

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

At present, interest in physical activity is reduced in many children. Physical activity in the daily routine is replaced by computer classes, learning activities, listening to music, etc. The changes taking place in the social life of society are reflected in children's attitudes to the surrounding reality. Their attitudes towards the subjects taught at school (e.g. physical education classes) are also changing. These attitudes also change with age [1,2]. Studying these issues is of great practical importance to school PE. This knowledge allows the teacher to rationally choose the tools for the lesson, objectively assess the pedagogical situations related to the attitude of students of different genders and ages to the exercises in the lesson.

Flexibility is one of the most important physical qualities of a person. In adults it is compared to the youthfulness of the musculoskeletal system.

Like many other physical qualities, flexibility is formed most intensively at school age. Exercises for flexibility should be actively used during all years of physical education. For the most effective choice of exercises for the development of flexibility in children teachers will use the scientific data of psychologists and teachers about the age-specific peculiarities of its development.

The aim of the study is to find out age and gender peculiarities of the attitude of pupils in comprehensive schools towards the exercises which are used to develop flexibility in physical education classes.

Material and methods. The research was conducted on the basis of the state educational institutions of secondary schools: № 29, № 30 and № 6 of Vitebsk. No. 30, No. 6 of Vitebsk. The respondents are 339 pupils (185 boys and 154 girls) of senior (10-11th forms), middle (6-8th forms) and junior (3-4th forms) school age. A. Korshunov was also involved in data collection and data processing.

The questionnaire contained 46 questions. It was necessary to rate from 1 to 10 points their attitude to different exercises. The trainees were required to fill in the questionnaire according to the instructions.

The following methods were used in the study: theoretical analysis, sociological survey and methods of mathematical statistics.

Findings and their discussion. The results of the mathematical processing of the data of the sociological survey of children of different school age yielded the following data.

The highest scores (points) of pupils' attitude to flexibility exercises were observed for boys – 7.35 ± 3.09 points and for girls – 8.17 ± 2.72 points at primary school age (grades 3-4). In terms of mean score, girls' attitudes towards flexibility exercises were more positive than boys', but no significant difference in this difference was found ($P > 0.05$).

In middle school age (grades 6-8) the interest in these exercises begins to diminish. The boys' interest in exercise is significantly lower than that of the girls, at 6.78 ± 2.6 points ($P < 0.05$).

The lowest index of attitude to these exercises is registered at senior school age (grades 10-11). For boys it is 6.29 ± 2.86 points, and for girls 7.42 ± 2.96 points. The established differences in scores are reliable ($P < 0.05$).

In general education schools teachers often use exercises on the gymnastics wall to develop flexibility. Similar to usual exercises for flexibility development girls and boys of primary school age (3rd-4th grades) showed the highest level of interest in these exercises, slightly lower in middle school students and even lower in high school students. Significant differences in the attitudes towards gymnastics exercises between genders were not revealed ($P > 0.05$).

Conclusion. Characterizing the attitudes of children of different school age and gender towards flexibility exercises, the study shows that in the primary school age an increased interest in flexibility exercises is observed in both boys and girls. In middle school age there is a gradual decline in interest in these exercises. However, girls' values are significantly higher than those of boys, as well as at younger ages. Significant reduction of interest in flexibility exercises occurs at high school age. At this age, boys and girls' attitudes to flexibility exercises do not differ significantly.

The results of the study are recommended for teachers to consider in the methodology of development of physical qualities in children of different school ages. They allow objective analysis and prediction of pedagogical situations and timely provision of appropriate techniques for activation of students at the lessons.

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THE FUNCTIONAL STATE OF THE VEGETATIVE NERVOUS SYSTEM OF THE TEACHERS

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The functional state of the body is an integral characteristic of the state of the health which reflects the adaptive capabilities of the body and evaluated according to changes in functions and structures at the current moment with interacting with environmental factors [1, p. 155].