



Figure 2. Distribution of students by travel frequency, % (compiled by the authors)

In the course of statistical processing of the obtained results, the method of single-factor analysis of variance was used. The influence of motives on the chosen forms of physical recreation was considered [1]. For convenience, the data were grouped by the number of observations. Based on the data on the motives and forms of physical recreation, the sums for the options, the sums of squares for the options, and the average values for the options were calculated. In the Statistica 12 software package, the values of the criterion were calculated to determine the reliability. The calculated values of the factor and residual variance made it possible to evaluate the influence of the respondents' motive criterion on the preferred form of physical recreation. The factor dispersion was 69.4%. The contribution of the residual dispersion due to random influences was 30.6%.

Conclusions. Physical recreation is a significant socio-cultural phenomenon and a productive option for the rational organization of students' free time. Educational universities are an important segment of consumers of physical recreation services, as they feel the need for physical development and self-affirmation, recuperation, knowledge and spiritual development, the desire to maintain and develop physical fitness. Students prefer active, combined forms of physical recreation and its organized types; the main source of information about sports and recreational services is the global Internet and advertising in social networks; The dominant criteria when choosing physical recreation are the correspondence to the natural need for various types of physical activity, health promotion opportunities, price, interesting program, appropriate sports and recreational infrastructure, and the presence of a company.

Thus, taking into account the recreational needs of students of universities in the region as potential consumers of physical recreation services will allow developing new proposals, expanding the range of sports and recreational recreational services in the region,

increasing its competitiveness, which should be taken into account when choosing the correct orientation for the development of sports and recreational and tourist and recreational activities in region. Taking into account the needs of the student audience in physical recreation is necessary to develop programs for the effective recovery of students after the educational process, which corresponds to the strategy for implementing the federal project "Sport is the norm of life."

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Factors of variability of indicators of complex physical fitness of students

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Corresponding author: i.alenurov@mail.ru

PhD, Associate Professor **E.A. Alenurov**¹

Dr. Hab., Professor **V.Yu. Karpov**²

E.S. Kumantsova³

PhD, Associate Professor **A.V. Dorontsev**⁴

^{1,2}Russian State Social University, Moscow

³Moscow State Technical University of Civil Aviation, Moscow

⁴Astrakhan State Medical University, Astrakhan

Abstract

Objective of the study was to determine the values of the contributions of various factors in the variability of indicators of the complex physical fitness of university students.

Methods and structure of the study. The article used methods for determining body types, the formation of healthy lifestyle skills, the harmony of physical development, somatic health and complex physical fitness: 100 m run, standing long jump, 3x10 m shuttle run, torso forward tilt, 3000 run m (women - 2000 m). The study was conducted in September-October 2019 at the Russian State Social University, in which 349 students took part.

Results and conclusions. The research materials made it possible to determine the values of the contributions of various factors to the variability of the indicators of the complex physical fitness of university students. The greatest influence was exerted by such factors as body type, medical group, physical health. This gives grounds for differentiating the estimated indicators of the complex physical fitness of university students, taking into account these factors. The results of the study indicate that the traditional generalized method of assessing the indicators of complex physical fitness of university students is not objective and requires consideration of the factors under consideration.

Keywords: significance of factors, complex physical fitness, body type, health, healthy lifestyle skills, physical development.

Introduction. Until now, the issue of objective assessment of indicators of physical fitness of university students has not been resolved [1, 2, 5]. Teachers of physical culture departments are mainly guided by the requirements for assessing the level of complex physical fitness of students, which they developed within the framework of the Federal State Educational Standard of Higher Education without taking into account the influence of various factors [3, 4].

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formation of healthy lifestyle skills, the harmony of physical development, somatic health and complex physical fitness: 100 m run, standing long jump, 3x10 m shuttle run, torso forward tilt, 3000 run m (women - at 2000 m). The study was conducted in September-October 2019 at the Russian State Social University, 349 students took part in it.

Results of the study and their discussion. Based on the analysis of variance, the contributions of various factors (body type, passport age, belonging to a medical group, the formation of healthy lifestyle skills, the harmony of physical development, somatic health, regional and gender characteristics) on the variability of indicators of complex physical fitness of students of 1-4th grade were determined. Courses of basic and preparatory medical groups.

In men of the main medical group, the factor "Body type" has the greatest influence on the variability of indicators of complex physical fitness (24.6%). In women, the significance of this factor is also quite high - 22.1%. According to our data, the results of men of thoracic and digestive body types differed most significantly in the 3000-meter run, muscular and digestive ones - in pull-ups on the bar, and in women of thoracic and digestive body types - in the 2000-meter run.

In men, the influence of the "Passport age" factor on the results of the complex physical fitness of students of the main medical group was 4.6%, and in women - 5.8%. According to the data, in men the significance of the factor under consideration is most pronounced, which manifests itself in the 3000-meter run, and in women - in pull-ups on the low bar.

For students of the main and preparatory medical groups, the influence of the "Medical group" factor in the variability of indicators of complex physical fitness is quite high: men - 17.5%, women - 14.8%. In men and women, the greatest influence of this factor was found on the results of endurance running.

The importance of the factor "Harmony of physical development" in assessing the level of complex physical fitness in men was 8.6%, in women - 7.4%. The greatest differences in the indicators of complex physical fitness in men of harmonious and sharply disharmonious types of development were manifested in the long jump from a place, and in women - in the shuttle run 3×10 m.

The factor "Formation of healthy lifestyle skills" had a certain impact on the effectiveness of indicators of complex physical fitness in both men (9.3%) and women (6.5%). The greatest differences in endurance running indicators were found in students with high and low levels of healthy lifestyle skills.

The factor "Somatic health" also influences the level of complex physical fitness of students (men - 9.9%, women - 7.7%). The greatest influence of this factor was manifested in students in endurance running.

The "regional factor" (students of the Moscow, Tula, Tver, Yaroslavl and Ryazan regions, Moscow city) also affects the variability of the indicators of the students' complex physical fitness (men - 4.5%, women - 3.7%), but their significance is less pronounced compared to other factors.

The results of the complex physical fitness of university students depend on many factors, their

significance of the impact varies significantly, but mainly depends on the type of physique.

Conclusions. The results of our study indicate that the traditional average method of assessing the physical fitness indicators of university students is not objective and requires, first of all, taking into account body length and weight indicators.

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Development of cognitive skills of children with hyperactive and hyperkinetic disorders on the basis of developing horse riding

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PhD, Associate Professor **N.V. Karpova**¹

E.R. Bogachenkova²

PhD, Associate Professor **I.N. Bakai**¹

PhD, Associate Professor **V.P. Kartashev**¹

¹Russian State Social University, Moscow

²Rehabilitation riding center "Harmony in motion", Klin

Corresponding author: natakarpova3@gmail.com

Abstract

Objective of the study was to develop and substantiate a program of developing riding using the "Harmony in Motion" manual.

Methods and structure of the study. The development was carried out on the basis of the equestrian club "Minsky Castle" in the indoor arena, the organization of the ANO "Center for Rehabilitation Riding "Harmony in Motion" from 08/01/2021 to 02/01/2022. Empirical research methods were used, namely, comparison and observation over five months of continuous training in developing riding twice a week. Tests were also used to evaluate the effectiveness of the applied methods.

The observation group included 10 children (6-8 years old) with the following diagnoses: - hyperactive disorder, combined with mental retardation and stereotyped movements F84.4; hyperkinetic disorders F90.

Results and conclusions. The conducted studies showed that the method of developing riding without the aid and with the use of the aid "Harmony in motion" equally positively affected the impulsivity, lack of active attention, and motor disinhibition of children. The use of the aid had a greater impact on the development of cognitive skills in children with hyperactive and hyperkinetic disorders than the method of developing riding without the use of the aid.

Keywords: hippotherapy, physical rehabilitation, animal therapy, developmental delay, developmental aid, exercises.

Introduction. In corrective classes of adaptive physical culture, with the help of certain physical activity, the child not only learns to be aware of his "I", himself in space, but also learns to plan certain actions to achieve results, interact with other people, develop memory, attention. But there are some difficulties in conducting such classes in the AFC hall [3]. Firstly, this is due to the low motivation of children to perform exercises, and secondly, at the initial stage of rehabilitation, a lot of time is spent on organizing interaction between the child and the instructor.

In the lessons of developing horseback riding, there are no such difficulties, if you gradually approach the organization of classes, then as a result, children have a strong motivation to perform motor tasks, and interaction with the instructor begins faster

due to well-built relationships through communication with the horse. The horse itself serves as a powerful motivation, which is expressed in the desire of the child to attend classes.

The effect of the "Harmony in Motion" manual on praxis, body scheme and spatial orientation is presented in the article [2]. The manual consists of laminated sheets with images of a rider in various positions, circles with the same image are located on the Velcro on top, two "blank sheets" with three and six empty cells for a separate study of positions, building individual tasks.

We assume that the use of the "Harmony in Motion" manual will allow us to increase the effectiveness of rehabilitation within the framework of developing riding. In order to test this hypothesis, we selected two tests to confirm or refute this assumption, which were