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ВЛИЯНИЕ СПОРТИВНО – ФИЗКУЛЬТУРНЫХ УПРАЖНЕНИЙ
НА УСПЕВАЕМОСТЬ СТУДЕНТОВ.**

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**Osintseva A.I., Bushmakina T. A.
THE INFLUENCE OF ATHLETIC AND PHYSICAL FITNESS
EXERCISES ON THE ACADEMIC PERFORMANCE OF STUDENTS.**

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Annotation. The article deals with the relation of physical training with academic performance. It contains the analysis of the investigation which was performed among the students of the university. The article also reports on the results of the sociological survey that has found out the role athletic and physical fitness exercises play in students' life and contains wishes for the improvement of facilities for doing exercises in the gym.

Key words – athletic and physical fitness exercises, sport, physical activity, academic performance, working efficiency

Introduction. The university education is connected with great intellectual and psychoneurotic strain which increases manifold during the session period. The student's progress in studies depends directly on his/her health condition and physical development. The data of medical examinations demonstrate that in some colleges of the middle Urals the number of students who were ranged in special medical groups depending on the condition of their health and who were excused from attending physical training classes has increased from 12 % to 32% in

comparison with the total number of students [3]. This mainstreams the solution of the problem dealing with sustaining and restoration of health.

A healthy lifestyle the essential component of which is doing athletic and physical fitness exercises is regarded one of ways to solve this problem and the key factor and condition to reach the goals set by students. Physical training provides corporal health and widens the range of compensatory – adaptive mechanisms of the organism, increases immunity and resistance to many negative factors.

Playing sport exerts wholesome influence on the academic performance of students. Many skills and habits learned in sport are easily transferable to the pursuit of academics – like concentration, work ethics, optimism, leadership qualities, quick thinking, dealing with setbacks, perseverance, ability to improvisation and working with others.

In order to find clear understanding of the relation between physical exercises and academic performance an investigation among students of USMA has been carried out this year.

The aim of the investigation – to study the influence of athletic and physical fitness exercises on progress in students' studies, to analyse the results of the received data and to work out general recommendations.

Materials and methods. Thirty seven first – year students of USMA took part in the sociological survey and answered the questions about the role of sport and motor exercises in their lives.

The following methods were used for this investigation: the method of content – analysis (studying books, articles, information from the Internet), the method of questioning and the method of the interview.

Below you can see the questions and the students' answers.

Table 1. The survey data of the role athlete exercises play in students' life

Questions		Yes	No
1	Do you do morning exercises?	8	29
23	Do you prefer outdoor activities?	29	8
34	Do you do sport?	22	15
4	Would you devote more time to sport exercises?	35	2
5	What prevents you from doing athletic and physical fitness exercises more frequently?	Lack of time	No wish for it
6	Do motor exercises reduce the risk of nervous breakdowns?	33	4

7	Do physical exercises increase working efficiency or mental activity?	31	5
8	What should USMA do to better conditions for playing sport?	19—modernization, hefty increase in number and quality of exercise - machines 6 - to diversify sport classes 5 – integration of sport classes in PT lessons as it is done in URFU	

As it is shown in table 1, the survey has demonstrated that students positively assess the role of sport and despite the lack of free time remain committed to the active lifestyle which will undoubtedly help them in their hard work on acquiring future professions. They should devote more time to doing morning dozen which, as the survey has showed, the majority of them avoid doing.

Studying at the medical university is very stressful so students should pay proper attention to recreational exercises. In the process of learning it is important to make pauses for motor activity, each pause being 5 – 10 minutes long. The best result of these exercises is achieved when movements involve previously inactive muscles and relaxation of tired muscles. [1].

The dominant of movement which occurs when physical exercises are being done improves the activity of the respiratory, muscular and cardiovascular systems. In an individual at rest this dominant contributes to the active restoration of abilities.[2].

Further research was conducted by interviewing 14 first – year students. All the respondents except one student agreed that playing sport helps to organize the day's routine, leads to speedy restoration after studies and boosts spirits – “you feel the surge of energy”, “relax during trainings and with clear mind learn medical disciplines”, “after trainings it takes less time to perform a larger amount of work”, “you get a second wind”.

For receiving specific information on the academic performance an interesting research was performed among first, second, third and fourth – year students (the total number of them is 61) who study at the departments of pediatrics, stomatology and general medical care and at the same time regularly attend athletic classes. It was found that first – year students scored lower in academic performance – at an average 2.3 points at the department of stomatology, 2.5 points – at the department of pediatrics and 3 points at the department of general medical care. The results of the second – year students – athletes were better – 4,6 points, 3 points and 3,5 points respectively. The findings of the third year are also optimistic – 4,5 points (the

department of stomatology), 4.4 points (the department of pediatrics), 3.9 points (the department of general medical care). It should be noted that fourth - year students – athletes of the last – mentioned department improved academically, their result is 4.3 points at an average. Unfortunately, we can't inform you on the students' GPAs (grade point average) because they haven't been calculated as yet, but even these figures signal that regular athletic exercises are not a back – set for good and excellent academic performance.

It is worth mentioning that the research scientists of Volgograd state technical institute report in their research that GPA's of athletes – students were higher than those of the rest of the students studying at this institute. For example, 63% of athlete – students passed the winter session to 4 and 5, whereas only 41% of the other students had the same points [4].

These findings correlate to the data given in the article written by sport journalist Maddy Lucier “Do athletes make better students?”, journal “Stack”[5]. It reports that studies done by the NCAA (National Collegiate Athletic Association) showed that students, particularly soccer and lacrosse athletes, scored higher in academic performance. The same article also reports on the research performed by the International Journal of History of Sport, 2014, March. The data of this research demonstrated that in spite of gruelling training schedule, athletes were high academic achievers.

Results of the research and discussion. The research has demonstrated the interest of the students to sport, understanding of the importance of motor activity for sustaining and improvement of physical health, increasing mental working efficiency and maintaining emotional balance.

Conclusion. The received findings demonstrate that doing active athlete and physical fitness exercises doesn't interfere with students' main studies but contributes to maintenance of effort. It is caused by good health condition, steady mental working efficiency, ability to lay down the optimal daily regimen, persistence and a sense of purpose. That is why student – athletes score high in academic performance and can achieve good results in future life.

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ДИНАМИКА ПОТРЕБЛЕНИЯ АЛКОГОЛЯ НАСЕЛЕНИЕМ РОССИИ И
СВЕРДЛОВСКОЙ ОБЛАСТИ**

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**Okhremchuk K.O., Kambulatov K.B., Malykh O.L.
DYNAMICS OF ALCOHOL CONSUMPTION BY THE POPULATION OF
RUSSIA AND THE SVERDLOVSK REGION**

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Аннотация. В статье представлены статистические данные по употреблению алкоголя, а также случаям отравлений и смертности от употребления алкоголя в России и Свердловской области.

Annotation. The article presents statistical data on the use of alcohol, as well as cases of poisoning and mortality from the use of alcohol in Russia and the Sverdlovsk region.

Ключевые слова: алкоголь, алкоголизм, отравление, смертность, Россия, Свердловская область.

Key words: alcohol, alcoholism, poisoning, mortality, Russia, Sverdlovsk region.

Введение

Алкоголь - психоактивное вещество, которое оказывает успокаивающее и подавляющее действие на центральную нервную систему. При систематическом превышении рекомендованных норм, возможно развитие физической и психологической зависимости – алкоголизма, что