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## **Theoretical analysis of the problem of physical education of students of medical universities, taking into account the peculiarities of their future professional activity**

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### **Abstract**

The article presents a generalization of the results of scientific researches concerning the peculiarities of the professional activity of doctors. The necessity of their consideration during the construction and orientation of physical education classes with students is shown. It is determined that the most important among the physical qualities in the professional activity of the future physician is physical endurance, which involves low fatigue and high physical capacity.

The obtained data of the conducted correlation analysis indicate the presence of neuro-emotional stress and decrease in motor activity of the students of the I-II

courses, which are the main reason for unsatisfactory dynamics of physical preparedness of students during their studies at the university. In the conditions of physical inactivity, the physical capacity and physical readiness of the future specialist to the future work of work decreases significantly, which in the end does not lead to the successful implementation of the chosen kind of professional activity.

**Key words: analysis, physical education, students, medical universities, professional activity.**

The article presents a generalization of the results of scientific researches concerning the peculiarities of the professional activity of doctors. The necessity of their consideration during the construction and orientation of physical education classes with students is shown. It is determined that the most important among the physical qualities in the professional activity of the future physician is physical endurance, which involves low fatigue and high physical capacity.

The readiness of a modern physician to maintain health should be considered as an essential component of his professional readiness. One of the most important elements of the general culture of a person in general and the future medical worker is the culture of health. The health of the population is an important

component of the general culture of a person, which determines the formation, preservation and strengthening of its health. The high level of human health culture implies its harmonious communication with nature and surrounding people [2]. Element of the culture of health is the attentive and correct attitude of man to himself, the desire for self-knowledge, the formation, development and self-improvement of his personality. The culture of health is not only the amount of knowledge, the volume of relevant skills, but also a healthy lifestyle of humanistic orientation. The level of culture of health is determined by the knowledge of the reserve capacity of the body (physical, mental, spiritual) and the ability to correctly use them [3]. For students of medical educational institutions, the importance of a culture of health, a healthy lifestyle, harmonious development of physical qualities increases significantly due to the peculiarities of educational activities and the specifics of the future profession of a doctor[1].

But in order to understand the importance of the concept of a health culture for a health worker, in our opinion, it should consider components that play a significant role in professional activities. For the successful performance of professional duties the future physician needs to have a sufficient level of development of all physical qualities of strength, endurance, flexibility, speed and agility. Scientific works G.V Vlasova O.A. Zaplatina, V.B. Mandrikova shows that the most important among physical qualities in the professional activity of a future physician is physical endurance, which involves low fatigue and high working capacity[1].

Also important is the coordination of movements and muscle sensitivity of a future specialist. It is the development of these physical qualities and motor abilities, due to the specifics of the professional activities of the doctor, which should include:

- irregular working day (night and scheduled alternating work of doctors and nurses);

- significant physical activity (complex work of ambulance workers, doctors of the Ministry of Emergency Situations, family and district doctors, medical workers in the countryside, hours, exhausting operations carried out by surgeons and their assistants, provision of first medical aid, transportation of patients or victims);
- accuracy of movements and muscular coordination (vital work of vertebrologers, anesthetists, cardiologists and neurosurgeons, obstetricians, traumatologists and orthopedists).

In addition, the psycho-physiological component contributes to solving the tasks of professional specialization and fitness in the field of medical activity, the definition and formation of the individual-psychological qualities of a health worker important for the performance of a certain professional activity [6].

Psychophysiological components in the modern world are factors of integrity or disorder, persistence or disharmony, rest or anxiety, success or failure, physical and moral well-being. Today, any psycho-physiological factor affects the work of a health worker, and each of these factors depending on the duration of the action can be attributed to permanent or temporary. Psychophysiological factors of the potential danger of a permanent action should be considered: 1) shortcomings of the sensory organs (defects of vision, hearing, etc.); 2) violation of links between sensory and motor centers, resulting in a person is not able to respond adequately to certain changes that are perceived by the senses ; 3) defects in the coordination of movements (especially complicated movements and operations, techniques, etc.); 4) increased emotionality; 5) lack of motivation to work (lack of interest in achieving goals, dissatisfaction with wages, monotony of labor, lack of cognitive moment, that is, uninteresting work, etc.)[5].

By psycho-physiological factors of the potential danger of temporary action include: 1) insufficiency of experience (the appearance of a probable error, wrong actions, stress nervous-psychic system, fear of error); 2) negligence (can lead to the defeat not only of an individual, but also of the whole collective); 3) fatigue (distinguish between physiological and psychological fatigue); 4) emotional phenomena (especially conflict situations, emotional stress associated with life, family, friends, leadership[5]).

The importance of the psycho-physiological component of the health culture's doctor is due to excessive psycho-physiological and emotional stresses associated with the peculiarities of working with patients:

- work in psychiatric hospitals with patients who are socially dangerous, aggressive, susceptible to suicides and impulsive actions;
- work in orphanages, with incapacitated and intellectually underdeveloped children;
- work with serious patients with chronic illnesses (oncological, psychiatric, tuberculosis, etc.);
- work with narcological patients and AIDS patients;
- work in the homes of the elderly, institutions of imprisonment, the work of military doctors in conditions of armed conflicts, etc.,
- constant anxiety for their physical security[5].

The results of the conducted questionnaire among the I-II students identified the main issues that require their solution in order to significantly improve the educational process of physical education. These include: introducing changes to the curriculum of physical education, namely its theoretical section. It is assumed that the content of the theoretical classes will consist in the formation of knowledge of students about a healthy lifestyle, health status, components of

physical health: physical development, physical fitness, motor activity, physical capacity and physical fitness. This will contribute not only to the development of the above-mentioned components of physical health in physical education classes, sectional classes in various sports, independent physical education and sports, while active recreation and leisure, but will also help increase the level of motivation of students to motor activity. The introduction of modern health-improving technologies into practical physical education classes, taking into account their future professional activities, will influence the general physical fitness of a young person, his physical fitness, his spiritual and physical development, future achievements in the field of professional activity. The use in the educational process of physical education of means of aerobic orientation requires the introduction of appropriate methods of medical and biological control, which will allow teachers to monitor the state of physical health of students.

The obtained data of the conducted correlation analysis indicate the presence of neuro-emotional stress and decrease in motor activity of the students of the I-II courses, which are the main reason for unsatisfactory dynamics of physical preparedness of students during their studies at the university. In the conditions of physical inactivity, the physical capacity and physical readiness of the future specialist to the future work of work decreases significantly, which in the end does not lead to the successful implementation of the chosen kind of professional activity.

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