

(ОЗНАКОМИТЕЛЬНЫЙ ФРАГМЕНТ)

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C. , 1975-1983; , 1965-1993; , 1977-1986;
C. , 1966; , 1955-1990; , 1970-1994 .).

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(Campbell D., 1989; Massey J., 1990;
. , 1994-1997).

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(80-98,2%

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7,2% (<0,05).

69,6%

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- 8,0 / (<0,005);

14,6% (<0,001),

17,9% (<0,001) 6,7% (<0,05);

- 8,7% (<0,01);

6,2%.

, 33,3% (<0,001),

13,1% (<0,001), 6,1% (<0,05),

10,9% (<0,001).

58,5%

68%,

41 %, ,

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16,1% (<0,05), 12,9% (<0,05),

40% (<0,001),

13,9 % (<0,01) 9,4% (<0,05).

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- 15% ;

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- 65%.

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- , 1995.- .15-16. : . 1- . - . .
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- 7. . - . - , 1996.- .14-15. . . .
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- .- , 1996.- .26- .106-107.

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SUMMARY

Nickolay Ivanovich Antipin. Post-labour rehabilitation and professionally-applied physical training (PAPT) of personal computers operators.

Key words: post-labour rehabilitation, professionally-applied physical training, reabilitationally profiled sport lessons, functional and analysing systems, fatiguability, health, capacity for work.

The Object of the research: people, whose everyday labour is connected operating computers.

The aim of the work: grounds for efficient forms means and methods of post-labour rehabilitation and PAPT, the necessity of their application in the nearest post-labour time by workers using PC in their everyday work.

The methods of the research: general pedagogical, testing of physical training level, medical and biological, including antropometrical measurements professiography and computer testing of the index of functional and analysing systems, studying the sickness rate data, sanitary-hygenical and statistical.

In this work the influence of sanitary and rehabilitational measures in combination with professionally applied physical training on health and capacity for work of representatives of a widely spread profession-PC operators is substantiated for the first time.

The data received as a result of this work are scientific grounds applying means of rehabilitation and PAPT to reduce fatiguability and morbidity indexes and to increase the capacity for work, of PC operators.

Professional capacity for work, dynamics of functional and analysing systems, physical state and fatignability have been studied in the course of research.

The results of the research have been introduced into practice of training young system-technics-engineers of Polotsk State University, and are used in practical activity of "Polymir" sports club and Physical Culture, Sport and Tourism Department of Novopolotsk Town Executive Committee.

Applying area: industry, educational institutions, sports and social organizations.

