



Харківський національний медичний університет

Кафедра фізичного виховання та здоров'я

**III Науково-практична заочна конференція
з міжнародною участю
«Фізична активність і якість життя
ЛЮДИНИ»**

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«Фізична активність і якість життя ЛЮДИНИ»

**Матеріали III Науково-практичної заочної конференції з
міжнародною участю
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**APPLICATION OF ATHLETIC EXERCISES FOR
INCREASING THE LEVEL OF DEVELOPMENT OF
PHYSICAL ABILITIES**

Higher education seeker course 2, 25 groups

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Introduction. Physical qualities - innate morpho-functional qualities that determine the physical activity of man, which is manifested in appropriate motor activity. The availability and variety of athletic exercises allows them to be used for training people with different levels of physical fitness. The ability to clearly vary and dose the load during the use of athletics exercises allows them to be used to develop the physical abilities of different segments of the population with different levels of their training, which is quite relevant.

The aim of the study. To study the peculiarities of the use of athletic exercises for the development of motor skills.

Material and research methods. Analytical collection of information materials on the use of athletics for the development of physical abilities of different segments of the population. For

this purpose the method of analysis and generalization of scientific and methodical literature was used.

Research results and their discussion. Athletics allow you to purposefully influence the functioning of organs and systems of the human body, it allows you to develop almost all types of physical abilities.

Athletic exercises have the greatest impact on the development of speed, speed and strength abilities, endurance.

In order to develop speed abilities should be used: running at a maximum speed of 20-60 m; running out of different starting positions at a signal of 5 m, running downhill, running with maximum frequency of arms, legs - duration 5-15 s.

To increase the complex level of development of speed and strength abilities, the following are used: throwing a stuffed ball with two hands from the bottom forward, throwing a stuffed ball with both hands from the bottom back, over the head. To increase the level of development of speed and strength abilities of leg muscles: long jump from a place, triple jump from foot to foot from a place, jumps up from a place; jumping from foot to foot, jumping on the right, left foot.

The most common means for the development of endurance are: cross-country running 30-60 minutes, interval running 150-200 m at maximum speed, running segments 400, 300, 200, 100 m.

In order to develop coordination skills, long jumps are used to overcome the barrier, long jump from the starting position with the back in the direction of landing, running 30-100 m with a change in step frequency, but maintaining the running speed.

Conclusions. Athletic exercises are most used for the development of endurance, speed and speed-strength abilities. In

order to increase the level of development of speed and strength abilities, jumping exercises and throwing various shells are used. To increase the level of speed abilities, exercises with maximum frequency, speed of motor reaction, running for short distances with maximum speed are used. The main means of endurance development are cross-country running, interval running.

Akbar Sahib Amina Asmi

**ASSESSMENT OF PHYSICAL ACTIVITY IN THE LIVES
OF MEDICAL STUDENTS**

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Topicality. Today, daily physical activity is one of the items on the list WHO guidelines for maintaining public health. The modern world demands high level of physical activity, as it affects the state of our health, which affects the quality of our lives. And health is a key component of any profession, especially medicine. The aim of the study. Assess indicators of physical activity in the lives of medical students, on the example of students of the Kharkiv National Medical University.

Materials and methods of research. To assess physical activity, we conducted an electronic survey of 1-5 year students of Kharkiv National Medical University. The study involved 153 students (including 93 girls and 60 boys) aged 17 to 22 years.