

(39, 41, 33). In the second position in the medal standings, China - 88 medals (38, 32, 18), the third place among the hosts of the Games of Athletes of Japan - 58 awards (27, 14, 17). At the closing ceremony of the Games in Tokyo, the Olympic banner was presented to the Mayor of Paris, Anne Hidalgo. It is this city that will host the next XXXIII Summer Olympic Games in 2024.

The XXIV Olympic Winter Games will open in February 2022 in Beijing (China). Beijing will be the first city to host both the Winter and Summer Games. Spectators will be allowed in, but they will only be citizens of "mainland China" who meet the sanitary requirements of the Chinese authorities. Foreign spectators will not be allowed to attend the Winter Olympics and Paralympics.

On October 18, 2021, the Olympic Flame Lighting Ceremony took place at the Temple of Hera in Ancient Olympia. The ceremony was attended by Greek President Katerina Sakellaropoulou and IOC President Thomas Bach. Due to restrictions imposed by the COVID-19 pandemic, the ceremony was held without spectators.

**Conclusion.** By 1980, the holding of the Olympic Games became unprofitable for the host countries: the number of spectators sharply decreased, and interest in amateur achievements began to disappear. To save the situation, the President of the IOC, Marquis Juan Antonio Samaranch, commercialized the Olympic movement, which made it possible to preserve the independence and social essence of the Olympic movement, and made it possible for further development.

But in the conditions of COVID-19, the organizing countries and the entire world community are faced with global problems of the 21st century, to the solution of which all efforts are thrown to save the international Olympic movement.

1. Minina, N.V. General history of physical culture and sport: a course of lectures / N.V. Minina, E.M. Nahaeva. – 2nd ed., Add. and revised – Vitebsk: Vitebsk State University named after P.M. Masherov, 2021. – pp. 67-69.

## **THE ROLE OF POWER TRAINING FOR TECHNICAL COLLEGE STUDENT PROFESSIONS**

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Keywords: profession, college, strength, specialty.

The educational institution "Vitebsk State Technical College" implements programs of secondary specialized and vocational education. The college today is educational buildings, training and production workshops, more than 80 classrooms and laboratories, dormitories, four sports halls, a library, a publishing center, and a canteen.

More than 2000 students study at the college in 4 departments: architecture and construction, technical and technological, industrial and technological, professional and technological.

The training of highly qualified specialists is carried out in various specialties: electric and gas welder, car repair mechanic, cladding tiler, turner, bricklayer, plasterer, etc. All of the above professions make high demands on specialists for physical fitness, in particular for the development of strength abilities. An important role in physical culture lessons belongs to the section "professionally applied physical training"[1].

**Material and methods.** Analysis of literary sources, observation, testing, methods of mathematical statistics. We conducted a study of the strength abilities of 32 boys and 15 girls of the 2nd year of the Vitebsk State Technical College.

**Findings and their discussion.** Applied professional physical training is one of the main directions of physical education in educational institutions. It forms applied physical qualities, abilities and skills necessary for those involved in their future professional activities. Applied skills and abilities ensure the rapid mastery of the necessary labor operations, safety in everyday life and when performing certain types.

We assessed the strength readiness of the students. The following tests were used in the study: pulling up from the hanging position on a high bar - boys, pulling up from the hanging position on a low bar - girls. It was found that 37% of girls perform the exercise by 10-8 points, 63% by 6 points and below. For boys, respectively - 68% and 32%. Thus, strength training among boys is much higher than among girls.

**Conclusion.** A high level of organization of the educational process in physical education, a good material and technical base, specially targeted physical exercises, will make it possible to carry out high-quality training of specialists of various professions.

1. Means and methods for the development of physical qualities: method. recommendations / EP Safironova. - Vitebsk: VitebskState University named after P.M. Masherov, 2014 .-- 50 p.

## **AGE-SPECIFIC ATTITUDES TOWARDS FLEXIBILITY EXERCISES AMONG SCHOOLCHILDREN**

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Keywords: flexibility, age and gender peculiarities, pupils, physical training.

The interest and attitudes of different student populations towards the means of physical education and sport are of practical importance.