

RESEARCHING OF PHYSICAL PREPAREDNESS OF STUDENTS- PHARMACISTS

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Current healthcare reform provides improvement of pharmaceutical education for the purpose of training, which would meet new international standards, both from the standpoint of view of profession training, and from the point of view of physical health.

Analysis recent studies of the level of earning capacity and health of students, has shown that to improve the health of students, it is necessary to use the means of physical culture and sports, aimed at improving the development of their motor skills. However, the health benefit from exercise requires a system of organizational measures and regular monitoring of main indicators of the body: physical development, functional state of the respiratory, autonomic and cardiovascular, nervous systems of students.

High level of academic workload, more than 30 hours per week, its uneven distribution over days and weeks, not well-arranged organization of extra-curricular activities — all this have a negative influence on the indicators of the functional state of the organism pharmacy students.

Necessity of the pedagogical supervision for health pharmacy students justified in our work. Morphological and functional parameters have been studied, based on which the adaptation indicator was defined, and the level of physical health and physical condition of the examined was found. The study involved 20 guys and 80 girls, students of National University of pharmacy. The definition of anthropometric indicators showed the presence of deviations in the operation of the major systems of the body pharmacy students that in the future may adversely affect the professional activity of employees of pharmaceutical establishments; the number of indicators that characterizes the physical development of the person, namely life index, is significantly below established standards; assessment of adaptive capacity showed intense adaptation mechanism, 79% of men and 44% women. Establishing the level of physical health surveyed showed a significant percentage of such students, which level of health corresponds to the lower-middle and low level: men are revealed 52%, and among women — 73%.

The difference in the assessment of adaptive capacity of the body of men and women is noticeable. Low level of physical development of girls can be explained by the higher sensitivity of the female body to environmental factors: complex socio-economic, climatic and geographical conditions in the area, as well as low physical activity of girls.

We think that correcting this negative situation rests in the physical education of students. Through measures — namely, the competition among students shows athletes, visiting competition as fans, which aimed at positive attitude towards physical education, the formation of students' motivation to healthy lifestyle and achieve high athletic performance.