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## **THE IDEAS OF PIERRE DE COUBERTAIN AND THEIR MODERN SIGNIFICANCE**

The question of the modern assessment of Coubertin's ideological heritage is of great importance today in connection with radical changes in all spheres of public life, including sports.

In this assessment, two approaches are quite clearly visible. In the first approach, Coubertin's enormous contribution to the development of the concept of Olympism and its practical implementation is emphasized, and their importance is recognized in relation to modern conditions. This assessment prevails in the official documents of the Olympic movement, in the speeches of leading figures of the international sports and Olympic movement. Thus, in the Olympic Charter - the main official document of the Olympic movement, it is indicated that it is Coubertin who owns the «concept of modern Olympism», which defines the goals and objectives of the Olympic movement. «The goal of the Olympic movement - written in the Charter - is to contribute to the construction of a better world through the education of young people through sports without any discrimination and in the spirit of observing the principles of Olympism, which includes mutual understanding, friendship, an atmosphere of solidarity and fair play.»

Former IOC President H.A. Samaranch stated in one of his speeches: «I can confidently say that the Olympic movement today more than ever is based on the ideals of Coubertin. These ideals of brotherhood, friendship, mutual understanding and harmonious development of the individual contribute to the creation of a better and more peaceful world. No one can claim that they are obsolete or that there is no point in keeping them.» Answering the correspondent's question, how he relates to Coubertin's words «Olympism is not an organization, but a way of thinking», he said: «We have a philosophy, and over the years it has not changed. Its essence is in sports. And all of us who have followed of this philosophy, we understand that history has proved us right: sport has now become one of the most important social phenomena in the life of mankind. Among other things, our philosophy is based on the fact that sport is an integral part of the process of educating young people, a factor in

strengthening the world, friendship, cooperation and mutual understanding between peoples» [2].

G. Andrex in his interpretation of the goals of the modern Olympic movement referred to the principles that, in his opinion, were proclaimed by Coubertin: education of healthy and strong youth; sportsmanship; sports for pleasure and enjoyment; interest in fine arts to make life more complete; better mutual understanding between peoples of all nationalities. Based on these principles, he believes, the pedagogical goals of this movement should be formulated: «sport as a contribution to the development of the individual; sport as a means of cooperation and mutual understanding; sport as a joyful activity and as a contribution to the enrichment of the individual».

F. Landry, clarifying his understanding of the concept of Olympism, refers to the words of Coubertin that Olympism is, above all, a certain «state of mind» («state of mind»), and believes that this state has two opposite sides: «the cult of effort and eurythmy - love of success and love of harmony». At the same time, he characterizes Olympism as a «mystic (mystic) way of life, based on the most fundamental aspects of the sports code, which includes: striving for perfection, «fair play» («fair play»), disinterest in material gain, denial of discrimination in all its forms, as well as promoting mutual respect, cooperation between individuals, peoples and nations» [1].

As a rule, the modern importance of Coubertin's ideas about the peace-making function of sports and the Olympic movement is not in doubt. Thus, the president of the Working Sports and Gymnastics Federation of France, R. Mustard, characterized Olympism as «an educational movement in its essence, aimed at achieving mutual understanding between people», E. Niederman justified the position that one of the most important tasks of the modern Olympic movement is to serve the rule of peace between peoples, to develop international cooperation, to gather together all countries to participate in friendly competitions and, following general rules, to lay the foundation of mutual respect between people. He pointed out that the meeting with «alien» individuals and groups (peoples) since the history of mankind has «played an important, often even fateful role in the life of every person and society as a whole. This ... is known from general history, from the history of culture, as well as from the sad history of wars, which is still inseparable from the general history and history of culture. To prevent the disputes that lead to wars, through a more complete knowledge of the other, the stranger, is the main thing that humanistic ideas, including the Olympic one, are aimed at.»

However, there are other views on the creative heritage of Coubertin. They are connected with the fact that in the last decade they are trying to clearly

follow the main goal of the Olympic movement - comprehensive development of sports, sports contacts and connections, sports management, encouragement and promotion of high sports achievements, records, victories, especially at the Olympic Games. These high achievements, records, victories are considered as the main value of the Olympic movement, and the ideal is a high-class athlete, a record holder, a winner of the Olympic Games. The pursuit of profit from international sports competitions, including the Olympic Games, is increasingly relegating to the background or even completely excluding those humanistically oriented pedagogical goals of the Olympic movement, which Coubertin wrote about and tried to realize.

The desire for the practical implementation of the ideas of humanism at the current stage of the development of human civilization, of course, cannot but touch modern sports (including sports of the highest achievements) and the Olympic movement, since they attract the attention of millions of people of our planet to their sphere. In this situation, the humanistic ideas of Coubertin's sports and Olympic pedagogy become especially important [4].

Their relevance today is also determined by the fact that in modern sports, especially international sports, a wide range of negative phenomena has really manifested itself and is becoming more and more dangerous - the desire to win at any cost, even at the expense of violating morality, harming health, etc. further, the manifestation of aggressiveness, nationalism, chauvinism, the use of sports for selfish political purposes, and so on, the possibility of which Coubertin warned. That is why many scientists, well-known figures of science, culture, sports and the Olympic movement believe that in modern conditions, when there have been significant positive changes in the system of international relations, when the desire not only to declare humanistic ideas, but also to seek their practical implementation in all spheres is strengthening life, there was a real possibility of humanizing the field of sports as well, of realizing the humanistic ideals proclaimed by Coubertin in his «Olympic pedagogy», including his ideal of the harmonious development of the personality of an Olympic athlete. This opinion was clearly expressed by the Director General of UNESCO, Mr. Amadou-Makhtara M'Bow, in his speech at the opening of the first International Conference of Ministers and Managers Responsible for Physical Education and Sports «Involvement in physical education and sports in combination with the development of intellectual abilities and moral education is quite natural prepares people for sports ... More than ever it is necessary to restore the ideal that Pierre de Coubertin managed to revive after many centuries in its brilliant purity, the ideal of the athlete who adds all his strength to surpass himself, overcomes in with his selfless efforts the limits that determined for him

the conditions of ordinary human life». UNESCO Director General Federico Mayor also spoke about the need to «preserve the educational, cultural and ethical values of sport» at the opening of the II International Conference of Ministers and Managers Responsible for Physical Education in Sports. «If sport has meaning,» emphasized Federico Mayor, «it lies in the humane nature of sport and its contribution to the affirmation of humanism.»[3]

As such, the theoretical and practical activity of Pierre de Coubertin throughout his life was aimed at the development and practical implementation of pedagogical ideas. These ideas had a pronounced humanistic orientation, aimed at the improvement of man, human relations and society as a whole.

### **LITERATURE**

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### **ЗДОРОВИЙ СПОСІБ ЖИТТЯ СТУДЕНТА ЗАКЛАДУ ВИЩОЇ ОСВІТИ: ВИКЛИКИ СЬОГОДЕННЯ**

Здоровий спосіб життя для студентів закладу вищої освіти стає дедалі важливішим у сучасному світі, але він також стикається з численними викликами, такі як сидячий спосіб життя, стрес та психологічне благополуччя, неправильне харчування, недостатня фізична активність, недостатній сон. Ці виклики підкреслюють важливість того, щоб студенти були особливо уважними до свого здоров'я та вживали заходи для збереження здорового способу життя. Активна участь у фізичних вправах, здоровому харчуванні, стратегіях зняття стресу та підтримка психічного