

THEORETICAL AND APPLIED ASPECTS OF PHYSICAL CULTURE, SPORT AND TOURISM

OBJECTIVE AND SUBJECTIVE ASSESSMENT OF THE LEVEL OF PHYSICAL HEALTH OF MEDICAL STUDENTS

Maria Balukova, Alexander Tur

Vitebsk State Order of Peoples' Friendship Medical University, Vitebsk,
Belarus

The relevance of this topic is due to the necessity to following continuity of goals and tasks, methods and forms of work content, determination of physical fitness in the process of student's physical development. The purposes of the study are to determine and to compare subjective and objective assessments of medical students' physical health level from main and preparatory groups.

Material and methods. The work was done in three stages. Literature collection and analysis of the development physical health issue was carried out at the first stage. The compilation of a survey is the result of this step. Questioning and control testing of the level of physical health was carried out at the second stage. The questionnaire contains a QR code, that allows students to take the survey online. The data of control tests of the level of physical health and the results of the questionnaire were statistically processed at the third stage. Conclusions were drawn [1].

Analysis of scientific and methodological literature, control testing, pedagogical experiment, the method of Professor G.A. Apanasenko, questionnaires, methods of mathematical statistics were used in this work as research methods [2].

Findings and their discussion. Belarusian students, including medical students, do not consider their health as a capital that needs to be preserved and increased. Sociological studies show that young people put health in the first place in the hierarchy of life values and priorities, but at the same time do not take proper measures to preserve and strengthen it. Among young people, a low level of concern for their health is disseminated, there is no desire to use health procedures and methods of restoring health. The reasons of that are the lack of medical and hygienic knowledge, a high level of study load, lack of free time and material difficulties. This is especially common among students from

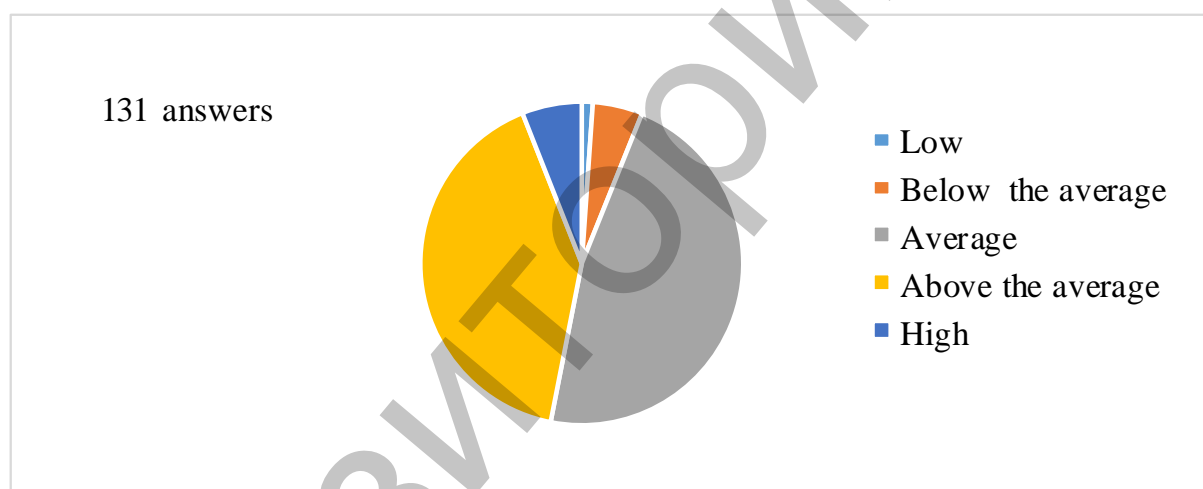
disintegrated families and out-of-town students. At the same time, a fairly high level of motivation for a healthy lifestyle is noted [3].

Our study involved 131 students from Vitebsk State Order of Peoples' Friendship Medical University from Preparatory Training Course, faculty of General Medicine and Pharmaceutical faculty. The age of the studied students was between 17 and 20 years old.

The first stage of the study was carried out using the survey method. A special questionnaire was developed for the study. The survey included several questions aimed at obtaining information about the level of physical health of students, preferences in the types of physical activity in the classroom and other questions.

The results of the control testing, provided by the standard curriculum "Physical culture" No. TD-SG 014 / type .: BMI, The Index of Life, The Power Index, Robinson index, etc. were taken to assess the level of physical health of students.

Survey results show that 40.9% of the interviewed students assess their health states as above the average, 47% as average, 5% as below the average, 1,1% - as low (picture 1).



Picture 1. How do you assess your health?

The results of the pedagogical testing allow to characterise the level of students' physical health above average in 27.86%, average in 46.37%, below average in 15.60%, and low in 3.81%. The results of the tests represent a picture that differs from the questionnaire answers. Assessment of the level of physical fitness is shown in a table 1.

Table 1. Level of physical fitness

Assessment level	Physical training				
	Low (%)	Below the average (%)	Average (%)	Above the average (%)	High (%)
Objective	3,81	15,60	46,37	27,86	3,85
Subjective	1,1	5	47	40,9	6

Conclusion. Based on the results, we can conclude that most of the study participants consider it is necessary to keep and improve their health level, while other are satisfied with their physical health and don't want to improve it. The level of students' physical health shows that the objective study results differ from its subjective assessment.

1. Koleda, V. Physical education : manual / V. Koleda (and others); under the general editorship V. Koleda. – Minsk: BSU, 2005. – 211 p.
2. Krivtsun-Levshina, L. Organisation and methodology P.E. and health improvement work: lecture course / L. Krivtsun-Levshina, V. Krivtsun – Vitebsk: BSU named after P.M. Masherov, 2017. – 344 p.
3. Yavorskaya, G. The practice of increasing the effectiveness of the educational process in higher education / G. Yavorskaya – Odessa, OIVD, 1995. – 100 p.

ASSESSMENT OF THE FUNCTIONAL POSSIBILITIES OF THE CARDIORESPIRATORY SYSTEM OF STUDENTS DURING CARRYING OUT STANGE TEST

Artsem Kazlou

VSU named after P. M. Masherov, Vitebsk, Belarus

Conducted classes in the discipline of physical culture contribute not only to the development of motor abilities and the formation of motor skills, but to the improvement of all systems and functions of the body as a whole, which is reflected in the indicators of the functional state of the trainees.

The Stange test, which consists in an arbitrary stop of external respiration during inspiration, allows to determine the general functional state of the cardiorespiratory system, the body's resistance to hypoxia, and at the same time, it has simplicity and accessibility, which is important in conditions of mass examinations.

Purpose of work – assessment of the functional capabilities of the cardiorespiratory system of students using the Stange test.

Material and methods. The study involved 20 students (girls) of the pedagogical faculty of the main medical group of the educational institution “Vitebsk State University named after P.M. Masherov ”. The study of the functional state of students was carried out using the Stange test. When conducting a test, the patient's pulse is calculated twice in 30 seconds in a standing position. The breath is held on a full breath, which the subject takes after three breaths at 3/4 of the depth of a full breath. A clamp is put on the nose or the subject clamps the nose with his fingers. The delay time is recorded using a stopwatch. After the resumption of breathing, the pulse is counted [1].

The results were assessed as follows: 39 seconds is unsatisfactory, 40-49 seconds is satisfactory, over 50 seconds is good.