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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ
В СИСТЕМІ ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

ТЕЗИ ДОПОВІДЕЙ
VI МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ
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STUDYING THE FUNCTIONAL STATE OF STUDENTS, DEPENDING ON THE FORM OF FINANCING THEIR STUDIES

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Topicality. The human brain is very picky about the amount of energy needed. The cost of energy supply of the brain can reach up to 30% of the total energy of the body with a constant psycho-emotional stress of the student. Especially during mental activity, for example, when solving complex problems or during a session and an exam, the brain needs a lot of energy [1]. At the same time, other systems of our body suffer from this stress, which is manifested in a change in the level of their functioning and the formation of their gradual depletion. It is in this situation that students go through the entire course [2]. But, unfortunately, today there is not enough information about the study of the functional state of medical students, depending on the form of study, which is very important nowadays.

Purpose of the study. Studying the functional state of medical students depending on the type of funding their studies.

Materials and methods. The work was performed on the basis of Kharkiv National Medical University. The study sample included junior students who were divided into two groups according to the form of financing their studies: contract form and budget. According to medical records, they all belonged to 1 and 2 health groups. The objectives of the study were achieved through the study of the influence of Martine's test on the functional state of the participants in a natural hygiene experiment. Next, measurements of heart rate and blood pressure before and after loading. The obtained data were analyzed and connected with one of the types of reactions of the cardiovascular system.

Results of the work. Of the contracted students, 35% had a normotonic type of reaction, 41% hypotonic type, 24% hypertensive type. 26% of participants in the budget form of education had normotonic type of reaction, 41% hypotonic type, 33% hypertensive type. Students on the contract group on average had much less success in learning, and therefore had to have the worst indicators of the functional state of the organism, due to the greater influence of the risk factors on their health.

Also, such students were much less motivated to acquire new knowledge, which may be explained by the low success in studying at school as well. But the results show that the functional state of the first group was almost identical to the status of participants in the second group.

Conclusions. The functional state of students almost does not depend on the form of financing education, which is explained by less success in the training of students of contractual form, that is, less mental activity and more physical and more stressful situations for students of budget form.

References

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