



## Research Article

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# Nonverbal Communication in Physical Education Lessons

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**Abstract:** Non-verbal communication occupies a high niche in the chain "individual - society". It was and remains the first way of communication mastered by mankind. Sign language facilitates the possibility of self-expression, increases the efficiency of establishing and maintaining contact, and also does not lose its relevance at the present stage of development of society.

**Keywords:** Communication, Non-Verbal Communication, Body Language, Physical Culture, Emotions, The Role Of Gestures.

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## INTRODUCTIONS

Communication skills are the most important processes of a person's "survival" in society, a prerequisite for his full existence in society. In another way, communication is a contact between people, an ongoing exchange of this or that information that allows you to adapt. Most often, individuals can single out verbal communication without thinking at all about the role of emotions, gestures and facial expressions in communication (Ivanov, 2007). At the same time, the language of postures and gestures often does not rely on a verbal base, but explains some things in a more accessible way. In addition, it is universal, that is, it does not depend on language barriers (Gretsov, 2006). It is safe to say that non-verbal communication goes far beyond simple communication. It manifests itself in completely unpredictable forms: from banal strokes and gestures to a wide manifestation in the stage and visual arts (Ivanov & Ivanov, 2005)

Non-verbal communication also occupies a central place in physical education classes. Do not forget that physical education affects not only the physical condition, but also helps to establish close psychological contact with both the coach-teacher and the partner/team. Even from the school bench, with individual and team work with students, the teacher tries to build a strong foundation that contributes to this. How? Directly in the process of any sports activity, there is a modeling of situations in which an exchange of actions, operations, commands takes place (Fadina, 2011). For a clearer picture of the picture, it is worth classifying the types of non-verbal communication.

Andrey Miroschnichenko, a lecturer at the State University of Management, identified four ways of conveying information with body language.

The first way - gestures - the presentation of thoughts using the hands. A gesture is a rather multifaceted action, since it often has several meanings. Dr. David Lewis divides gestures into subspecies. Here are some of them:

### Gestures-Symbols

They are important when even minor successes appear; they help a person/team to raise team spirit. One of the popular gestures-symbols has long been considered the sign "excellent", "okay". It is formed by connecting the thumb and forefinger fingers, as well as raising the thumb up. Symbols play an important role in judging by the teacher of games, educational and other competitions. In this case, it is worth considering the specifics of gestures depending on the sport.

### Gestures-Illustrators

They accompany what is said with words. With the help of such a gesture, the explainer in the lesson emphasizes the key points of the conversation, strengthening the consolidation of words in memory.

### Gestures Adapters

They accompany the emotions of a person, his feelings and are manifested in a state of delight (sharp rising of hands up, applause), discontent (crossing the arms on the chest), and bewilderment (spreading the arms to the sides). These gestures appear spontaneously,

a person is not able to control them. The widespread use of gestures can be traced during general developmental exercises in pairs using the ball. When performing a given complex, partners must catch the rhythm of each other's work in order to improve the quality of the intended result.

Mobile team games require the development of their non-verbal communication symbols to determine further actions during the process. The second way distinguished by Miroshnichenko is facial expressions. A person shows certain emotions with the help of facial expressions. Its ability to distinguish and reproduce emotions with the help of facial muscles has long been proven. The position or movements of facial features often become iconic features: eyebrows raised in surprise, anger, fear, or greeting. The next step is tactile communication. It includes the manifestation of physical contact between people: hugs, handshakes, pats, etc. It will not be a mistake to draw a close relationship between tactile elements and gestures that are inseparable from each other and speak of the mutual relations of people.

It should be borne in mind that gymnastic exercises in physical education classes require compliance with injury prevention measures, especially when working with a projectile. Performing complex in a pair, the athlete undertakes to insure a partner. The method of insurance depends on the exercise being carried out at the moment. In addition, students coordinate the force applied to the implementation of the complex, and take into account the physical training of each other. The last, but not least, principle of transmitting information in sign language is the posture, or body position. This is of great importance. Before warming up in class, you can note that the postures of students are different from each other. Most often, this is due to the person's confidence in himself, in the situation, and may also indicate confidence in the upcoming actions of the teacher.

The position of the body gives reason to suggest possible actions on the part of the student. For example, aggression is easy to recognize in the tension of the body and readiness to move. Man leans forward slightly, as if preparing to throw. Excitement is manifested in an uncertain stance and shifting from foot to foot, tightness, accompanied by stoop and a desire to "merge" with the environment (Miroshnichenko, 2008).

Building business relationships with people in physical education classes lays down a certain base of knowledge and skills that are reflected outside the gym. They are difficult to build right away, but non-verbal communication partners when performing exercises allows you to speed up this process. Through body language, learners are able to understand individuals outside of their social circle. The acquisition of these

skills will greatly facilitate their advancement in society and the necessary adaptation in the future.

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