

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.

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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

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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

painful choice, the acquisition of “selfhood” in the conditions of a struggle of motives (M. Gendin), definition and acceptance as “one’s own” types of activity under the influence of a deep individual refraction of the norms and values of the surrounding reality (A.N. Leontiev), making one’s own choice in the process of determining one’s own qualities, abilities, awareness of needs, desires, interests, identifying one’s own psychophysiological, characterological qualities and building relationships with them and social requirements (V.F. Safin).

Self-determination is interconnected by motivation. In the scientific literature, self-determination is understood as intentions, ideas, ideas, feelings, experiences (LI Bozhovich); needs, inclinations (X. Hekhauzen); moral and political attitudes and thoughts (G.A. Kovalev); mental states and personality traits (K.K. Platonov); objects of the outside world (A.N. Leontiev); installations (A. Maslow), the driving force that determines the behavior that contributes to the achievement of a specific goal (Collins).

In modern conditions, self-determination of a person is an adaptive mechanism, as a result of which it is possible to adapt to the requirements and conditions of the environment, as well as to create one's own environment for independent living and the formation of one's own traditions and norms.

As a result, we can conclude that the development of a student as a person who receives professional skills and knowledge without self-determination is not possible.

Research activity in the study is understood as an activity that is aimed at understanding and transforming reality based on the achievements of a particular science and the application of scientific methods. The result of this activity is the development of the methodological culture of the researcher and the acquisition of new knowledge and experience.

Self-determination for research and medical activities will allow the student to show integrity, activity and direction of activity. These personality traits form an internal position and allow the student to exercise a conscious attitude towards their goals and objectives. The activity of the position of the student's personality is expressed in readiness for research and medical activities on the basis of internal attitudes, meanings, personal values, regardless of external norms and conditions, turning the researcher into the subject of his own activity.

Winter and summer educational schools are one of the new forms that promote self-determination of students in research and medical activities. These schools are organized at the Bashkir State Medical University of the Ministry of Health of the Russian Federation, and combine educational activities and various forms of organization of educational leisure for students. Students of educational schools can be students of the Faculty of Dentistry from among foreign citizens of 1-5 courses.

Conducting such schools contributes to the acquisition of new knowledge and skills for students in certain areas of training, provides an opportunity to apply and develop the skills of medical, research activities. It also promotes acquaintance with other students and teachers, the development of educational, scientific communication, the emergence of interdisciplinary projects.

Among the goals of winter and summer educational schools, the following are noted: improving the efficiency of teaching University students, stimulating their interest in scientific activities, systematizing and deepening knowledge, developing and improving skills in specialized disciplines; organization of active, cognitive leisure of students during the holidays, as well as in accordance with the action plan of the educational activities of the dean's office for work with foreign students.

Winter and summer educational schools are platforms for communication, they also contribute to the inclusion of students in practical activities in their specialty, the adaptation of foreign students, and also contribute to the introduction of innovative education and internationalization of the university, the export of educational services and the development of partnerships [8].

S.A. Limonova, I.B. Nazarova. The experience of holding summer and winter scientific schools is described in the works of O.G. Orlova, A.V. Busygina, M.V. Pimenova, V.I.

Terkulova, A.G. Liakumovich, M.V. Smolyarova. These works are mostly devoted to summer schools.

When studying at the winter educational school, a combination of various forms of educational and pedagogical interaction can contribute to the self-determination of the student in research activities: teacher-student, researcher-consultant, facilitator-researcher, tutor-researcher, mentor-novice researcher, research partners and others. The forms of education in the winter educational school may include: business games, project sessions, consideration of clinical cases, model building, conferences, discussions, trainings, master classes, presentations of students' research papers. The objectives of the winter and summer schools are: the formation and assimilation of knowledge; increasing learning motivation; activation of students' interest in future professional activities; the formation of the ability of students to appropriately allocate time during the holidays.

As activities, there were planned conversations with the faculty of the University, master classes, informal communication with other students, writing reports, incl. and on social networks. Creation of video clips about events, protection of projects, registration of application materials for the results of intellectual activity. The leisure part of the winter educational school is filled with educational activities of the dean's office for work with foreign students.

In 2022, a survey was conducted among students of the Faculty of Dentistry of 2-5 courses studying at the Bashkir State Medical University of the Ministry of Health of the Russian Federation. According to the survey, the corresponding calculations were made: 63.3% have already taken part in educational schools and would like to take part in them again. The survey data is shown in Figure 1.

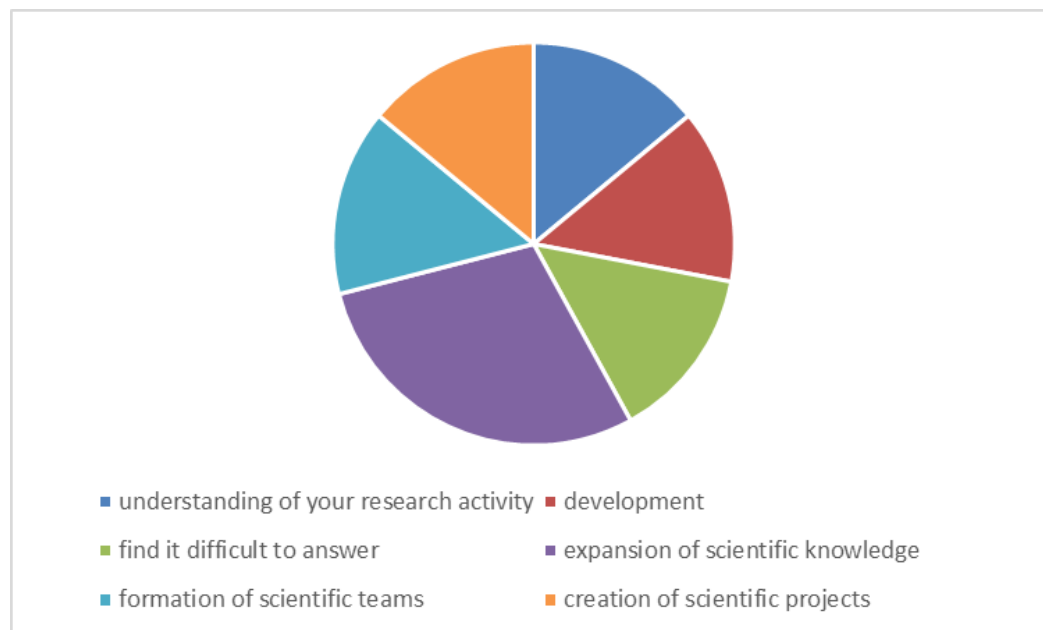


Fig. 1. Opinions of foreign students about the possibilities of the winter school

According to the results of the survey, it was revealed that students are not well informed, but this does not prevent them from showing interest in new trends in the field of education, for example, in the winter school. However, among graduate students there is a small number that gives significance to this process. "Understanding your medical practice" is the closest answer in our opinion.

According to the results of the student survey, it was revealed that this form of education is in demand in educational activities, however, it is necessary to inform students that the winter training school contributes to the development of the corporate and cooperative culture of the university, and also creates a favorable environment for productive interaction between colleagues and students. When representatives of interregional communities are included in educational schools, they can lead to the development of an interstate network of profession-

als of interest. The visiting card of the university, during the annual holding, can be training schools for students from among foreign citizens.

Findings. The study of the experience of the possibilities of winter and summer 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 showed that this is one of the most effective tools for self-determination in specialized specialties of students, giving the opportunity get additional knowledge in the chosen direction, as well as improve conversational skills, get used to the new cultural environment.

Conclusion. Self-determination of a student can be considered as a personal new formation, including value scales, determination of one's own capabilities, motives for expectations from professional activity. Winter and summer schools for students in the mediator language are a form of education that combines educational and cognitive-leisure trajectories.

The organization of winter and summer schools at the university will not only contribute to the acquisition of new competencies by students, the expansion of knowledge in their subject area, the development of scientific communication with other students, but also contribute to the student's self-determination for professional activities, understanding the personal significance of his education, the emergence of motivation to continue scientific and educational activity.

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ORGANIZATION OF TRAINING OF FOREIGN STUDENTS IN A MEDICAL UNIVERSITY AT THE DEPARTMENT OF PHYSICAL CULTURE

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Annotation: The article discusses the impact of physical education in medical universities on the adaptation of foreign students, their socialization in society and overcoming various difficulties associated with entering a new social culture.