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Збірник призначений для науковців, викладачів, аспірантів та студентів, а також для широкого кола читачів.

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**Stoyan A.O.***Student;***Polyschuk T.V***Senior Lecturer,**Kharkiv National Medical University***INFLUENCE OF CARDIOVASCULAR PROCEDURES AT STUDENT ORGANISM**

**Introduction:** In this time, the subject of physical health of the student is important in the conditions of periodic cardiovascular procedures. Thus, cardiovascular injuries have an effect on the body: the frequency of heart rate, the frequency of respiratory movements, as well as blood pressure, minute and shock volume of the heart. Recent studies in health and medicine show that cardiovascular disease reduces the risk of premature death by 25-40% and increases life expectancy.

During the cardiovascular system, a general increase in the heart rhythm occurs, the body is saturated with oxygen, metabolism and metabolism are increased. There is no less important factor, which is responsible for cardiovascular efficacy this is the intensity of physical activity.

Cardiovascular injuries are relatively long workouts, with an average or low intensity. There are various variations of cardiac load: running, jumping, swimming, aerobic exercise, rowing. Regular cardiac loading affects metabolism, stimulates cardiovascular and respiratory system, and is also the optimal option for weight reduction (in combination with proper nutrition).

**Intention:** Comprehensive study of theoretical aspects of the problem of cardiovascular effects on the student's body on the basis of practical research as a result of studying the frequency of cardiac contractions and blood pressure before and after physical activity.

**Research:** In this study, the subject is a group of 2-3 course students of the main group of 30 people who are under the influence of aerobic exercise at a specific time interval of 35-40 minutes. The examined group of students is the main group, without physical pathologies and diseases.

To study the effect of cardiovascular procedures on the body of students, an aerobic load (recreational aerobics) was introduced. We used a variety of recreational aerobics that are adaptive to physical activity. Adaptive possibilities were: student mobility, general physical training, load regulation depending on the personal components of the main exchange. The study used 2 indicators: heart rate, arterial pressure. This study was conducted in accordance with the practical calculation formula for Karvonen. Heart rate during training = ((maximum heart rate – heart rate in rest) x intensity (in percent) + heart rate in a state of rest [1].

The intensity of the classroom is 50-60%. Depending on the physical training of students, the correlation of this indicator before and after physical activity was traced. The general condition after exercise was evaluated for the level of heart rate and blood pressure. Measurement of blood pressure was carried out using a mechanical tonometer. The norm of heart rate after exercise – 140-160 beats per minute.

Measurement was carried out 2 minutes after the load was completed. According to the results of the study, the average rate of heart rate to cardiac loading for 35-40 minutes is 65 beats / min, after – 143 beats / min; the average blood pressure to load ratio is 111.0 (upper limit), 75.0 (lower limit), after – 121.0 (upper limit), 85.0 (lower limit). These figures are normal.

Conclusion: According to the results of the study we can state that we received positive indicators of heart rate and blood pressure after cardiovascular exercise, which indicates a fairly good physical condition of students. This confirms the idea that cardiovascular disease is a necessary means to maintain a stable metabolism, metabolism, and the work of the cardiovascular and respiratory systems.

This type of load is quite indicative of the adaptive capacity of each student, the individual adaptation to the intensity of physical activity, the correlation of blood pressure and heart rate, namely – proves the necessity of studying the state of health during cardiovascular exercise for the development of physical education of young people and points to future prospect of research development.

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