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.

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

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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.

Findings and their discussion. The results are presented in table 1.

Table 1- Results of the Stange test

Evaluation of the results of the Stange test	% - of the total number of subjects
Unsatisfactory	50%
Satisfactorily	40%
Good	10%

The studies have shown that the functional state of the cardiorespiratory system of the subjects is at an unsatisfactory and satisfactory level. Which, in turn, indicates the instability of the body to hypoxia.

The reason for these students' low development indices may be insufficient focus on the development of the functional state of the cardiorespiratory system during physical culture lessons. Also, these studies require further and more in-depth study of the problem.

Conclusion. Thus, the obtained results of the study made it possible to establish the level of the functional state of students of the pedagogical faculty of the educational institution “Vitebsk State University named after P.M. Masherov ". The revealed data create the need to apply those means in the discipline of physical culture, which will be aimed at the general development of the functional state of the cardiorespiratory system and the body's resistance to hypoxia.

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THE IMPACTS OF SPORTS NUTRITION ON ATHLETES’ BIOCHEMICAL BLOOD PARAMETERS

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High performance sport assumes the presence of maximum and submaximal loads. The state of the cardiovascular system shows the level of adaptation of the whole organism to the loads. The biochemical blood parameters are changed under the effects of physical loads [1]. To improve the performance and accelerate the recovery of the organism after sports activities sports nutrition is used. According to these statements, the aim of our research is to analyze the biochemical blood parameters of sportsmen for the period of its using.