

616.54+19.17

© . . . , . . . , 2012.

:

«

», . . . ;

### ENERGETICS AND HEALTH: FACTS AND IDEAS

E.G. Bulich, I.V. Muravov

#### SUMMARY

Among different directions in sciences about health (H) the most relevant is the problem of its essence. According to contemporary ideas, aerobic ergo-potential (E), which is expressed by the high level of maximum oxygen consumption (MOI), characterizes moving abilities, but not H of the human. Attempts to revise this statement, based on the idea that E is the basis of H of the human, and MOI - its quantitative expression, are groundless. Ideas that sportsmen have somewhat «different», then most people H, and it is expressed in their sports results, are also mistaken. There is a big danger in realization of these ideas in the practice of sport medicine, as it allows to ignore studying of sportsmen organism in order to lower the risk of excessive loads during competitions. One of the H factors is morfofunctional integration, which provides harmonic interrelations between all functions and organs of the human.

’ :

. . . , . . .

( )

( ),

( ),

« »,

« »

[14].

?

29

22

000

28

[51].

«

»

[24].

15-20 (habitual)

[65]. ( )

— , «

» [ ( ) ]

[41].

[6].

[1-3,12,28,31,46,47].  
?

[41].

« » [4-

» [4- 51].

[5,6].

60 ( - )

[63].

1948 20

30 ) [5].

[15,17,31,40,61,64].

12

» [47] [3],

» [52]

PWC170 [46,65].

r =

0,89-0,91 [3,29, 52].

1968 « »-

« [12,36,46,50,65].

», « [49].

» [5.- 37]

[38,39].

«

[39.- 261]. » [28,49]. 1965

28 80

[16].

90-96

« 20,7±2,1 / 90-99

16,2±1,4 /

» [45.- 109-110].

[20,54,62].

[42-44].

[3,29,37,46].

[16].

« »

« - « »  
 [23,55].  
 :  
 « »  
 , «  
 » [9].  
 [19,22,25,30,49].  
 - « » [26,39,42,54,59,60],  
 ?  
 1965-1968  
 :  
 ...  
 [33,48]. 30 [15, 34].  
 2,4 1995-1997  
 [53]. [16,35].  
 [18,23,55-57], [15]  
 « [58] » [16].  
 15  
 [15]. :  
 WC170,  
 [17].  
 « [16,58] »



1989 [27].

« [11]. 15

» [6]

[9].

» [7].

» [7].

» [6]. [12,21,34],

» [6],

» [8].

» [6], [16,32].

[1-3,12,17,22,36], [42,43,45],

1988

?



