

МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ  
ХАРКІВСЬКИЙ НАЦІОНАЛЬНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ



**IV Науково-практична конференція з  
міжнародною участю**

**«Фізична активність і якість життя  
людини»**

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## **«Фізична активність і якість життя ЛЮДИНИ»**

Матеріали IV Науково-практичної конференції з  
міжнародною участю  
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**ШАНОВНІ КОЛЕГИ, ВИКЛАДАЧІ,  
СТУДЕНТИ!**

**24 ЛЮТОГО 2022 РОКУ РФ ЦИНІЧНО ТА  
ЖОРСТОКО НАПАЛА НА УКРАЇНУ.  
СЬОГОДНІ В НАШІЙ КРАЇНІ ТРИВАЄ  
НЕВПИННА БОРОТЬБА ЗА СВОБОДУ ТА  
ЖИТТЯ ВСІХ УКРАЇНЦІВ. МИ  
ВКЛОНЯЄМОСЬ ЗСУ, МИ ВКЛОНЯЄМОСЬ  
ПЕРЕД КОЖНИМ, ХТО  
БОРОНИТЬ НАС!**

**НЕ ДОЗВОЛИМО ВІЙНІ ЗАБРАТИ НАШЕ  
ПРАВО НАВЧАТИСЯ ТА РОЗВИВАТИСЯ!**

***Разом, ми - сила!***

***І разом ми переможемо!***

***Слава Україні! Героям Слава!***

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## **INCREASING THE EFFICIENCY OF PROFESSIONAL ADAPTATION OF MEDICAL STUDENTS THROUGH PHYSICAL EDUCATION AND SPORTS**

The profession of a doctor is associated with considerable mental and physical stress. The difficult socio-economic conditions that have developed in the field of medicine, the imperfect policy in the field of providing the medical field and protecting medical workers, the problem of the steady increase in the average age of the population of Ukraine — all this imposes

additional requirements on the specialists of medical institutions, including the ability to withstand difficult working conditions, resistance to stress, endurance, etc.

In this regard, at present, the attention of specialists is focused on the problem of developing professionally important qualities of a doctor's personality, which can be solved in the process of professional and applied training of medical students. On the basis of the conducted research, specialists identified and systematized the professionally important characteristics of future doctors, which show that such qualities of a modern specialist as resistance to stress, balance, optimal level of anxiety, work capacity and, above all, health are valued. Among the requirements for the professionally important personality qualities of a medical specialist are endurance, low fatigue, high work capacity, strength qualities, as well as willpower, purposefulness, neuropsychological stability, and the presence of a wide range of functional capabilities of the cardiovascular system and musculoskeletal system. Today, there are very important questions related to the influence of physical education on the development of the personality of a specialist in the medical field.

A student - a future doctor, in this case, a person directed to medicine, must have a huge number of interconnected socially

valuable traits. Among them are reason, emotions, will, skill, conviction, intuition, self-control, self-criticism, love, hate, passion, impulsiveness, etc. These qualities have both natural features and those that are formed in the process of psychological and pedagogical training.

Any influence on the student is carried out through his individual characteristics: temperament, originality of character, abilities, interests, inclinations, which allow choosing the most effective ways of interaction of the individual with the surrounding world.

The professional development of a doctor is a complex, long and controversial process that includes various substantive and structural components. It depends, first of all, on external conditions. During a person's life, the profession itself changes, society's demands on it, the relationship of this 148 profession with other professions. The motivational sphere of professional activity, its mentality and spiritual values can be transformed.

T.K. Bugayova, researching the psychological characteristics of medical students, established that during their studies at a medical university, their professional qualities undergo significant changes, in many ways bringing students closer to the personality of a real doctor, but the level of formation

of these qualities does not always meet the requirements for ensuring high indicators of professional activity and maintaining health of medical personnel [1].

However, it is unfortunate to determine that studying in higher medical educational institutions does not contribute to strengthening the health of students. A high level of academic workload, amounting to more than 36-40 hours per week, its uneven distribution during the academic day and week, the absence of a long lunch break, the disorganized organization of free time outside of educational activities - all this negatively affects the indicators of the functional state of the body of medical students [2].

When developing a system of measures to increase the level of motor activity of students of medical specialties, it is necessary to take into account the peculiarities of the doctor's professional activity, such as the absence of total expenditure of muscle effort during relatively local movements and the growing requirements for emergency processing of a large volume of sensory information and the need to perform rapid psychomotor reactions. The specific working conditions require the doctor to have a fairly high level of static endurance of the muscles of the



arms and trunk, excellent coordination of hands and fingers with relative immobility of the lower limbs.

A student's professional training involves the harmonious development of physical, spiritual-moral and spiritual-aesthetic qualities. Specialists who carry out medical activities face the task of not only professional training, but also the formation of spiritual and physical qualities, the main ones of which are high culture, humanism, the ability to communicate with sick people, appearance, manner of behavior. All this should correspond to optimism, organization, cheerfulness, courage, and courage. Thus, physical education is extremely important not only for preserving the health of student youth who are studying medicine, but also for the professional development of a doctor's personality. In order to improve the health of students of higher medical educational institutions, it is necessary to first of all use the means of physical culture and sports, aimed at increasing the development of motor qualities.

Education of general endurance takes place with the help of exercises performed at an average pace, with long-term work of large muscle groups: long-term running at a slow pace, cross-country skiing, sports games (volleyball, basketball, tennis, football, badminton, etc.), swimming.

Self-confidence, endurance, perseverance are formed when performing exercises that contain elements of risk and danger, as well as 149 repeated exercises with sufficient physical load using the competitive method.

Reducing nervous fatigue is achieved by relaxing the muscles and fully relaxing the motor apparatus, actively switching attention to performing exercises (yoga, calanetics).

Complexes of qualities that determine the success of studies in junior and senior courses differ significantly in the ratio of cognitive abilities and communicative characteristics. In junior courses, qualities that determine a high level of development of cognitive abilities play a leading role, and much less importance is attached to organizational and willpower qualities. In senior courses, they remain key.

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## **INDICATORS OF THE DEVELOPMENT OF COORDINATION SKILLS FOR FOREIGN MEDICAL STUDENTS**

The profession of a doctor requires a comprehensively developed personality, both physically and spiritually, capable of