

As we can see from the set of tasks, only tasks 1, 2, 5 and 7 are theoretical, and task 2 is designed to evaluate the knowledge of different sections of biochemistry; most tasks (3, 4, 6, 8, 9, 10) describe a clinical situation, to solve which knowledge of biochemistry and its connection with other medical disciplines are used, that allows to evaluate fully the level of general professional and professional competencies, formed in the process of studying biochemistry.

Thus, for example, when teaching biochemistry to students studying in specialty 31.05.01 General Medicine the general professional competence GPC-5 (Ability to evaluate morphofunctional and physiological states and pathological processes in the human body to solve professional problems) and the professional competence PC-5 (Ability to collect and analyze the patient's complaints, his history, the results of the examination, laboratory, instrumental, pathological-anatomical and other studies in order to recognize the state or establish the presence or absence of the disease) are partially formed.

This form of Olympiad for foreign students has been implemented for several years and has shown good results. The participants of the Olympiad presented a high level of theoretical knowledge in biochemistry and the ability to apply it in solving situational problems. Participation in the Olympiad makes a significant contribution to the formation of the most important universal, general professional and professional competencies in the students, promotes the interest in the fundamental disciplines as a fundamental basis for the study of clinical medicine, as well as the development of their creative potential. Among other things, the Olympiads among foreign students contribute to their adaptation, intercultural and interpersonal communication in the new environment.

The results of the Olympiads, as well as the annual participation of foreign students in the conference of students and young scientists with research papers in the field of biochemistry under the guidance of faculty members of the Department create the possibility to implement in the near future creative contests "The best situational task" and "The best essay" in the framework of the Olympiad among foreign students at the Department of Biological Chemistry of BSMU.

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REALIZATION OF COMPETENCES AT THE PRESENT STAGE OF TEACHING NORMAL PHYSIOLOGY TO FOREIGN STUDENTS

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Abstract: In connection with the need for qualitative mastering of competence by foreign students, at the Department of Normal Physiology Bashkir State Medical University, it

was conducted a survey of second-year students studying in the mediator language. The findings showed high levels of motivation to study and learning practical skills.

Keywords: normal physiology department, competences, foreign students.

One of the important tasks of health care is to improve the quality of training of medical personnel. In this regard, great changes are taking place in all areas of teaching in medical universities. Teaching at the departments is changing in the sense that, along with a deep mastery of the theoretical foundations, the task is to acquire earlier and better competencies that bring theoretical knowledge closer to practical skills in various medical specialties.

In order to implement these competencies, teachers of medical universities are required not only to provide solid theoretical knowledge, but also to help students' master practical techniques that are widely used in the daily practice of a doctor [1].

In recent years, the percentage of students studying in the intermediary language English has significantly increased, which requires a high level of training of the teaching staff, as well as sufficient equipment of theoretical departments in order to master the competencies and practical skills of this category of students. Teaching to foreign citizens in English, who arrived from various foreign countries such as India, Egypt, Saudi Arabia, Yemen, Iraq and others, has been taught at the Department of Normal Physiology since 2006, for 17 years. During this time, sufficient experience has already been accumulated in working with foreign students [2, 3].

The Department of Normal Physiology is equipped with all the main instruments necessary for diagnosing and studying the functions of the main body systems. The educational and research student laboratory has modern equipment, including a hemoanalyzer that allows you to conduct a detailed blood test with the interpretation of all data, an ECG apparatus, spirometers, a spirograph, an electroencephalograph, Forster perimeters and a number of other devices necessary for conducting practical classes on all branches of physiology [4].

The teachers of the department conduct experiments on animals (within the framework of a humane attitude towards animals), which allow to clearly demonstrate the physiological functions of some body functions. Students in practical classes have the opportunity to work with equipment, measure their physiological parameters, participate in ongoing experiments and master the necessary techniques.

For successful assimilation of the course of physiology by foreign students, in working with them, it is necessary to take into account their mentality, peculiarities of culture, habits, find a common language and motivate them to obtain the desired result.

Students from India initially have a good level of preparation, knowledge of the language and, in this regard, academic performance, unlike many students from Arab countries, which may be due to difficulties in knowing English. These observations are in line with the data of colleagues from other universities. To form a stable motivation for learning and prospects for the effectiveness of training, as well as to evaluate the work being done, we carried out an anonymous survey of English-speaking students. Its results are presented below. 60 foreign students took part in the survey. The survey data are presented in the diagram (Fig. 1). 77% of students wished to become surgeons in the future, 10% - gynecologists, 7% - therapists, 3% - cardiologists.

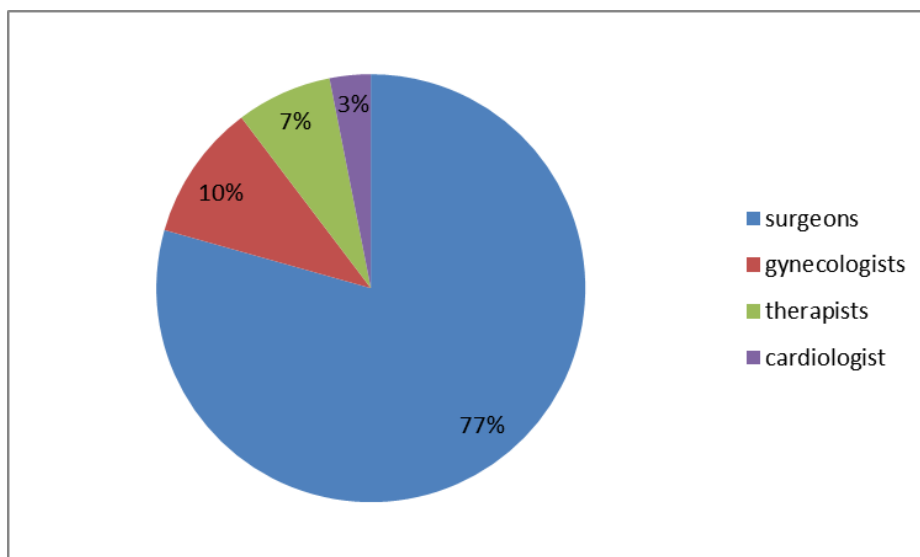


Fig.1. Profession planned for the future.

The next item of the survey concerned the attitude of the respondents to the availability and quality of the equipment used during classes, as well as their opinion on the level of teaching in English, including language, communicative and subject competence. Grades were given on a five-point scale. The survey results are shown in Table 1.

Table 1

Assessment of the level of teaching in the intermediary language				
Parameter	Score in %			
Satisfaction in points:	2	3	4	5
Equipment for practical classes	0	17	50	33
Language competence	0	13	47	40
Communicative competence	0	27	30	43
Subject competence	0	13	43	44

Most of the respondents rated "4" and "5" for language proficiency and methods of teaching the subject, as well as for the communication skills of the department's teachers.

The next item of the survey concerned the social activity of students. The diagram below (Fig. 2) shows the percentage of students who lead an active student life. The majority of students - 86% of all respondents take part in the life of the university with pleasure.

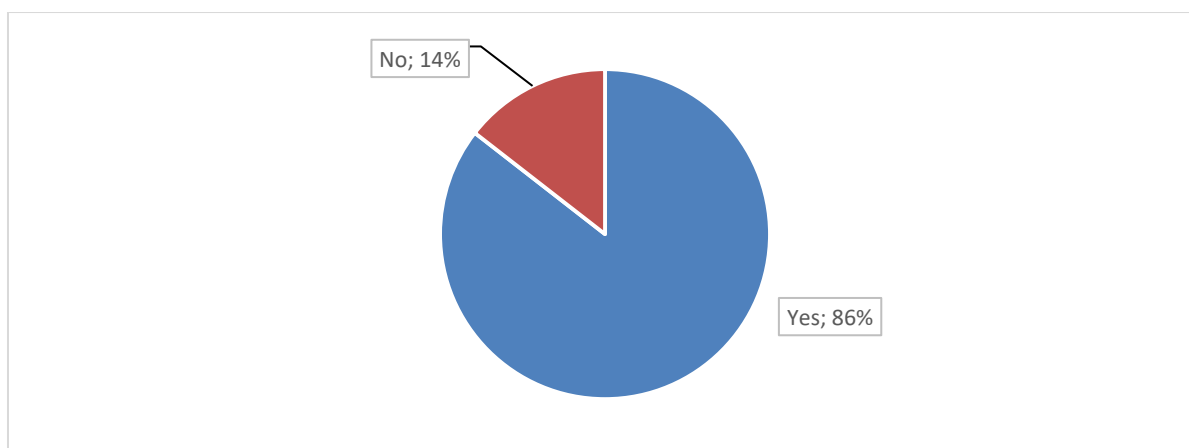


Fig. 2. Participation in university events

The results of the survey regarding the availability of free time and its distribution are presented in the diagram below (Fig. 3).

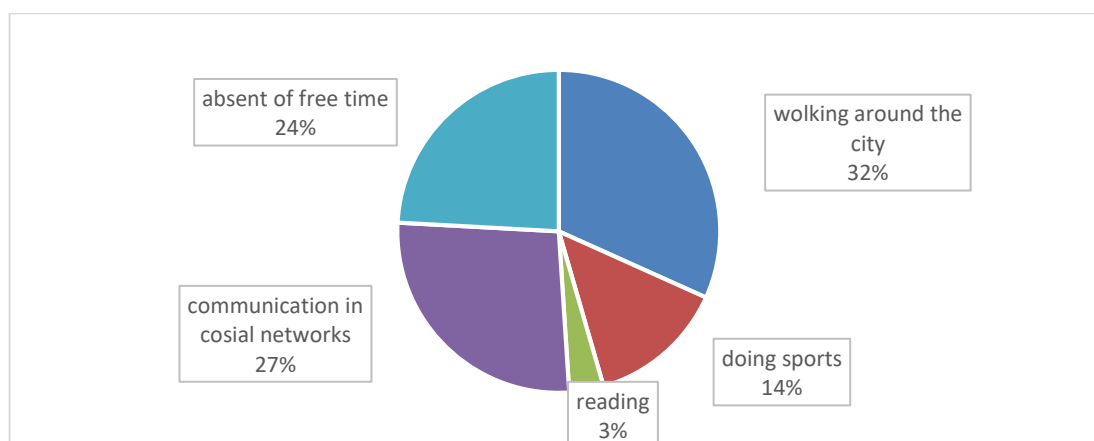


Fig. 3. Types of activities in your free time from study

As can be seen from Figure 3, most foreigners have adapted to the conditions of their stay and have found something to their liking. A quarter of the respondents spend most of their time preparing for classes, which indicates a high motivation to study. This is confirmed by the following diagram (Fig. 4), which shows a high percentage of positive relationships between students and teachers.

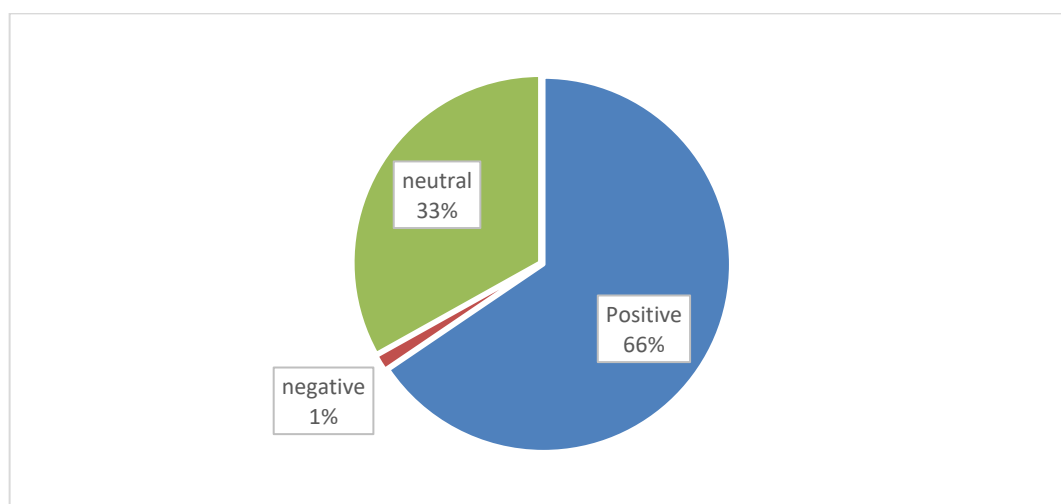


Fig. 4. Diagram of relationships with university teachers

Conclusion. Thus, the conducted studies showed a high level of student satisfaction with the quality of the organization as an educational process and communication with the teaching staff of the Department of Normal Physiology, as well as leisure activities, which is also important to ensure stable motivation for learning and achieve the best results for further use in the intended professional activity [5].

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**METHODOLOGY OF PHYSICAL EDUCATION FOREIGN STUDENTS
TO DEVELOP THEIR READINESS TO COMPLY WITH NORMS
OF ALL-RUSSIAN PHYSICAL CULTURE AND SPORT COMPLEX
"READY FOR LABOUR AND DEFENSE" (RLD)**

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Abstract: The paper presents the data on the role of RLD complex implementation in the system of physical education as a factor of students' health strengthening, including foreign nationals. The implementation of program and regulatory framework, as well as encouraging students to further motivation to increase their sports skills, involvement in mass sports and leading a healthy lifestyle.

Key words: RLD, physical training, healthy lifestyle, sports.

Relevance: Based on the order of the Ministry of Sports of the Russian Federation № 739 from 29.08.2014 mass implementation of the complex "Ready to work and defense" in universities started in January 2016. In this regard, the problem of training foreign students of BSMU to meet the norms of the new TRP complex is of the greatest relevance. According to the new RLD complex the tests and norms of the VI stage "Physical perfection" are provided for the students. Accordingly 13 tests are envisaged for boys and girls of 18-29 years old, from them 4 tests are compulsory, the rest are optional. It is necessary to have at least 8 types of tests for gold badge, 7 types for silver, 6 types for bronze. The existing physical education in higher education institutions for non-athletic students today mainly solves the problems of active recreation and tries to direct students to independent physical training. New approaches to the organization of physical education at the University are needed.

Purpose of the study: To assess the initial level of physical fitness of international students for the multisport RLD

Materials and methods: In order to assess the initial level of physical fitness of the students, 30 people, 17 boys and 13 girls took part in the study. The average age of the participants was 18.6 ± 4.35 years. The data obtained were processed using mathematical statistical methods.

Results and discussion. The following tests were carried out: 100 m running, 2 km running, 3 km running, push-ups, high and low bar pull-ups, abs, long jump and shooting. The analysis of the initial level of physical preparedness of the group of boys showed that 15% of the students did the standard of the RLD of the VI level, 20% - bronze, and 65% did not meet the standards in one or more of the compulsory activities. In the group of girls only 10% coped with the tests of the complex for the norm of the bronze mark, and 90% did not meet the standards for the sum of all-round events. At the same time the lowest performance in the group of boys was shown in pulling up, as well as in endurance running at a distance of 3000 m. In the group of girls the lowest level of preparedness was shown in strength types - push-ups, pulling up on high and low bar. Based on the results of the initial testing, we can speak about the average level of physical fitness of the international students and the need for their targeted training for the RLD all-round.