

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.

**Key words:** foreign student, adaptation, physical culture.

**Relevance:** Russia is one of the leading countries in terms of the number of foreigners. Only in 2018-2019 years, according to the Ministry of Higher Education and Science, about 290,000 foreign citizens studied in the country [1]. However, the export of educational services leads to some difficulties for university management. One of these is the adaptation of foreign students to a new social and socio-psychological environment. Lessons of physical education are the most important problem solving tool.

**The purpose of the work:** To show the importance of physical education Lessons at the Department of Physical Culture and Sports for all students of the medical University, as well as to find conditions for better adaptation of foreign citizens during the study with the help of physical culture.

Physical education in higher educational institutions is an inevitable part of the educational process and affects the students' development and help to form a personality. Physical education is an important component of the general cultural and specialized education of students throughout all semesters of study and is an integral part of the educational structure of the humanities, the importance of which is manifested in the formation of harmony, mental and physical strength, a motivated healthy lifestyle and mental health.

Kapezina [2] thinks that features of foreign students' adaptation students the are manifested in the fact that they are in an unusual environment for themselves, which is expressed in:

- Language barrier

- Differences in mentality about

- Distance from relatives and friends

- Other traditions in clothing

- Differences in climatic and geographical conditions

This academic year, Bashkir State Medical University has about 4,200 foreign students, from about 54 countries, mainly from Asia and the Middle East.

It is known from the experience of last years that teaching foreign students in a new socio - cultural environment may occur stress, psychophysiological problems, poor academic performance and exacerbation of chronic diseases. This is because of adaptation to a new lifestyle, language, environment and social environment.

That's why teachers have to do the hardest work to overcome these difficulties. At the beginning, for positive dynamics, it is necessary to set up a positive attitude among students, as well as motivate them to do sports. It is possible because of to various mass sports events, sports contests and competitions. Moreover, students should take part in these events in various roles (players, spectators, organizers). This will help to interest the younger generation, and teach students to interact with each other in an informal setting.

The next stage is to attract foreign students to classes in sports clubs. It is especially important to consider national characteristics and traditions of certain countries and people. For example, representatives of Central Asian countries attend various types of martial arts with great pleasure, while students from India prefer tennis, chess, swimming.

In addition, it is important to follow some rules:

- Physical activity should correspond to the level of physical fitness, taking into account the individual characteristics and state of health of the student

- It is necessary to consider the difficulties associated with the language barrier, religious and national characteristics

- Present the material in a playful way, try to involve the student in the process, support his zeal

It is known that the quality of physical education training classes depends on the teacher's initial training level. For more effective physical education classes, a teacher should identify the level of training, its weaknesses and strengths and determine the choice of the desired sport.

An experiment was conducted. In total, 140 students from various countries, such as Iran, Uzbekistan, Tajikistan, Vietnam, Angola participated in the study. The following tests were: jump into length from a place, running 30 m. from a high start, shuttle running 3x10 meters, push-ups from the gym bench in 1 minute, and so on.

The results were evaluated on a 5-point scale, where: "5" - a high level of physical qualities; "4" - good; "3" - normal; "2" - low; "1" - very low.

The average indicator was calculated both for all physical skills and for individual kinds. The analysis of the results showed the following. Students from Tajikistan have the highest level of skills in terms of physical abilities - 32.1 points, whereas the students from Angola have the lowest score - 27.9. Analyzing the results of the study of physical skills, we revealed the following outcome. Students from Iran have high-speed qualities and universal endurance and resilience correlate to a "good" level. Students from Uzbekistan and Tajikistan have strength abilities at a "good" level, which cannot be said about speed. General and strength endurance of students from Iran and Vietnam is at a "satisfactory" sublevel, and coordination at a "high" [3]. Thus, this experiment helps to find the weaknesses and strengths of students and it allows teachers to plan their physical education lesson plan according the level of preparedness and capabilities of foreign students.

**Conclusion:** Based on the above information, it can be concluded that physical activity is the most important means in adaptation of foreign students and the formation of personality, the preservation and strengthening of health, one's own thinking and determination. In addition, physical culture helps to set up communication between peoples and leads to team building.

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### **OUR EXPERIENCE OF WORKING WITH AN INTERNATIONAL STUDENT SCIENTIFIC CIRCLE IN THE PREPARATION AND CONDUCT OF SURGERY OLYMPIADS, MASTER CLASSES AT THE DEPARTMENT OF TOPOGRAPHIC ANATOMY AND OPERATIVE SURGERY**

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Annotation. In modern conditions, the export of educational services is increasing in the world, which in a certain way affects the training of students. Internationalization of education affects all areas of the functioning of the university. The Department of Topographic