

as well as part of scientific and pedagogical workers in international academic mobility programs, in the work of international scientific organizations, in international research projects.

Accordingly, all of the above will be effective for increasing the export of educational services.

Literature

1. Klyushnikova, E.V. Problems of adaptation of foreign students in Russia / E.V. Klyushnikov // Bulletin of TSU Series "Pedagogy and psychology". - 2018. - Issue 1. - P. 133-14
2. Internet resource: <https://tass.ru/obschestvo/16453991>
3. Internet resource: <https://minobrnauki.gov.ru/press-center/news/mezhdunarodnoe-sotrudnichestvo/46158/>
4. Aidrus, I.A. World market of educational services: Proc. allowance. / I.A. Aidrus , V.M. Filippov // M. : RUDN. - 2008. - 194 p.
5. Kosevich, A.V. Problems of export of Russian educational services in the context of increased international competition / A.V. Kosevich // Bulletin of the Chelyabinsk State University .-2011. - No. 6 (221).- P. 22-28.
6. Arseniev, D.G. Socio-psychological and physiological problems of adaptation of foreign students. SPb. / D. G. Arseniev, A. V. Zinkovsky , M. A. Ivanova // - SPbGPU .- 2003. - 160 p.

FEATURES OF TEACHING PHYSICAL CULTURE AND SPORT FOR FOREIGN STUDENTS

*Z.G. Suleimanova, G.A. Bartdinova, L.R. Fazludinova, Yu.A. Odinokova
Bashkir State Medical University
Department of Physical Culture*

Annotation. Teaching the discipline "Physical culture and sport" to foreign students involves taking into account the ethnic characteristics of this contingent of students.

Key words: foreign students, physical culture, ethnic characteristics.

Introduction. At present, the training of specialists for foreign countries has received state significance and is an important component of the foreign economic and foreign policy activities of the Russian state. The activity of higher educational institutions in the field of training highly qualified personnel, including the search for modern methods and means that optimize the process of adaptation of foreign students, is one of the main directions for establishing the prestige of Russian education in the world educational process [6].

The internationalization of modern higher education actualizes the problem of adaptation of foreign students to the unfamiliar reality of higher education in an unfamiliar country [6].

Getting into a different socio-cultural environment, a foreign student feels the need to adapt to it from different positions: as a representative of his country, that is, the bearer of his socio-culture, traditions, customs, norms of behavior, value system. As a young person, that is, a person with specific personal characteristics inherent in her; as a student, that is, the subject of the activity of the pedagogical environment, and as an object of influence of this environment on him.

It is extremely important for people from different ethnic groups to adjust to their new surroundings when they move to a new place. This adaptation process can be influenced by various factors, such as how different the culture of the host country is from their own, the flexibility of the individual's mind, their own cultural norms, religious beliefs, language skills, and their gender and age [2].

Objective. To reveal the features of teaching the discipline "Physical culture and sport" in the multi-ethnic environment of foreign students.

Research methodology. The analysis of the effectiveness of the introduction of

innovative methods of teaching physical culture in the educational process of foreign students was carried out.

Results of the study and their discussion. Physical education classes for foreign students are considered by the leadership of the Bashkir State Medical University as a factor contributing to successful adaptation to new conditions of study and living. However, teaching the discipline "Physical Culture and Sports" to foreign students involves taking into account the ethnic characteristics of this contingent of students. So, for example, Muslim girls prefer to exercise separately from boys, but from a practical point of view, the clothes of Muslim girls are not convenient for playing sports. Due to the presence of periods of restriction in food for religious reasons, high-intensity and endurance exercises are excluded from the educational process for this period of time. Lessons have a game focus with the use of exercises to develop flexibility and coordination [3].

The distinctive behavioral line of students is also taken into account. Malaysian, Egyptian, Iranian, African, Arab students are more active in the classroom. They quickly learn the educational material, are more willing to make contact with the teacher, and often ask questions of interest to them. Students from India are more passive. Indian girls are often embarrassed to show their physical fitness. Therefore, the lesson with Indian students is built taking into account their motor skills. The lessons focus on the positive qualities and achievements of students, on meeting their needs for self-affirmation and communication. The solution of these problems presupposes a departure from the strict regulation of classes, an increase in their emotional saturation, the maximum variety of forms, methods and means of physical culture, the widespread use of visual and technical means. The load is selected depending on the preparedness of those involved. Special time is allotted to perform exercises chosen at their request. This approach encourages them to acquire the skills to perform exercises in the process of self-study.

Malaysian students are more disciplined. They adhere to hygienic requirements, are less likely to be late and practically do not miss compulsory training sessions without a good reason. More purposeful educational work is being carried out with the rest of the representatives of various ethnic groups. The necessity of having special change of clothes and shoes for physical culture is explained, as well as the rules of conduct in the classroom are explained. Considerable attention is paid to testing the physical qualities of foreign students. Practice has shown that with the Russian standards for physical fitness less than half of the students succeed. Therefore, separate tables for assessing physical qualities have been developed for foreign students, and the emphasis is on the indicators of the increase in individual results, based on the fact that testing should encourage students to achieve a higher level of physical fitness, not cause a negative attitude towards physical exercises, and help create a positive attitude among students. psychological mood. The tests are informational in nature, give students an idea of the current level of their physical fitness and are not compared with the standards established in Russia [4,5].

New approaches to the content of classes, taking into account the ethnic characteristics of foreign students, focus not only on the motor training of students, but also on the development of the individual, on the individual perception of educational material. In the course of the search for innovative approaches to the organization of training sessions with foreign students, the special significance and attractiveness of gaming activities for them is taken into account. Foreign students are happy to learn new games, but at the same time they prefer already familiar, national sports. In general, sports games allow us to solve a whole range of important tasks: to satisfy their need for movement and stabilize their emotions, teach them to control their bodies, develop not only physical qualities, but also mental and creative abilities, moral qualities, etc.

At the Department of Physical Culture of the Belarusian State Medical University, the established experience of working with foreign students provides not only the specifics of forms, methods and selection of means in the organization of educational work, but also the

qualitative composition of teachers. As a rule, experienced teachers with a long teaching experience, as well as an academic degree and title, who speak the intermediary language, work with groups of foreign students. This made it possible to form an active attitude towards classes among foreign students, increase attendance and develop a steady interest.

Participation in competitions and joint trainings with Russian students is one of the factors that contributes to the effective study of the Russian language by foreign students, their free and active behavior in an informal setting, the optimal form of expanding and consolidating the motor skills acquired in the classroom. More than 40% of foreign students at the Bashkir State Medical University after completing the compulsory course in the subject "Physical Culture and Sports" continue to engage in various sports sections. The optimal amount of physical activity stimulates the positive dynamics of physical development, functional state and physical performance of foreign students.

Conclusions and further prospects. A variable approach, taking into account the ethnic characteristics of foreign students, increases the importance of social and professional value motives aimed at improving health, improving the professionally significant qualities of a future doctor, and allows solving psychological and pedagogical problems of education, as well as issues of physical self-improvement.

Literature

1. Vitkovskaya M.I., Tropuk I.V. Adaptation of foreign students to the conditions of life and study in Russia (on the example of PFUR). URL: [\(external link\) articleexcelion.ru \(external link\)](http://(external link) articleexcelion.ru (external link)) (Accessed: 05/15/2009)
2. Grutsyak N.B. Physical culture as a powerful factor contributing to the adaptation of foreign students in the university [Text] / N. B. Grutsyak, V. I. Grutsyak // Physical education of students. - 2010. - №2- S. 37-39.
3. Grutsyak N.B. Physical culture as a powerful factor contributing to the adaptation of foreign students at the university [Text] / N.B.-Grutsyak, V.I. Grutsyak // Physical education of students. - 2010. - No. 2. - S. 68-73.
4. Zakiev A.M. The influence of physical exercises on the education of general and special endurance in first-year students of the main groups of BSMU Zakiev A.M., Suleimanova 3.G., Fazlutdinova L.R., Galimov F.Kh. Academic Notes of the University. PF. Lesgaft. 2021. No. 4 (194). pp. 146-151
5. Kudryashov N.A. Adaptation of a foreign student in a university: problems and ways to solve them [Text] / N.A. Kudryashov. - Krasnodar: Izd-vo-South, 2016. - 78-p.
6. Fedoseeva A.R. Taking into account the peculiarities of foreign students in the process of physical education at the university Fedoseeva A.R., Gainullin R.A., Abzalilov R.Ya., Yulmukhametov A.A. In the collection: pedagogical management in medical education. Thematic collection of scientific works. Chelyabinsk, 2019. P. 144-148

SIMULATION TRAINING AS PRACTICALLY-ORIENTED TECHNOLOGY IN PROFESSIONAL STUDY OF STUDENTS

*I.M. Tayupova, S.Y. Muslimova, A.U. Khamadyanova, R.A. Utyasheva, I.T. Girfanova
Bashkir State Medical University
Department of Obstetrics and Gynecology №1*

Abstract: The article is devoted to the issue of simulation training as a practice-oriented technology in the professional development of students when mastering the discipline "Obstetrics and Gynecology".

Keywords: simulation training, foreign students, professional competencies, quality of education.

By nowadays the priority direction of modern education is simulation training, which is one of the most crucial steps in becoming an expert and allows for the development of