Thus, we can conclude based on the data of a sociological study that not everyone is satisfied with the effectiveness of distance learning (Figure 1). Conclusions and future prospects. Based on the above, we can conclude that distance learning is a complex, multi – factorial process that requires attention to a variety of factors (different ability of teachers and students to access the Internet, difficulties in accessing equipment – PCs, mobile phones of sufficient capacity, etc.). This approach to learning has its pros and cons. But, nevertheless, remote training is the only way to continue the learning process safely and in a timely manner in the face of a pandemic.

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APPLICATION OF DIGITAL TECHNOLOGIES WHEN TEACHING CHEMISTRY TO FOREIGN STUDENTS

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The relevance of the chosen topic is due to the need to introduce modern digital technologies into the educational process in connection with the changing requirements of the modern labor market.

Key words: digital technologies, knowledge control, online learning.

The formation of the digital economy and digital society are the global trends of the modern world, which are becoming part of the global ecosystem [1].

The labor market is undergoing great changes due to the transition to a digital economy. IT technologies are used in all spheres of life, so the competent impression and application of digital skills is becoming more valuable for employers every day.

Today, due to the changing requirements of the modern labor market for future young professionals, higher education is faced with the task of teaching students the effective use of both cross-cutting digital technologies and industrial ones. It seems possible to accomplish this task with the development of material infrastructure, the use of various digital programs in teaching, as well as the formation of digital literacy of teachers and students.

Every year the number of automated operations in the field of professional activity of a doctor is increasing, so future young specialists need to freely navigate in the digital space.

The study of the discipline "Chemistry" according to the curriculum of the specialty 31.05.01 General medicine is carried out in the first semester of the first year. In particular, when studying the discipline by foreign students studying using the intermediary language - English, the Department of General Chemistry of the Bashkir State Medical University creates learning conditions taking into account the latest achievements in the digital economy. Modern technical means are being actively introduced into the educational process, which makes it possible to individualize the development of disciplines and contributes to the development of a creative approach both on the part of teachers and students.

Lectures and classes with foreign students who have encountered difficulties with their arrival in Russia and temporarily staying in their native countries are held in the meeting mode in the Microsoft Teams application. When teaching foreign students online (lecture course), the teacher often does not have the opportunity to see the students and cannot communicate with them in real time. This format of education dictates new requirements for the organization of the educational process. In this regard, we included the Internet resources https://www.mentimeter.com and https://banktestov.ru in the lectures "Chemistry" discipline. The Mentimer online service allows you to vote and poll foreign students during the lecture, the Test Bank portal monitors the test results on the tests we have created on the topic of the current lecture. Such feedback is essential in online learning: the involvement and motivation of students increase significantly.

As digital educational resources that provide the operational and activity component of students, we used resources aimed at organizing practical activities in order to consolidate knowledge, develop skills and abilities.

Control of students' knowledge is one of the many tasks of a teacher. The use of digital technologies opens up a huge range of opportunities for us that were previously unavailable when using traditional teaching methods.

To manage the work of the group, we used the Trello visual tool, which allows you to track which task the student is doing and which of the tasks have not yet been completed, thanks to the ability to create checklists and set a deadline for each task.

The control of students' knowledge necessarily involves the performance of test tasks. Currently, teachers have at their disposal a number of online services that can significantly save time. Through the use of online services, new opportunities open up. So, test results can now be evaluated automatically, answers can be collected remotely, and questions can be edited instantly. For independent development of online tests, we use the Madtest constructor. This service is completely in Russian, but tests can be made both in Russian and in English.

When solving situational problems, students actively get acquainted with programs for drawing chemical formulas (ISIS Draw, ChemSketch), which are free, which contain very convenient radical tables, ring templates, etc.

The most frequently used online service by foreign students was the «Acetyl.ru» website. This service makes it possible to show the results of chemical reactions with set coefficients and conditions; quickly calculate the masses and quantities of substances of reagents according to the tasks using a chemical calculator, which simplifies and speeds up the solution of situational problems.

In addition, students get acquainted with the programs for molecular modeling GAUCSSIAN, Q-Chem, which are actively used in computer modeling in chemistry, biology and medicine to describe the structure and physicochemical properties of various chemical compounds.

It was difficult to complete a laboratory workshop in an online learning environment. The teachers of our department recorded and edited videos of the necessary experiments. Students who study online have the opportunity to watch videos of laboratory work, perform the necessary calculations under the guidance of a teacher, fill in tables, build graphs, and draw conclusions based on the data received.

At the end of the lesson, before monitoring the assimilation of the topic of the lesson, it is possible to organize joint work of students on the solution of a case, a situational task, including among students with different levels of training, in pairs. At the same time, mutual learning, mutual control of each other takes place, which contributes to a better assimilation of the topic of the lesson. Students prepare a joint solution to the problem and present to the group. Situational tasks, as a rule, are an example from medical practice, for the solution of which chemical knowledge is required. The problem situation is created capacious, covering a wide range of issues, stimulating the identification of cause-and-effect relationships, creating students' interest in solving the problem situation. In weak groups, students perform a search

for a solution under the guidance of a teacher. In groups with a good level of preparation, the teacher provides general organization, guidance and control. Joint work in the process of discussing the topic of the lesson allows for the active participation of students, it becomes possible to consider any point of view on the problem and identify the strengths and weaknesses of the assumptions and options for solving the tasks and questions, which significantly increases the degree of assimilation and survival of knowledge.

Our little experience of using digital technologies in online education for foreign students has shown that the educational process is becoming more dynamic, interesting and flexible. Therefore, in the future we plan to introduce new digital technologies into education that will help both students and teachers to keep up with the times.

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PHYSICAL ACTIVITY AS AN IMPORTANT COMPONENT IN THE SYSTEM OF PHYSICAL TRAINING OF BSMU STUDENTS

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Annotation. An important component of a healthy lifestyle is physical activity. Low physical activity of medical university students is one of the important problems of university education, and is also one of the factors of the occurrence of chronic diseases. Preserving the health of students is one of the important tasks.

Keywords. Physical Culture. Health. Students. An active lifestyle.

Introduction. Preserving the health of students is one of the important tasks. For the implementation of the educational process in the discipline "Physical Culture" at the university, the presence of information competence in the system of natural health improvement is required.

Literature review. Health culture is the basis of educational activity of the style of genetic behavior (Shchedrin A.G., 2003). However, the methodological aspects of this area of preventive medicine, sports and recreational activities remain insufficiently developed.

A modern medical university student is not sufficiently knowledgeable in the field of preventive medicine regarding both theory and practice. The use of an environmental approach in physical culture and sports work with the population makes it possible to change the motivation, needs and value orientations of a modern medical university student, a future specialist carrying a healthy lifestyle into society.

The main part (methodology, results). In recent years, there has been a steady trend of increasing the number of students with impaired health. The general increase in the morbidity of undergraduates occurs against the background of a decrease in physical development of the level of physical fitness.

The students were assigned to special medical groups based on the conclusion of medical supervision, after they passed a comprehensive medical examination at the BSMU clinic.

We have studied the dynamics of the number of BSMU students engaged in a special medical group over the past five years (2017-2022).