

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.

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

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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

sports performance of the skiers-racers. To achieve high results in skiing, you need many years of systematic training [1].

The purpose of this work is the optimization of the training process through the development of standards for assessing the level of development of general and special endurance, and the volume ratio of general and special endurance 1st class and sub-master athletes.

Material and methods. The study was conducted during a one-year cycle (from May 2012 to May 2013) at the Vitebsk institute of the Olympic training. 1st class athletes and sub-master athletes took part in the experiment. From them were completed 2 groups of 12 persons each. In both groups sports results of skiers were approximately the same in the previous season. Statistically there were no significant differences between the groups in terms of physical development, level of general and special endurance. Testing was carried out to identify the initial level of general and special endurance and its changes during the training process and the experiment [3, 5].

Findings and their discussion. To assess overall endurance, the following tests were performed: running 1500m, cross 5km, hands moving imitations in alternating two-step course (number of cycles per 1 min). To assess the special endurance: 10km roller skis race with classic, 100m downhill jumping imitation, 10km skiing race with classic. To assess the special endurance: passing of the 10km roller skis race with classic for the period of time, downhill jumping imitation with poles at a slope of 7 degrees, passing the 10-kilometer race with classic course for the period of time.

Starting from the summer-autumn period, each group performed control tests at the same time with control training and competitions, which were held in the previous year cycle. In the following season the exercises with the same tests for general and special endurance were carried out again.

During the experiment, the experimental group performed special endurance training according to our annual and current planning, and the main group - according to the methodical recommendations of the ski racing Federation [4].

The analysis of the skiers-racers' tests scores for the development of the general endurance showed that after the experiment the difference of indicators in running at 1500 m, 5 km cross-country and hands moving imitations in alternating two-step course between the main and experimental group is not statistically reliable at ($P > 0.05$). According to the indicators of special endurance – 10 km ski race, 10 km roller ski race and 100m downhill jumping imitation, were found statistically credible differences at $P < 0.05$. Between the main and experimental groups, it was indicators of experimental group were higher [2].

Table 1 – The Results of Testing before the experiment

The name of the test	Main group			Experimental group			P
	before			before			
	X	σ	x	X	σ	x	
General endurance							
Running 1500 m	4,39	0,12	0,03	4,42	0,15	0,04	<0,05
Cross 5 km	18,16	0,55	0,15	18,13	0,47	0,13	<0,05
hands moving imitation (number of cycles)	62,3	5,0	1,44	63,5	6,2	1,79	<0,05
Special endurance							
Skiing 10 km	39,32	1,57	0,45	40,15	2,45	0,70	<0,05
Rollerskis 10 km	33,42	1,54	0,44	32,54	1,35	0,39	<0,05
Jumping imitation 100 m	33,2	1,9	0,54	35,4	2,3	0,66	<0,05

Table 2 – The Results of Testing after the experiment

The name of the test	Main group			Experimental group			P
	after			after			
	X	σ	x	X	σ	x	
General endurance							
Running 1500 m	4,32	0,7	0,20	4,22	0,6	0,17	>0,05
Cross 5 km	17,51	0,44	0,12	17,42	0,39	0,11	>0,05
hands moving imitation (number of cycles)	66	7,0	2,02	71	8,2	2,36	>0,05
Special endurance							
Skiing 10 km	38,20	1,43	0,41	36,30	1,37	0,39	<0,05
Rollerskis 10 km	32,10	1,45	0,41	30,15	1,32	0,38	<0,05
Jumping imitation 100 m	31,4	1,5	0,43	29,5	1,2	0,34	<0,05

Conclusion. The analysis of scientific and methodical literature showed that nowadays the problem of endurance development is actual, scientific researches are conducted on physiology, theory and methodology. The development of endurance depends on many factors. Therefore, in our opinion, the actual problem is an objective assessment of the level of athletes' endurance development and the choice of the optimal ratio of the development of general and special endurance in the annual training cycle. On the basis of testing of skiers-racers of the Republic of Belarus developed standards for the assessment of general and special endurance. The planning of the training process is made, where special attention is paid to the ratio of the volume of general and special endurance for 1 class skiers-racers and sub-master skiers-racers in the annual cycle. The efficiency of the developed planning volume ratio of general and special 1st class and sub-master athletes' endurance, were tested in the pedagogical experiment, where control standards were used to determine the level of development of general and special endurance in the main and experimental groups before and after the experiment. The results of the pedagogical experiment showed that the conduct of the training process in the experimental group with the help of developed microcycles allowed to statistically significant increase the indicators of special endurance (ski race 10

km, roller ski race 10 km and downhill jumping imitation 100 m) unlike the main group at $P < 0.05$.

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OUTDOOR GAMES AS A MEANS OF TRAINING THE COMMUNICATIVE COMPETENCE OF STUDENTS

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Technological progress, Informatization of the surrounding space on the one hand, make life easier, on the other hand can deprive children of the conditions for the formation of communicative competencies.

The purpose of the study: to analyze the role of games in the life of a child, to assess the level of communicative competence and the quality of formation of basic communicative skills.

Material and methods. The following methods were used: analysis of literary sources, observation, conversation, questionnaire, survey, analysis.

The survey was attended by 22 children aged 11-12 years (12 girls and 10 boys) enrolled in the 5th grade VEE "School number 19, Orsha".

The questionnaire [1] included the following questions:

1. What place do outdoor games occupy in your life?
2. How much time do you give to computer games?
3. What outdoor games do you play?
4. What kind of computer games do you play?
5. Where do you play outdoor games more often, in the city or during weekends and holidays in the country?
6. Where do you play computer games more often, in the city or during weekends and holidays in the country?

Students were offered a test to assess the communicative qualities of personality [2]. Testing was conducted in conjunction with the school psychologist.