

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

development [1]. The influence of adverse factors is able to trigger symptoms of mental retardation.

Thus, it becomes relevant the study of the causes and conditions of mental retardation, methods of early diagnosis and correction. Special importance should be attached not only to the development of intellectual skills of a retarded child, but also the development of the psychoemotional sphere of the person and their physical health.

The degree of development of emotional sphere and physical health determine the child's readiness to come into contact with people, gain some experience, skills of self-control in behavior and communication. All of the above determines the relevance of diagnostics and correction of emotional disorders in mentally retarded children, physical fitness evaluation with a view to their more effective adaptation in society.

Research objective: theoretically to prove and experimentally to check up efficiency of method of development of physical health and mental processes of children with mental retardation by means of adaptive physical culture.

Material and methods. Researches were conducted to the children of faculty of physical culture (in an amount of 20 persons) in 2017 year on the base of GUO "Vspomogatelnaya school No. 26" of the city of Vitebsk. Children engaged in the lessons of physical culture according to the approved basic education curriculum in physical education in the gym and at the small stadium near the school. Children 11–17 years is determined by the medical commission in the basic and preparatory group to the extent of their mental deficiency.

Using techniques quantitative rapid assessment of physical health of children and adolescents, developed by G. L. Apanasenko, (2002), you can define the amount of physical reserves and the economization of functions of the growing organism. The basis of the proposed methodology is based on indicators anthropometry (height, body mass, vital capacity (VC), the compression force of the brush) as well as indicators of the function of the cardiovascular system (systolic and diastolic blood pressure heart rate reduction).

To assess the reserves of the body uses the indexes that are calculated using the aforementioned indicators. Criterion reserves and economization of functions of the cardiovascular system is the "double work" alone ($HR * SD / 100\%$).

Results and their discussion. A basic method of diagnostic is the study and evaluation of their physical development and functional state of children and adolescents, and the extent of their mental deficiency. All indicators are ranked. They rated the score separately for boys and girls.

After receipt of each indicator is determined by the total amount of points the level of physical health:

- 5 points or less - the lowest level;

- 6-10 points – the middle level;
- 11-15 points - the high level.

We obtained the data availability in 60% of cases low level of physical health, with no significant differences in the groups of boys and girls. The middle level was diagnosed in 38% of investigated children and adolescents, and only 2% from high level of physical health, and only in boys older.

The proposed method allows one to identify "at risk" (average level) and in relation to them undertake complex health activities.

With regard to children and adolescents referred to the low level of health, we are more likely to talk about their chronic diseases. Students with medium and low levels of physical health need to deepen medicines complete.

When conducting training sessions, we conducted the selection of the optimal physical activity, gradually and systematically developing the physical qualities and positive effect on mental function.

In particular, the physical training was focused on the development of children, spower, which showed poor results. Strength exercises are an effective means of repair disadvantages such as stooped posture, sunken chest, underdeveloped muscles.

At children with the expressed forms of disturbances mental and motor spheres connected with them, and their consequences, disturbances of their mobility, pathological irradiation of excitatory and inhibitory processes, infringement of interaction of the first and second alarm systems.

These violations entail difficulties in the formation of new complex conditioned-reflex connections, inertia, lethargy, absent-mindedness, easy distraction and fatigue, a low level of working capacity of the organism, etc.

Violations of the functions of the musculoskeletal system can be both congenital and acquired character. Pathologies are noted in the form:

- disorders of muscle tone (spasticity, rigidity, hypotension, dystonia);
- restrictions or impossibility of arbitrary movements (paresis, paralysis);
- disorders of tonic and statokinetic reflexes;
- disorders of balance and coordination of movements (ataxia);
- disorders of the musculo-articular sensations (kinesthesia);
- deformations, asymmetries and curvatures of various parts of the skeleton with restriction or lack of movements in the joints, etc.

We have proposed exercise of the power of nature, namely: put the bar for children, flexions traightening the arms in the emphasis lying. In this set of exercises starred indicators of carpal dynamometry before the pedagogical experiment, which is planned to be held during the school year and the results to draw conclusions and to develop the best complexes of General developmental and special physical activity for pupels with intellectual insufficiency depending on its degree.

Significant changes are happening to the musculoskeletal system.

Conclusion. We considered the theoretical aspects of the development of physical health and mental function of children with mental retardation in conditions of special (correctional) educational institution and try to identify the level of development of physical health, mental processes and their relationship in children with mild mental retardation.

To develop and experimentally prove the effectiveness of methods of development of physical health and mental function of children with mental retardation by means of adaptive physical culture.

As we know from the scientific definition, the term "physical development" means the combination of morphological and functional properties of the organism, characterizing the process of growth and maturation. For the characteristics of the physical development used basic anthropometric characteristics, summarily reflect the plastic processes in the growing organism.

That's why physical development is one of the most important indicators of living conditions and upbringing of the younger generation and serves as an objective method of monitoring the effectiveness of its physical and even mental health. A basic method of diagnostics is the study and evaluation of their physical development and functional state of children, and the extent of their mental deficiency.

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ANALYSIS OF THE CONDITION OF MAIN INDICATORS OF HEALTHY LIFESTYLE OF STUDENTS

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The life of modern man, and especially the student, is connected with big psychological and physical strain. The huge flow of information, negative emotions, stressful situations like in the classroom and in everyday life, lead to regular overfatigue, unbalance of the normal condition, disruption of metabolic processes, decrease general immunity.

Health is the main value of any person. Good rude health allows us to achieve many serious goals. A healthy lifestyle creates for a person such a sociocultural microenvironment, in the conditions of which real prerequisites arise for high creative self-giving, efficiency, labor and social activity, psychological comfort. Unfortunately the content of the lifestyle of the