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THE MOST DIFFICULT PROBLEMS OF YOUTH AND WAYS TO SOLVE THEM

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HIGHER EDUCATION INSTITUTIONS: LEADING DIRECTIONS OF ITS EVALUATION AND OPTIMIZATION

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One of the key problems of modern preventive medicine and public health should be considered a scientific substantiation of prerequisites for the formation of healthy lifestyles of modern youth, the introduction of health-saving technologies that take into account the psychophysiological properties and personal traits of young women and young men [1, 2, 3, 4].

In this context, such a biomedical phenomenon, such as motor activity is an extremely important physiological and hygienic category of modern medical science, which is determined by a certain total number of locomotives of person at certain age, particular gender and particular professional group. in the process of life or during a separate period of time (year, month, week, day, hour, etc.) [5, 6, 7, 8].

As the main components of motor activity based on the standpoint of adequate solution of health care problems of student youth, it is customary to distinguish purposeful motor activity during the performance of educational or professional activity, motor activity in the process of physical education, as well as spontaneous motor activity in their free time [1, 2, 3].

The aim of the work is the physiological and hygienic assessment of the motor activity of students of modern higher education institutions and scientific substantiation of ways of its optimization. The quantitative criteria for evaluating motor activity were used the values of daily energy consumption, the number of locomotives in the daily cycle and the duration of the dynamic component in the daily budget of time. Qualitative characteristics of the values of motor activity were carried out on the basis of the study of the main types of locomotives and the structure of their distribution with the allocation of zones of minimum, optimal and maximum values.

The following indicators are defined as the standards of motor activity of modern students: values of daily energy costs – 9000–11000 kJ in young women and 11000–13500 kJ in young men; the number of locomotives in the daily cycle – 14000–18000 steps in young women and 15000–19000 steps in young men; the duration of the dynamic component in the daily budget of time is 130–180 min in young women and 140–190 min in young men.

The leading ways of optimization of motor activity include: permanent monitoring and individualized complex assessment of habitual motor activity; taking into account the standards of motor activity of student youth, which provide a favorable impact on the processes of formation of their health and adaptive capabilities of the organism of future specialists and mandatory achievement of their values; development and introduction of a set of measures aimed at optimizing motor activity and rational organization of motor activity of modern students.

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