

games are one of the effective means that help relieve nervous tension and cause positive emotions and have a positive effect on increasing motor activity.

One of the advantages of the game is that it opens wide opportunities for the development, formation, correction of the general and professional abilities of future specialists. The role and significance of sports games in the education of students is considered separately. Since the game is a special activity human essence aimed at orientation and knowledge of subject and social activities it, is widely used in physical (physical education) education of students. Follow-understand that not every activity will provide means achieving positive results in education and development, including in physical education nom education, in physical development. As the entire experience of mankind shows in this area, effective education, and development a person can only be reached if optimal conditions are created for this choosing the type of activity. In other words, the person century in its formative period should be placed in certain conditions, ensuring development of all aspects of his personality, taking into account volume of the genetic program and in accordance with a social program. The best conditions for the development of personal it must be ensured by the selection of species activities, their content, forms, and methods. An outdoor game with rules can be considered take place as a conscious, active activity, characterized by accurate and timely performing tasks related to the implementation eat the rules of the game. Use of outdoor games allows not only to realize motor component of physical education, but also expand students' knowledge of folk culture. Outdoor games in physical education classes tours at the university evoke positive emotions, related to the plot basis of outdoor games, and contribute to the socialization of students thanks to the role function of the players [3].

Conclusions.

Thus, the proposed recommendations with the use of sports games as a means of increasing the motor activity of student youth provide not only compensation for the lack of motor activity in students of higher education institutions, but also have a positive effect on their physical fitness, morpho-functional and psychophysical indicators. We define a sports game as a free action that takes place according to voluntarily accepted rules within a certain framework of place, time and meaning, accompanied by a feeling of emotional uplift, physical tension and bringing joy and joy to the participants. Relaxation after mental and neuro-emotional stress. The formation of personality is a product of activity "superimposed" on the human genetic program. In physical education and sports activities, it is important to provide students with the right to freedom of choice of type sports, physical exercise systems. This will, to a certain extent, "decode" the student's genetic program, which relates primarily to somatic (physical) education, and will create conditions for the simultaneous assimilation of moral, universal values, including the values of physical culture (health, sufficient level of development coordination and conditioning abilities, sufficient motor activity, etc.). Of course, outdoor and sports games develop personal qualities, but at the same time, one cannot ignore the impact of games on the important properties of an individual: health, work and condition of his vital organs and systems, enrichment of motor experience, development of physical qualities, etc. our opinion, when considering the meaning sports games often consider not only a dual socio-biological determination, but also an asymmetry towards the social. A person in a game always acts not only as a subject with his goals and objectives, but also as an object of the influence of games on the body, functions, systems, etc.

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Nazymok Viktor

**Senior Lecturer at the department of health and sports technologies, National Technical University of Ukraine
"Igor Sikorsky Kyiv Polytechnic Institute" Kyiv, Ukraine.
orcid: 0000-0002-2278-5932**

Martynov Yrii

**Senior Lecturer at the department of health and sports technologies, National Technical University of Ukraine
"Igor Sikorsky Kyiv Polytechnic Institute" Kyiv, Ukraine.
orcid: 0000-0003-1210-1362**

FORMS OF MEDICAL CONTROL IN STRENGTH CLASSES

Medical control is a scientific and practical branch of medicine that studies the issues of physical development, functional state, and health of the human body during physical exercises and sports. The purpose of medical control is to promote the effectiveness of the physical education process in every way, the correct use of physical culture tools. Medical control is a mandatory condition for injury prevention, preservation of human health, longevity, and creative activity. The main tasks of medical control: determining the state of health and solving issues of admission to classes in various forms and groups; carrying out

medical control at physical education and sports classes; diagnostics of the functional state; assessment of physical development and identification of diseases and injuries; medical provision of competitions; agitation and promotion of physical culture among the population. Forms of medical control: regular medical examinations and control of persons engaged in physical exercises and sports; medical and pedagogical observations of people who are engaged in classes and competitions; sanitary and hygienic control over the places and conditions of classes; medical and sanitary provision of mass health and sports events (in sports camps and at educational and training meetings); prevention of sports injuries and diseases; sanitary and educational work and promotion of physical culture, sports, a healthier lifestyle. Physical development is assessed using anthropometric measurements, as well as the method of questioning and external examination. Anthropometric measurements make it possible to determine the level and features of physical development, the degree of conformity to gender and age.

Key words: student, medical control, forms, methods, application.

Назимок Віктор, Мартинов Юрій. Форми медичного контролю на заняттях силової направленості.

Медичний контроль — науково-практичний розділ медицини, що вивчає питання фізичного розвитку, функціонального стану та здоров'я організму людини під час занять фізичними вправами і спортом. Метою медичного контролю є всебічне сприяння ефективності фізкультурного процесу, правильності використання засобів фізичної культури. Медичний контроль є обов'язковою умовою попередження травматизму, збереження здоров'я, довголіття, творчої діяльності людини. Основні завдання медичного контролю: визначення стану здоров'я та вирішення питань допуску до занять у різних формах і групах; проведення медичного контролю на заняттях з фізичної культури і спорту; діагностика функціонального стану; оцінка фізичного розвитку та виявлення захворювань і травм; медичне забезпечення змагань; агітація та пропаганда фізичної культури серед населення. Форми медичного контролю: регулярні медичні огляди та контроль осіб, які займаються фізичними вправами та спортом; медико-педагогічні спостереження за людьми, які займаються на заняттях і змаганнях; санітарно-гігієнічний контроль за місцями та умовами проведення занять; медико-санітарне забезпечення масових оздоровчих і спортивних заходів (у спортивних таборах і на навчально-тренувальних зборах); профілактика спортивного травматизму та захворювань; санітарно-освітня робота та пропаганда фізичної культури, спорту, здорового способу життя. Фізичний розвиток оцінюють за допомогою антропометричних вимірювань, а також методом опитування та зовнішнього огляду. Антропометричні вимірювання дають змогу визначити рівень та особливості фізичного розвитку, ступінь відповідності статтю та віком.

Ключові слова: студент, медичний контроль, форми, методи, застосування.

Formulation of the problem. Anthropometric methods include height, body weight, chest circumference, lung vital capacity (LVC), muscle strength. Height is the length of the body standing and sitting. Determined with the help of a height meter. It should be taken into account that body length changes during the day, decreasing by 1-2 cm in the evening or after physical exertion. According to the results of the external examination, the type of a person's composition is determined. There are asthenic (long and thin limbs, narrow shoulders, long and thin neck, long, narrow, and flat chest, poorly developed musculature), nonmyasthenic (proportionally developed main forms of the body) and hypersthenic types (short limbs, massive bone system, short and thick neck wide, short chest, well-developed muscles). Annual medical examinations help to study the state of health, physical development, and functional abilities of the most important systems of the body, as well as to establish a medical group for those who are engaged.

Analysis of literary sources. The problem of human health is one of the most complex and complex problems of modern science. In some works, the concept itself is discussed "health", others examine the clinical aspects of health disorders, the third is dedicated to the study of factors that determine health, independent the group consists of works considering the ways and means of recovery, preservation and development of health.: D. Boychuk [1], Horobey M. P., Osadchii O. V. [2], A.A. H.R. Jimenez [3].

The definition of the concept of "healthy person" deserves special attention. This concept, like the concept of "health", also has a relative, abstract character. It becomes specific only when it concerns an individual [1].

Medical control groups: basic (without deviations in the state of health); preparatory (without deviations, but with insufficient physical development and preparation); special (have a health condition and need to limit physical activity) Self-monitoring is a system of monitoring the state of one's own health, physical development, and functional state of the body. The goal of self-monitoring is independent, regular monitoring by simple and affordable means of physical development, the state of one's body, the effect of physical exercises or a specific type of sport on it. The main tasks of self-control: to realize the need to be vigilant about one's own health; master the simplest methods of self-observation, learn the simplest ways of recording observations; learn to analyze and evaluate indicators of self-control; consolidate and apply the acquired knowledge in practice. Regular physical education and sports make a difference functional state of the body, in connection with which it is necessary to systematically monitor the state of health. Self-control helps to record changes that occur in the functional state and physical development, makes it possible to prevent the development of overfatigue and painful conditions, as well as timely notice and analyze positive changes in the body. Regularly analyzing the state of one's own health with the help of testing and conducting tests, the student gets the opportunity to adjust the amount of mental work and rest, time for recovery, choose means of increasing physical and mental performance, make the necessary changes in personal style and lifestyle. It is desirable to record the obtained data in a self-monitoring diary for further analysis at certain time intervals: at the beginning and end of the month, semester, academic year. Basic requirements: self-monitoring indicators should be less than 5-8; samples and testing should be carried out at the same time of the day, 1.5-2 hours before or after meals. Indicators of self-control are divided into objective and subjective.

Objective indicators are those that can be evaluated and determined quantitatively, which is very important for monitoring dynamics (anthropometric data, indicators of physical development, readiness, functional state) [2].

Subjective indicators are an assessment of well-being, mood, sleep, appetite, pain sensations, their concise characteristics, which are evaluated on a five-point scale (very bad, bad, satisfactory, good, very good). Well-being is an integral indicator of the state of the body. Methodically and correctly structured physical exercise sessions cause a feeling of well-being: cheerfulness, cheerfulness, desire to learn, high efficiency. Ill health occurs because of using forced physical exertion, conducting classes without taking into account the conditions lifestyle, state of health, etc. Therefore, it is important to regularly monitor your well-being and record it in a self-monitoring diary: good, satisfactory (some lethargy, a slight decline in strength), bad (noticeable weakness, depressed state, headache, dizziness). Sleep. The diary indicates the number of hours of sleep during the day and its nature: strong, intermittent, the presence of dreams. It is important to indicate the sufficiency of sleep (sleep or not). If sleep disturbances occur frequently, you need to find out their cause (overwork, poor sleeping conditions, etc.) and eliminate them. Appetite is noted in the self-monitoring diary as normal, reduced and increased.

The desire to do physical exercises. If there is no desire to engage in, and sometimes there is an aversion to physical exercises, then this is a sign of obvious overfatigue after previous classes. Write down your desire to study in your diary with the following words: with pleasure, indifferent, no desire, disgust for studies. Painful sensations - pain in the muscles, headache, pain in the right or left side and in the area of the heart can occur as a result of a violation of the exercise regime, general fatigue or forcing loads. The emergence of painful sensations in the muscles of beginners is a natural phenomenon at the first stage of training.

However, in each case you need to consult a doctor. Pulse (heart rate) is an informative and accessible indicator of the state of cardio-vascular system. The pulse can be counted on the radial (located just above the wrist on the inner side of the hand), temporal or carotid arteries (located, respectively, on the temple or on the neck in front, on the side of the larynx). Count the number of beats in 15 seconds, then multiply the number obtained by four and get the number of heart beats per minute. In a state of rest (sitting), men's pulse is normally about 70 beats per minute, and women's - 75. As a result of intensive physical activity exercises can reduce the heart rate to 50 beats per minute.

To assess the state of the cardiovascular system, you can use an orthostatic test, which requires counting the pulse in a supine position, after lying down for 3-5 minutes beforehand. Then get up quickly and count your pulse again. As the load increases, the difference between the first and second values should decrease. It is also recommended to use the Martine test. To do this, you need to count the pulse in a standing position, perform 20 squats for 30 seconds, count the pulse again. An increase in the number of beats up to 25% from the initial level indicates a good condition of the cardiovascular system, up to 50% - satisfactory, up to 75% and above - unsatisfactory. The pulse of a healthy person is rhythmic, with a good filling and tension.

Arterial pressure (BP) is the pressure of blood in the arteries of the great circle blood circulation. The activity of the heart is characterized by alternate reduction and relaxation of the heart muscle. The contraction of the heart is called systole, relaxation - diastole. The pressure at the moment of systole is called systolic, or maximum moment of diastole - diastolic or minimal. The pressure is determined millimeters of mercury and is written as a fraction: in the numerator - the value of the maximum pressure, in the pronoun - the value of the minimum pressure, for example 120/80 mm Hg. Art. To determine the frequency of breathing (HR), it is necessary to place the palm of the left-hand hands between the chest and the diaphragm. Count movements for 30 seconds, and then multiply the obtained number by 2. Normal frequency of movements at rest in men is 16-20 per minute, women have 1-2 cycles more. Trained people breathe 8-12 cycles per minute. Breathing rate during muscle work increases. A person cannot exist without oxygen, on which the activity of everything depends body. Oxygen is necessary for the formation of energy, which is necessary for performance of various types of motor activity. Respiratory (respiratory) system sends oxygen to the body and removes excess carbon dioxide from it (CO₂). An idea about the functional state of the respiratory system and about the ability tests of Stange and Genchi give the body to assimilate oxygen. The Stange test is an arbitrary breath hold during inhalation. After five minutes rest, you should take 2-3 deep breaths and exhales, and then, having done take a deep breath, hold your breath. At the same time, the mouth should be closed, and the nose pinched with fingers. Time is measured from the moment of breath hold to exhalation the average indicator is the ability to hold one's breath for 45 seconds. At due to illness or fatigue, this indicator may decrease to 20 s [3].

Genchi's test - breath hold on exhalation. It gives the most valuable indicators breath retention after a full rapid exhalation, which characterizes the ability body to oxygen starvation. The average indicator is 30 s. Observation of the results of classes is an important component self-control, during which you can assess the correctness of the use of means and methods and identify additional reserves for increasing physical preparedness.

Human health can be influenced through two main strategies social prevention: 1. strategy of struggle - elimination of a negative phenomenon, problem, their risks, and consequences. According to this strategy, the problem or phenomenon is recognized as unequivocally negative and unacceptable, and prevention is aimed at them prevention. Proponents of this model claim that the reason for the prevalence of negative phenomena is the lack of formation of the value of one's own health in young people, orientation towards the satisfaction of other needs (self-affirmation, work activities, personal relationships) at the expense of physical and mental health. Work according to this model is aimed at forming the values of life and health in children and young people, developing abilities and skills, creating conditions for leading a healthy lifestyle. 2. The strategy of normalization is a negative phenomenon, the problem is recognized as undesirable, but acceptable (at least partially, under certain circumstances). In this case, prevention is aimed at preventing or limiting them negative consequences. Scientists identify five main areas of healthy lifestyle formation, which are interrelated: formation of a health-friendly state policy, creation of a favorable socio-ecological environment, increase in community activity, development of personal skills, reorientation of health care services. The social health of an individual depends on economic factors, relations with structural units of society (family, work, recreation, everyday life, social

protection, health care, security of existence, interethnic relations). These factors and components create a feeling of social security (or insecurity), which significantly affects human health [1].

Health levels. Modern theory and practice of medicine distinguish levels health, structured on a quantitative basis, from a single individual to humanity as a whole. The first level of health is individual, that is, the health of an individual person, her physical, mental, and social well-being. The second level is the health of a person's immediate environment - his family, relatives, friends, acquaintances with whom she communicates on a daily basis. In the immediate environment, first of all, there is a positive and negative impact on health both directly and figuratively, in all areas of health - physical, mental, spiritual, social. The sum of the influences of the immediate environment on a person to a large extent shapes his way of life, creates a certain mental state the environment determines spiritual values, the level of social responsibility. In turn, a person as a member of the environment has the opportunity to positively or negatively influence a certain group of people: by personal example, by providing information or attitude to the actions and processes taking place in her environment [2].

The third level of health is the health of formally defined members organizations of society. The vast majority of people interact with various organizations of society in the spheres of production, services, science, culture, religion, legal and social institutions, etc. and thus affect the health of workers, just as the organization affects the health of an individual in the reverse direction. The weight of influence is significantly determined by authority and power person, his place in the organization.

The fourth level of health is community health. In this context the concept of community is defined mainly by a territorial feature - a village, a settlement, a district, a micro district, a city, that is, the nearest society where a person spends a long time of his life. Each community has its own characteristics regarding cultural values, habits, traditions, communication, life, work, recreation, and it is quite natural that these characteristics are reflected on people's health. There is also feedback. The fifth level is the health of citizens. The sixth level is the health of all mankind.

From a bioethical point of view, the cross-dependence and interdependence of all levels of health determines that each person bears a certain share of personal responsibility for the health of all humanity, and all humanity is to some extent responsible for the health of each person. This approach determines the need to be guided when developing health measures by the principle that, on the one hand, the state is responsible for the health of its citizens, and on the other hand, the citizen is responsible for the public health of his country. The novelty of this approach lies in the awareness of the personal responsibility of the citizen as a both for their own and for public health. In order for each person to realize his health potential, some prerequisites or factors are needed, which include peaceful coexistence, decent living conditions, social justice, quality education, balanced nutrition, sufficient income, a stable ecosystem, sustainable resources. Peaceful coexistence is understood more broadly than the absence of a state of war at the state level. The absence of peaceful relations in the family, conflicts with the immediate environment, at work or in another organization where a person works, the presence of conflicts in the community or between communities (inter-ethnic, inter-religious) significantly harm all components of health - physical, mental, spiritual, social Decent living conditions are necessary to create a sense of confidence in the future regarding protection from possible disasters of natural or social origin [3].

Conclusions. Social justice as a prerequisite for health guarantees everyone citizens have the same opportunities to access the services of social institutions, equal civil, property, and social rights, the impossibility of restrictions on the legal rights and interests of a person on the part of any force or power structures. Social justice creates a sense of security in a person, as well as provides equal (within the limits of legislation) potential opportunities for the realization of needs and abilities, acquisition of appropriate social status regardless of racial, national, religious, property, gender, age characteristics. Even, regardless of the degree of actual use of these opportunities by specific individual's, the very fact of their presence in society has a positive effect on the state of individual and public health.

Quality education. In a developed society, the level of health is largely related to the level of education: the higher the level of education, the better, as a rule, it has generalized health indicators. Education should be understood both as providing information and as teaching methods, techniques, and skills of a healthy lifestyle, with unconditional priority of the values of individual and public health in all its manifestations.

A balanced diet is not only a means of eliminating the feeling of hunger and maintaining the vital activity of the body, but also the most important factor in preserving health and counteracting the natural aging process. Sufficient incomes presuppose the availability of financial opportunities to ensure not only the minimum needs of existence, but also to create in society the services and goods necessary to maintain a healthy lifestyle life, providing opportunities to use these services and goods. A stable ecosystem is not only the preservation of normal ecological conditions where they have not yet suffered damage, but also the restoration of damaged ecosystems to prevent further disruption of the ecological balance planets Only active restoration activities can ensure the future achievement of a stable planetary ecosystem with optimal physico-chemical parameters for the existence of mankind.

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