

PHYSICAL EDUCATION AND SPORT

RESULTS OF PRENOLOGICAL DIAGNOSTICS OF STUDENTS OF THE FIRST COURSE OF TECHNICAL UNIVERSITY

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It is well known that the progress of illness is conditioned by prenosological and later premorbid states. These states of practically healthy people are the object of prenosological diagnostics [13, p. 5], i. e. the investigation of transition from being healthy to being ill. According to the author [7, p. 63], this study area is timely nowadays.

Prenosological state is the state of body when there is a tension in regulatory mechanisms but the work capacity is not changed and it is possible to ensure physiologically normal state through preventive and recreation activities [5, p. 11]. Apart from that prenosological state the evaluation of cardiovascular system as the given functional system is an indicator of adaptational and accomodational body activity that reflects the interconnection between the body and environment [8, p. 21]. Adaptational capacity of a body distinguishes the human standard of health and risk of disease development, that is why the study of adaptational capacity of a body as an integral criterion of health is mostly preferable [6].

It is undeniable that preservation of health is especially important in students' age. That is the period when a future professional and holder of intellectual potential of nation is being formed, that is why students' health undoubtedly takes on enormous social importance [4, p. 3].

Students' health is determined by the peculiarities of that period in life. The students' youth may refer to a high risk group since apart from uneasy age problems, the period of studying at a contemporary higher educational establishments is interconnected with the influence of numerous negative factors of educational process and lifestyle that cause changes in functional state of different body systems and lead to decline of adaptational capacity [2, p. 6 and other]. As a result, students may face serious medical, social and psychological problems of different types [1, p. 136].

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The relevance of the preclinical evaluation of level of health of students' youth, evidenced by the numerous scientific works [3, 4, 11-13 and other], presents the problem of preserving and improving the health of today's youth as important and unsolved until now.

When conducting the research we considered the statement that [10, p. 17] «close connection between the functional reserves of a body and adaptation is being proved by numerous researches. Therefore adaptational capacities of a body may be considered as the measure of health».

Under prenosological diagnosis should be understood as an assessment of the functional state of the body and its adaptational capabilities in a period when there are still no obvious signs of disease. Prenosological diagnosis deals with the recognition of conditions that are borderline between norm and pathology, which can be called prenosological [8, p. 21]. A sufficiently high accuracy of recognition of the state of the body provides a methodology of identifying the adaptational potential according to R.M. Baevskiy [9, p. 34].

The following characteristic value was followed when allocating the participants of the experiment according to their indices of adaptational potential (AP) [2, p. 65]:

– satisfactory adaptation	1 st group	not more than 2,10 conventional units (c.u.);
– tension of mechanisms of adaptation	2 nd group	2,11 – 3,20 c.u.;
– unsatisfactory adaptation	3 ^d group	3,21-4,30 c.u.;
– failure of adaptation	4 th group	from 4,30 c.u. and more.

Thus, according to the prenosological diagnostics the participants of the experiment are divided in the following way: first group – satisfactory adaptation contains 44,64% (n=25) students, second group – tension of mechanisms of adaptation –55,36% (n=31), at the same time there are no participants with unsatisfactory adaptation and failure of adaptation.

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