

FEATURES OF PHYSICAL DEVELOPMENT OF CHILDREN 3-4 YEARS OLD IN REUTOV, MOSCOW REGION

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ANNOTATION. The paper presents data on the study of anthropometric parameters of physical development of boys and girls of 3-4 years. The data obtained testify to the fact that a significant part of 3-4-year-old children correspond to the norms specified in the WHO centile tables according to the most important physical development indices. The presence of a small number of significant differences in anthropometric indicators between the sexes was revealed.

Keywords: anthropometric indicators, physical development, 3-4 years old boys and girls.

COMPLEX ASSESSMENT OF PARAMETERS OF CENTRAL HEMODYNAMICS AND MICROCIRCULATION IN DISTAL SEGMENTS OF LIMBS IN CHILDREN OF 6-7 YEARS OLD

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ANNOTATION. The paper presents the results of the complex estimation of the central hemodynamics and microcirculation indices in the skin of the upper and lower limbs in 6-7-year-old children. Laser doppler flowmetry (by means of «ЛИАЗМА ПФ» allowing the simultaneous recording of the data from 4 detectors) and heart rate variability assessment were performed in 14 girls and 7 boys of 6-7 years old. Based on the data analysis the parameters to characterize the skin blood flow are described. Some signs of the developing asymmetry between right and left limbs were found. Also, the differences in the mechanisms of skin blood flow modulation were revealed based on the analysis of the contribution of different fluxmotions to the spectrum power. Assessed data of heart rate variability shows the signs of the predominance of sympathetic effects in the regulatory systems in girls, when parasympathetic effects were more pronounced in boys. It was noticed that the central regulation mechanisms make a great contribution to the heart rhythm formation in girls.

Keywords: laser doppler flowmetry (LDF), microcirculation, heart rate variability, children, vasomotions

PSYCHOPHYSIOLOGICAL DIAGNOSIS AS A WAY TO IDENTIFY THE RISKS OF IMPAIRED ADAPTATION IN SCHOOLCHILDREN

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ANNOTATION. The article is devoted to the study of the features of the psychophysiological development of schoolchildren with impaired adaptation. These are “markers” of the level of functional maturity of the central nervous system. In half of the children, an imbalance of nervous processes was established; low level of mobility of nervous processes, memory, attention, coordination and insufficient formation of interactions of the cerebral hemispheres. This allows the use of these psychophysiological indicators in assessing the readiness to the beginning of learning preschool children, predicting the development of their maladaptive states and learning difficulties.

Keywords: first graders, features of psychophysiological development, adaptation to the beginning of education

BACKGROUND TO POSSIBLE ANXIETY CORRECTION AND BEHAVIOURAL DIFFICULTIES OF JUNIOR SCHOOLCHILDREN

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ANNOTATION. Children's anxiety and the possibility of timely correction in case of early manifestations of this condition are among the urgent tasks of ensuring the health of children, since timely solution of the problem in preschool and primary school age can prevent the accumulation of negative emotional experience and prevent the development of negative personality traits in the future. Children's anxiety refers to the individual psychological characteristics of the child, which, unfortunately, are not always noted in a timely manner by the adult environment of the child. The approach used (surveying parents) made it possible to identify a group of children with increased anxiety, which was not previously considered as a borderline condition that requires close attention due to the high risk of developing an anxious-neurotic personality type, a negative impact on the intellectual development of the child and somatic well-being. It was found that out of 70 examined children of primary school age, in 50 cases (71.4%), personality traits were noted, which made it possible to identify 5 behavioral options. At the same time, the predominant types were irritability (44.5%), disorders of adaptive reactions (42.8%) and increased excitability (20.4%) ($p \leq 0.05$).

Keywords: children, health of schoolchildren, behavioral disorders, anxiety in childhood.

ATTENTION PRODUCTIVITY OF STUDENTS IS THE MOST IMPORTANT INDICATOR OF ADAPTATION TO EDUCATIONAL WORK

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ANNOTATION. Attention productivity in 46 Russian and 29 foreign students was studied using the Bourdon test. During the day, the attention indicators of students noticeably decrease from 12-13 to 17-18 hours. Foreign students perform the test worse than Russian students. Russian girls are the most productive in their attention span. They perform the test more slowly, but the quality of the test performance is higher than that of the boys. Foreign students have the lowest rates of attention productivity.

Keywords: students, attention productivity, boys, girls.

DYNAMICS OF THE LEVEL OF PHYSICAL FITNESS OF STUDENTS DURING SWIMMING LESSONS

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Abstract. Complex diagnostics aimed at determining the level of development of physical qualities (general physical fitness) of students engaged in swimming is carried out. The technique of conducting classes with students taking into account the level of their physical, psychological and special (swimming) preparedness is described. The methods of overcoming hydrophobia in the swimming pool conditions in combination with the compulsory mastering of sports and applied ways of swimming through the optimal development of physical qualities are presented. Implemented organizational and methodical measures in the process of teaching swimming lessons allow successfully perform a number of private tasks aimed at developing physical qualities.

Keywords: dynamics of development of physical qualities; physical fitness; motor tests; hydrophobia; swimming training; methodology.

ASSESSMENT OF THE FORMATION OF THE MOTOR SPHERE IN CHILDREN AGED 5-7 YEARS WITH DISABILITIES WITH MOTOR COORDINATION DISORDERS

Danilina E. V.

Abstract. Analysis of the literature and the practical experience of specialists in the field of special pedagogy and physical education gives reason to believe that despite the interest in the problem of a comprehensive study of preschool children with disabilities, no detailed diagnostic system aimed at determining motor levels, the criteria for their formation in children with motor-coordination disorders has been defined. The need to solve the designated problem determines the relevance of the topic of the present study.

Keywords: preschoolers, motor coordination disorders, motor sphere, children with disabilities, assessment of motor levels

HEALTH-SAVING PEDAGOGY. CURRENT STATE OF AFFAIRS AND DEVELOPMENT PROSPECTS

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Abstract. The text presents the basic concepts and directions of work carried out by pedagogical collectives on the formation, development and preservation of students' and pupils' health in educational organizations.

Keywords: health, health-saving pedagogy, health-saving pedagogical technologies, model of health-saving activity, adaptive-developing potential of the educational environment, health and fitness work, interdisciplinary pedagogical projects, special children

THE NEED TO TAKE INTO ACCOUNT THE PECULIARITIES OF THE DEVELOPMENT OF STUDENTS IN THE FORMATION OF PHYSICAL EDUCATION PROGRAMS IN A MODERN SCHOOL

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Annotation. The review analyzes the new program of physical education for primary grades in educational institutions of the Russian Federation (the program was designed by Institute of Educational Development Strategy of the Russian Academy of Sciences in 2021), reveals gross errors that can lead to injuries. In the review, suggestions are made for developers of similar programs and those responsible for their testing and implementation. Approved programs, textbooks and manuals for physical education teachers are offered.

Keywords: physical education programs for primary school, the content of programs, ski training, athletics, gymnastics, swimming, sports games, hardening, specifics of age development in children of grades 1-4.

THE UTILISATION OF MOBILE APPS IN PHYSICAL EDUCATION CLASSES

Makhrova A.S. , Grishina G.V.

Abstract. The article considers the options of information technologies usage in physical education classes with the framework of a modern approach to the educational process organization.

Keywords: physical education, educational process, mobile applications, information technologies in education.

COMPARISON OF SOCIAL ACTIVITY OF STUDENTS ENGAGED AND NOT ENGAGED IN SPORTS

Pashkova A. A. Korovenkova S. V.

Abstract. The paper examines the impact of sport and physical culture on the students' level of social entrepreneurialism, on their academic performance. Talks about the positive impact of sports and physical culture on the body. The results of a questionnaire survey among university students are discussed. The conclusion is made that social activity is much higher in those students who are engaged in sports than in students who are not engaged in it.