



**Fig. 1.** The study of instruments in a practical lesson.  
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Participation in the student scientific society of both Russian and foreign students is an important component of the educational process at a medical university, which allows you to increase the level of competence in the field of studied disciplines, hone practical skills, stimulate future doctors to independent activity, gain additional knowledge. Internationalization of the educational process increases the level of competence of students, teachers and the university as a whole.

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### **MOTOR ACTIVITY IS THE BASIS OF A HEALTHY LIFESTYLE OF MEDICAL UNIVERSITY STUDENTS.**

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**Abstract.** According to Socrates: "all professions are from people, but only three are from God - a teacher, a judge and a doctor." Interest in the profession of a doctor has been at

all times, but the coronavirus pandemic has caused a special attitude among young people to this heroic profession. The Minister of Health of the Russian Federation Mikhail Murashko noted that about 34,500 people became first-year students of Russian medical universities in 2022. However, studying at a medical school is very specific.

**Key words:** healthy lifestyle, physical activity, medical students.

**Introduction.** Lectures, seminars, term papers and laboratory work, practice in medical institutions require a lot of effort with a predominance of mental work over physical. The desire of students for high academic performance is often accompanied by low physical activity [2,5]. The authors of the article share their personal experience of including methods for the formation of a healthy lifestyle among medical students in the educational process.

**Literature review.** The postulates of the ancient Greek philosopher Aristotle “Movement is life, and life is movement!” more relevant than ever at the present time is the predominance of mental labor over physical labor. Physical inactivity is a “disease of civilization”, which, according to WHO, affects every fourth person on the planet, negatively affects the body of a modern person, contributing to the emergence of dangerous cardiological and endocrine diseases. It is also alarming that hypodynamia ranks fourth among the causes of death. It is known that people with a sedentary or sedentary lifestyle live less than those involved in sports. Physical inactivity of students is often associated with an irrational daily routine, educational overload, work at a computer, as a result of which there is little time for physical activity [3,6,7].

**The main part.** At the Bashkir State Medical University (BSMU) of the Ministry of Health of the Russian Federation, 11.4 thousand students from Russia and 55 countries of near and far abroad receive higher education. In his address to applicants as part of the 90th anniversary of the university, Rector of BSMU Academician of the Russian Academy of Sciences Pavlov V.N. said: “Studying at a medical university is much more difficult than at other universities. You need a certain mindset, a good memory and working capacity.” Undoubtedly, healing is a special kind of activity, when a doctor, performing his professional duties, solves problems of a moral and ethical-deontological nature [1]. The teaching staff of BSMU constantly introduces new technologies into the educational process to form the personality of medical students and improve their performance. At the same time, methods for maintaining optimal physical activity of students play an important role as a factor in increasing commitment to learning and improving academic performance.

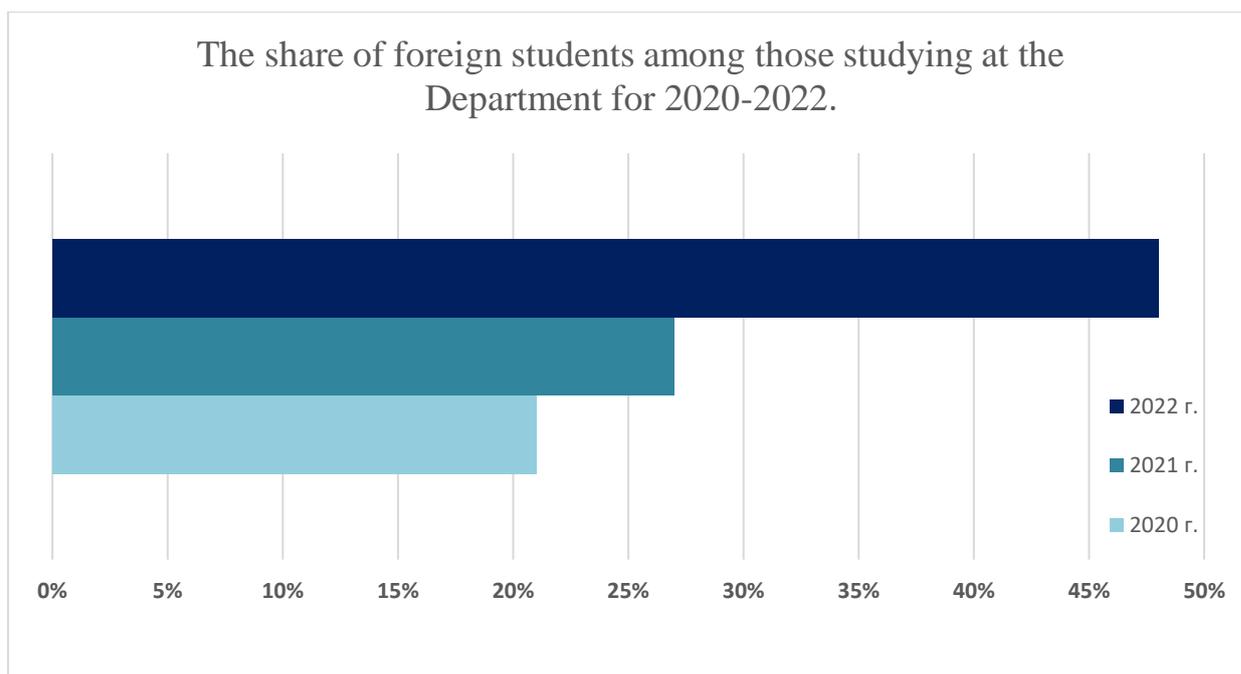
The Department of Medical Rehabilitation, Physical Therapy and Sports Medicine with the course IoAPE BSMU trains students in the disciplines "Medical Rehabilitation", "Physical Rehabilitation and Sports Medicine". Training modules consist of a lecture course and seminars. After listening to the theoretical basis of the discipline at lectures, students begin practical classes at the clinical bases of the department, located in the hospitals of the city, the medical and sports dispensary and the sanatorium "Green Grove". Practical classes include not only a classic analysis of educational material with a survey of students on the topic of the material covered, but also the involvement of future doctors in physical activity in the process of physical education and sports. At the same time, students actively participate in the educational process, mastering the clinical foundations of medical rehabilitation and sports medicine. Seminars, which take place not only passively sitting at study tables, but also in active work in gyms and physical rehabilitation rooms, help in the fight against the inactivity of medical students. “Walking and movement contribute to the game of the brain and the work of thought,” said Jean Jacques Rousseau. In the process of education, we involve our students in various recreational activities (All-Russian preventive action "10,000 steps to health", "Heart route - route of health", School of Nordic walking, School of young rehabilitologist, etc.) and sports competitions held at sports objects in Ufa (Fig. 1).



**Fig. 1.** BSMU students participate in the All-Russian preventive campaign "10,000 steps to health"

The inclusion of methods of extracurricular motor activity in training modules implements the principle of the unity of teaching and education in pedagogy.

In recent years, there has been a trend towards a steady increase in the proportion of foreign students among our students (Fig. 2), which necessitates the search for new teaching methods, taking into account the linguistic and socio-ethnic characteristics of foreign students.



**Fig. 2.** The share of foreign students among students at the Department of Medical Rehabilitation, Physical Therapy and Sports Medicine for 2020-2022.

An important role in the process of communication with foreign-language students is provided by game methods for conducting seminars, which make it possible to identify personal qualities in the process of not only mental, but also physical activity. It is known that classroom and extracurricular activities unite medical students into an international team. In the course of joint activities, interpersonal relations improve, contradictions between students are smoothed out, which helps to increase their speech activity and accelerates sociocultural adaptation in a foreign language environment [4]. We noticed that the inclusion of health programs in the educational process causes a lively response from medical students and contributes to the growth of their motivation to study our disciplines, and subsequently to choose a future specialty. We were deprived of this opportunity during the period of strict quarantine

due to the COVID-19 pandemic in 2020, so we had to include the physical activity of students by including physical education breaks in classes on online platforms. Teaching students through the expansion of motor activity contributed to a better assimilation of the discipline being studied, as evidenced by the increase in student performance. This confirms the statement of the German philosopher Hans Georg Gadamer, "Horizons move along with the moving one" [2]. And finally, as a result of classes with elements of motor activity, our students acquired healthy lifestyle skills that will certainly help them in the future when working in practical healthcare.

Conclusions and future prospects.

1. Modules of motor activity in the practical classes of students of medical universities contribute to the fight against physical inactivity of students and the growth of commitment to the studied disciplines.

2. Educational classroom and extracurricular activities in medical universities with the inclusion of elements of physical activity form the skills of a healthy lifestyle for future doctors.

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