

DIAGNOSIS OF PHYSICAL FITNESS OF STUDENTS

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According to the standard curriculum on physical culture, for institutions of higher education, the level of physical fitness of students is assessed at five levels. Such as, high, above average, medium, below average and low [1].

The purpose of the presented pedagogical research is to analyze the level of physical fitness of girls and boys studying at the educational institution «Vitebsk State University named after P.M. Masherov».

Material and methods. The material of our research was the data of test tests of girls and boys of the spring and autumn semesters of the 2020-2021 academic year.

Research methods: analysis, generalization, as well as statistical methods of processing the results obtained.

Findings and their discussion. 588 students took part in the study of the level of physical fitness of the autumn semester.

Out of 588 students, 405 (68.9%) girls and 183 (31.1%) boys passed the tests.

To determine the level of physical fitness, the results were processed according to 7 tests for girls: a long jump from a place, a forward tilt, bending and unbending of the arms in a prone position, lifting the trunk from a supine position in 60s, shuttle running 4x9m, running 30m, running 1500 m.

For young men, the results of the level of physical fitness were processed according to 8 tests: long jump from a place, leaning forward, bending and unbending the arms in a prone position, lifting the trunk from a supine position in 60 seconds, pulling up on a high crossbar, shuttle running 4x9m, running 30m, running 3000 m.

The level of physical fitness of girls according to the results of the tests has the following data•

- ✓ above average - 32 (7.90%) students passed,
- ✓ 93 (22.96%) female students passed the intermediate level,
- ✓ 202 (49.87%) female students passed the lower-average level,
- ✓ 78 (19.25%) female students passed the low level.

The level of physical fitness of young men according to the results of control testing is presented as follows•

- ✓ above average - 12 (6.55%) students,
- ✓ 81 (44.26%) students passed the intermediate level,
- ✓ 47 (25.68%) students passed the lower average level,
- ✓ 43 (23.49%) students passed the low level.

Taking into account the above, after passing the tests to determine the level of physical fitness of students of the autumn semester, we found that the first, second and third levels of physical fitness prevail among students in non-sports specialties. In our opinion, the predominance of the obtained levels of physical fitness of students is influenced by nutrition, heredity, ecology, the presence of chronic or acquired diseases, as well as the standard of living in general.

In the spring semester, 609 students took tests to identify their level of physical fitness. Analyzing the level of physical fitness of girls according to the results of the spring semester control test, we received the following data. So, 1 (0.23%) student completed the test tasks at a high level, 45 (10.51%) students passed the above-average level, 152 (35.51%) students passed the average level, 151 (35.28%) students passed the below-average level and 79 (18.70%) students passed the low level.

After passing tests to identify the level of physical fitness of young men, we received data. Thus, 25 (13.84%) students passed to the above-average level, 60 (33.14%) students passed to the average level, 72 (39.77%) students passed to the below-average level and 24 (13.25%) young men passed to the low level.

Conclusion. Thus, analyzing the data obtained by passing test tasks, in the institution of higher education, girls and boys have fairly low levels of physical fitness. This fact indicates that the health status of modern youth is deteriorating, which entails a deterioration in physical development, physical fitness, which will further affect the deterioration of the health of the entire population.

1. Physical education: a typical study. a program for higher education. studies. institutions / V. A. Koleda [et al.] ; edited by V. A. Koleda. - Minsk : Riga, 2017. - 35 p.

THE MAIN MENTAL ASPECTS OF THE THROWS IN BASKETBALL

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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