

PROBLEMS OF TEACHING FOREIGN STUDENTS IN PHYSICAL EDUCATION CLASSES

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Annotation. Physical culture - is one of the means of social and cultural adaptation of foreign students to the conditions of study at a higher educational institution. Physical activity is necessary for all students, as it helps to cope with stress, academic loads.

Keywords: physical culture and sports, foreign students.

Introduction: Of the main problems of teaching foreign students in physical education classes:

1. Language barrier. In the process of physical education students have to interact, communicate not only verbally, but also most often non-verbally. Such communication helps to overcome the language barrier more easily.

2. Very low level of physical fitness. The reason for this situation is the indifference to physical education, classes that has been formed in the country of residence.

3. Cultural barrier. This is due to the fact that students may not show the necessary respect and attention to their foreign classmates. Possession of country - specific information and knowledge of national characteristics of behavior is very rare, which is why misunderstandings and conflicts may arise.

The main part. The purpose of the study - is to consider and evaluate the problems of foreign citizens, studying at higher educational institutions during physical education classes, as well as to find solutions to them.

In the course of the study, the following tasks were **solved**:

1) Analyze theoretical and methodological sources on the research problem.

2) To put forward basic assumptions about possible problems and ways to solve them and consider them from different sides.

3) Conduct a survey in the form of a questionnaire and interview foreign students about possible problems they face during physical education classes.

Let's turn to the results of the study.

The study was conducted in 2023 on the basis of the Bashkir State Medical University of Ufa. We interviewed 20 foreign 1st year university students aged 18-24 years attending physical education classes.

According to the results of sociological surveys, it was revealed that the main difficulty faced by foreigners in physical education classes was the complexity of the complex of physical exercises in the classroom (up to 60% of respondents noted). To help adapt to physical activity, it is necessary that the process of increasing the load occurs more slowly, since it will be easier for the body to adapt to it. It should be borne in mind that the exercises should be cyclical and moderate enough.

As for the hypothesis put forward about the influence of the language barrier in the field of physical education, some foreign students noted the difficulty of classes precisely because of ignorance of the Russian language and difficulties in communicating with teachers (noted up to 16.7% of respondents). Also, the majority noted that the language barrier is present, but not as much as in other disciplines, because most communication is used without the use of words, that is, without speech and language means presented in a direct or any sign form (noted up to 83.3% of respondents).

The restriction of communication within an ethno-cultural group should not be excluded. Most of the students surveyed noted the difficulty of social adaptation - (up to 75% of respondents). In most cases, this is due to differences in culture, in the totality of norms of behavior. When a person finds himself in the conditions of a new culture, the habitual system that has developed in his native culture becomes unacceptable.

Conclusions and future prospects. After analyzing the survey results, we can draw the following conclusions and suggest ways to solve the main problems.

1. Indicators of physical fitness of foreign students are lower than those of their Russian peers.

2. Regular physical education classes with an optimal motor regime stimulate the positive dynamics of students' condition.

3. For physical education, it is necessary to form mixed language groups in order to activate mutual learning, self-control, expansion of communicative opportunities and social adaptation. The organization of international teams for competitions will also narrow the gap between students from different countries.

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WORKING OUT THE SKILLS OF CHOOSING MEDICINES WHEN RELIEVING EMERGENCY CONDITIONS ON THE EXAMPLE OF A STUDENT CONFERENCE

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Abstract. The article presents the experience of holding an educational and practical student conference "Pharmacotherapy of emergency conditions" for students studying in the specialty of Medical business (training using an intermediary language (English)). The participation of students in the conference allows them to systematize the knowledge gained during training in practical classes.

Keywords. Interactive forms of education, student conference, urgent conditions.

In professional activity, a doctor often encounters acute conditions requiring emergency therapy, therefore, when preparing a future doctor, it is necessary to work out an algorithm for emergency care in various clinical conditions.

The practice-oriented approach in training consists in developing the skills of rapid assessment of the clinical situation, conducting the necessary differential diagnosis with conditions requiring immediate highly qualified medical care, and the correct choice and use of medicines [1].