

relieve emotional stress, improve mood and mental well-being, but are also a good breathing exercise.

The round dance is part of Russian folk dance. Participants join hands, thereby strengthening the overall energy connection.

Thanks to the implementation of the program with elements of Russian folk dance, the woman's body is more intensively saturated with oxygen, muscles and joints are strengthened, metabolism is accelerated, and mental stress is relieved.

Dancing Russian folk dances, a woman performs all movements smoothly and with dignity. Elements of folk dance are theatrical, but have a natural nature, which contributes to the speed of memorization and ease of execution.

Russian folk dance allows a woman to see and realize her individual abilities, to reveal her creative potential, to feel the innate qualities of character.

**Conclusion.** Performing Russian folk dance or performing its elements collectively, women solve the same tasks related to maintaining health, developing personality and social ties, which contributes to the transformation of individual needs into mass ones, thereby acquiring a public character and resonance [1].

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## WAYS OF DEVELOPMENT OF SPORTS GYMNASTICS IN THE REPUBLIC OF BELARUS

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Keywords: artistic gymnastics, development, formation, sports result, athletes.

For many years, Belarusian artistic gymnastics has been famous for its resounding victories. Among the pupils of the Belarusian school of women's gymnastics are the names of such legendary athletes as multiple Olympic champions Nelly Kim, Olga Korbut, Svetlana Boginskaya, Olympic champions Elena Volchetskaya, Larisa Petrik, Tamara Lazakovich, Antonina Koshel. The men's school of gymnastics is glorified by the names of the six-time Olympic champion Vitaly Shcherbo, the silver medalists of the Olympic Games Vladimir Shchukin and Alexander Maleev, the absolute world champion Ivan Ivankov. Since 1994, the team of Belarusian gymnasts has repeatedly won victories at the World and European Championships [1, 3].

**Material and methods.** Analysis of literary sources, analysis of team performance at competitions of different levels.

**Findings and their discussion.** At present, Belarusian gymnastics has faced a number of serious problems, which could not but affect the results of the performance of our athletes.

Due to the unsatisfactory state of the sport and a significant decrease in the sports results of athletes at official international competitions for a long time, together with the Ministry of Sports and Tourism of the Republic of Belarus, the Public Organization “Belarusian Gymnastics Association” and the National Olympic Committee, a Concept for the Development of Artistic Gymnastics in the Republic of Belarus was developed for 2020–2028, in which the main tasks of development are indicated, such as:

- increasing the efficiency of training athletes of the national and national teams of the Republic of Belarus in gymnastics for major international competitions, including the Olympic Games;

- increase in the number of people involved in artistic gymnastics, the definition of specific areas in terms of its establishment and the safety of the contingent;

- strengthening the system of training and advanced training of managerial, pedagogical, scientific and other personnel necessary for the development of sports gymnastics;

- improving the level of medical, scientific and methodological support for the training of the national team and the sports reserve;

- improvement of the republican and regional calendar plans for sports events, taking into account all levels of training and ensuring their implementation in full;

- strengthening the material and technical base in accordance with the standards and international requirements, construction and reconstruction of sports facilities for holding sports events in gymnastics;

- combining the efforts of state and public organizations to implement organizational and practical measures aimed at achieving the goal;

- ensuring joint activities of athletes of all levels interested in the successful performance at the European Championships, the World Championships and the Summer Olympic Games 2020, 2024 and 2028.

As of 2020, in the Republic of Belarus there were 2 specialized children's and youth sports schools of the Olympic reserve in gymnastics and 15 complex specialized children's and youth sports schools of the Olympic reserve with departments of gymnastics. In total, there are 20 specialized gyms in the country, 26 sports gymnastics departments (11 men's and 12 women's), in which 2,768 students are trained and 183 trainers and teachers work [2].

Artistic gymnastics is part of the International Gymnastics Federation, which has 148 national federations, in which 1265 male gymnasts and 1249 female gymnasts have licenses to participate in official international competitions in artistic gymnastics.

According to official data, in 2020 in the Republic of Belarus, 18 male gymnasts and 18 female gymnasts had licenses to participate in official international competitions.

**Conclusion.** Accordingly, taking into account the above, all interested parties, by 2028, should direct all their efforts to: winning medals by Belarusian athletes at the European Championships, World Cups, Student Universiades 2020–2028, participation in the finals of the World Championships 2021–2027, and also the Olympic Games 2024, 2028; increase in the number of athletes involved in sports gymnastics in sports training institutions; increase in the number of sports departments in sports training

institutions; an increase in the number of commissioned and reconstructed facilities of various categories for gymnastics, as well as an increase in the number of full-time gymnastics coaches in SUSU.

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### **PHYSICAL ACTIVITY OF MODERN YOUNG PEOPLE: PROBLEM AND WAYS TO SOLVE IT**

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Keywords: physical activity, physical culture, sports, health, motivation, network interaction.

The health of the nation is a basic characteristic that determines the quality of the population working capacity and the country's defense capability. However, many experts in the sphere of physical culture and mass sports pay attention to the fact that many college and university students cannot perform a significant part of the control exercises and tests in physical culture. The relevance of this problem from applied, scientific and theoretical aspects is undeniable.

The Overall Endurance Index for a significant part of young people is extremely low. But this index is extremely important since the condition of the heart muscle and blood vessels, respiratory and nervous systems, motor apparatus, metabolism, mental and physical performance is associated with it. [1]

The general trend of young people's all health indicators deterioration specific for the latest decade is manifested in physical endurance decrease, as Russian experts such as A.L. Kulentsan, N.A. Marchuk [3], T.V. Leushina [4] and others mark in their studies.

Naturally the alarming trend attracted the attention of the state. The Russian Government has taken a number of measures to reverse the situation. For example, the All-Russian Physical Culture and Sports Complex "Ready for Work and Defense" was revived in 2014 for the popularization of physical culture and a healthy lifestyle. The golden badge of this complex gives its owner some additional points in the course of the admission to a higher education institution.

The federal state educational standards of general education include the healthy lifestyle values. The teaching teams of all educational organizations are focused on the task of forming a health-preserving environment and healthy lifestyle standards for students [2].

A significant number of academic hours for the discipline "Physical Culture" was included in the curricula of the main professional educational programs for secondary