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.

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SOFTWARE APPLICATIONS IN THE RECREATIONAL PHYSICAL EDUCATION OF STUDENTS

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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

used as study materials. Study methods: analysis of scientific methodological literature, comparison, analysis, synthesis and generalization.

Findings and their discussion. The result of work on this issue is an analysis of 15 publications devoted to software applications in the recreational physical education of students.

Programs of this focus (V.V. Zaitseva, V.D. Sonkin, 1990) can be divided into: diagnostic ones – the program allows specialists to quickly diagnose; diagnostic and recommendatory – along with the diagnosis, the user is offered a certain set of recommendations corresponding to the identified level of health and physical activity; managing ones – the program interacts with the user on the basis of feedback: issues tasks, monitors their implementation, and develops appropriate recommendations based on the results of new tests.

According to the analysis of scientific publications, we have identified the following computer programs applied in the recreational physical education of students (Table 1):

Table 1 – Software of recreational focus

Name	Purpose	Author, year
"Coefficient zdorovya"	general health diagnosis	V.V. Zaitseva, V.D. Sonkin, 1990
"Kuper"	Assessment of aerobic and physical performance, development of recommendations	V.V. Zaitseva, V.D. Sonkin, 1990
"Personalnyi trener"	assessment of the adaptive potential of the cardiovascular system	V.V. Zaitseva, V.D. Sonkin, 1990
"OFFICE"	general health assessment CHD diagnostics diagnostics of atherosclerosis and diabetes psychoneural status diagnostics	P.V. Bunzen, and et al., 1991
"Nadezhda"	obesity prophylactic and treatment	V.V. Zaitseva, and et al., 1995
“ISOTONE”	selection of exercises and load planning at the recreational PE lessons	V.N.Seluyanov, E.B. Myakinchenko, S.K. Sarsania, 1994 M.P. Shestakov, and et al., 1996

Conclusion. The system of physical education at the university is constantly being improved on the basis of scientific and methodological work. The widespread use of modern computer technologies in the educational process of students will expand the range of methodological practices and stimulate the cognitive activity of students, especially during their unsupervised work. Development and implementation of software with elements of graphics, sound, video, and etc. into the physical education of students will contribute to the effectiveness of pedagogical work and the learning process in general.

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DYNAMICS OF THE LEVEL OF SWIMMING TRAINING OF STUDENTS OF THE FACULTY OF PHYSICAL CULTURE AND SPORTS

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Passing training in institutions of higher education (HEI), students of faculties whose future specialty is related to physical education and sports receive professional and pedagogical knowledge in basic sports, one of which is swimming. In accordance with the curriculum, young specialists should possess not only theoretical knowledge and teaching methods of this discipline, but also successfully master practical skills and master the technique of various sports swimming methods. Swimming is a vital skill, knowledge and practical skills acquired during periods of training will be used throughout life as a means of improving performance, improving health, and taking active rest. Therefore, the study and development of this discipline at a high level is relevant.

The purpose of this study is to compare the level of swimming training, students of the Faculty of Physical Culture and Sports who entered the university in different years. In the conditions of a two-stage exam, the implementation of practical standards for a high mark allows students to create a “good base” before the theoretical exam and get a high final mark in the student's record-book.

Material and methods. Studies were conducted over five years in two courses, enrolled in training in 2013 - the first group (1 - GR.) and received in 2017 - the second group (2 - GR.), on the basis of the educational institution Vitebsk State University named after P. M. Masherov. The study involved 87 young men and 26 girls, students of the faculty of physical education and sports, full-time education. The following methods were used in the work: pedagogical experiment, expert assessment method, pedagogical observation, methods of statistical processing of research results and their discussion.

Findings and their discussion. An expert commission of three people was created to evaluate the technology. The technique of passing control distances was evaluated: 50 meters using the "back crawl" method and 50 meters using the "crawl on the chest" method. Evaluation was given for the correct execution of