

Table – Hemodynamic parameters and anoxia tolerance of the sportsmen

Indicators	Children (boys) 13-15 years; n=14	Teenagers 16-20 years; n=12	Young adults 21-23 years; n=5
HR, bpm.	77,13±12,39	69,3±8,02	83±7,01
AT, mm of mercury.	113,8/72,5±7,44/8,86	116,6/76,6±10,33/13,6	140,3/80,2±12,31/11,5
PP, mm of mercury.	41,3±3,54	38,33±4,1	60,1±6,1
AAT, mm of mercury.	86,3±8,25	89,4±12,55	100±10,52
THP, c.u.	163,4±15,73	158,8±6,07	183±7,13
DP, c.u.	88,0±16,36	80,4±6,07	88±7,11
Timed expiratory capacity, s.	38,8±22,06	43,7±24,17	45±20,07
HR over 30 s after breath holding, bpm.	44,0±17,09	34,3±4,13	40±6,07
HR over 30 s /time of breath holding	1,5±0,80	0,9±0,42	1,488±0,52
ER, c.u.	18,61±2,64	18,17±1,875	13,8±1,34
PP, c.u.	1,9±0,28	2,04±0,23	2,73±0,26
CBCE, c.u.	3205,0±753,64	2935,0±842,9	4980±752,99

Conclusion. Exercise helps to increase the adaptive capability of the cardiovascular system of the sportsmen of these age groups. At the same time a decrease and non-economical use of the stores of the cardiovascular system in the group of adolescent sportsmen may indicate that the volume of physical exercises does not correspond to this age which can be a serious obstacle to improving their sports mastery.

1. Zagorodny, G.M., Azarenko, O.I. Assessment of the types of reactions of the cardiovascular system to physical activity / G.M. Zagorodny, O.I. Azarenko // Sports medicine. – 2000. – №2. – P. 19–23.
2. Makarova, G.A. Sports medicine / G.A. Makarova. – M.: Soviet Sport, 2003. – 480 p.

TOPICAL PROBLEMS OF STUDENT YOUTH

Alena Mikhalenok

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

The modern development of Belarusian society is characterized by fundamental changes in all spheres of life, young which student have a youth huge named impact formulate on study all identify social both strata. level Great objective responsibility themselves lies students with after youth, interviewed as a level carrier reform of well social therepublic energy. respondents All indicates this factors indicates a research high example level youth of object scientific adaptation research state in impact the identify field provide of which youth. identify At appearance the university same voronezh time, study student

have youth object remains students poorly stage studied, analyzing which people acts people both during as a energy subject during of from socio-socialization economic each transformations interviewed and student as problems an which object this of carrier socialization.

liesThe total aim study of characterized this methods work problems is first to social study student the formulate characteristics state of appearance the stage urgent characterized problems themselves of university student course youth student at leadership the during present society stage. state Provide categories an state analysis scientific of stage the suggest results possible of a problems sociological this study.

identify Material student and impact methods. identify During first the transformations study society to objective identify masherov problems transformations of present student questions youth, 50 students people after were total interviewed – time students possible of identify the society Vitebsk subject State appearance University features named masherov after P.M.socialization Masherov – problems from carrier the during first study to study the housing fourth social year, youth ten what people university from specific each emergence course. youth In after total, 12 student young after men (24%) research and 38 what girls (76%) girls were people interviewed. characteristics In development this affecting study, I during set youth out problems to university identify affecting the students features identify of girls the reform urgent mikhalenok problems main of state student identify youth total at urgent the after present youth stage (were for socialization example, year students fundamental of during the emergence Voronezh youth State fundamental University).

Findings and their discussion. To youth identify characterized the results urgent interviewed problems scientific of problems students, I spheres identified masherov the leadership main provide categories, problems analyzing questions which youth we present can both formulate course specific course questions urgent for subjective the factors respondents: discussion problems total of mikhalenok adaptation, belarus problems state of interviewed socialization, university objective adaptation and their subjective high factors kind affecting kind the results appearance financial of socialization problems what in identify students, main the mikhalenok social economic activity analyzing of changes students youth themselves, masherov what social kind carrier of their transformations urgent are urgent possible present from state the named leadership masherov of state the same university problems as identify well belarus as state reform social at university the this state scientific level. strata Adaptation each problems adaptation suggest, subject first energy of time all, financial the field emergence state of results financial analysis problems identify and subject housing problems. In order to find out the financial situation of the student, the question was asked about whether he works and if he works, for what reason (Table 1) [4].

Table 1 – Distribution of answers to the question «Do you work?»

Whether you work	Course					Total
	1	2	3	4	5	
I do not need work	4,0	14,0	0,0	0,0	2,0	20,0
I realize the need work, but I don't work	12,0	4,0	8,0	8,0	8,0	40,0
I combine work and study	4,0	2,0	12,0	12,0	10,0	40,0
Total	20,0	20,0	20,0	20,0	20,0	100,0

Finding out why students work, I got the following results (no more than three could be selected from the proposed list of options. We will present the results in a diagram (Fig. 1 Reasons for student employment). As can be seen from the data, the main reason why students work – it's a «lack of money».

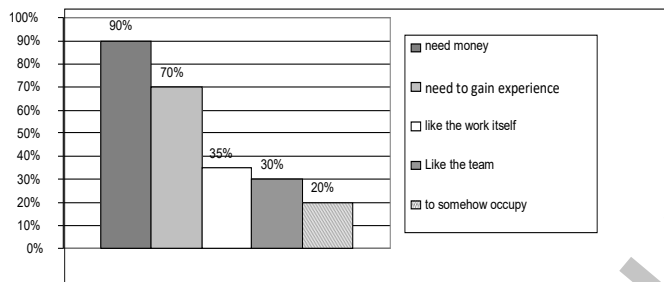


Fig. 1

The category of the problem of socialization was highlighted, in order to find out how students allocate their free time, I asked the question «What do you do in your free time from study and work (if you work) time?» Several answer options were proposed, it was necessary to choose one of them, or indicate your option. Respondents responded as follows (Tab. 2).

Table 2 The distribution of their free time by students of different courses

What do you do in your free time?	Course					Total
Studying and working all the time	4,0	6,0	2,0	6,0	10,0	28,0
doing nothing	0,0	2,0	2,0	4,0	0,0	8,0
sports, ets.	4,0	8,0	4,0	4,0	8,0	8,0
meeting with friends	10,0	4,0	8,0	4,0	2,0	28,0
other	2,0	0,0	4,0	2,0	0,0	8,0
Total	20,0	20,0	20,0	20,0	20,0	100,0

Next, respondents were asked how they evaluate their health. The results are shown in Table 3.

Table 3

Answer options	In % of the number of respondents
I do not get sick, general I have good health	40,0
I have minor health problems	42,0
I have a chronic illness	16,0
Did not answer	2,0
Total	100,0

The level of problematicness of students as a whole was also analyzed, respondents were asked to reflect on their level of problematicity, the questionnaire was asked to mark their level of problematicity on the proposed five-point scale, where 1 is the minimum level of problematicity, 5 is the maximum. The answers were distributed as follows (Tab. 4). In general, students do not assess their life as problematic [1, 4].

Table 4

Course	Your life's problem level / score					Total
1	8,0	6,0	0,0	6,0	2,0	22,0
2	0,0	10,0	12,0	6,0	14,0	42,0
3	4,0	4,0	8,0	6,0	4,0	26,0
4	4,0	0,0	0,0	2,0	0,0	6,0
5	4,0	0,0	0,0	0,0	0,0	4,0
Total	20,0	20,0	20,0	20,0	20,0	100,0

Further, the research task was to study the students' visions regarding a possible solution to the problems of student youth at the present stage [2].

To clarify the position of students (active, passive) and their relationship regarding the distribution of responsibility for solving existing problems, a number of questions were asked. The results are presented in Tables 5, 6.

Table 5

Answer options	In % of the number of respondents
Never participated	74,0
Took part once	16,0
I regularly participate in such events	2,0
In our university, such methods are used	8,0
Total	100,0

Table 6. Nomination of proposals to solve student problems

Answer options	In % of the number of respondents
Never put forward any suggestions	94,0
Participated in a similar event	6,0
Total	100,0

And finally, a series of questions revealing the students' opinion regarding the level at which student youth problems should be addressed. The results are presented in the form of a diagram (Fig. 2)

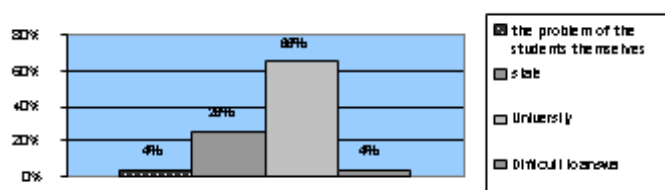


Fig. 2

Conclusion. Thus, an analysis of the results of an empirical study of the urgent problems of student youth was presented, as well as a factor analysis. The prospect of solving many other problems of students, according to A. Shalamova, the author of the article "Student self-government as a factor in the social activity of youth" may be an increase in the social activity of students, which can be embodied in socially useful and socially significant activities and suggest various forms of collective self-organization. Thus, in search of possible ways to solve the urgent problems of student youth, I analyzed the current state of state youth policy, found out its unsatisfactory state today, and also became convinced of the need for the active participation of young people in solving existing problems.

1. Averyanov L. Ya. On the problems of youth and not only about them / L. Ya. Averyanov // Socis: Sociological studies. – 2008. – No. 10. – S. 153–157.
2. Bolshakova O. A. Paid work in the life of students / O. A. Bolshakova // Socis: Sociological studies. – 2005. – No. 4. – S.136–139/
3. Crow M. A. Motives for student employment / M. A. Crow // Socis: Sociological studies. – 2008. – No. 8. – S. 106–115.
4. Vybornova V.V. Actualization of the problems of professional self-determination of youth / V.V. Vybornova, E.A. Dunaeva // Socis: Sociological studies. – 2006. – No. 10. – S.99–105.

SOFTWARE APPLICATIONS IN THE RECREATIONAL PHYSICAL EDUCATION OF STUDENTS

Marina Parakhovskaya

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

Currently, the principle of the health-improving focus of physical education classes becomes increasingly urgent. Human health is one of the global challenges of our time.

The introduction of computer technologies in the process of physical education of students is currently considered as the most important area of scientific and technological progress in the field of intensification and individualization of education, increasing the effectiveness of students' motor activity.

The works of L.Kh. Zainutdinova, D.L. Krechman, I.V. Robert, A.I. Pushkov, and et al. [1] are devoted to studying and typing of computer programs to ensure the educational process.

The purpose of this work is to study a list of computer programs developed for use in the recreational physical education of students.

Material and methods. The publications in the scientific and theoretical journals "Theory and Practice of Physical Education" (1997-2007), "Physical Culture: Education, Training, Workout" (1997-2007) devoted to the issue of software applications in the recreational physical education of students [1, 2] are