



Харківський національний медичний університет

Кафедра фізичного виховання та здоров'я

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

*присвячена пам'яті Володимира Абрамовича Бляха,
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**Харківський національний медичний університет
Харківський національний педагогічний університет
імені Г.С. Сковороди
Харківський національний економічний університет імені
Семена Кузнеця
Харківська державна академія культури
Національний аерокосмічний університет ім. М.Є.
Жуковського
«Харківський авіаційний інститут»
Харківська державна академія фізичної культури**

«Фізична активність і якість життя ЛЮДИНИ»

**Матеріали III Науково-практичної заочної конференції з
міжнародною участю
(06 травня 2022 року, Харків)**

2022 рік

Sushchenko E.V.	45
Chronic fatigue syndrome in highly qualified athletes	
Anshu	47
Express assessment of the functional state of the cardiovascular system of medical students by means of functional tests	
Sivakumar Nekha	49
Harvard step test in assessing the adaptive capacity of students depending from their learning success	
Safonova N.O.	52
Hobby horsing	
Kulikova O. V.	54
Influence of respiratory techniques on the human body	
Pashchenko G.I.	56
Issues of sports hygiene	
Kobish A.V., Al-Ateegi Ahmed Abdullah Salem	61
Optimal level of physical activity for medical students	
AlBani AbdulRahman	63
Physical activity in physical rehabilitation and social adaptation	
Ibrahim FM, Baker	69
Physical rehabilitation of people who have had a stroke	
Herman Polina	71
Running as a means of health motor activity	

Kobish A.V.

Al-Ateegi Ahmed Abdullah Salem

OPTIMAL LEVEL OF PHYSICAL ACTIVITY FOR MEDICAL STUDENTS

Higher education seeker Course 5, group 10 faculty 1

E-mail: avkobysh.1m17@knmu.edu.ua

Higher education seeker Course 2, group 2 faculty 6

E-mail: aaalateegi.6f20@knmu.edu.ua

Department of Physical Education and Health

Kharkiv National Medical University

Scientific supervisor: Starodubtsev D.S.

E-mail: ds.starodubtsev@knmu.edu.ua

Introduction: Physical activity is one of the components of a healthy lifestyle, which, Unfortunately, most medical students are neglected. Although, who better to know about the importance and need for regular active maintenance of body tone to prevent various diseases. No less important is the fact that diseases such as osteochondrosis or scoliosis, causes excessive sitting, which is an integral part of student life.

Objective: Analysis and development of the optimal level of physical activity for medical students.

Presentation of the material: Physical activity of students consists mainly of the most necessary movements that ensure their livelihood. But this is not always the case is enough to maintain a normal state of the body.

Lack of physical activity is mainly due to lack of free time, and more precisely, the incorrect distribution of the educational process and recreation. Nor should it forget about the

overwhelming lack of interest of young people in support and development

its physical shape. This situation can be changed by conducting educational work, namely to provide students with various options for active recreation and alternatives during physical education classes.

We should not forget that physical activity includes not only sports games, visiting the pool or gyms, participating in hikes, but also a variety of cultural measures

- Attending lectures or theater, walking with friends on the streets or alleys of the park.

Just one hour of walking each day can maintain tone muscles and venous system of the legs, and 30 minutes of stretching daily will make you not only flexible, but also helps to relax after a hard psycho-emotional day.

Conclusion: So, although medical students spend most of their time studying, they still do the ability to set aside time for minimal physical activity, which will positively affect the tone organism as a whole.