

mood. The effect of the positive psychoemotional attitude to the occupation of Nordic walking is confirmed by the desire 87,5% of them to purchase walking poles for Nordic walking for the purpose of further self-trainings, training and their friends and acquaintances to go in for this kind of activity.

Preliminary research results allow to consider the possibility of using Nordic walking in clubhouse conditions as a potential means for psychoemotional state correction for individuals with mental illness and for physical and mental health promotion as well.

**Conclusion.** The survey results showed a positive attitude of all the members of the clubhouse to Nordic walking classes. Walking are followed by mood improvement and a wish to continue training. Together with a group form classes effect and a physiological endorphins impact an mental state during physical exercise the conditions for conducting, classes play a certain role as well. The trainings were held in the open air on the route along the river bank in a picturesque area with a view of water, trees, stones. And it surely made a framework of factors calming the group members mind reflexively at a subconscious level.

Reference list:

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## **ASSESSMENT OF LEVEL OF PHYSICAL HEALTH OF THE STUDENTS DOING GYMNASTICS TAE BO**

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Despite continuous improvement of system of physical training in UVO, indicators of the state of health of students if to survey them as one of the most important criteria of quality of pedagogical process, remain still unresolved problem. In a number of researches it is shown that to the end of training in UVO indicators of health of students authentically decrease. These changes indicate the need of improvement of traditional system of physical training. In this regard the purpose of work is studying the influence of fitness training Tae bo on the level of physical health of medical students.

**Material and methods.** 90 students (girls) of the Vitebsk state Order of Friendship of the people of the medical university participated in a research. Middle age was 17,4 years. The research was conducted two times, at the beginning of academic year and at the end. Examinees were divided into two groups (control and experimental) 45 people in each group. Girls of the control

group (CG) were engaged in physical culture according to the training program on physical training of institutions of higher education (the training program "Physical culture" of UO "VGMU" No. UD 068/uch.). Students of the experimental group (EG) studied within the Applied Physical Culture module, at the rate of fitness training on the basis of exercises Tae bo ("Fitness training (Ty Bo)"No.UD-054/uch.).G.L. Apanasenko's technique was used for assessment of level of physical health of students [1]. Body weight, growth, vital capacity of lungs, brush dynamometry, frequency of cordial reduction, arterial blood pressure and time of restoration of pulse were defined by this technique.

**Results and their discussion.** At the beginning of academic year most of students in control group had the average level of health. By the end of academic year in this group the number of first-year students with the average level of health decreased, and it was enlarged with level below an average. In experimental group at the beginning of the first semester levels of physical health had the greatest number of students low (12,4%) and below an average (50%). It is necessary to notice that to the end of academic year in this group the percent of students with an average (from 18,8% to 50%) level was enlarged. At the end of the academic year in control group the indicator of body weight was enlarged by 4,5%, the indicator of vital capacity of lungs decreased by 3,1%, the level of a dynamometry of a brush decreased by 6,8%, the frequency of cordial reduction was enlarged by 6%, indicators time of restoration of pulse was enlarged by 20,5% (tab. 1).

Tab. 1 – assessment of the level of health by the end of the school year

| Indicator        | Control group<br>n=45 |               | Experimental group<br>n=45 |             |
|------------------|-----------------------|---------------|----------------------------|-------------|
|                  | 1 semester            | 2semester     | 1 semester                 | 2 csemester |
| Body weight (kg) | 55,4±5,3 ◀◀◀◀         | 57±8,1        | 58,5±8,5                   | 59,3±9,9    |
| Growth (sm)      | 164±0,05 ◀◀◀◀         | 165±5,4•••    | 1,6±0,06○○○○               | 1,6±6,5     |
| DMK (kg)         | 29,3±3,1 ◀◀◀◀         | 27,3±4,1•••   | 28,8±4,3○○○○               | 26,9±4,3    |
| FCR              | 78,7±4,3 ◀◀◀◀         | 83,96±12,3••• | 83,1±8,4○○○○               | 86,5±12,8   |
| ABP              | 115,47±6,7 ◀◀◀◀       | 114,3±9,4•••  | 109,06±6,4○○○○             | 109,8±8,1   |
| TRP (sec.)       | 87,4±20,1 ◀◀◀◀        | 110,36±3,7••• | 112±36,7○○○○               | 108±3,5     |

The note when comparing KG2 and EG2: ◀ - differences between groups are statistically significant at p<0,05; ◀◀ - differences between groups are statistically significant at p<0,01; ◀◀◀ - differences between groups are statistically significant at p< 0,001. The note when comparing KG1 and KG2: • - differences between groups are statistically significant at p<0,05; •• - differences between groups are statistically significant at p<0,01; ••• - differences between groups are statistically significant at p<lt;0,001. The note when comparing EG1 and EG2: ○ - differences between groups are statistically significant at p<0,05; ○○-differences between groups are statistically significant at p<0,01; ○○○ - differences between groups are statistically significant at p<0,001.

In experimental group an indicator of body weight was enlarged by 1,4%, the indicator of vital capacity of lungs decreased by 13,2%, the level of a dynamometry of a brush decreased by 6,8%, the frequency of cordial

reduction 4,6% were enlarged, indicators time of restoration of pulse decreased by 3,6%. Indicators of body height, arterial blood pressure in control and experimental groups didn't change. Thus, in both groups to the extremity of academic year deterioration practically in all indicators except for indicators of arterial blood pressure and a dynamometry of a brush is observed, but much more depression of indicators happens in control group.

**Conclusion.** The fitness training on the basis of exercises Tae bo is an effective remedy of rising on level of physical health of students and as a result of their adaptedness to training conditions in higher education institution.

Reference list:

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## **ANALYSIS OF SPORT AS A SOCIAL PHENOMENON IN MACROSOCIOLOGICAL PARADIGMS**

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Sociology as a science has a variety of theoretical-methodological approaches and methods of empirical research of its subject – social reality. Such a variety of approaches and methods makes it possible for researchers to completely examine and analyse objects of sociological study, in addition, such a variability substantially increases the general heuristic potential of sociological knowledge.

The aim was to represent possible variants of analysis of sport within macrosociology.

**Material and methods.** The diversity of sociological theories and approaches has a distinct line of demarcation based on the level of study of social phenomena. Proceeding from this point of view, macrosociology and microsociology are distinguished. Macrosociological theories emphasize the analysis of the functioning of the entire society, its structural elements, social institutions, social phenomena, and are associated with social realism. Microsociological approaches are used in the study of social interaction, small groups, and meanings that individuals give to their daily activities, which corresponds to social nominalism.

Sociology is a multiparadigm scientific discipline. The concept of “paradigm” was introduced in sociological discourse by the American researcher, sociologist T. Kuhn, in his book “The Structure of Scientific Revolutions” (1962). Macrosociological paradigms include structural-functional, Marxist, neo-Marxist, conflictological paradigms.