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INFLUENCE OF STUDENT PREVENTION ON YOUNG PEOPLE'S HEALTH

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Abstract. The article is devoted to the analysis of existing student dispensaries at institutions of higher education in the Republic of Belarus, in order to identify the level of health improvement of young people studying full-time education during their studies at a higher school. The study allows us to state that for the 2020-2021 academic year in the Republic of Belarus there are nine student sanatoriums in higher education institutions that offer a list of health-saving technologies aimed at preserving and strengthening the health of student youth.

Keywords: students; health; student dispensaries; daytime education; institutions of higher education.

The role of higher education institutions in the life of modern youth is acquiring significant importance not only as a competent specialist, but also in the formation of a harmoniously developed personality, physical and moral health, physical activity, etc.

Preserving, strengthening and improving the health of young people is one of the main tasks of the existing sanatoriums-preventorium at institutions of higher education in the Republic of Belarus.

The state of health of students is the main indicator of the future of our state. Therefore, it is necessary to clearly understand what factors determine the decline in the level of health

of student youth in modern conditions. The health of students on a large scale affects many aspects of the development of the country as a whole.

The purpose of the study is to analyze the activities of student dispensaries operating at institutions of higher education in the Republic of Belarus to identify the level of health improvement of students in full-time education.

Material and methods. The material of our research was the data of the current documents, thanks to which the health improvement of students enrolled in the full-time form of education is carried out.

Statistical methods of data processing were used as research methods.

Results and its discussion. For the 2020-2021 academic year, 59 higher education institutions function in the Republic of Belarus.

There are 48 public and 11 private institutions of higher education (HEI) on the territory of Belarus.

So in Minsk, there are 25 state and 8 private HEIs.

In the city of Brest there are 2 state HEIs and 2 HEIs in the Brest region (Baranovichi, Pinsk).

There are 4 public and 2 private HEIs in Gomel, as well as 1 HEI in the Gomel region (Mozyr).

There are 4 state HEIs in Mogilev and 2 in the Mogilev region (Bobruisk, Gorki).

There are 3 state educational institutions in Grodno.

In Vitebsk, there are 4 state HEIs and 1 private, as well as 1 HEI in the Vitebsk region (Novopolotsk).

For the 2020-2021 academic year, 48 institutions are subordinate to 17 government bodies (committees, ministries, departments).

11 private educational institutions are subordinate to 3 governing bodies.

These include:

- Belarusian Republican Union of Consumer Societies (Belkoopsoyuz);
- Ministry of Education of the Republic of Belarus;
- Federation of Trade Unions of Belarus.

Based on the data obtained for the 2020-2021 academic year, having analyzed the obtained figures, we found out that 346 thousand students study in 59 institutions [1].

Having analyzed the statistical data of the Republic of Belarus, students in educational institutions, we can proceed to the analysis of existing student dispensaries in order to identify the health-improving orientation of student youth.

To date, in 2021, student dispensaries are only operational in 9 universities.

Student dispensaries organized to improve the health of students in educational institutions work on the basis of the Charter, the order of the rector, the provisions of the current legislation, which have been certified in accordance with the Resolution of the Council of Ministers of the Republic of Belarus dated 01.11.2006 No. 1450 «On the criteria and procedure for conducting state certification of sanatorium and health-improving organizations» [2].

At the Belarusian State Medical University, there is a student sanatorium-preventorium aimed at treating: the cardiovascular system, the musculoskeletal system, the gastrointestinal tract, the respiratory system, diseases of the ENT organs, organs of vision.

The rehabilitation and treatment of students in the sanatorium-preventorium of the Belarusian State Medical University is organized without interrupting their studies. Modern medical equipment is used. The dispensary provides electric light therapy, massage (hydra, vibro, and manual), inhalations, physical therapy and functional diagnostics.

In the Vitebsk State Order of Friendship of Peoples Medical University, the sanatorium-preventorium carries out its work in the following areas: balneotherapy, thermal procedures, electrical procedures, all types of massage, acupuncture, health improvement with the use

of a sauna, the development of dietary nutrition, physical therapy and therapy with the use of medicines. The dispensary has a physiotherapy room.

Brest State Technical University conducts health improvement of students with disorders of the circulatory system, nervous system, musculoskeletal system, digestive and respiratory organs.

The dispensary has modern medical equipment: «Biopton», «Refton», «Vitafon-T», compressor inhaler, apparatus for ultrasound therapy, magnetotherapy, aromatherapy, hydrotherapy, infrared sauna, phytobar, thermotherapy stimulator, exercise bike, treadmill, rowing simulator, small sports equipment.

Sanatorium-preventorium of the Belarusian National Technical University «Polytechnic» conducts its work on the treatment of work on the treatment of diseases of the circulatory system, respiratory system, digestion, musculoskeletal system and diseases of the nervous system. In the dispensary, such procedures are carried out as: herbal medicine, carbon dioxide baths, inhalations, UHF, UFO, ultrasound, magnetotherapy, laser therapy, underwater, manual and hydromassage.

The existing dispensary at the Belarusian State Pedagogical University named after Maxim Tank specializes in: medical examination, physiotherapy, nutrition with coupons, medical and rehabilitation services, health improvement, preservation, and strengthening of students' health.

The health-improving facilities for students are hydrotherapy, thermal therapy, inhalation, physiotherapy, electro-phototherapy, therapeutic massage, and physical therapy.

The services of the sanatorium-preventorium of Vitebsk State Technological University are needed by students who, for health reasons, need physiotherapy treatment, as well as students who are registered with dispensaries. In the dispensary, students are fed according to coupons, according to dietary tables 5, 7, 9, 10 and 15.

Sanatorium-preventorium of Polesie State University provides medical and health services for students. The sanatorium is specialized in hydrotherapy, electrotherapy, inhalation and massage. Balanced nutrition and vitamin therapy are provided. Drug therapy is possible.

The preventive base of the sanatorium-preventorium of the Belarusian State Economic University includes examinations: therapeutic and dental. The use of therapeutic massage and physical therapy. There is a possibility in thermotherapy, physiotherapy and hydrotherapy.

In the 2020-2021 academic year, there is a student sanatorium-preventorium of the Mozyr State Pedagogical University named after I.P. Shamyakin. The dispensary has a therapeutic effect in the following areas: inhalation, electrotherapy, magnetotherapy, laserotherapy, massage, pearl baths. Drug treatment is possible for diseases of the musculoskeletal system, nervous, circulatory system and respiratory system.

As a result of our survey of students who visited existing dispensaries during the 1st semester of the 2020-2021 academic year, it was found that 98.76% of the respondents were completely satisfied with the list of medical services. 85.41% of students believe that due to the used list of procedures, their health has improved significantly. This is reflected in mood, well-being, physical activity and the desire to engage in physical culture. But 14.59% of students are of the opinion that staying in a dispensary during training is a good way for a rational and balanced diet. In general, the stay of students in dispensaries of higher education institutions without interrupting their educational activities is an effective means of healing, improving and strengthening the state of health.

Conclusion. Thus, for 2020 in the Republic of Belarus there are 9 student sanatoriums-dispensaries for students of full-time education for the purpose of health improvement and sanatorium treatment.

Today, the health of young people acts as the main value in the life of every student. Therefore, we are currently working on the use of health-saving technologies in the educational process, preserving and strengthening the health of students in higher education institutions.

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MENTAL ASPECTS OF THE THROWS IN MODERN BASKETBALL

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Annotation. The article discusses some mental aspects of throws in basketball, which will improve their effectiveness.

Keywords: basketball, basketball shots, psychological qualities, mental abilities, auto-communication.

Modern basketball is a very demanding sport in terms of physiology, fitness and biomechanics. The success of a basketball player's playing actions depends on a number of physical and psychological qualities: strength, coordination, technical, general and special endurance, psychological stability [1].

A throw in basketball is one of the most important technical elements, because it is the final goal of the attacking actions of the players, which in turn determines the result of the game. The accuracy of the throw is determined primarily by the correct, stable and brought to automatism technique. However, the correct technique alone is not enough to make successful throws. In basketball, such psychological qualities and personality traits as mental abilities, courage, self-confidence and self-actions have fundamental importance. By paying sufficient attention to the development of these qualities and personality traits, it is possible to improve the effectiveness of throws [4].

Despite the similarity of physical skills and abilities, techniques and tactics, one player is distinguished from another by a way of thinking or mentality. This is what happens in the athlete's head and is expressed in the ability to focus, to fight at the limit of strength, to consistently achieve goals. All thoughts are born in the head, which serve as a source of such emotional reactions as anxiety, pressure, the intention to reach heights and not admit defeat.

The purpose of the study is to identify some mental aspects of making shots in basketball.

Materials and methods. The inner diameter of the basketball ring according to the official FIBA rules is not less than 450 mm and not more than 459 mm. That is, three and a half balls can fit into the ring at the same time. This fact surprises many players and gives them more confidence. Every time when a player makes a throw, he must be confident in his actions.