologies in the area of work with youth; which include: the interest and active participation in this process of young people themselves, youth public associations, etc., which fully corresponds to the aforementioned UN Convention on the Rights of the Child, according to which young people have a say in decisions that affect their health; personal example of the adults’ behavior in eradicating harmful habits and forming healthy attitudes towards many social values [Shakbanova M.M., et al., 2018]. All this together contributes to the formation of a conscious need for a healthy and safe lifestyle from childhood and will contribute to the social well-being of society as a whole [Gafiatulina, Vorobyev, et al., 2018].

Discussion

Health-saving technologies, according to N.K. Smirnova, are the conditions for training young people in educational institutions (lack of stress, the adequacy of requirements, the adequacy of teaching methods); rational organization of the educational process (in accordance with age, sex, individual characteristics and hygienic requirements); the compliance of the educational and physical activity with the age features and capabilities of the young person; necessary, sufficient and rational mode of physical activity. [Smirnov, 2006].

Under the health-saving educational technology in the structure of the state youth policy V.D. Sonkina understands the system that creates the maximum possible conditions for the preservation, strengthening and development of the spiritual, emotional, intellectual, personal and physical health of all subjects of education (students, teachers, etc.). To the main structure-forming components of sports and health-saving technologies belong the following: axiological, which is manifested in youth awareness of the highest value of health, belief in the need to lead a healthy lifestyle; the gnoseological component is connected with the acquisition of knowledge and skills necessary for health preservation, which are connected with an interest in the issues of one's own health; the health-saving component - a special role is given to physical fitness and sports activities, observance of the day regimen, food quality, alternation of work and rest, which helps to prevent bad habits and various diseases; emotional-volitional includes the manifestation of emotional and volitional psychological mechanisms that reinforce the desire to lead a healthy lifestyle and play sports in order to save health [Sonkina, 2012].

According to Russian researchers A.V. Kolychev, N.G. Radostev and E.V. Chromin, the social effect of health-saving technologies in the management of physical culture and sports in the youth environment is that "it contributes to improving the welfare of society, the quality of life, conditions and productivity, accelerating the renewal of the living environment through the process of creating a healthy lifestyle" [Kolychev, Radostev, 2014: 81].

However, despite the increase in budget funding in the field of health and physical culture and sport, according to VV. Kelarev, G.N. Lesnikova and S.G. Sein, the focus and volume of government spending in the field of sports and recreation activities are far from optimal. Today there are a number of factors that negatively affect the development of physical culture and sports in the youth environment, including:

- insufficient involvement of young people in regular sports (according to the VCIOM data, the number of young people involved in sports after reaching the age of 24 is significantly reduced. In most cases, young people motivate their refusal to engage in physical culture and sports as "lack of free time") [Press Conference, 2016];
- the discrepancy between the level of the material base and the infrastructure of physical culture and sports with the tasks of health preservation and the development of mass sports;
- loss of traditions of the Russian highest sports [Kasyanov, et al., 2019];
- the lack of active promotion of physical culture and sport classes at the state level as an integral part of a healthy lifestyle and health saving technology, including concern for the health of the future generation [Kelarev, Lesnikova, Sein, 2019].

Conclusion

Thus, having considered the content of the mechanism for the development of the sphere of physical culture and sport and health-saving technologies in Russian society, certain conclusions can be drawn. The development of sports and the introduction of health-saving technologies is of particular importance for social health-saving. The mechanism for the implementation of the state youth policy in the field of health and safety includes legal, organizational, economic and social bases, and allows realizing the objectives and goals set in the main legal documents on the development of this sphere.

Along with this, the existing problems and difficulties do not allow to fully ensure the development of the sphere of physical culture and sports and the introduction of health-saving technologies due to organizational and financial problems. In this regard, a reorientation to the use of innovative forms and methods in expanding the capabilities of physical culture and sports is necessary.

It requires firstly, with the help of the mass media to create the institutions for influencing the mass consciousness of young people in favor of the fact that health-saving technologies and sports (physical culture and sports) are a social institution the main goal of which is to solve humanitarian, moral, social and economic tasks of society; secondly, to ensure the widespread accessibility of sports services and sports and health infrastructure to young people. Moreover, this kind of accessibility is determined by the following factors: age and sex, psycho-physiological, informational, territorial, transport and financial opportunities of young people. These factors are based on the fact that access to sports services depends on the social values of young people and their need for physical culture and sports classes, on the degree of accessibility to the infrastructure objects of physical culture and sports, as well as on the economic opportunities that contribute to the effective demand of young people.

The sphere of development of physical culture and sports and health-saving technologies should be a priority in the system of the state youth policy and the activities of the subjects of this sphere. This direction should include all progressive health-saving technologies, allowing not only to influence the achievements in youth sports of a high level, but also to increase the efficiency of the functioning of physical culture and sports facilities and the entire infrastructure of the sphere of health and fitness.

References


