



UDC 61.614.39

Valentyna Nesterenko

PhD, Assistant to department of hygiene and ecology 1
Kharkiv National Medical University, Ukraine

INFLUENCE OF PHYSICAL ACTIVITY ON MENTAL EFFICIENCY OF PUPILS

Under observation there were pupils of three classes which are trained according to different programs. Classes 5E1 and 5E2 are trained on a new education system, the class 5P is trained on traditional system.

Longitudinalny parallel research are conducted of physical development and physical fitness (according to G. Apanasenko), screening tests (value judgment of own health and the characteristic of a day regimen) is conducted. Questioning of pupils and parents concerning social and hygienic features of vital activity, an assessment of quality of life and school adaptation (across Aleksandrovskaya).

Today tendencies of development of humanity among which leader is development of information society caused an imperative need of ability unconventionally, it is original to think, ability to find new problems and unusual ways of their decision. Therefore in many countries of the world the new educational and pedagogical programs referred on exceptional children, so-called the new education which has to improve their social and psychological adaptation in environment create conditions for realization of their potential and its effective use for a sustainable development of all society intensively develop and take root into life. In the same time the amount of time is considerably reduced, modern school students devote to physical exercises, walks and sport. Influence of level of physical activity on mental efficiency of school students is visually reflected in this work.

The work purpose – to define influence of physical activity on mental efficiency of pupils of the fifth classes.

Materials and methods. In the course of research the analysis of dynamics of mental efficiency of academically capable children during training at the main school was carried out. Dynamics of mental working capacity was studied by means of proof tables of V. Y. Anfimov. Under the analysis quantitative and qualitative components of mental working capacity on the basis of average quantity of the tracked signs and mistakes standardized on 500 signs after each lesson, for school day and educational week got. On the basis of a complex assessment of the performed works levels of efficiency of pupils which characterize dynamics of a functional condition of a nervous system are allocated. Level and an orientation of changes in process of educational activity are also estimated by means of "working capacity curves". The obtained data are analysed with use of methods of variation statistics, the correlation and disperse analysis (SPSS-17 program).

As a result of researches it is taped that physical activity of pupils for a week significantly influences the level of mental working capacity. The best results were shown by pupils of a class 5E2 who are trained a new education system, pupils of a class 5E1 And 5P have no essential differences by results of mental working capacity.