

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).

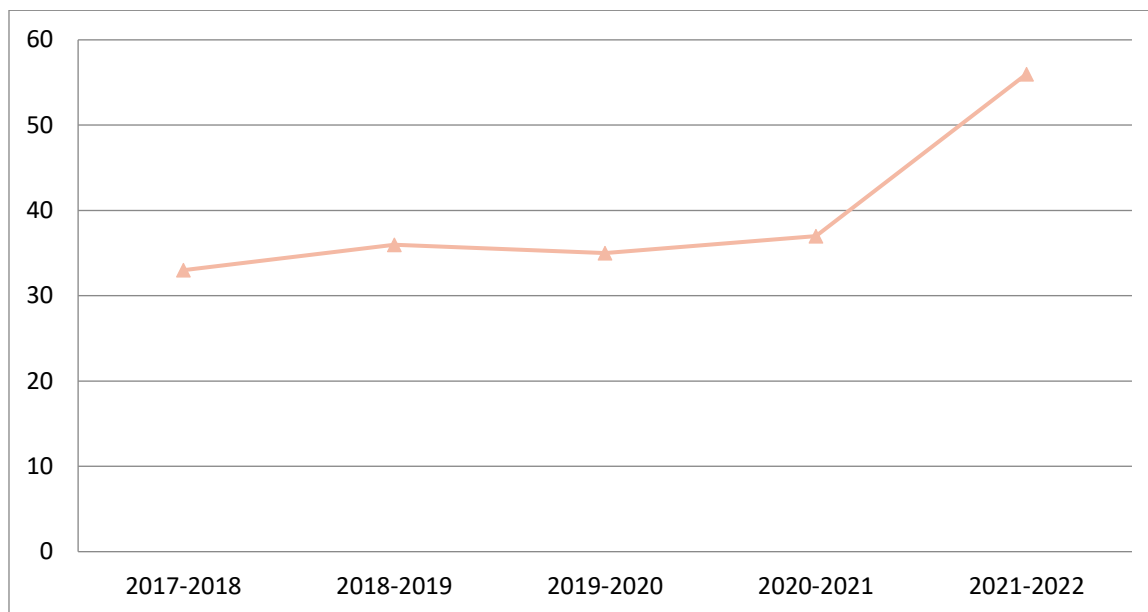


Fig.1. The number of students of Bashkir State Medical University belonging to a special medical group in the period from 2017 to 2022, (%)

The figure shows that every year from the 2017-2022 academic year, the percentage of students studying with a special medical group is growing. By 2017-2018, this indicator increased to 33.0%, and by 2018-2019 it increased to 36.0%.

It should be noted that the most common diseases of BSMU students engaged in a special medical group are myopia, chronic gastritis, scoliosis, flat feet, bronchopulmonary diseases.

The professional orientation of the content of the educational and rehabilitation process is the backbone of educational and extracurricular activities, which requires disclosure of the close connection of physical culture, physical culture and sports activities with the professional orientation of the individual, understanding of interdisciplinary interaction in ensuring integrative professional readiness. Wide promotion of health improvement, encouragement of active participants in health activities (sports volunteer) will also help to create a special environment in the educational institution, being in which the student will not be able to choose another path of self-improvement.

The proposed technology for the formation of a culture of saving the health of specialists – future doctors of BSMU – will allow you to get an idea of the variety of ways and approaches to the main profession, which is formed in the modern theory and practice of medical education.

The purpose of this work was to evaluate innovative approaches to the organization and implementation of physical culture together with healthy lifestyle in a medical university.

Every year, medical examinations are conducted among first-year students at the beginning of the academic year in order to identify health disorders, which is the evaluation criterion for enrolling them in a special medical group. For students with a low level of physical health, the teacher of adaptive physical culture conducts classes in a gentle mode. The main direction of physical education for such students is the correction of physical condition by means of physical culture with the use of wellness techniques.

As part of the curriculum for the comprehensive development of students, classes in a swimming pool are included (providing medical assistance and skills for rescuing a person on the water).

Every year, 3,000 students and 300 students of BSMU acquire the skills of "health formation" within the framework of the program of health promotion and involvement in physical culture and sports. Thus, they include in the program the creation of fitness centers on the basis of each student campus, the activities of a sanatorium-dispensary for the purpose

of conducting a therapeutic and wellness process for students, the creation of specialized structures, such as a sports club, a volunteer center, a tourist club "Vitalis", a sports and wellness camp "Pulse". Also, the professional orientation of the content of the educational and sports process includes close cooperation with the centers of professional training of athletes. Within the framework of cooperation between BSMU and the Dynamo Center, also with the biathlon center and the Olympic Reserve School for alpine skiing it allowed to conduct training sessions of a professionally applied orientation. It also allows holding republican and All-Russian competitions among students of BSMU.

Conclusion and future prospects. Thus, we can state the priority of physical culture and sports at Bashkir State University. Physical education and sports contribute to the strengthening of health and the formation of a healthy lifestyle.

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EDUCATIONAL ADAPTATION OF STUDENTS FROM FOREIGN COUNTRIES WHEN STUDYING IN THE SPECIALTY OF DENTISTRY

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Abstract. The article deals with topical issues concerning the educational adaptation of students from foreign countries at the Department of Therapeutic Dentistry. The degree of their adaptation to the new educational realities was studied by the method of a sociological survey. The object of the study were 624 students from foreign countries of the Faculty of Dentistry. We have identified factors contributing to their successful adaptation to new realities - overcoming the language barrier, as well as getting used to the conditions of the Russian system of higher professional medical education.

Keywords: adaptation; foreign students, educational environment, medical education