

**THE ANALYSIS OF PHYSICAL FITNESS OF 1<sup>ST</sup>-YEAR STUDENTS  
OF FACULTY OF SOCIAL PEDAGOGY AND PSYCHOLOGY  
OF MASHEROV VITEBSK STATE UNIVERSITY**

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Physical education plays an essential role in the students' professional activity as their work is mostly connected with considerable concentration, intensive intellectual activity and sedentary lifestyle. Physical education lessons reduce the exhaustion of the nerve system and the whole body, increase productivity and conduce health promotion.

The aim of this study is the analysis of 1<sup>st</sup>-year students' physical fitness with the standards of the tests of the State Sports and Fitness Complex of Republic of Belarus.

**Material and methods.** Students of the Faculty of Social Pedagogy and Psychology of Masherov Vitebsk State University participated in the research. The methods involved are the analysis of research and methodological literature, pedagogical observation held to reveal students' fitness, pedagogical experiment conducted in the form of fit testing, mathematical and statistical processing of the results of the State Sports and Fitness Complex of Republic of Belarus (SSFC of RB).

**Findings and their discussion.** The results of the testing held mid-semester of the 2016/2017 academic year include following exercises: abdominal crunches with hands on the nape during 30 seconds – the number of times, push-ups – the number of times, standing long jumps – cm, two leg squats with hands on the nape – the number of times, angle body, sitting on the floor and with feet apart at a distance 50 cm (flexibility) – cm.

Table 1 – The Results of Testing the level of fitness of the 1<sup>st</sup>-year students

Checkup Tests	Gender	(X±o)	V%
1. Abdominal crunches with hands on the nape per 30 sec. – the number of times	Male	28,61±4,7	16,4
	Fem.	26,2±4,3	16,4
2. Push-ups- the number of times	Male	29,08±9,5	32,6
	Fem.	9,7±1	18,5
3. Standing long jumps – cm.	Male	221,9±19	8,5
	Fem.	171,8±19,4	11,2
4. Two leg squats (with hands on the nape) – the number of times	Male	40,78±2,3	5,6
	Fem.	36,6±4,4	12
5. Angle body – cm. (flexibility)	Male	15,3±7,8	50,9
	Fem.	26,7±11,3	42,3

From the variety of the tests of SSFC of RB, the number of types of trials(tests) that must be accomplished for getting a mark of distinction 6,7,8 for the low, mid and high levels of development in accordance, we have selected 5 tests similar to our testing.

Table 2 – The standards of the SSFC of RB for 19-22-year-olds

Sl.No.	Types of trials	Men			Women		
		low	mid	high	low	mid	high
1.	Standing long jump with double take-off (cm)	215	230	240	170	180	195
2.	Pull-up from suspension on a high bar (the number of times)	9	10	13	-	-	-
	Pull-up from suspension lying on a low bar (the number of times)	-	-	-	10	15	20
3.	Bending with knees straight on a gymnastics bench (the number of times)	6	7	13	8	11	16
4.	Floor push-up (the number of times)	-	-	-	10	12	14
5.	Abdominal crunches (the number of times per minute)	-	-	-	34	40	47

Analyzing the results of testing the level of fitness of 1<sup>st</sup> –year students, the data according to the standards of the test of SSFC of RB, the following can be noted among young males: as far as exercise on abdominal crunches with hands on the nape per 30 sec. is concerned, the number of times accomplished exceed the standard of the midterm assessment (table 3). As for the standing long jump, the students’ results are below-standard of the test of SSFC of RB, correspond to 4 points according to the results of the midterm assessment. The number of two leg squats corresponds to 5 points according to the results of midterm assessment, there is no standard in the test of SSFC of RB. The results of angle body (flexibility) exceed the standard of the midterm assessment.

Table 3 – Standards of the midterm assessment for 1<sup>st</sup> –year students

Checkup Tests	Men			Women		
	5	4	3	5	4	3
1. Abdominal crunches with hands on the nape per 30 sec. – the number of times	26	23	20	24	21	18
2. Push-ups- the number of times	26	20	15	10	7	5
3. Standing long jumps – cm.	235	215	195	185	175	165
4. Two leg squats (with hands on the nape) – the number of times	40	35	30	35	30	25
5. Angle body (flexibility) – cm.	12	8	4	18	14	10

As for young females: in the exercise of abdominal crunches per 30 sec. the number of times accomplished exceeds the point 5 of the midterm assessment, it can be noted that female students exceed the standard of this exercise per minute in the test of SSFC of RB. As far as test in standing long jumps is concerned, the results of female students are below-standard and correspond to 3 points according to the midterm assessment. It can be also noted that the female students' results in push up exercise are as well as they showed during the midterm assessment, also their results considerably below the standard of SSFC of RB. The results of the test on flexibility considerably exceed the point of 5. As for two leg squats, the results correspond to 5 points according to the results of midterm assessment, and there is no such standard in SSFC of RB (2).

**Conclusion.** In general, good level of fitness among 1<sup>st</sup>-year students of Faculty of Social Pedagogy and Psychology of Masherov Vitebsk State University can be observed, however, at the same time special attention should be paid to the development of speed-power characteristics in further organization of studying classes of physical education in higher education establishments.

Reference list:

1. The Republic of Belarus Act No. 125-3 of 4 January 2014 "Under the Physical Education and Sport"
2. "Organizational and methodological basis of implementation of the State Sports and Fitness Complex of the Republic of Belarus into the practice of work in organizations"/ P.G.Voron, V.F.Kasach – Minsk :Republican training center of physical education of the population, 2016 – page 84.

## **A ROLE OF PHYSICAL CULTURE IS IN EDUCATIONAL AND UNEDUCATIONAL ACTIVITY OF SCHOOLCHILDREN**

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According to the survey within the framework of the program of development of the UNO and administrative support of Department of Education of the Republic of Belarus, 75,2% of schoolchildren "surfe in the Internet", 47,1% - " go out with friends", 33,4% - do sports, 57% - "play computer games", 14,6% - "read books", 6% - "play the game machines", 5,9% - "go to discos and evening-parties" [4]. Similar issues are of great concerned in the nearby states, particularly in Russia [1,2,3]

Based on our own practical work experience and experience of communicating with schoolchildren, the result of the survey attracted. . However, this research was conducted on the basis of metropolitan schools, eur attention and the results obtained may differ radically from other regions.

Therefore, we decided do study of this problem in Vitebsk.