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Key words: morpho-
logical and functional
condition, physical
health, schoolboys.

Received: 19.11.2013
Accepted: 14.12.2013

UDC 613.955+613.731:6–053.5

THE FEATURES OF THE MORPHOLOGIC AND FUNCTIONAL STATE OF A MAIN GROUP OF SCHOOLBOYS WITH LOW PHYSICAL HEALTH

The study was performed as a part of research works “Medical maintenance of sporting, recreational and restorative training” (state registration number 0111U001374) and “Medical electronic passport of citizen of Ukraine” (state registration number 0108U001039).

ABSTRACT. Background. The problem of preserving and strengthening of children’s health has been and remains one of the topical problems in modern medicine. Experts attribute the deterioration of health indicators both with environmental degradation, declining social and medical culture, and with insufficient capacity of methodology of assessment of children’s health on to the stage of clinical entities. The current method does not reflect the adaptation of the child to physical activity, and moreover, can not predict the probability of chronic diseases’ emergence. Applying of Rufe test during medical examinations that is proposed by regulatory documents, does not solve and even complicates the distribution of pupils into health groups for physical training. The reason for the problems with the use of Rufe test as a method of diagnostics of functional state of the cardio – vascular system of children is seen in ignoring of the child's age when calculating the index Rufe. **Objective.** Revealing of the indicators characterising a morphological and functional condition of schoolboys of 10-12 years of the basic medical group with low level of health was a research objective. **Methods.** To study were selected by children 10-12 years referred for medical examination by the method S.M. Hrombaha to the primary health care team. **Results.** It was established that the greatest accuracy and information content has methods of Apanasenko G.L. "Quantitative rapid assessment of the level of children’s and teenagers’ physical health", which enables on prehospital stage to conduct primary screening with quantitative determination of level of the individual pupil's health and not the presence or absence of acute or chronic diseases or defects of development. It is proved that the level of health by Apanasenko G.L. correlate well with indicators that define the functional status and adaptation to physical stress of children and teenagers. The study of functional status of school children 10-12 years with low health, clearly demonstrated and analyzed their features. **Conclusion.** It is defined that there is the dependence of functional status, physical performance, level of physical activity, acute morbidity on the level of physical health by the method of G. Apanasenko.

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Citation:

Nekhanevich OB, Krasnozhon SV. [The features of the morphologic and functional state of a main group of schoolboys with low physical health]. Morphologia. 2013;7(4):51-7. Ukrainian.

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