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USE OF ONLINE COURSES ON LMS MOODLE TO PROVIDE PHYSICAL TRAINING OF PROSPECTIVE SHIP NAVIGATORS WHILE E-LEARNING

Nowadays most universities of Kherson (the region which suffers a lot due to russian aggression) were temporary displaced and provide e-learning for their students. Kherson State Maritime Academy is temporary displaced to Odessa. E-learning was organized in this education establishment since COVID-19 on LMS MOODLE [1]. All subjects are studied online in two ways: synchronously and asynchronously. Synchronous way of studying is provided by video conferences on Zoom. Online courses of all subjects were created on MOODLE. "Physical Training" course for future ship navigators was also created there [2]. To prepare for the physical demands of their career and ensure their safety and effectiveness while at sea this course is very important. Ship navigators often work in physically demanding environments, including onboard ships where they may need to climb ladders, handle heavy equipment, or respond to emergency situations. Being physically fit can help navigators perform their duties effectively and safely.

Maritime careers can be demanding on the body due to long hours, irregular schedules, and exposure to various weather conditions. Physical training can also help individuals maintain good health and reduce the risk of injuries or health issues while at sea.

Thus online course on LMS MOODLE to provide physical training for perspective ship navigators has all the materials necessary to study online. The course contains: forum with urgent announcements; forum to ask and answer in case of any misunderstandings; syllabus to provides a student with detailed overview of a course; study program that empowers students to take control of their learning; methodological materials and recommendations that provide students with structure, clarity, and resources that enhance the learning process; practical assignments while e-learning; links to Zoom conferences; additional materials necessary for feedback.

LMS MOODLE allows to create various tasks. Physical training teachers have also created and uploaded many video demonstrations of physical exercises, workouts, or training routines. These videos guide students on proper form and technique. Zoom conferences links to which are situated on MOODLE allow real-time interaction, feedback, and correction of students' movements during workouts [1]. Teachers demonstrate there physical training techniques, answer questions, and provide guidance. Moodle is used here to schedule and manage these events. Courses provide written instructions, training plans, and guides for physical exercises. They include detailed descriptions, images, or diagrams to help students understand and perform exercises correctly.

In discussion forums and message boards students can share their experiences, ask questions, and seek advice related to physical training. Teachers usually participate in these discussions to provide guidance and motivation. Students record themselves performing exercises and share these videos with group mates for critique and advice. Online course also contains data on mobile apps and wearable fitness devices that track physical activity. These apps can integrate with Moodle, allowing students to log and share their workout progress and achievements.

Students can track their physical progress over time and set personal goals. In MOODLE following tools help to manage it: digital badges, leaderboards, reports, gradebooks etc. There are quizzes and knowledge assessments on topics like nutrition, exercise physiology, and injury prevention. Moodle's quiz feature is used for this purpose.

Group projects and assignments that require students to create fitness routines or training plans are located on LMS MOODLE course. Students usually collaborate on the planning and design of workouts. Students can also partner with each other to stay motivated and share progress.

There is also a possibility for students to maintain online journals or blogs within Moodle to document their physical training progress, challenges, and achievements. Teachers provide feedback and encouragement.

Teachers can also assess students' physical progress through video submissions, self-assessments, or reflective essays. Feedback is provided through Moodle's grading and assessment features [3].

The virtual fitness challenges and competitions within the course are organized to foster a sense of community and motivation among students.

It's important to note that while Moodle can support various aspects of online physical training, it cannot replace the hands-on experience of in-person training. Instructors emphasize safety, provide clear instructions, and consider students' individual fitness levels and limitations when designing online physical training courses. Additionally, they ensure that all students can participate in the training activities to the best of their abilities.

Maritime careers can be demanding on the body due to long hours, irregular schedules, and exposure to various weather conditions. Thus Physical Training course helps perspective ship navigators to maintain good health and reduce the risk of injuries or health issues while at sea.

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ПІДГОТОВКИ МАЙБУТНІХ УЧИТЕЛІВ ПОЧАТКОВИХ КЛАСІВ ДО ВИКОРИСТАННЯ ТЕХНОЛОГІЇ РОЗВИТКУ КРИТИЧНОГО МИСЛЕННЯ

Сучасне реформування освіти є спробою критично осмислити існуючу ситуацію і визначитися з пріоритетами державної політики в розвитку освіти. Критичне мислення стає життєвою необхідністю, шансом, який допоможе вистояти і перемогти в умовах інформаційного суспільства.

Розвиток навичок мислити критично потрібен не лише для освітнього процесу, але й для повсякденного життя. Формувати в дітей критичне мислення – означає правильно поставити запитання, привертати увагу, навчити робити висновки та знаходити вирішення для того, щоб кожна дитина мала можливість розвивати свої творчі вміння. Для цього необхідне мудре керівництво вчителя [2].