

#OlympicLab – results and perspectives of the project

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ABSTRACT

#OlympicLab – results and perspectives of the project

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Objective of the article is to open main tasks of the #OlympicLab and to show projects' achievements and results.

Methods. Theoretical analysis and generalization, the method of analogy, comparative-historical and descriptive statistics.

Results. Olympic movement and Olympic education, as well as sport in general, is becoming increasingly popular in society. It gives new challenges adaptation of sustainable projects to the modern needs of the population.

Olympic Academy of Ukraine is one of the best Olympic Academies in the whole world. In addition to the Olympic education projects conducted by the Olympic Academy of Ukraine, there is a network of the schools of Olympic education in Ukraine, which curriculum contains additional lessons and activities in Olympic education. Analyzing current position of the Olympic education in Ukraine, we can come to the conclusion that all projects are already sustainable and are those that have met the tasks, but our world is developing too fast. That is why we have to take into consideration "time" requirements.

#OlympicLab – is a new form of the Olympic education. The project is up to the modern demands and has free access for everyone who would like to be acquainted with all aspects of the Olympic movement and sport. In turn, #OlympicLab includes 6 modules which are based on the Learn and Share program of the Youth Olympic Games and the annual NOC of Ukraine project – Olympic lesson. #OlympicLab project was launched in Ukraine in 2016. From 2016 to October 2018, the number of participants of the #OlympicLab is more than 33,210 persons. Also, for this period 934 educational institutions took part in the project, and more than 155 events were held throughout Ukraine.

Conclusion. The increasing number of participants, educational institutions and events of the #OlympicLab shows rise of popularity of the project and its' development. The #OlympicLab tasks confirm the flexibility and complexity along with the multi-functionality of the project tasks themselves. #OlympicLab project is being improved and developed, we hope to promote it and offer it to the National Olympic Committees in other countries.

Keywords: Olympic education, #OlympicLab, Olympic movement.

АННОТАЦИЯ

#OlympicLab – результаты и перспективы проекта

Вера Передерий

Цель. Раскрыть основные задачи проекта #OlympicLab и показать его достижения и результаты.

Методы. Теоретический анализ и обобщение, метод аналогии, сравнительно-историческая и описательная статистика.

Результаты. Олимпийское движение и олимпийское образование, как и спорт в целом, становятся все более популярными в обществе. Это создает новые проблемы для устойчивого развития проектов этой сферы с учетом современных потребностей населения.

Олимпийская академия Украины (ОАУ) – одна из ведущих олимпийских академий мира. Кроме внедрения проектов олимпийского образования, в Украине существует сеть школ олимпийского образования, программа которых включает дополнительные занятия и активности, относящиеся к системе олимпийского образования. Анализ теперешнего состояния олимпийского образования в Украине позволяет констатировать, что все проекты, реализуемые в этом направлении, имеют устойчивое развитие и адекватно решают задачи ОАУ. Однако динамическое развитие современного общества вынуждает принимать во внимание требования времени.

#OlympicLab является новой формой олимпийского образования. Проект соответствует современным требованиям и доступен для всех, кто хочет узнать больше про олимпийское движение и спорт. #OlympicLab включает в себя шесть модулей, которые основаны на культурно-образовательной программе Юношеских Олимпийских игр и существующего проекта Национального олимпийского комитета Украины Олимпийский урок. Реализация проекта #OlympicLab началась в Украине в 2016 г. За три года число участников #OlympicLab превысило 33 210 человек. Также с 2016 г. по 1.10.2018 г. в проекте взяли участие 934 учебных заведения и было проведено более 155 мероприятий на всей территории Украины.

Выводы. Ежегодное увеличение количества участников, учебных заведений и проведенных мероприятий #OlympicLab является свидетельством его востребованности, необходимости и перспективности. Динамичное развитие и рост популярности проекта отражают соответствие его контента как социальным трендам, так и направленности олимпийского образования. Задачи, решаемые в проекте #OlympicLab, подтверждают его многофункциональность, гибкий и комплексный характер. #OlympicLab совершенствуется и развивается, мы надеемся предложить его для реализации национальными олимпийскими комитетами других стран.

Ключевые слова: олимпийское образование, #OlympicLab, олимпийское движение.

Statement of the problem, significance. Olympic movement and Olympic education, as well as sport in general, is becoming increasingly popular in society. This creates new challenges for adaptation of sustainable projects to the current needs of the population.

As the International Olympic Committee (IOC) President Thomas Bach said: “Sport develops self-confidence, leading youth to respect themselves and others both on and off the field of play. Sport has been recognized as a powerful learning tool for education—providing a universal language for delivering key messages on the issues of healthy lifestyles, social inclusion, gender balance, and rebuilding of local communities.” [2].

Today Olympic education is not only a significant factor in the development of the Olympic movement in Ukraine, but also a powerful tool for solving the strategic challenges facing the country. Above all, it is an important component of the humanitarian education aimed at the formation of physical and moral health among Ukrainians, healthy lifestyle habits, engaging them in physical education and sports, especially the younger generation [1].

Nowadays Olympic Academy of Ukraine is one of the responsible organization for sharing Olympic spirit and philosophy in society, with the close cooperation with the NOC of Ukraine and their Regional Divisions. Above-mentioned organizations provide many projects for promote Olympism, Olympic principles, ideas and values for youth, young generation and other categories of locals.

There are such projects as Olympic lesson, Olympic week, Olympic Day, Olympic book, Olympic corner and Olympic Stock, the best Olympic and sport essay and picture contests, Olympic break, a competition «Olympic mile», Olympic festivals and «Olympic kaleidoscope», an activity of Olympic museum and Olympic education workrooms, the lecturers groups activities [5].

The Olympic Academy of Ukraine is one of the best Olympic Academies in the whole world. In addition to the Olympic education projects conducted by the Olympic Academy of Ukraine, there is a network of the schools of Olympic education in Ukraine, which curriculum contains additional lessons and activities in Olympic education [3, 4].

Analyzing current position of the Olympic education in Ukraine, we can come to the conclusion that all projects are already sustainable and are those that have met the tasks, but our world is developing too fast. That is why we have to take into consideration the “time” requirements.

#OlympicLab – is a new form of the Olympic education. The project is up to the modern demands and has free access for everyone who would like to be acquainted with all aspects of the Olympic movement and sport.

Article research is connected with scientific

themes, programs “Theoretical and methodological foundations of the management of the training process and competitive activities in the Olympic, professional and adaptive sports” for 2016-2020 (state registration number 0116U003167).

The aim of the article is to disclose main tasks of the #OlympicLab and to show the projects’ achievements and results.

The research used the methods of theoretical analysis and generalization, the method of analogy, comparative-historical and descriptive statistics.

The research results. Analyses of the methodical materials, literature dates, modern conditions of the Olympic educations and its’ forms due to the IOC modern trends and current society needs helped us to create a new form of the Olympic education – a project #OlympicLab.

In turn, #OlympicLab - is a project that is based on the Learn and Share Program of the Youth Olympic Games and the annual NOC of Ukraine project – Olympic lesson. Its implementation started in Ukraine in 2016. #OlympicLab includes 6 modules:

- *Mental training* – providing useful information on fighting with stressful situations, training for improving psychological state and increasing stress resistance. Additionally all the mentioned information are being shared by psychologists or coaches/teachers who use psychological tools, also for the conduction of the module it is desirable to involve athletes who can share own experience of mental training in their preparation and training process.

- *Chat with a champions and leadership skills* – providing opportunity for participants to get a motivation from the top level Olympians and athletes’, discover secrets of self-development on examples of the stories of the Olympians. Also, the module open main points of the leadership on practice, its’ benefits and challenges in daily life using.

- *Healthy lifestyle* – providing opportunity to be acquainted with a sport, its representatives and venues. All participants of the module can practice a presented sport during the event. The main task of this module is to involve more participants to practicing the presented sport. In addition it can be information on the proper nutrition followed by practical part where participants prepare healthy meals.

- *Basic business skills and career* – providing in cooperation with the NOC of Ukraine Regional Divisions’ partners and sponsors. All participants have an opportunity to get information from the successful organizations and athletes who create own business and career after sport.

- *Olympic and human values* – providing history of the Olympic movement development. This module shares information of the Olympic values, Olympism, Olympic education and so on.

- *Volunteering* – a module is divided into 2 parts: theoretical – sharing the general information about the vol-

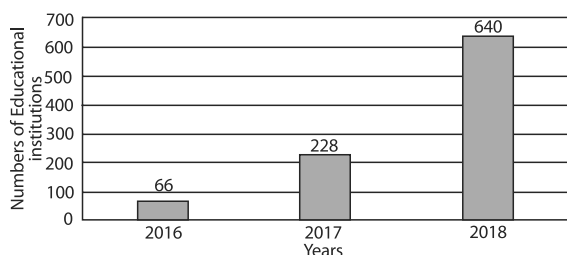


FIGURE 1 – Participants of #OlympicLab 2016-2018 (till 1.10.2018)

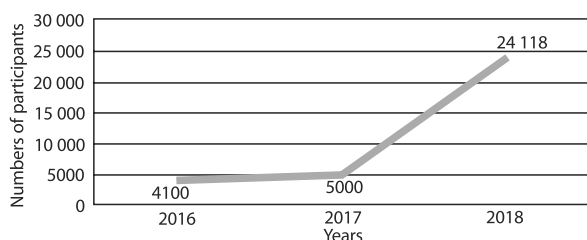


FIGURE 2 – Numbers of the Educational institutions

unteering movement and its benefits; and practical part – where the participants are involved in the conduction of the NOC of Ukraine Regional Divisions' events for getting real skills and volunteering experience.

In general, each module familiarizes the participants with all aspects of the Olympic Movement and as a result:

- blends sport with culture and education;
- promotes sport and the Olympic values in a society;
- contributes to active engaging of young people into sport and physical activity.

The conduction of the project covered the whole territory of Ukraine with a valuable assistance of the NOC of Ukraine Regional Divisions. Well-prepared project-kit with methodical materials had been distributed and communicated through NOC workshops, web-net and official website to all NOC Regional Divisions.

Taking into consideration the modern trends of development and society needs #OlympicLab tasks are to intensify the Olympic education implementation to the educational process of general education schools and schools of the Olympic education network and to involve youth and society to the Olympic movement and sport.

For the period from 2016 to October 2018 more than 33,210 persons have become participants of the #Olympic-Lab (Fig. 1).

In 2018 "The Coca-Cola Foundation" that helped to create more tool-kits for the participants, to develop and to improve content of the project, sponsored the project implementation. Therefore, from 2016 to October 1, 2018 were involved 934 educational institutions into the project (Fig. 2), conducting more than 155 #OlympicLab events throughout Ukraine.

The increasing number of participants, educational institutions and events of the #OlympicLab shows rise of popularity of the project and its' development.

Discussion and prospects for further research.

The project #OlympicLab includes new IOC trends, such as sharing Olympic values in a framework of the Olympic education and accessibility of the project content. In addition, #OlympicLab takes into account modern society needs – involving kids and youth to sport and getting the couch potatoes off the couch, moreover #OlympicLab covers 6 different topics that allow to solve several problems by one project.

For the future we are going to continue developing the project and improve its content and system of the realization.

Based on the above we can come up with main tasks of the #OlympicLab:

- 1) to acquaint participants with the Olympic movement and Olympic education within the territory of Ukraine;
- 2) to promote Healthy and Active Lifestyle among participants;
- 3) to teach participants the Leadership & Social Responsibility skills;
- 4) to provide Olympic spirit and Olympic values to the students of secondary schools through #OlympicLab project with a help of Olympians;
- 5) efficient cooperation and integration of educational and mass sport projects for wider promotion of #Olympic-Lab among school youth;
- 6) to develop a new NOC sustainable event – #Olympic-Lab.

The #OlympicLab tasks confirm the flexibility and complexity along with the multi-functionality of the project tasks themselves. #OlympicLab project is being improved and developed, we hope to promote it and offer it to the National Olympic Committees in other countries.

Conclusions. The research is open the main tasks and results of the #OlympicLab as a new form of the Olympic education in Ukraine. The #OlympicLab based on the Learn and Share Program of the Youth Olympic Games and the annual NOC of Ukraine project – Olympic lesson. The project includes 6 modules: Mental training, Chat with a champions and Leadership, Healthy lifestyle, Basic business skills and career, Olympic and Human values, Volunteering.

#OlympicLab is flexible and complex character project with multifunctionality of its tasks. In addition, the perspective of the research is to improve the project content and analysis of its implementation on practice.

Gratitude. A big grateful to the IOC, the NOC of Ukraine and the Regional Divisions of the NOC of Ukraine, to the Olympic Academy of Ukraine for the development, implementation and support of the #OlympicLab conduction.

Conflict of interest. The author states that there is no conflict of interest.

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