

CORRELATION BETWEEN GROWTH-WEIGHT AND FUNCTIONAL INDICATORS OF ORGANISM STUDENTS NPhaU

Tomashevskaya D.I, Kirilchenko S.M.

The National University of Pharmacy, Kharkiv, Ukraine

kirilchenko@mail.ru

Physical Education (PhE) is a compulsory subject for all students of full-time study forms of higher education in Ukraine. The main goal of PhE is health promotion and development of physical qualities of students, without which neither effective training, nor the successful work after graduation. Methods for assessing the physical condition and health youth include the definition of their physical development, functional and physiological condition of the body and their comprehensive assessment.

Correlation method (CM) based on the fact that the physical development of various body parts and functional characteristics are interrelated. This connection can be positive or negative.

Objective: To investigate correlation between growth-weight and functional indicators of the organism of girls-students during physical education classes.

Achieving objective of the work happened if performed following tasks:

1. Study and analysis available to us literary sources.
2. Conducting observations of the content compulsory and self-study physical education of girls full-time study forms.
3. Determination relation between growth, weight and body functional indicators of pharmacy students by the method of correlation.

The following conclusions were made based on the analysis of survey materials:

1. There is a connection between growth-weight and functional analysis of the body of students which is in the range of $R = 0,7-0,9$.
2. Body mass index (BMI) should be used for accurate objectification body mass.
3. Students are encouraged to use the International Classification of body weight in the practical work of physical education.
4. Self-consumption of drugs and herbal ingredients for weight loss is undesirable. Their use can be cause a number of side effects that are a danger to human health and life.
5. The aim for gradual and slow reduction of overweight - a sharp weight loss itself causes metabolic disorders with the accumulation of fat in the liver.