

**EVALUATION OF THE FUNCTIONAL STATE OF STUDENTS  
OF THE FACULTY OF PHYSICAL CULTURE AND SPORTS,  
RECEIVING ADDITIONAL MILITARY ACCOUNTING SPECIALTY**

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The functional state of the students is directly related to the training load. The pace of today's youth life and socio-economic conditions motivate young students to additional training at the military department in one of the military specialties. There is an increase in the total training load. The workload of a university student should be 36 hours per week. Receiving a military specialty increases this time, especially in the exam and pre-examination periods, when, in addition to preparing for the current classes, students have to prepare for the next test or examination. Self-preparation for the next exam increases the time for mental work up to 8–10 hours a day or more [1]. In the conditions of psychoemotional tension associated with the performance of educational activities, which requires special stress, responsibility and attention in conducting classes at the military department, there is the possibility of developing a state of fatigue and reduced efficiency [2]. It is shown that mental capacity is inseparable from the general functional state of the organism, in the normal state of which the maximum results of mental activity are possible [1].

The purpose of the study was to assess the functional state and reserves of the body of students receiving an additional military registration specialty with the help of the Omega-M software and hardware system.

**Material and methods.** 28 young men, students of the faculty of physical culture and sports, aged 18–20 years, were examined. Surveys were conducted after the main training sessions, during the military training session at 15–16 hours in an isolated room in the absence of extraneous stimuli in the sitting position. Registration of 300 cardiocycles was performed in the second standard electrocardiogram lead. The surveys were conducted with the assistance of the laboratory assistant of the department of TMFK and SM Petrovich Yu.A.

**Results and their discussion.** At rest, the average pulse rate in the students surveyed is  $68.6 \pm 8.4$  beats per minute.

When analyzing the histogram, the following data were obtained: the mode (Mo) –  $0.86 \pm 0.11$ , the mode amplitude (AMo) –  $27.1 \pm 5.6$ , the variation range (BP) –  $0.29 \pm 0.05$ , HRV – index –  $14.2 \pm 3.3$ .

Interesting indicators of the index of vegetative balance (IVR) are represented. IWR indicates the relationship between the activity of the sympathetic and parasympathetic parts of the autonomic nervous system. The increase in IWR indicates the prevalent influence of the sympathetic

department of the autonomic nervous system. In our case, it is  $98.4 \pm 33.6$ , which corresponds to the norm.

The indicator of the adequacy of regulatory processes (PAPD) reflects the correspondence between the activity of the parasympathetic part of the autonomic nervous system and the leading level of functioning of the sinus node, is  $32.4 \pm 9.4$ .

The vegetative index of rhythm allows to judge the vegetative balance, in our case –  $0.3 \pm 0.1$ .

The psychoemotional state of students is in the range of 61-80%, which is interpreted as good, activity is normal.

**Conclusion.** Thus, the initial functional state of the students of the Faculty of Physical Culture and Sports receiving additional military specialty, according to the data of the "Omega-M" PA, is within the bounds of "good" and corresponds to the normal values of indices of autonomic and central regulation, functional reserves of the organism, good psychoemotional state and the activity of regulatory systems.

Analysis of the survey data of students of the Faculty of Physical Culture and Sports, who receive additional military specialization, during the lesson allows us to draw conclusions:

1. Initial functional state of students according to PAK "Omega-M" corresponds to the evaluation "good", which indicates the normal state of regulatory systems and the absence of stress load.

2. The psychoemotional state of students is in the range of 61-80%, which is interpreted as good, activity is normal.

3. Students of the Faculty of Physical Culture and Sports, have a good functional state and level of adaptation, which allows them to receive additional military specialty without harming their health.

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