

**TO THE QUESTION ON THE
ORGANIZATION OF PHYSICAL
TRAINING
STUDENTS WITH THE WEAKENED
HEALTH**

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The illnesses got still in the childhood or during study at school, in most cases progress in student's years. The number of the students engaged in physical training in a special medical group increases annually. So according to G.I. Bulnaeva and O.M. Bujkova (2004), the percent of practically healthy students in 1992 made 54.6 % and a decade later 42.0 %. In a given situation both the theory and practice on improvement of student's youth by means of physical training require further perfection. Besides a new approach to the development of physical training and sports carries cardinal changes in organizational structures of high schools, programs and plans which provide process of improvement, especially for people the weak health. In higher educational institutions on the faculty of Physical training the students with the weakened health are engaged in special medical groups.

The most important method of struggle against illness is a healthy way of life the component of which is an active physical training. In conditions of worsening ecology and constant stress health are marked essential deviations in a state of students'. The interrelation between physical readiness, the general condition of an organism and capacity for work which is made special demand on by manufacture (Kabachkov V.A., 2006) is getting most visible. The future experts having poor health and weak physical development, as well as chronic diseases, cannot master curricula to a considerable extent (Balsevich V.K./ 2002, Korepanova E.V., 2003, Pakulina S.A., 2004).

Carried out comparative analysis of a state of health, control test of physical development and physical ability of students of Astrakhan state technical university (ASTU) has convincingly shown, that for last years the steady tendency of downturn of a level of

physical capacity deterioration in functioning of the basis organs and system, decrease in adaptation to work to be done is observed. The results of medical examination show, that the majority of applicants for enter have chronic diseases and in some cases more that one (Kuznetsov I.A., 2006).

The most actual is the problem of physical training of the students related to a special medical group by the state of their health. Moreover, there is still no scientifically proved technique of physical training for the given contingent. Some high schools practice unreasonable exempt of students from physical training that results in progressing consequences of hypodynamia and in deterioration of physical and capacity of the students. Quite often physical training of students of special exercises is applied without taking into account the functionalities and a state of their health (Taran V.A., Larin J.A., Larionova N.N., Shcherbina V.A., 2004). In this connection, it is rather important to organize physical training for them in a special way to avoid situation when impellent activity leads to the deterioration of morphofunctional conditions of an organism rather than to recovery. The individual, strictly differentiated approach to any particular student is vital for physical training when for a basis the diagnosis is taken. It has allowed distributing students ASTU with the weakened health into following:

- Cardiovascular diseases – 57 %
- System of organs of digestion – 23 %
- Organs of sight – 16 %
- Other organs and systems – 4 %

Such composition of groups in our opinion is logical as it assumes preservation of the basic pedagogical principles of physical training, takes into account individual opportunities, indications and contra-indications of application of means and trainings.

Thus, on the basis of the analysis of a health state of ASTU students it has been revealed, that every year the number of special medical group which require strictly individual physical trainings increases. Distribution of such students in to groups on the basis of the revealed somatic frustration of the various register will allow raising effectively the quality of physical training influence on the weakened

organism. Practical decisions in this field will resolve a number of the contradictions taking place in a modern education system, including those between continuous growth of requirements to students and decrease in adaptable opportunities.

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**THE DEVELOPMENT OF
PROFESSIONAL CULTURE OF FUTURE
DESIGNERS
BY STUDYING OF ALTERNATIVE
TECHNIQUES AND MATERIALS IN
DECORATIVE TEXTILE**

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At the present time the question of synthesis of Arts is studied enough. This synthesis is expressed as relations between Architecture, Statuary art, Pictorial and Monumental Art. Such moments as, the character of interaction between Architecture and certain directions of applied decorative Art, especially the decorative textile in interior appearance, are poorly known.

At first sight it seems that using textile in design of interior is a very specific sphere of human activities. Textile is an important element that makes style, form and color elements of interior.

In the modern design the profitable aspects are alternativeness, irregularity of decisions, approaches and designer's fabrics. The unique character, in the context of designer's version makes such things unique.

The State Educational Standard of the specialty 0524.00 – “Design” includes disciplines of the course “Decorative textile”. Unfortunately, there is not much attention paid to the disciplines while professional education of designers. These disciplines are excluded from the curriculum and were substituted for other subjects at some Universities.

These contradictions make us attack this problem that is the significance and originality of the problem. The Universities must be oriented on the world tendencies in the field of new technologies and materials. Nowadays it is difficult to follow the traditional directions in design of the things. The atmosphere of experiment is unaffected. The irregularity of decisions is realized in frontal and volume and graphical fabric compositions. The volume and graphical compositions are such things as: screens, frame static and kinetic compositions, volume lamps (floor, desk, overhead, wall and embrasure;), and also frameless lamps made of bonded fiber and frame lamps of any shape, textile furniture (shelves, arm-chairs, decorative pockets and other), overhead decorative textile compositions. Panel, wall horizontal decorative compositions are frontal.

At the Orel State technical University we are trying to take into account all modern tendencies of fashion, new technologies and materials when we train designers at the chair of “Design”. That's why on the first stage of decorative textile studying the students study traditional materials, test all classic methods, styles, then they experimentally find out new items of designer's finds. The alternative materials in the decorative textile are the synthetics of glass, metal, wood, stone and textile, using coloring, synthesis of different textile methods (batic - macramé, batic - tapestry, tapestry - patchwork), heating, phyto-design, buttonhole tapestry, pyrography and other methods.

Thus, studying of alternative techniques and materials in decorative textile plays great role in the development of professional culture of future designers.

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