Training and development of communication skills to future specialists in physical education and sports

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Abstract

Communication skills are the mobilization of a set of resources that are practically manifested by those involved in the interaction and are applied to communicate successfully. Regarding the training of communication skills, we mention the three levels of their acceptance: the taxonomy and the fields assumed by the key European skills; the inner structure of skills as goals: knowledge, abilities, attitudes; university curriculum (including general and specific skills). The purpose of the experiment was to develop communication skills by introducing practical studies into the content of learning (seminars and individual work of students), increasing the value of each student's academic performance, as well as improving the student's relationship within the university collective and developing the competency model in communication needed by the specialist in the field. The research hypothesis: the introduction of practical studies in the seminars and the individual work of the students, through the use of a modern, interactive teaching vision, determines the development of students' communication skills, positive interpersonal relation and improvement of performances and academic success in the subject "Management of Communication in Physical Education and Sports". The practical-applicative research took place at SUPES, with students from the Sports Faculty in the academic year 2016-2017. The sample of subjects was made up of 28 students, the third year of studies. Methodology of research: pedagogical experiment, systematic observation method, test method, observation method, method of portfolio analysis/materials of students (sheets, posters, papers, case studies, reports, research projects created by them). The result of the research is training and development of students' communication skills in the course "Management of Communication in Physical Education and Sports", by substantiating the application methodology in the learning process, respectively the result of the knowledge, practical skills, including the attitudes trained by communication, which will lead to an increased level of their training.

Keywords: physical education, communication, skill.