

reduction 4,6% were enlarged, indicators time of restoration of pulse decreased by 3,6%. Indicators of body height, arterial blood pressure in control and experimental groups didn't change. Thus, in both groups to the extremity of academic year deterioration practically in all indicators except for indicators of arterial blood pressure and a dynamometry of a brush is observed, but much more depression of indicators happens in control group.

Conclusion. The fitness training on the basis of exercises Tae bo is an effective remedy of rising on level of physical health of students and as a result of their adaptedness to training conditions in higher education institution.

Reference list:

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ANALYSIS OF SPORT AS A SOCIAL PHENOMENON IN MACROSOCIOLOGICAL PARADIGMS

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Sociology as a science has a variety of theoretical-methodological approaches and methods of empirical research of its subject – social reality. Such a variety of approaches and methods makes it possible for researchers to completely examine and analyse objects of sociological study, in addition, such a variability substantially increases the general heuristic potential of sociological knowledge.

The aim was to represent possible variants of analysis of sport within macrosociology.

Material and methods. The diversity of sociological theories and approaches has a distinct line of demarcation based on the level of study of social phenomena. Proceeding from this point of view, macrosociology and microsociology are distinguished. Macrosociological theories emphasize the analysis of the functioning of the entire society, its structural elements, social institutions, social phenomena, and are associated with social realism. Microsociological approaches are used in the study of social interaction, small groups, and meanings that individuals give to their daily activities, which corresponds to social nominalism.

Sociology is a multiparadigm scientific discipline. The concept of “paradigm” was introduced in sociological discourse by the American researcher, sociologist T. Kuhn, in his book “The Structure of Scientific Revolutions” (1962). Macrosociological paradigms include structural-functional, Marxist, neo-Marxist, conflictological paradigms.

Results and their discussion. Structural functionalism is a paradigm, “based on the consideration of society as a system – an internally differentiated and ordered integrity, parts of which are structural elements that contribute to the maintenance of the system, to its reproduction” [1, p. 6]. Structural functionalism, it seems, has the greatest heuristic potential in the study of sport and physical culture. Complex analysis of this social phenomenon is possible within the framework of this approach by defining its structural elements and determining the inherent functions that they perform in society and thereby satisfy certain social needs.

The immediate predecessors of structural functionalism are the structural and functionalist approaches. The structural approach in social knowledge was formed in the 1920s and 1930s, such scientists and philosophers as K. Levi-Strauss, R. Bart, J. Lacan worked in its framework, its essence consists in revealing the structure as a set of relatively stable relations. Functionalist (functional) approach concentrates on considering the researched object as a whole with subsequent decomposition into elements. In the course of such analysis, the structural parts of social institutions are identified and their functions are determined. Among the researchers-functionalists it is worth noting U. Ogborn, H. Spencer, E. Durkheim, T. Parsons. In the context of the structural approach, sport can be considered as a definite structure with a number of constituent elements in it. In turn, the functionalist approach concentrates on considering the functions inherent in sport and physical culture.

A significant contribution to the development of the conflictological approach was made by L. Cozer, R. Darendorf, C. Boulding. The essential idea of the modern conflictological paradigm lies in the rejection of unambiguously negative interpretation of the conflict, social contradiction. This paradigm can treat sport as a specific type of social contradiction, as a conflict between participants based on their rivalry and struggle, often such a conflict has far greater consequences than simple sports struggle, healthy competition, because the competitive conflict of athletes or teams can be more deep conflict between sports schools or even countries.

The Marxist paradigm (historical materialism) regards modern society as “a system of relations based on the unequal distribution of economically significant resources among people whose life activity the given system organises and regulates. All relations in the system – economic, legal, political, religious, family and others are considered as forms of securing of inequality, domination of privileged categories of people and exploitation of the disadvantaged and discriminated” [1, p. 11]. In this paradigm, it is possible to consider the work activity of athletes, their performances, usually associated with maximum tension of physical and spiritual forces, as their exploitation by authoritative elites, by companies, which produce equipment, food for athletes, companies-advertisers, bookmakers (as well as bidders), etc. For instance, the authoritative elites always require better results both for maintaining the image of the state, this type of social structure, and as an

argument in relations with other states. Therefore, in this case, sport goes beyond the borders of competition and acts as an instrument of policy,

Critical theory of society (neo-Marxist paradigm) is an alternative to classical Marxism. This approach is “based on the concept of society as a system of total, all-pervasive control. Unlike classical Marxism, in neo-Marxism, control is not associated with direct coercion and exploitation by the ruling class, but with imperceptible transformation of natural human inclinations into “false” needs, the satisfaction of which does not lead to the free development of the individual, but to strengthening of the existing social order” [1, p. 16].

One of the variants for analysing sport and physical culture within the critical theory of society can be the consideration of the “false needs” that arise in athletes and people engaged in physical culture, such as buying special sports nutrition, equipment (various simulators), visiting gyms, paying specialized instructors / trainers. This is especially noticeable when considering physical culture and mass sport, since most of the exercises, which are necessary for the average individual, can be performed qualitatively even without specialized equipment, nutrition, instructors / trainers. A vivid example of the construction of a false need by manufacturers of sports nutrition is the now widespread image of a sporty, smart human (male or female). This image corresponds to certain standards of physical beauty and attractiveness that practically does not occur in the natural life of people, but for the creation of which it is necessary to buy special food, adhere to a certain diet. People seeking to match the ideal image, have different kinds of false needs for sports nutrition, simulators, equipment, trainers, etc.

Conclusion. Among the paradigms of macrosociological knowledge, the structural functionalism has the greatest heuristic potential in the study of sport and physical culture.

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PHYSICAL DEVELOPMENT AND FUNCTIONAL CONDITION OF STUDENTS WITH INTELLECTUAL DISABILITIES

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Recent years, the impact of negative socio-economic, environmental, and genetic factors increases the number of children born with deviations in