

THEORETICAL AND APPLIED ASPECTS OF PHYSICAL CULTURE, SPORT AND TOURISM

PHYSICAL DEVELOPMENT OF ADOLESCENTS-A CRITERION OF HEALTH OF THE GROWING ORGANISM

E. Akutenok

VSU named after P.M. Masherov, Vitebsk, Belarus

This topic is relevant because, today, in the Republic of Belarus, there is a marked deterioration in the health of children and adolescents of all age groups. Chronic diseases are currently diagnosed in an average of 40–45% of school-children, and among those considered healthy, about 70% are children with various morphofunctional disorders. The number of fully healthy school teams on average does not exceed 15% and decreases to 7% in high school [1]. And, in these conditions, in the state of health, it is the assessment of physical development during preventive medical examinations that makes it possible to assess the health of students.

The purpose of the work is to study and analyze the methods of assessing the physical development of students.

Material and methods. The basis of the study was the State educational institution (GUO) "Nikolaev secondary school of Vitebsk region". The study involved 20 children aged 7 to 9 years, students belonging to the main medical group, not involved in sports.

Determination of the level of physical development was carried out by measuring anthropometric indicators: height and body weight. The study used such General scientific methods and techniques of research as methods of analysis, synthesis, grouping methods, observation, description, comparison, measurement.

Findings and their discussion. As can be judged by the values of the Quetelet index presented in the table. the subjects have a normal IQ of 54%, overweight – 42% and 4% -have a deficit of body weight.

Table 1 – Anthropometric indices of students and the Quetelet index

List of subjects (the names of)	Weight (kg)	Height (m)	Value of the Quetelet index
1. Anya	32,5	1,32	187
2. Alyosha	33,0	1,26	208
3. Valya	39,5	1,35	217
4. Victor	34,5	1,26	217
5. Dima	30,0	1,28	183
6. Egor	32,0	1,35	176
7. Zina	27,0	1,26	170

8. Irina	22,0	1,25	140
9. Karina	26,5	1,30	157
10. Kostya	37,5	1,38	197
11. Lena	33,0	1,80	192
12. Maxim	37,0	1,38	194
13. Olya	36,0	1,36	195
14. Prokhor	26,0	1,32	150

The General assessment of physical development of pupils following: physical development average, insufficiently harmonious.

It was found that children of the studied class have an increased body weight, which can be explained by inactivity (do not exercise, do not play sports, lead a sedentary lifestyle). Pathology of the musculoskeletal system is also associated with inactivity, with prolonged sitting, with the lack of sufficient physical activity [2].

According to the results of the study, it can be concluded that the assessment of physical development of children and adolescents should be comprehensive, taking into account the individual characteristics of the child's body.

As can be judged by the values of the Quetelet index, presented in the table, the subjects have a normal IQ index – 54%, overweight – 42% and 4% – have a body weight deficit.

Conclusion. The obtained results allowed to confirm the hypothesis that the technique, taking into account the influence of various factors, has a significant informative value for the assessment of physical development.

1. Lyalikov, S. A. Tables of assessment of physical development of children of Belarus / S. A. Lyalikov, S. D. Orekhov. – Grodno: UO "Grodno state medical University", 2000. – 63 p.
2. Machulina, L. N. Comprehensive assessment of the child's health: studies.-method. no. / L. N. Machulina, N. V. Galkevich. – Minsk: Research Institute of maternal and child health, 2000.

OPTIMIZATION OF DEVELOPMENT OF THE GENERAL AND SPECIAL ENDURANCE AT SKIERS-RACERS AT A STAGE OF SPORTS PERFECTION

Iryne Aleksandrovich

VSU named after P.M. Masherov, Vitebsk, Belarus

Skiing is a cyclical kind of sport and therefore the main focus is on the development of endurance. This physical quality is considered to be the primary (along with strength) quality of skiers-racers. All other qualities – speed, flexibility, agility, balance, coordination – should be attributed to additional, but closely related to the main. Endurance is the factor determining the level of