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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)**

*R.Z. Khadiyatov, A.M. Zakiev, I.I. Gumerov, A.S. Tonkachev  
Bashkir State Medical University  
Department of Physical Education*

**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  $18.6 \pm 4.35$  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.

**Conclusions and perspectives:** Several conclusions can be drawn from the results of the study. It is necessary to consistently and systematically implement the norms of the WFSC RLD, which is a major factor in strengthening health, improving the physical fitness of participants and striving for a healthy lifestyle and motivation base of students. And secondly, it is necessary to accustom students to competitive activities, setting them up to improve their results, personal achievements, creating a competitive attitude of students and encouraging them in the middle and at the end of the academic year. Diversify the curriculum with exercises on endurance, explosive power, speed, to improve the initial indicators of physical fitness.

#### *Literature*

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### **POSSIBILITIES OF THE WINTER EDUCATIONAL SCHOOL IN THE DEVELOPMENT OF SELF-DETERMINATION OF THE PROFESSIONAL ACTIVITY OF CITIZENS AND TO INCREASE INTEREST IN SCIENTIFIC ACTIVITY FOREIGN STUDENTS**

*L.R. Khalikova, A.Kh. Nasibullina  
Bashkir State Medical University  
Department of surgical dentistry*

Key words: university winter and summer school, teaching technology, self-determination, research activities, student motivation.

**Relevance.** The multi-level system of training in higher education and the requirements for basic educational programs at different levels are enshrined in various state documents, the main of which is the law "On Education in the Russian Federation".

The main trends in the development of society (informatization, computerization, globalization, digitalization, internationalization, etc.), the changes taking place in all spheres of life, initiate the processes of reform and modernization in the field of education.

In recent years, summer and winter schools for students from among foreign citizens of the Federal State Budgetary Educational Institution of Higher Education "Bashkir State Medical University" of the Ministry of Health of the Russian Federation are one of the most effective tools for attracting interest in deepening professional education and honing manual skills among students of the Faculty of Dentistry of BSMU, studying in a foreign language.

Research material. According to V. Frankl, any person is a self-determined being, endowed with the freedom to choose what to become in the next moment of his life [9].

The problem of self-determination was considered in the works of K.A. Abulkhanova-Slavskaya, S.G. Vershlovsky, M.R. Ginzburg, E. Giddens, A.N. Leontiev, A.V. Petrovsky, S.L. Rubinstein and others.

Self-determination is based on the activity of the individual, the desire to take a certain position in the system of relations (K.A. Albukhanova-Slavskaya, S.L. Rubinshtein, etc.), a