

ISSN: 2613-5817; E-ISSN:2613-5825, DOI prefix: 10.23747  
VOLUME 04 ISSUE 04 2018

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# PROCEEDING OF THE INTERNATIONAL RESEARCH, EDUCATION & TRAINING CENTER

MULTIDISCIPLINARY JOURNAL  
REFEREED & REVIEWED JOURNAL



**PSYCHOLOGY, SOCIOLOGY, ANTHROPOLOGY, AND PHILOSOPHY SCIENCES**  
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**I never think of the future - it comes soon enough. Albert Einstein**

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**TALLINN, EESTI 2018**

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ISSN: 2613-5817; E-ISSN: 2613 – 5825.

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## THE INFLUENCE OF LESSONS HAND-TO-HAND FIGHT «SPAS» ON THE DEVELOPMENT SPEED-POWER QUALITIES OF YOUTH.

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### ABSTRACT

The literary analysis has shown that a significant place in the process of physical education should be given to the development of speed-strength qualities. Speed-power abilities can also be developed with the use of exercises Ukrainian national fight - hand-to-hand fight «Spas».

The aim of this research - to determine the influence of occupations of the Ukrainian national hand-to-hand fight «Spas» on the level of development of speed-strength abilities of boys.

The main methods of research were: analysis of modern scientific and methodological literature on the topic of research; pedagogical observation of the training process of young men who attend classes hand-to-hand fight «Spas» to determine the means and methods of developing speed-power abilities, for determining the explosive strength of the leg extensors: 30m flying start test, long jump (cm), vertical jump height, triple jump on the right leg (cm), 1 kg Med Ball Sit-up Throw (cm), crunch, index of speed and speed-strength index; methods of mathematical statistics.

The research was conducted in the educational complex «Zaporizhska Sich».

It was comparable to the physical preparedness of 11 boys aged 15-16 who attended lessons from the hand-to-hand fight «Spas» and 14 pupils attending physical education lessons with the inclusion of elements «Spas». A pedagogical experiment was conducted.

At the end of the experiment, in the experimental group, there were noted differences in the five tests compared to the control group, with the exception of the vertical jump height test, where there was only a tendency to improve the performance.

Positive influence on the indicators of speed-power abilities of boys of the Ukrainian hand-to-hand fight «Spas» has been determined according to the speed index and speed-force index.

**Key words:** Ukrainian national fight hand-to-hand fight «Spas», speed-power abilities, indexes, training process, youths.

### РЕЗЮМЕ

Під час літературного аналізу проблеми з'ясовано, що значне місце в процесі фізичного виховання повинно бути відведено вихованню швидкісно-силових якостей і, що розвиток швидкісно-силових здібностей можливий і в умовах застосування вправ українського рукопашу «Спас». Було встановлено позитивний вплив на показники швидкісно- силових здібностей юнаків засобів українського рукопашу «Спас».

**Ключові слова:** український рукопаш «спас», швидкісно-силові здібності, індекси, тренувальний процес, юнаки.

**Problem statement and analysis of recent research.** The data of scientific methodological literature and sports practice show that the development of speed-strength qualities in children of the senior school age is a complex and ineffective process, while the junior and middle school age creates favorable conditions for this [2, 6]. In connection with this, the need for a study aimed at studying the dynamics of development of speed-strength qualities, which manifests itself in young men in many movements during the occupation of the Ukrainian hand-man "Spas", becomes more acute. Today the Ukrainian manpower "Spas", as the Ukrainian national martial art of knowledge in Ukraine and beyond its borders [7]. Questions of the development of speed-strength abilities and their age-related changes were studied in detail by domestic and foreign researchers [1, 3, 4]. Some authors note that the most favorable period in the

development of motor abilities, in particular, speed-strength, is the school age, during which significant morpho-functional changes occur in the body [4].

The analysis of scientific and methodological literature suggests that a number of topical issues of the development of speed-strength abilities at young athletes engaged in various sports, especially the Ukrainian hand-arm SPAS, did not find their reflection in scientific publications [5, 6]. In connection with this, there is a need for a study aimed at studying the impact of hands-on activities "Spas" on the development of speed-strength abilities in young boys of the senior school age is relevant.

**The purpose of the research** is to determine the impact of the Ukrainian Spiderman hand-held activities on the level of development of speed-strength abilities of boys.

Formulated in the introduction, the purpose of the work allowed to determine the following research objectives:

1. To study the development of speed-power abilities in young men of the senior school age who are engaged in the hand-arm SPAS.
2. Determine the increase in the indicators of speed-strength abilities of young men experimental and control groups at the end of the experiment.
3. To reveal the speed-power possibilities of boys in both groups according to the indexes of indexes (speed index and speed-force).

**The main methods of research were:** analysis of modern scientific and methodological literature on the subject of research; pedagogical observation of the training process of young people attending lessons from the manuscript "Spas", in order to find out the content of means and methods of development of speed-strength abilities; Determination of explosive force of extensor legs: running 30 m in turn, (c), jump in length from space (cm), jump in mountain from place (cm), triple jump from place on right foot (cm), throwing ball 1 kg with inc. lying (cm), lifting the trunk for 1 min from inc. lying (number of times); calculation of the index of speed and speed-strength index; methods of mathematical statistics. The research was conducted on the basis of the educational complex "Zaporozhye Sich". We conducted a survey of boys aged 15-16 in the number of 11 students who attended lessons from Spas manort and 14 pupils attending physical education lessons with the inclusion of elements from the manuscript "Spas".

In order to achieve the goal, a pedagogical experiment was conducted, the task of which was to study special and scientific literature on the age-related peculiarities of the development of speed-strength abilities, methods of their assessment and developmental methods, as well as in revealing changes in the indicators of speed-strength abilities in boys of the 15- 16 years under the influence of the hands-on exercises "Spas" and physical education lessons according to the program, with the inclusion of elements from the manuscript in the content of the lessons.

**Presentation of the main material.** At the beginning of the experiment, in the indicators of velocity-force orientation between the experimental and control groups of young men, the probable differences in the two test exercises were revealed, in other differences in the indices, there were no probable differences.

At the end of the experiment, the probable differences in the experimental group of boys were noted in five tests compared with those of the boys of the control group, with the exception of the index (uphill), where there was only a tendency to improve the performance.

The analysis of indicators of speed-strength abilities, separately for boys of the experimental and control groups, showed that the boys of the experimental group significantly and probably improved their performance during the exertion (Table 3). The analysis of indicators of relative growth in speed-power abilities under the influence of the hands-on exercises "Spas" in the experimental group showed that on 6,3% the result was improved in running at 30 m; in jumps in length from place - at 7.75%; in the triple jump on the right leg - by 9.44%; in throwing a ball 1 kg - by 8.4%; in body lift for 1 min - by 19,9% and it is statistically probable.

In the control group, the probable increase occurred in such speed-power indicators as: running at 30 m - by 4.6%; in a triple jump on the right leg - 5.77%; in body lift for 1 min - 20.9%. However, in the three speed-power indicators, the relative growth was insignificant and had no probable differences.

We also carried out an analysis of the speed-power ability of boys of the experimental and control group on the basis of the indexes of the indexes of speed and speed-strength index at the beginning and at the end of the experiment (Table 4, 5).

Assessment of indicators of speed index (IS) in young men in the experimental group at the beginning of studies indicates a low level of physical condition, since the indicator is lower than the norm and is  $2.88 + 0.06$  USD. (Table 4).

The evaluation of the physical condition of the boys of the control group for the index of speed (IS) and speed-strength index (SDI) showed that the speed index both at the beginning of classes and at the end corresponded to the low level.



Thus, the speed index (AI) at the beginning was  $2.95 + 0.7$  a.o., at the end of the year it also corresponded to the low level -  $2.82 + 0.05$  USD.

The level of assessment of the speed-strength index (SDI) in the control group of boys at the beginning and at the end of the school year was higher than the average level ( $1.25 + 0.08$  USD and  $1.28 + 0.09$  USD) (Table 5). In the experimental group, the speed-power index (SDI) was higher than the average ( $1.29 + 0.09$  USD), and at the end of the research it became high ( $1.39 + 0.50$  USD) at  $p < 0.05$ .

Thus, it was found out that the means of Ukrainian manpower "Spas" positively influence the upbringing of speed-power abilities of boys 15-16 years old.

**Conclusions.** Thus, during the experiment it was determined that the means of the Ukrainian manpower "Spas" contributed to a significant improvement in the development of speed-strength abilities in boys aged 15-16.

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## A LEVEL OF POPULARITY OF NON-OLYMPIC TYPES OF SPORT IS AMONG STUDENTS OF UNIVERSITY SPORTS PROFILE.

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### ABSTRACT

The analysis of scientific and methodological literature revealed that there is insufficient information about the non-Olympic sports, their development in different regions of the country and the results of competitions in some non-Olympic sports.

This article presents the results of the surveying of 360 students of five universities of Ukraine who train specialists in physical culture and sports (Prydniprovsk State Academy of Physical Culture and Sports, Zaporizhzhya National University, Lviv State University of Physical Culture, Kharkiv State Academy of Physical Culture, Zaporizhzhya National Technical University) regarding the level of popularity of the non-Olympic sports that are officially recognized in Ukraine. The questionnaire presented 103 non-Olympic sports with a scale from 1 to 10. It was identified in 3 categories of sports - known (7-10 points), little known (4-6) and not known (0-3).

Professional boxing and bodybuilding were included in the category of well-known non-Olympic sports. The category of little-known sports included 45 non-Olympic sports. In the category of unknown non-Olympic sports included 56 non-Olympic sports.

The analysis of the results of the surveying showed that the neolympic sport at this stage is not known among the students and is not popular. This indicates that there is a problem of lack of knowledge about non-Olympic sports among students, there is little advertisement and information on these sports in information sources, little information is provided in the training of specialists in the field of physical culture and sports, these sports are not distributed in the country.

The solution to this problem must begin with the training of specialists in non-Olympic sports. For this purpose, it is necessary to raise the students' informality about non-Olympic sports, to open new specialties in higher educational establishments of sports and to distribute non-Olympic sports in the country.

**Keywords:** neolympic sport, popularity, higher educational institutions.

### РЕЗЮМЕ

У цій статті представлені результати анкетування щодо рівня популярності неолімпійських видів спорту, які офіційно визнані в Україні, серед студентів п'яти вищих навчальних закладів спортивної спрямованості.

**Ключові слова:** неолімпійський спорт, популярність, вищі навчальні заклади.

**Problem statement and its relevance.** Neolympic sports in Ukraine as a component of sport since 2009 are an integral part of the sport movement and an integral part [2].

Today, the number of non-Olympic sports officially recognized in different countries of the world, according to various data, exceeds 3000. 110 non-Olympic sports were officially recognized in Ukraine [3].

The analysis of scientific and methodological literature revealed that at present there is not enough information on non-Olympic sports, their development in different parts of the country and the results of competitions in certain non-Olympic sports. It was determined that only some specialists are concerned with the lack of knowledge of non-Olympic sport among students who study at higher educational institutions of a sports profile [1, 4, 5, 6]. Therefore, in our opinion, there is an urgent problem of the lack of information about non-Olympic sports, especially among future specialists in the sphere of physical culture and sports.



**Purpose:** according to the results of the survey, determine the popularity of non-Olympic sports among the students of the sports schools.

**Organization of research.** The survey was attended by 360 students from five universities of Ukraine who train specialists in physical education and sports, namely: Dnipropetrovsk State Institute of Physical Culture and Sports, Zaporizhzhya National University, Lviv State University of Physical Culture, Kharkiv State Academy of Physical Culture, Zaporizhzhya National Technical University .

The questionnaire was presented to 103 non-Olympic sports with a scale from 1 to 10. Under each sport, students set a mark on how much they are familiar with this sport.

**Research results.** Based on the analysis of the data obtained, the average arithmetic of each sport was calculated and a scale of assessment was developed that divided all non-Olympic sports into 3 categories.

Thus, according to the category of well-known non-Olympic sports, those sports that scored an average score of 10 to 7 came in. This category included only 2 non-Olympic sports, this is professional boxing and bodybuilding. The results indicate that these sports are well-known, popular among young people, they are well-developed throughout the country and have both national and city federations in each city of Ukraine.

The category of lesser known non-Olympic sports include those types that received an average score of 6 to 4. This category included 45 non-Olympic sports. These sports are also popular, but the individual range of young people ranged from 1 to 10 points. This may be explained by the fact that in these sports the structure of federations is not sufficiently developed, some sports are poorly developed in some parts of the country, they are not provided with sufficient information in information sources on the results of competitions, etc.

Thus, we see that professional boxing and bodybuilding are well-known and popular in almost all universities where questionnaires were conducted. It is possible to note that at the Kharkiv State Academy of Physical Culture, the professional boxing received the highest average score - 9.4. This suggests that it is a well-known sport among students in this university.

Also, it is clear that only in the Zaporizhzhya National University the priority sports are sports aerobics, sports dances and fitness which did not fall into the priority of other universities. This is explained by the fact that in this university these non-Olympic sports are well developed and popular among students, there is a team of sports aerobics and there is a set of students for these specialties.

In the Dnipropetrovsk State Institute of Physical Culture and Sports and Lviv State University of Physical Culture, we see the same priority non-Olympic sports (professional boxing, bodybuilding, billiard sport), which is conditioned by the fact that there students study in these specialties.

Also, in the Zaporizhzhya National Technical University priority is hand-to-hand fighting, because there is a student's wife on guarding the public order of ZNTU "SHIT" in this higher educational establishment, representatives of "SHITA", which includes senior students, are constantly successfully participating in competitions on hand-to-hand fight In the Kharkiv State Academy of Physical Culture, the hand-to-hand combat is a well-developed sport, there is a set of students for this specialization and quite a lot of articles and dissertations on the development of hand-to-hand combat and improvement of the training process in this sport.

**Conclusion:** Having analyzed the results of the questionnaire, it can be said that the neolympic sport at this stage is not known among the students and is of little popularity. This indicates that there is a significant problem of lack of knowledge about non-Olympic sports among students, little information on these sports is provided in information sources, little information is provided in the training of specialists in the field of physical culture and sports, these sports are not covered by the whole country.

It is important to solve this problem, and to begin with the training of specialists in these kinds of sports, for this purpose it is necessary to raise informativity about non-Olympic sports, to open new specialties in higher educational establishments of sports and to distribute non-Olympic sports in all parts of the country.

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## DEFINITION OF INDICATORS OF THE LEVEL OF DEVELOPMENT OF STRENGTH AND SPEED-POWER PROPERTIES OF QUALIFIED SAMBO-WRESTLERS

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### ABSTRACT

**Purpose:** to determine the level of development of the strength and speed-strength properties of qualified sambo-wrestlers.

**Material and methods:** the study used a theoretical analysis of scientific and methodological literature, pedagogical testing and methods of mathematical statistics. 12 athletes of 17-18 years old took part in the pedagogical testing.

**Results:** research materials indicate that the growth of sports qualifications from the "Candidate Master of Sports" to the "Master of Sports" is accompanied by a significant increase in the level of development of the strength properties of athletes, as well as a slight increase in the level of development of speed-strength properties.

**Conclusions:** analysis of experimental data suggests that the leading are the power properties that affect the growth of sportsmanship among sambo-wrestlers from the qualification "Candidate Master of Sports" to "Master of Sports".

The obtained indicators can be applied at construction and control of the training process of qualified athletes specializing in sambo and other kinds of sports martial arts.

**Keywords:** struggle, performance, strength, speed-strength properties.

### АНОТАЦІЯ

В статті наведені показники розвитку сили та швидкісно- силових якостей самбістів. У тестуванні взяли участь 12 спортсменів (вік 17- 18 років, стаж занять 9-10 років). Досліджувалися силові показники та рівень розвитку швидкісно-силових якостей. Виявлено, що на підвищення спортивної майстерності впливають провідні силові якості.

**Ключові слова:** боротьба, показники, сила, швидкісно-силові якості.

**Setting up a research problem.** In modern sports, raising the results in competitions is closely linked with the optimization of means and methods of the training process. In the preparation of fighters, it becomes important to identify the relationship and composition of physical training, aimed at the development of power and speed-power qualities. According to many experts, this will allow to optimize the training process of qualified fighters engaged in martial arts, in particular sambo [1, 3, 5, 7].

In connection with the constant change over the last ten years, the rules of competitions in sports (Greco-Roman wrestling, free fight, sambo, judo), changes occurred in the training process of skilled wrestlers. This, in turn, requires the study of the dynamics of indicators for increasing the strength and speed-power preparedness of fighters using a set of relevant tests [2, 6, 8]. Analysis of the results of these tests will allow to objectively evaluate the performance of power and speed-strength training of athletes and to identify the difference between the level of physical fitness of athletes of different qualifications. The results of the study can be applied in the practice of preparation for a more rational construction of the training process at the stage of specialized basic training.

**Analysis of recent research and publications.** An analysis of recent studies and publications shows that at the present stage of sport development in sambo there is practically no data related to this problem [1, 4, 6, 7].

The work is carried out in accordance with the thematic plan of scientific researches of the Pridniprovsk State Academy of Physical Culture and Sports for 2016-2020 on the topic: "Theoretical and Methodical Basis for Improving the Training Process and Competitive Activities at Different Stages of Athletes Training" No. of State Registration 0116U003007.

**The purpose of the study** is to determine the level of development of power and speed-power qualities of qualified Sambs.

**Research methods.** During the study, theoretical analysis of scientific and methodological literature, pedagogical testing and methods of mathematical statistics were used.

**Presentation of the main material.** The research was conducted in the sports hall of the sports struggle on the basis of the Dnieper Dnipro State Academy of Physical Culture and Sports. In the pedagogical testing involved athletes aged 17-18, engaged in various types of sports struggle (including sambo) and were at the stage of specialized basic training during a competitive mesocycle, when the athletes' preparedness was at a high level.

14 wrestlers participated in the testing, 10 of them youths are candidates for master of sports and 4 sportsmen - masters of sports of Ukraine.

In order to determine the level of development of power and speed-strength qualities of the Sambo 17-18 years, during the competition mesocycle we conducted pedagogical testing. All applied tests met the requirements of informativity, reliability and equivalence. The strength qualities of athletes were studied using the following tests: wrist dynamometry of the strength of the muscles of the stronger arm; hanging on bent hands; bending - extension of the arms in the emphasis lying; lifting the trunk from the lying position for 30 s. Speed-strength qualities were tested using control exercises - jumping up, jumping from the spot and jumping over a rope in 1 minute. The processing of the results of pedagogical testing was carried out with the help of methods of mathematical statistics.

In the process of studying the level of development of strength qualities of the Sambs, qualification of the candidate for the master of sports of Ukraine, the tendency towards the growth of these parameters was established (Table 1). Thus, the result of the force of the flexors of a stronger brush is statistically significant improvement of the parameters ( $p < 0,05$ ) - from 50,14 kg in CMCU sambists to 54,86 kg at athletes MSU, which, in turn, is an increase of 9%. The number of repetitions in the test "bending - arm wrinkling in the emphasis on lying" is increased from 79.86 times (CMCU qualification samboists) to 94.44 times (MSU), which contains an increase of 17%. In the test of "hinge on a crossrope on bent hands," the gain is 15%, because the results increase from 59.14 s to 67.86 s, respectively. The same tendency is observed in the analysis of test indicators "Lifting the trunk from the lying position for 30 seconds" - from 36.14 times (athletes qualifications KMSU) to 41.71 times (ISU) and an increase of 14%.

According to the testing of speed-strength qualities obtained in the course of experimental research, it was found that the indicators of the "jump from length" jump from 252.86 cm - to athletes KMSU, to 259.86 cm in the ISS sambists and the increase is only 2%. A similar tendency is observed in the tests: "jump up" - 51.29 cm (KMSU) and 53.57 cm (ISU), the gain is 4%; "Jumping through a rope in 1 minute" - 171 times and 173,71 times respectively, an increase of 1%.

So, analyzing the indicators of the level of development of speed-strength qualities of Sambs of different qualifications, it was found that the growth is statistically not significant ( $p > 0,05$ ). On the contrary, the results of the analysis of the indicators of power qualities revealed that with the growth of skills of sambists from the level of KSSU to the ISU recorded statistically significant improvement ( $p < 0,05$ ). This indicates that the level of strength training of qualified athletes who specialize in sambo, in comparison with speed-force readiness, increases significantly, as evidenced by the increase. Therefore, it is possible to assume that the strengths of the Sambo 17-18 years old are leading at this stage, undoubtedly, against the background of the development of other physical qualities of athletes.

The received digital data can be applied at construction and control of training process of qualified athletes specializing in sambo and other kinds of martial arts.

## CONCLUSIONS

On the basis of experimental research parameters of the level of development of power and speed-strength qualities of the Sambs with qualification were determined by the candidate for the master of sports and the master of sports.

Research materials indicate that the growth of sports qualification from the KMCU to the ISU is accompanied by a significant increase in the level of development of strength qualities of athletes ( $p < 0,05$ ). So, the gain in tests of dynamometry of a stronger brush was - 9%; bending - arm wrinkling lying down - 17%; hanging on bent hands - 15%; lifting the trunk from the lying position for 30 seconds - 14%.

The increase of sports skills from the KMCU to the ISU is accompanied by a not significant increase in the level of development of speed-strength qualities ( $p > 0,05$ ). So, the increase in the tests in the jump in length was - 2%, jump up - 4% and jumping through a jump in 1 minute - 1%.

An analysis of experimental data suggests that the leading strengths are the power quality that affects the growth of athletic skill in sambo from the CMCU to the ISU.

The prospect of further research is related to solving the problem of improving the effectiveness of techniques with the improvement of strength endurance of qualified Sambs.

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## ANALYSIS OF COMPETITIVE ACTIVITY IN SPORTS AEROBICS.

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### ABSTRACT

According to the analysis of literary sources, it was determined that the system of competitive activity in the theory of sports is not developed enough. Further improvement of the whole system of training of athletes should be carried out in the direction of studying and improving the competitive activity of the athlete.

Purpose of work – to conduct the comparative analysis of constituents of contention activity in a sporting aerobics. Such methods of research were in-process used: analysis of scientific and methodical literature; method of expert estimations; pedagogical supervision; methods of mathematical statistics. For the analysis of contention activity by us were the studied results of championships of Ukraine (2016 and in 2017) from a sporting aerobics and aerobics of fitness of different Olympic cycles – 2012-2016 and 2017-2020.

157 reports of sportsmen and 14 summary protocols of results of competitions were analyzed.

To characterize the loads of a competitive microcycle, we examined the load factors at 3 levels: competitive exercise; competitive day; competitive microcycle.

As can be seen from the results of the study, the total time of one competitive exercise in the previous Olympic cycle (2012-2016 years) in all categories of competitions was 90 + 1.36 seconds, the next season, the time of the competitive exercise was reduced to 80 seconds. For athletes who compete in several types of competitions, the "number of approaches" parameter in the Championship of Ukraine (2016) varies from  $2.1 \pm 0.3$  and up to  $3.3 \pm 0.7$  times. Since 2017, one athlete has the right to participate in no more than three categories, so the "Number of Approaches" parameter averaged  $2.2 + 0.4$ .

The most important indicators that characterize the amount of competitor loads of athletes are "duration of competitive actions", "number of approaches" and "duration of competitive exercise" was determined.

Changes in the rules of the competition in the 2017-2020 Olympic cycle allowed to reduce the time of the competitive exercise and competitive action, reduce the number of mandatory complexity items, and in the categories "Aerodance" and "Aerostep", there is no criterion "Difficulty".

**Keywords:** sports aerobics, competition, element, complexity.

### РЕЗЮМЕ

Проаналізовано 157 рапортів спортсменів та 14 зведених протоколів результатів чемпіонатів України зі спортивної аеробіки, які проводилися у різних олімпійських циклах. Встановлені найбільш значущі показники змагальної діяльності: «тривалість змагальної вправи», «кількість підходів», «кількість елементів».

**Ключові слова:** спортивна аеробіка, змагання, елемент, складність.

**Problem statement and analysis of recent researches and publications.** Modern sport of higher achievements is a unique model of intense activity to explore the potential and reserve capabilities of man [4, 7]. At the same time, the result, which showed the athlete in the competition, becomes an important and necessary indicator of the preliminary training of the athlete and his level of skill [1, 6].

At the same time, despite all the significance, the system of competitive activity in the theory of sports is not developed in full, therefore, according to VS Keller, L.P. Matveev, V.M. Platonov et al., Further improvement of the entire system of training of athletes should go at the expense of, first of all, the study and improvement of competitive activities of the athlete. At present, especially at the stage of higher sportsmanship, the preferred approach is based on the patterns



that reflect the unity, interconnection and interdependence of the structures of the athlete's preparedness and its competitive activities [1, 4, 5, 7].

One of the most important factors in the content of competitive activities is the competitive load, which controls in the process of the competition, can significantly affect the performance of exercises and the final result. Therefore, the knowledge of the trainer of quantitative indicators of competitive loads of the strongest athletes and their skillful use, taking into account the individual characteristics of trained athletes, will help ensure rational construction before competitive preparation and achieve maximum competitive result.

The analysis of scientific and methodological literature on aerobics showed that the content of planning and the means of controlling training loads were investigated only in certain types of sport team fitness, namely, in step aerobics (SI Atamanyuk, 2006), aerodisses (BV Kakarev , 2016).

In this regard, the study of the characteristics of competitive activities and control of competitive loads of athletes specializing in various types of sports and fitness aerobics, determines the relevance of the study.

**The purpose of the work** is to conduct a comparative analysis of the components of competitive activity in aerobic exercise.

To achieve this goal, the following research methods were used: the analysis of scientific and methodological literature; expert estimation method; pedagogical observation; methods of mathematical statistics.

**For the analysis of competitive activities**, we have studied the results of the Ukrainian Championships (CHU) in sports and fitness aerobics of different Olympic cycles - 2012-2016 (CHU-2016) and 2017-2020 (CHU-2017), we analyzed 157 reports of athletes and 14 consolidated protocols of the results of the competition.

**Presentation of the main research material.** Improving the system of pedagogical control of competitive activities in aerobic exercise involves, first of all, the definition of informative indicators that characterize the competitive load of athletes in various types of program of competition. We can also state that the number of mandatory elements of complexity has decreased in one competitive exercise. In the past, the Olympic cycle in sports (individual male and female performances, mixed pairs, triples, groups) performed 10 elements from different difficulty groups (A (static force), B (dynamic force), C (jumping), D (flexibility) ) In the performances of athletes in the category "Aerodyn" - 4 mandatory elements of difficulty from groups D (flexibility) and C (jumps), the maximum complexity of which is 0.6 points. In the Aerospace category, there are no complexity rules.

Since 2017, in connection with the changes in the rules of the competition, the number of mandatory elements both in sports aerobics and in the types of team sports fitness has changed. These changes relate to performances in sports - the maximum number of items is 9, with the exception of individual performances by women and men who still perform 10 elements. In the Aerodens performance category, complexity issues are not mandatory and are not judged by the judges. In the category "Aerospace" in the new rules, the criterion "Difficulty" is absent [2, 3].

Thus, the obtained data allowed to reveal the quantitative values of the main indicators of competitive activity of athletes in sports aerobics, taking into account the type of performances.

**Conclusions.** After analyzing the results, we can state the following. In modern scientific-methodical literature, there was no clear structure of indicators of competitive activity in aerobic sports. The most significant indicators, reflecting the amount of competitor loads of athletes, are "duration of competitive actions", "number of approaches" and "duration of competitive practice". Changing the rules of the competition in the Olympic cycle 2017-2020 allows you to reduce the time of competitive exercise and competitive action, the number of mandatory elements of complexity, in the categories "Aerodyn" and "AeroStep" category "Difficulty" is absent.

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## RESEARCH OF PHYSICAL DEVELOPMENT AND MORFO-FUNCTIONAL INDEXES FOR STUDENTS OF DIFFERENT HEALTH GROUPS.

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### ABSTRACT

Knowledge of the peculiarities of age-related development of children, taking into account their state of health, makes it possible to correctly ground, organize, plan and to conduct physical education of children at school.

A research purpose is a study of physical development and morfo- of functional indexes for children 7-9 years with the different state of health.

Researches were conducted in a gymnasium № 11 from Zaporizhzhya is with the children of midchildhood, with the different state of health: the main group of 30 people, including boys 14, girls 16; a preparatory group of 25 people, of which 13 boys and 12 girls; A special medical group of 28 people, including 13 boys and 15 girls. In all, 83 schoolchildren have been investigated. Morphofunctional indices in children were determined at the end of the school year. The results were statistically analyzed.

**Results.** The average physical development (length, body weight, chest circumference) varied with a decrease in the level of health of both boys and girls, especially among the students of the 1st and 3rd health care groups. Compares the indicators: body mass index (BMI), Pinje index, the living index and the Robinson index. The deterioration of the studied indicators with a decrease in the health of children was revealed. They were on average, below average and low levels.

Robinson's index for boys of the 1st group of health was average level, in the 2nd group - below the average level and in the 3rd group of health - the low level; in girls - the Robinson's index corresponded to the same levels as the boys.

The reliability of the differences in the values of heart rate (HR) was recorded in girls only among the 1 st and 3 rd health care groups; in boys - of the main, preparatory and special health groups.

**Keywords:** physical development, state of health, health status indices, young age.

### РЕЗЮМЕ

Розглядаються результати вивчення показників фізичного та морфо-функціонального розвитку дітей молодшого шкільного віку різних груп здоров'я. Порівнюються розрахункові показники масо-ростового індексу, індексу Пінґе, життєвого індексу, індексу Робінсона. Виявлено погіршення досліджуваних показників зі зниженням рівня здоров'я дітей.

**Ключові слова:** фізичний розвиток, стан здоров'я, індекси стану здоров'я, молодший вік.

**Formulation of the problem.** Physical development is a unique indicator of health. The child's body develops in a complicated, hereditarily programmed, lifetime and inevitably exposed to many biological and social factors [1].

According to a study by specialists [5], 75% of adults' diseases are inflicted in childhood. If twenty five years ago 20-25% of attenuated children were born, now the number of "physiologically immature" newborns has tripled. Every fourth child of junior school age suffers more than four times during the year. Only 10% of children come to school absolutely healthy. Among the backward children, 85-90% are not lagging behind because of laziness or underdevelopment, but due to poor health. During the period of schooling, the health of children is deteriorating by 4-5 times, the number of children with chronic diseases increases by 2 times [6].

**The purpose of the study** is to study the physical development and morphological and functional characteristics of children of junior school age with different health conditions.

**Objectives of the study:** to determine the indicators of physical development and morfo-functional status of pupils of different groups of health of the junior school age.

The following research methods were used to solve problems [3]:

- 1) the study and analysis of special, scientific and methodological literature;
- 2) the method of anthropometry, according to S.V. Khrushchev (1980), according to the length and weight of the body, the circumference of the chest;

- 3) the mass-growth index (Kettl) was calculated based on the mass and body mass indexes;
- 4) determined the Pignier index according to the formula by which the conclusion was drawn regarding the proportionality of body length, body weight, and circumference of the chest;
- 5) Spirometry method for evaluation of lung capacity (LU);
- 6) according to the indicators of the HEL, the vital index (Zhl) was calculated;
- 7) for determination of parameters of the cardiovascular system the pulse (heart rate) was measured by the palpation method;
- 8) arterial pressure was determined by the method of N.S. Korotkova using a standard tonometer;
- 9) calculated the Robinson index according to the formula for determining the level of health;
- 10) method of variation statistics.

The research was conducted in gymnasium № 11 of Zaporizhzhya with children of junior school age, which according to the state of health belonged to different groups: to the main 30 people, including boys 14, girls 16; to the preparatory 25 people, including 13 boys and 12 girls; The special medical group has 28 people, including 13 boys and 15 girls. A total of 83 students were surveyed. The morpho-functional indicators for children of junior school age, both girls and boys, were determined at the end of the school year. The results were statistically analyzed.

**Research results.** The assessment of physical health of primary school children was based on the determination of anthropometric data (length, body weight, OGK, mass-growth index and Pinyu index), and some morphological and functional parameters (SLL, HR, heart rate, systolic and diastolic blood pressure, index Robinson).

Based on the analysis of the physical development of boys of different groups of the health of junior school age, it was found that body length, OGK, JEL, JI, Kettl index (IR) and Pinyu index (IP) with a decrease in the level of health are changing.

An analysis of the physical development data of girls of different groups of health of the junior school age found that body length, OGK, JEL, JI, the Kettla (IK) index and the Pinyu (IP) index also decreased with a decrease in the level of health.

Analysis of indicators and functional status of boys and girls of different health groups has shown that the heart rate (HR) between groups, both boys and girls, had significant differences (Table 3). Significant differences in heart rates in boys were between the 1st and 2nd health groups ( $t = 2.12$ ) and between the 1st and 3rd group of health ( $t = 4.62$ ). In girls, significant differences in heart rates were noted between the 1st (primary) and the 3rd (special) groups of health ( $t = 3.18$ ).

**Conclusions.** Thus, the average indicators of physical development (length, body weight, chest circumference) changed with a decrease in the level of health of both boys and girls in the younger school age, especially among the students of the first and third medical students health groups. Differences in the values of the indices of mass-growth (Kettle), life (JI), Pignier and Robinson decreased with a decrease in the level of health, both in boys and girls, and were on average, below average and low levels. The reliability of the differences in the values of heart rate (HR) was recorded in girls only among the 1st and 3rd health care groups; boys in the main, preparatory and special health groups.

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## DIE PSYCHOLOGISCHEN UND EMOTIONALEN VORBEREITUNGSBESONDERHEITEN FÜR UFRSPINNANGELSPORTLER ZUR WETTKAMPFSTÄTIGKEIT

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### Аннотация

В данной статье рассматриваются значимые стороны серьезного и многогранного вопроса о психологических и эмоциональных особенностях подготовки береговых спортсменов-спиннингистов к соревновательной деятельности. Весомое место занимает вопрос о самооценке спортсмена-спиннингиста для достижения поставленной им результативной цели.

**Ключевые слова:** психология, эмоции, спортивный спиннинг, самооценка, результат.

**Das Aufführungsproblem.** Der Uferspinnangelsport hat eine große und lange Geschichte, die in 50-en, 60-en Jahren des vorigen Jahrhunderts begonnen worden war. Heutzutage hat sich die vorliegende Sportart – Spinnangelsport – in die zielgerichtete und wichtige sportliche Industrie entwickelt, die nicht nur technische, theoretische Neurungen und Errungenschaften sondern auch wichtige Perspektiven und wissenschaftliche Komponente einschließt. Fast alle Neuheiten und wissenschaftliche Informationen werden in solchen wissenschaftlich-populären Zeitschriften wie „Sportfischfang“, „Blinker“, „Anglersport“, „Fisch&Fang“, „Angler der Ukraine“, „Anglerwelt“ und anderen dargestellt. Ukrainischer Uferspinnangelsport hat seine eigene Profis und Meister wie J. Petrasch, D. Korzenkow, A. Lisitsa, J. Tupitsyn, O. Wyrezub, O. Mjasnikow, V. Kobeljuch, P. Mitjuritsch, K. Tschaban und andere. Die Sportuferspinnangel ist sehr interessante und intellektuelle Sportart insbesondere, die die Spinnangelsportler zwingt, die schnellen Beschlüsse zu übernehmen, die Strategie und Taktik zu ändern, die häufigen Ausreisen auf die Wasserbehälter zu machen, die bestimmten Fertigkeiten zu erwerben und die Methodiken der schnellen Raubfischsuche auszuarbeiten; darin ist das Zweck der wertvollen Fähigkeit, die, hauptsächlich, die psychologisch- emotionale Sphäre des Sportlers berührt. Doch, es bringt die Müdigkeit auch wegen häufigen Umstellungen und Proben im Fangsektor für die abgeführte Zeit, meistens, zur physischen Müdigkeit an, dann geht es, hauptsächlich, um eine psychische und emotionale Müdigkeit, die sowohl in der Trainingsperiode als auch in der Wettkampfperiode entsteht. Die tief berührte emotionale Sphäre des Spinnangelsportlers darf mit der negativen emotionalen Übersättigung in nötiger Minute nicht zurechtkommen, dass es letzten Endes zum langfristigen Regress anführen kann.

**Die Analyse der letzten Forschungen und Publikationen.** Die Forschungen, die von sportlichen Psychologen geleitet sind (Siehe.: V. N. Smolentsewa [9], A. V. Rodionow [8], V. R. Malkin [4], G. D. Babuschkin [5], A. Z. Puni [7], E. N. Gogunow [1] etc.) geben zu verstehen, dass eine Besonderheitenreihe der psychologischen Zustände des Sportlers und seine sportlichen Emotionen ihren Einfluss auf die Qualität der sportlichen Handlungen im allgemeinen, auf den Lauf und Erfolg der sportlichen Wettbewerbe öffnen, ihre Abhängigkeit von den objektiven oder äußeren Bedingungen der Wettkampfatmosphäre aufklären, was auch die Abhängigkeit der psychologisch-emotionalen Erlebnisse von den individuellen Persönlichkeitsbesonderheiten der weitfernden Sportler, für unseren Fall, der Spinnangelsportler, zu zeigen hilft. Vor allem müsste der Spinnangelsportler die inneren individuellen Forderungen kennen, die das Ergebnis oder das Ergebnis der vorliegenden Tätigkeit (das Auffangen des Testfisches!) befriedigen soll; d. h. die Stufen der Begreiflichkeit der inneren Forderungen. Hierher muss man auch die Selbsteinschätzung des Sportlers beitragen. Das innere „Abwiegen“ der psychologischen und emotionalen Zustände des Spinnangelsportlers wird die Grundlage für die Besonderheitenreiheentstehung der inneren Unterstützung und die Vorbereitung auf die Wettkampfständigkeit schaffen.

**Das Ziel des Artikels** schließt sich darin, auf einigen bedeutenden Seiten der ernsten und vielseitigen Frage über die psychologischen und emotionalen Besonderheiten der Uferspinnangelsportler zur Wettkampfständigkeit ausführlich stehenzubleiben.

**Die Hauptmaterialsdarlegung.** Nach den Worten des anerkannten Koryphäen der Sportpsychologie E. N. Iljin: „...die Tätigkeit der Sportler trägt den Wettbewerbscharakter und ist, nach ihrem Wesen, auf die Errungenschaft des maximalen Ergebnisses unabhängig gerichtet“ [3]. Solch eine überzeugte Meinung des ernsthaften Gelehrten gibt den Anlass, daran zu denken, dass die psychischen Erlebnisse des Spinnangelsportlers außerordentlich kompliziert, eigenartig, vielfältig sind, denn die extremen Uferspinnangelwettbewerbe fordern von ihnen die maximale Anstrengung in den, am meisten, ungünstigen Bedingungen. Auf den Wettbewerben im Uferspinnangelsport



entsteht das Verletzungsrisiko (z. B. das Fallen ins Wasser von einem steilen oder glitschigen Ufer, die Körperverletzungen an den scharfen Köderhaken u. a. m.). Und wir sind geneigt zu glauben, dass gerade deshalb „gilt die Hauptaufgabe der speziellen psychologischen und emotionalen Sportlervorbereitung zum konkreten Wettbewerb als die Zustandesschaffung seiner psychischen Bereitschaft zum Wettbewerbsauftreten“ [2].

Wenn man sich von der Systembereitschaft des Sportlers zu den Wettbewerben (nach A. Z. Puni) abstoßen lässt, so hebt man für den Spinnangelsportler nur einige Schlüsselpunkte heraus:

1. Die nüchterne Überzeugung in seiner Kräfte (ist auf der Bestimmung des Verhältnisses seiner Möglichkeiten und der Gegnerkräfte unter Berücksichtigung der Bedingungen der bevorstehenden Wettbewerbe gegründet).
2. Das Streben bis zum Ende fürs Wettbewerbsziel bis zum Ende zu kämpfen (wird in der Zielstrebigkeit des Sportlers geäußert, in seiner Bereitschaft bis zum letzten Wettbewerbskampfaugenblick für die Zielerrungenschaften führen zu müssen).

Die sportlichen Postulate, die vom autoritativen Wissenschaftler A. Z. Puni ausgesprochen wurden, verdienen nicht nur die unverwandte Aufmerksamkeit und Einschätzung sondern auch leisten die Hilfe, um eine Besonderheitsreihe für die Spinnanglersportler konkret zeigen zu können, und zwar: die Datenerfassung über die angebotenen Bedingungen der bevorstehenden Wettbewerbe auf den Wasserbehältern; die Selbstregelung der ungünstigen inneren Zustände (z. B. die Angst vor dem unpräzisen Einwurf in den nötigen Punkt der Fangzone); die Erhaltung und die Wiederherstellung des neuro-psychischen Potentials; die Erhaltung und Aktualisierung der geformten Motive für den Wettbewerb.

Der Prozess der psychologischen Versorgung der sportlichen Tätigkeit kann wie die Steuerung der Vorbereitungs- und Wettkampftätigkeit vorgestellt werden. Eine Hauptbesonderheit der psychologischen und emotionalen Vorbereitung zur Wettkampftätigkeit vom Spinnangelfischer sind die spezialisierten Trainings mit vielschichtigem Zubehör (z. B. mit Angelrutentypen aller Spannungsformen – „Slow“, „Moderate“, „Fast“, „Extra Fast“), während die Belastung auf den Schultergürtel beim Einwurfprobieren auf die Weite stufenweise-systematisch sein wird. Bei den Durcheinwürfen in die Fangzone auf den Wasserbehältersektoren kommt „das psychologische Spinnangelwurfeinschießen“ für die Köderpunktabgabe und die Leitung des Köders durch die Wasserdicke vor. Man darf aber über psychische und psychologische Überlastungen nicht vergessen lassen, die, eigentlich, sowohl den Willen des Spinnangelsportlers trainieren als auch wichtige Bedeutung für das Ergebnis haben! Nach der Meinung des bekannten Wissenschaftlers auf dem Gebiet des Sportpsychologie I. P. Wolkow: „...die Fähigkeit des Sportlers, die willensstarken Bedingungen im Zustand des zunehmenden Ermüdungsgefühls unter den Wettbewerbsauftreten zu zeigen und zu entwickeln ist eine Kennziffer seiner willensstarken Charakterqualitäten“ [6]. Diese Behauptung des Gelehrten- Psychologen sei bedingungslos und unerschütterlich. Der psychologische und emotionale Hintergrund des Spinnangelsportlers soll immer die Emotionen, die den Erfolg begünstigen, solche wie die sportliche Begeisterung, die sportlichen Prinzipien und die sportliche Bosheit, das Gefühl des sportlichen Stolzes, der Ehre, der Überzeugung, die sportliche Konkurrenz, die sportliche Anrengung haben.

**Die Schlussfolgerungen.** Wir kommen letztlich zur folgenden Schlussfolgerung, dass die **sportliche Anregung**, in solcher spezifischen Sportart wie die Uferspinnangel, vom Fischer-Sportler wie der Hyperaktivitätszustand, wie das eigentümliche Gefühl des Kampfes für die Errungenschaft des gestellten Zieles erlebt wird; das ist eine hauptpsychologische und emotionale Besonderheit der Uferspinnangelsportlervorbereitung zur Wettkampftätigkeit.

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## INFLUENCE OF STRIP-PLASTIC TRAINING TO THE FLEXIBILITY DEVELOPMENT OF FIRST MATURE AGE WOMEN.

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### ABSTRACT

According to various studies, only about 10% of young people have a normal level of physical state. Life expectancy has decreased by an average of 7-9 years.

As a result, the production potential of society is also decreasing. Bad ecology, toxins, infections and unbalanced nutrition lead to a violation of the human body and a variety of diseases. Scientific research suggests: cardiovascular diseases arise due to hypokinesia (lack of motor activity), malnutrition and nerve tension.

The close connection between the state of physical fitness with the way of life, the volume and nature of daily motor activity is proved by numerous studies. So, In our time, physical education has become an integral part of the business and energetic people image. Sports style is gaining more and more fans. One of the most popular dance aerobics types is strip-plastic. This type of dance aerobics is extremely popular among young people. In the lessons of strip-plastics, dance moves are used for musical accompaniment with the addition of specific movements simulating striptease. These aerobics tools contribute to the development of flexibility and help to reveal yourself in the bright sensual dance. In the lessons of strip-plastics, dance moves are used for musical accompaniment with the addition of specific movements simulating striptease. These aerobics tools contribute to the development of flexibility and help to reveal yourself in the bright sensual dance.

The article presents the results of a study of flexibility in the first mature age women engaged in strip-plastic dance training. Also, given the simple structure of strip-plastic training lesson.

**The aim** is to determine the effectiveness of the influence of strip-plastic occupations on the development of flexibility of women of the first mature age.

#### **Objectives of the study:**

- 1) Determine the level of flexibility in women 25-30 years.
- 2) Determine the impact of the experimental program of strip-plastic exercises on the development of women 25-30 years of flexibility.

**Subject of research** - the process of physical education of women 25-30 years by means of various types of aerobics.

**The object of the study** is a method of developing the flexibility of women 25-30 years by means of strip-plastic.

**Methods of research:** analysis of literary sources, pedagogical experiment, pedagogical testing, methods of mathematical statistics.

**Organization of research.** The research was conducted on the basis of the fitness club "Pridneprovsky" in the period from September 2016 to April 2017. The study involved 30 women 25-30 years old who were engaged in strip-plastic (Group I, n = 15) and other types of health training (group II, n = 15). Classes were held 3 times a week for 55-60 minutes.

At the first stage, an analysis of scientific and methodological literature on this topic of research was conducted. Classes were conducted, in which links of simple dance movements with simple choreography of hands were used.

#### **Conclusions**

1. Analysis of scientific and methodological literature and practical experience of coaching work allowed to reveal insufficient amount of educational and methodical focus on the development of flexibility of women of the first mature who are engaged in strip-plastic, which caused the necessity of research work in this direction.
2. Indicators in control exercises are better for women who were engaged in strip-plastic in all tests: "Slope" - by 8.7 cm ( $p < 0.05$ ), "Widget" - by 7.9 cm ( $p < 0, 05$ ), "Twine" - by 9.6 cm ( $p < 0.05$ ).

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## ESTIMATION OF EFFICIENCY OF MANAGEMENT OF FINANCIAL RESOURCES OF AGRICULTURAL ENTERPRISES IN UKRAINE

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### ABSTRACT

This article focuses on an investigation of efficiency of a management of cash funds of agricultural enterprises for a determination of priorities of state support. Main types of agricultural products that need of the financial support were determined.

Evaluation of the efficiency of management of the financial resources of the agricultural enterprises was carried out with analyzing and comparing profitability and dynamics of manufacture of main types of the agricultural products. Granting of the state support was recommended in case when there was a tendency of falling of manufacture of concrete type of the agricultural product and economic entities were having unprofitability from this product during two successive periods of their activity. If an enterprise was having the profitability of specific of product during two or one of two analyzed periods of activity and there was declining trend of the manufacture of the corresponding product then granting of the budget financing to such the economic entity was not recommended. This economic entity could involve in further manufacture borrowed financial resources at the expense of received the profitability. Also, it was not recommended granting of the financial support to those enterprises which was having profitability their products during two successive analyzed periods of activity and it was observed falling down or growing trend of manufacture of these products in agriculture.

According to results of research it was determined that agricultural enterprises which breed of cattle for meat, sheep and goats for meat, produce wool and products of fish-farming had been requiring the state support. State economic entities are requiring the budget support for growing potatoes, fruits; breed cattle for meat, pigs for meat and poultry for meat, chicken eggs production and wool. Other non-state enterprises with exception business partnerships, private enterprises, cooperatives for breeding of cattle for meat, sheep and goat for meat, poultry for meat are requiring financial support. The cooperatives are requiring the state support for breeding of cattle for meat, sheep and goats for meat, pigs for meat and manufacture of wool. The private enterprises are having necessity in the financial support for breeding sheep and goats for meat and cattle for meat. The business partnerships are requiring the budget financing for a breeding of cattle for meat, sheep and goats for meat and the manufacture of wool.

**Key words:** financial resources, efficiency, management, state support, agricultural enterprise, crop production, livestock products, agriculture.

### РЕЗЮМЕ

Метою статті є дослідження ефективності управління грошовими коштами сільськогосподарських підприємств для визначення пріоритетів державної підтримки. Визначено основні види сільськогосподарської продукції, виробництво якої потребує фінансової підтримки. Встановлено категорії аграрних суб'єктів господарювання, що потребують бюджетної підтримки виробництва конкретної продукції.

Оцінка ефективності управління фінансовими ресурсами сільськогосподарських підприємств проводилася шляхом аналізу і порівняння рентабельності і динаміки виробництва основних видів аграрної продукції. Надавати державну підтримку рекомендувалося в тому випадку, коли спостерігалася тенденція падіння виробництва конкретного виду сільськогосподарської продукції і суб'єкт господарювання мав збитковість цієї продукції протягом двох послідовних періодів його діяльності. Якщо підприємство мало рентабельність конкретної продукції протягом двох або протягом одного із двох аналізованих періодів діяльності і була спадна тенденція виробництва відповідної продукції, то надання бюджетного фінансування такому суб'єктові господарювання не рекомендувалося. Цей суб'єкт господарювання міг залучати у подальше виробництво позикові фінансові ресурси за рахунок отриманої прибутковості. Також не рекомендувалося надання фінансової підтримки тим підприємствам, котрі мали рентабельність своєї продукції протягом двох послідовних аналізованих періодів діяльності і спостерігалася спадна чи зростаюча тенденція виробництва цієї продукції в сільському господарстві. За результатами дослідження визначено, що державної підтримки потребують сільськогосподарські

підприємства, які розводять велику рогату худобу на м'ясо, вівці і кози на м'ясо, виробляють вовну і продукцію рибництва. Державні суб'єкти господарювання мають необхідність бюджетної підтримки для вирощування картоплі, плодів; розведення великої рогатої худоби на м'ясо, свиней на м'ясо, птиці на м'ясо, виробництва яєць курячих і вовни. Фінансова підтримка потрібна недержавним підприємствам за винятком господарських товариств, приватних підприємств, кооперативів для розведення великої рогатої худоби на м'ясо, овець і кіз на м'ясо, птиці на м'ясо. Кооперативи потребують державної підтримки для розведення великої рогатої худоби на м'ясо, овець і кіз на м'ясо, свиней на м'ясо та виробництва вовни. Приватні підприємства мають необхідність в фінансовій підтримці для розведення овець і кіз на м'ясо та великої рогатої худоби на м'ясо. Господарським товариствам необхідне бюджетне фінансування для розведення великої рогатої худоби на м'ясо, овець і кіз на м'ясо та виробництва вовни.

**Ключові слова:** фінансові ресурси, ефективність, управління, державна підтримка, сільськогосподарське підприємство, продукція рослинництва, продукція тваринництва, сільське господарство.

## РЕЗЮМЕ

Целью статьи является исследование эффективности управления денежными средствами сельскохозяйственных предприятий для определения приоритетов государственной поддержки. Определены основные виды сельскохозяйственной продукции, производство которой нуждается в финансовой поддержке. Установлено категории аграрных субъектов хозяйствования, которые потребуют бюджетной поддержки производства конкретной продукции.

Оценка эффективности управления финансовыми ресурсами сельскохозяйственных предприятий проводилась путем анализа и сравнения рентабельности и динамики производства основных видов аграрной продукции. Оказывать государственную поддержку рекомендовалось в том случае, когда наблюдалась тенденция падения производства конкретного вида сельскохозяйственной продукции и субъект хозяйствования имел убыточность этой продукции в течение двух последовательных периодов его деятельности. Если предприятие имело рентабельность конкретной продукции в течение двух или в течение одного из двух анализируемых периодов деятельности и была нисходящая тенденция производства соответствующей продукции, то предоставление бюджетного финансирования такому предприятию не рекомендовалось. Этот субъект хозяйствования мог привлекать в дальнейшем производство заемные финансовые ресурсы за счет полученной доходности. Также не рекомендовалось предоставление финансовой поддержки тем предприятиям, которые имели рентабельность продукции в течение двух последовательных анализируемых периодов деятельности и наблюдалась нисходящая или растущая тенденция производства этой продукции в сельском хозяйстве.

По результатам исследования установлено, что государственной поддержке нуждаются сельскохозяйственные предприятия, которые разводят крупный рогатый скот на мясо, овцы и козы на мясо, производят шерсть и продукцию рыбоводства. Государственные субъекты хозяйствования имеют необходимость бюджетной поддержки для выращивания картофеля, плодов; разведение крупного рогатого скота на мясо, свиней на мясо, птицы на мясо, производства яиц куриных и шерсти. Финансовая поддержка нужна негосударственным предприятиям за исключением хозяйственных обществ, частных предприятий, кооперативов для разведения крупного рогатого скота на мясо, овец и коз на мясо птицы на мясо. Кооперативы нуждаются в государственной поддержке для разведения крупного рогатого скота на мясо, овец и коз на мясо, свиней на мясо и производства шерсти. Частные предприятия имеют необходимость в финансовой поддержке для разведения овец и коз на мясо и крупного рогатого скота на мясо. Хозяйственным обществам необходимо бюджетное финансирование для разведения крупного рогатого скота на мясо, овец и коз на мясо и производства шерсти.

**Ключевые слова:** финансовые ресурсы, эффективность, управление, государственная поддержка, сельскохозяйственное предприятие, продукция растениеводства, продукция животноводства, сельское хозяйство.

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## FEATURES OF THE DEVELOPMENT OF THE PHYSICAL PROPERTIES OF MUSIC COLLEGE STUDENTS KARATE-DO SHOTOKAN.

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### ABSTRACT

**Purpose:** to develop and experimentally substantiate the method of developing the physical qualities of female students of musical college by means of karate-do Shotokan in the system of optional classes.

**Material and methods:** theoretical analysis and generalization of data of scientific and methodological literature, pedagogical observation, pedagogical experiment, pedagogical testing, methods of mathematical statistics. The research was attended by 30 students of 16-17 years old who studied at the Krivoy Rog regional musical college.

The method of training in the experimental and control groups had the same and distinctive features.

The same features: training in both groups were aimed at developing such physical qualities as: flexibility, power and speed-power qualities and coordination abilities.

The distinctive features: in the experimental group complexes of general development exercises were carried out using elements of karate-to Shotokan: mawashi-geri, kamayete-dachi, chudan, maya-geri, dzenkutsu-dachi, jodan-tsuki, tsuki.

**Results:** Karate-do Shotokan positively affects the physical development of man, in particular, with the help of his means, harmoniously can promote the development of physical qualities and functional capabilities. The experimental technique involved the use of karate-to-shotokan elements for the development of the physical qualities of girls aged 16-17 years.

**Conclusions:** analysis of the level of physical fitness showed that the use of experimental techniques in almost all indicators ensured achieve higher standards of physical preparedness

**Key words:** physical fitness, girls 16-17 years old, karate-do Shotokan.

### АНОТАЦІЯ

У статті представлено результати дослідження фізичної підготовленості дівчат 16-17 років. Результати проведеного педагогічного експерименту довели ефективність запропонованої методики розвитку фізичних якостей студенток I курсу музичного коледжу засобами карате-до Шотокан.

**Ключові слова:** фізична підготовленість, дівчата 16-17 років, карате-до Шотокан.

**Постановка проблеми. Аналіз останніх досліджень і публікацій.** Навчально-професійна діяльність студентів музичних навчальних закладів, яка базується на ранній спеціалізації, обумовлює необхідність диференційованого підходу до розробки засобів і методів фізичного виховання, які повинні забезпечувати не лише гармонійний загальний фізичний розвиток, але і компенсувати несприятливий вплив чинників професійної діяльності, сприяти підвищенню технічної і творчої майстерності майбутніх професіоналів-музикантів [2, 5].

Ряд фахівців, які досліджували фізичний стан студентів різних музичних спеціалізацій, відзначають необхідність і велику значущість фізичних вправ, як в області вдосконалення виконавської техніки, так і в області профілактики і терапії професійних захворювань, підвищенні фізичної підготовленості [5, 6].

**Мета дослідження** – розробити та експериментально обґрунтувати методику розвитку фізичних якостей студенток I курсу музичного коледжу засобами карате-до Шотокан у системі факультативних занять.

**Методи дослідження:** теоретичний аналіз і узагальнення даних науково- методичної літератури, педагогічне спостереження, педагогічний експеримент, педагогічне тестування, методи математичної статистики.



## ВИСНОВКИ

1. У теперішній час спортивні єдиноборства користуються не аби якою популярністю серед молоді й одержали величезне поширення в багатьох країнах світу. Як і будь-які види спорту, карате-до Шотокан позитивно впливає на фізичний розвиток людини, зокрема, за допомогою його засобів гармонійно можна сприяти розвитку фізичних якостей та функціональних можливостей.
2. Експериментальна методика передбачала використання елементів карате-до Шотокан з метою розвитку фізичних якостей дівчат 16-17 років.
3. Аналіз рівня фізичної підготовленості показав, що використання експериментальної методики практично за всіма показниками забезпечило досягнення більш високих нормативів фізичної підготовленості. В експериментальній групі після педагогічного експерименту більша кількість показників має статистично значущі ( $p < 0,05$ ;  $p < 0,01$ ) зміни порівняно з показниками контрольної групи.

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## HEALTH CARE PROGRAM IN GEORGIA

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The public health program for universal health care began on February 28, 2013. The purpose of the program is providing financial assistance to the population of Georgia without medical insurance

Service availability

A universal health program is used:

I. Document confirming Georgian citizenship, neutral identification of an identity card  
 Persons who have a travel document; In addition, stateless persons with stateless status in Georgia, Persons with refugee or humanitarian status and asylum seekers (except January 1, 2017. Persons participating in private insurance schemes, individuals with insured funds and Accused / convicted persons in custody and imprisonment

In the institution), the medical conditions of which are prescribed by Annex N1.1

I. Persons whose families are registered in the Unified Database of Socially Unprotected Families

And 70 000 -100 000 rating points were awarded

ii. Persons aged 6 to 17 years (including)

III. Less than 40,000 GEL and monthly 1000 GEL, as well as high-income individuals;

IV. Monthly income less than 1000 GEL or . individuals whose annual income is 40 000 GEL and more will be able to receive the service, Only within the following program components: childbearing / cesarean section and high-risk pregnant women, Inpatient hospitals, as well as treatment of infectious diseases (Appendix 1.7.1 of the Government Resolution of February 21, 2013).

The full service provided by the program will be useful for retirees, their income and regardless of their income and insurance status.

If the person, participating in the private insurance scheme what was terminated by January 1, 2017 for any reason the citizen will participate in the universal health care program. During the period, Medical care is provided by minimal packaging conditions., service, according to the category of users (see Table). After 6 months you can use the category with the corresponding terms of service.

ii. Veterans of medical insurance and veterans of the armed forces - medical conditions

Appendix N1.4 (package of veterans) is determined;

III. Under state programs, the population will be provided with health insurance. By measures to determine the conditions of the voucher of the government of Georgia on the 9th December of 2009 ,former state health insurance programs approved by Decree No. 218 of December that The beneficiaries, whose health status is determined, are indicated in the first paragraph of Appendix No. 1.3 (Target group);

For children aged 0-5 years , Women over age and men aged 65 and over ( pensioners), students, Disabled children and persons with severe disabilities, insurance Voucher Terms defined by the government of Georgia", approved by Resolution No. 165 of May 7, 2012, Health insurance state programs former consumers whose health care services Conditions are defined by Section 2 of Appendix N1.3 (Age Group).

Which institution takes part in the state program?

Any medical institution participates in the universal health care program .

institution that satisfies the requirements set by the legislation for this activity is expressing

The willingness to participate in the program agrees with the terms of the program and in the manner prescribed by the regulatory body will be willing to participate in the Social Service Agency program. In addition, for intensive care / treatment service providers, In Tbilisi In Batumi, In Kutaisi Additional conditions for obstetric-neonatal services and urgent stationary service providers are defined.

The applicant has the right to choose a medical institution throughout Georgia. Service and emergency service providers are supplemented by additional conditions.

How will the population register to get service?

User can register for an optional outpatient service, In any selected service provider (specially developed,

On the basis of filling of the consent of the user to the registration). the registration

can be changed once in 2 months. A person using the program has the right to be registered only in one clinic - in a supplier of a planned outpatient service.

A person using the program has the right to be registered only in one clinic - in a supplier of a planned outpatient service. There is no restriction for urgent outpatient and inpatient services choosing a medical institution; The planned surgical and oncological services are provided based on a letter of medical voucher / consent that the applicant can use the following ways:

Citizen addresses the program / sub-program provider or the relevant service center / agency territorial

Unit; The program supplier fills in a special electronic system, according to the medical needs

Application of relevant form (requisites, mobile phone number of user intermittent, medical

A certificate confirming the need (reference to health status form in Form No.IV-100 / A, calculation);

In case of service center / agency territorial unit, the person will present relevant documents: A certificate about health status - Form №IV-100 / a, Copy of the ID (in case of citizens under the age of 18, a certificate of birth is allowed), calculation - if necessary, and in this case the authorized person of the agency shall fill the above application; As a result of consideration of the documentation, the Agency is authorized to make decision on financing the service, the user / representative will be notified of the text.

By means of a message in which, along with the request number, the unique code for the reference will be indicated. The user / representative can provide a unique code of medical service In a supplier and place of receipt of a guarantee letter or take the service In the center / agency territorial unit.

What services do you need for universal health care program?

I (i) persons whose families are registered in the "Unified Database of Socially Unprotected Families" and have been awarded 70,000 -100,000 points

Type of service	Co-payment%	
	uninsured	insured
Planned outpatient services planned outpatient services can be obtained only in the patient's place of registration. <input type="checkbox"/>  Family or nursing doctor and nurse service, if necessary, their services at home	100	100
Prophylactic vaccination provided by national calendar	100%	100%
Service for family or village physician specialists  Endocrinologist <input type="checkbox"/> ophthalmologist; <input type="checkbox"/> Cardiologist; <input type="checkbox"/> Neurologist; <input type="checkbox"/> Gynecologist; <input type="checkbox"/> Oortinolaryngologist; <input type="checkbox"/> Urologist; <input type="checkbox"/> Surgeon	70	70
Instrumental examinations for doctor's appointment: <input type="checkbox"/>  Electrocardiography	100	100
Ultrasound of the digestive system (transboundary) <input type="checkbox"/>  Ultrasound of the urinary genital system and small pelvic organs (transboundically <input type="checkbox"/> Chest X-ray / radiography <input type="checkbox"/> X-ray of bones	70	70
Clinical-laboratory examination by doctor's prescription. <input type="checkbox"/>  General analysis of blood; <input type="checkbox"/> General analysis of urine	100	100

Glucose in peripheral blood <input type="checkbox"/>	100	100
creatinine; <input type="checkbox"/>		
cholesterol in the blood;		
<input type="checkbox"/> Defining serum lipids;		
Analysis analysis on secret bleeding;		
<input type="checkbox"/> time of prothrombin;		

Liver functional samples (ALT, AST); •	70	70
Thyroid functional test (TSH);		
investigation for the disability status of persons with disabilities, except for high-tech studies	100	100
Issuing medical certificates, conclusions and prescriptions, other than certification of vehicle driving license and the health certificate to be issued for obtaining a weapon purchase	100	100
Urgent outpatient services specified in the list (Annex 1.2)	100	100
Emergency hospital service limit for a single case is 15,000 GEL. <input type="checkbox"/>	100	100
Intensive therapy and management of critical conditions		
Emergency situations in accordance with a defined list	70	70
Annual limit of planned surgeries 15,000 GEL. <input type="checkbox"/>	100	100
Oncosurgery and Cardioversion Operations		
Other surgical operations	70	70

Non-Surgical Treatment on Oncological Diseases (Annual Limit 12000 GEL) <input type="checkbox"/>	80	80
Chemotherapy, Hormonotherapy		
<input type="checkbox"/> Radiation therapy	80	80
: <input type="checkbox"/> Physiological delivery	500lari	500l
Caesarean section	800 lari	800 l
<b>High risk pregnant, maternal inpatient services</b> <input type="checkbox"/>	70	70
Stationary service	Limit 500-800 l	500/800l
<input type="checkbox"/> Childbirth / Cesarean section Sepsis	100	100
anagement of infectious diseases <input type="checkbox"/>		
Infectious Diseases According to Mood (Depression 1.7.1) ***	80	80

Critical Conditions / Intensive Care Related to Infectious Diseases	100	100
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**I(ii) Persons aged from 6 to 17 years**

Type of service	Co-payment%	
	uninsured	insured
Planned outpatient services planned outpatient services can be obtained only in the patient's place of registration. <input type="checkbox"/> Family or nursing doctor and nurse service, if necessary, their services at home	100	100
Prophylactic vaccinations provided by the National Calendar	100	100
Service for family or village physician specialists Endocrinologist <input type="checkbox"/> ophthalmologist; <input type="checkbox"/> Cardiologist; <input type="checkbox"/> Neurologist; <input type="checkbox"/> Gynecologist; <input type="checkbox"/> Oortinolaryngologist; <input type="checkbox"/> Urologist; <input type="checkbox"/> Surgeon	70	70
Instrumental examinations for doctor's appointment: <input type="checkbox"/> Electrocardiography	70	70
Ultrasound of the digestive system (transboundary) <input type="checkbox"/> Ultrasound of the urinary genital system and small pelvic organs (transboundically) <input type="checkbox"/> Chest X-ray / radiography <input type="checkbox"/> X-ray of bones	100	100
Clinical-laboratory examination by doctor's prescription. <input type="checkbox"/> General analysis of blood; <input type="checkbox"/> General analysis of urine	100	100
Glucose in peripheral blood <input type="checkbox"/> creatinine; <input type="checkbox"/> cholesterol in the blood; <input type="checkbox"/> Defining serum lipids; Analysis analysis on secret bleeding; <input type="checkbox"/> time of prothrombin;	70	70

Liver functional samples (ALT, AST); • Thyroid functional test (TSH);	70	70
investigation for the disability status of persons with disabilities, except for high-tech studies	100	100
Issuing medical certificates, conclusions and prescriptions, other than certification of vehicle driving license and the health certificate to be issued for obtaining a weapon purchase	100	100
Urgent outpatient services specified in the list (Annex 1.2)	100	100
Emergency hospital service limit for a single case is 15,000 GEL. □ Intensive therapy and management of critical conditions	100	100
Emergency situations in accordance with a defined list	100	100
Annual limit of planned surgeries 15,000 GEL. □ Oncosurgery and Cardioversion Operations	100	100
Other surgical operations	70	70

Non-Surgical Treatment on Oncological Diseases (Annual Limit 12000 GEL) □ Chemotherapy, Hormonotherapy	100	100
□ Radiation therapy		
: □ Physiological delivery Caesarean section	Limit 500 l	500l
High risk pregnant, maternal inpatient services □ Stationary service	70%	70%
□ Childbirth / Cesarean section Sepsis	Limit500/800l	Limit500/800l
management of infectious diseases □ Infectious Diseases According to Mood (Depression 1.7.1) *** Critical Conditions / Intensive Care Related to Infectious Diseases	80 100	80 100

I (iii) less than 40,000 GEL and monthly 1000 GEL and persons with more income;

Type of service	Co-payment%	



	uninsured	insured	minimal
Planned outpatient services planned outpatient services can be obtained only in the patient's place of registration. <input type="checkbox"/> Family or nursing doctor and nurse service, if necessary, their services at home	100		
Prophylactic vaccinations provided by the National Calendar	100		
Service for family or village physician specialists Endocrinologist <input type="checkbox"/> ophthalmologist; <input type="checkbox"/> Cardiologist; <input type="checkbox"/> Neurologist; <input type="checkbox"/> Gynecologist; <input type="checkbox"/> Oortinolaryngologist; <input type="checkbox"/> Urologist; <input type="checkbox"/> Surgeon	-	-	-
Instrumental examinations for doctor's appointment: <input type="checkbox"/> Electrocardiography	-	-	-
Ultrasound of the digestive system (transboundary) <input type="checkbox"/> Ultrasound of the urinary genital system and small pelvic organs (transboundically) <input type="checkbox"/> Chest X-ray / radiography <input type="checkbox"/> X-ray of bones	-	-	-
Clinical-laboratory examination by doctor's prescription. <input type="checkbox"/> General analysis of blood; <input type="checkbox"/> General analysis of urine	-	-	-
Glucose in peripheral blood <input type="checkbox"/> creatinine; <input type="checkbox"/> cholesterol in the blood; <input type="checkbox"/> Defining serum lipids; Analysis analysis on secret bleeding; <input type="checkbox"/> time of prothrombin;	-	--	-

Liver functional samples (ALT, AST); • Thyroid functional test (TSH);	-	-	-
investigation for the disability status of persons with disabilities, except for high-tech studies	-	-	-
Issuing medical certificates, conclusions and prescriptions, other than certification of vehicle driving license and the health certificate to be issued for obtaining a weapon purchase	100		100
Urgent outpatient services specified in the list (Annex 1.2)	-	-	-
Emergency hospital service limit for a single case is 15,000 GEL. <input type="checkbox"/> Intensive therapy and management of critical conditions	90	-	90
Emergency situations in accordance with a defined list	70	--	

Annual limit of planned surgeries 15,000 GEL. <input type="checkbox"/>	70	-	-
Oncosurgery and Cardioversion Operations			
Other surgical operations	70	-	-

Non-Surgical Treatment on Oncological Diseases (Annual Limit 12000 GEL) <input type="checkbox"/> Chemotherapy, Hormonotherapy	80	80	80
<input type="checkbox"/> Radiation therapy	80	-	-
: <input type="checkbox"/> Physiological delivery Caesarean section	Limit 500lari  800lari	500lar  800	500lari  800
High risk pregnant, maternal inpatient services <input type="checkbox"/> Stationary service <input type="checkbox"/> Childbirth / Cesarean section Sepsis	70  Limit 500/800  100	70  500/800  100	70  500  100
management of infectious diseases <input type="checkbox"/> Infectious Diseases According to Mood (Depression 1.7.1) *** Critical Conditions / Intensive Care Related to Infectious Diseases	80  90		80  90

**I (iv) with less than 1,000 GEL income persons**

Liver functional samples (ALT, AST); • Thyroid functional test (TSH);	70	-	-
investigation for the disability status of persons with disabilities, except for high-tech studies	100	-	-
Issuing medical certificates, conclusions and prescriptions, other than certification of vehicle driving license and the health certificate to be issued for obtaining a weapon purchase	100	-	100
Urgent outpatient services specified in the list (Annex 1.2)	50	-	50
Emergency hospital service limit for a single case is 15,000 GEL. <input type="checkbox"/> Intensive therapy and management of critical conditions			
Emergency situations in accordance with a defined list	100	100-	100
Annual limit of planned surgeries 15,000 GEL. <input type="checkbox"/> Oncosurgery and Cardioversion Operations	70	-	-

Other surgical operations	70	-	-
Non-Surgical Treatment on Oncological Diseases (Annual Limit 12000 GEL) <input type="checkbox"/>	80	80	80
Chemotherapy, Hormonotherapy			
<input type="checkbox"/> Radiation therapy	80	80	80
: <input type="checkbox"/> Physiological delivery	500l	500l	500l
Caesarean section			
High risk pregnant, maternal inpatient services <input type="checkbox"/>			
Stationary service	70	70	70
<input type="checkbox"/> Childbirth / Cesarean section	800l	800	800l
Sepsis	100	100	100
management of infectious diseases <input type="checkbox"/>			
Infectious Diseases According to Mood (Depression 1.7.1) ***	80	80	80
Critical Conditions / Intensive Care Related to Infectious Diseases	100	100	100

### Veterans package

Type of service	%
Planned outpatient services	
planned outpatient services can be obtained only in the patient's place of registration. <input type="checkbox"/> Family or nursing doctor and nurse service, if necessary, their services at home	100
Prophylactic vaccinations provided by the National Calendar	100
Service for family or village physician specialists	
Endocrinologist <input type="checkbox"/> ophthalmologist; <input type="checkbox"/> Cardiologist; <input type="checkbox"/> Neurologist; <input type="checkbox"/> Gynecologist; <input type="checkbox"/> Oortinolaryngologist; <input type="checkbox"/> Urologist; <input type="checkbox"/> Surgeon	100
Instrumental examinations for doctor's appointment: <input type="checkbox"/>	100
Electrocardiography	
Ultrasound of the digestive system (transboundary) <input type="checkbox"/>	100
Ultrasound of the urinary genital system and small pelvic organs (transboundically) <input type="checkbox"/>	
Chest X-ray / radiography <input type="checkbox"/> X-ray of bones	

Clinical-laboratory examination by doctor's prescription. <input type="checkbox"/>	100
General analysis of blood; <input type="checkbox"/>	
General analysis of urine	
Glucose in peripheral blood <input type="checkbox"/> creatinine; <input type="checkbox"/> cholesterol in the blood; <input type="checkbox"/> Defining serum lipids; Analysis analysis on secret bleeding; <input type="checkbox"/> time of prothrombin;	100

Liver functional samples (ALT, AST); •	
Thyroid functional test (TSH);	
investigation for the disability status of persons with disabilities, except for high-tech studies	100
Issuing medical certificates, conclusions and prescriptions, other than certification of vehicle driving license and the health certificate to be issued for obtaining a weapon purchase	100
Urgent outpatient services specified in the list (Annex 1.2)	100
Emergency hospital service limit for a single case is 15,000 GEL. <input type="checkbox"/>	100
Intensive therapy and management of critical conditions	
Emergency situations in accordance with a defined list	100
Annual limit of planned surgeries 15,000 GEL. <input type="checkbox"/>	100
Oncosurgery and Cardioversion Operations	
Other surgical operations	100

Non-Surgical Treatment on Oncological Diseases (Annual Limit 12000 GEL) <input type="checkbox"/>	100
Chemotherapy, Hormonotherapy	
<input type="checkbox"/> Radiation therapy	100
: <input type="checkbox"/> Physiological delivery	500 l
Caesarean section	800 l
High risk pregnant, maternal inpatient services <input type="checkbox"/> Stationary service	70%
<input type="checkbox"/> Childbirth / Cesarean section Sepsis	500-800l
	1005
management of infectious diseases <input type="checkbox"/>	80%
Infectious Diseases According to Mood (Depression 1.7.1) ***	100%
Critical Conditions / Intensive Care Related to Infectious Diseases	

### What services will not be paid within the framework of the Universal Health Care Program

Sanatorial-resort treatment;  
Aesthetic surgery, cosmetic treatment  
Sexual Violations, Infertility Treatment Costs;  
Expense related to viral hepatitis specific antiviral treatment;  
Organ transplantation, as well as expo prosthesis expenses  
Programtreatment without medical indication, self-treatment;  
□ organ transplantation, as well as expo prosthesis expenses.

In addition to the above, **Basic (I) and Veterans (II)** Is subject to: Therapeutic profile hospital services, except of Appendix N1.2

Orthopedic endoprosthesis (except for injuries with no longer than 3 months  
And are not subject to conservative treatment).  
Implanted defibrillator or cardiac resynchronization, or pacemaker therapy apparatus  
Costs and drug eluted stents Positron-emission computed tomography (PET / CT); □  
Eye Refractive Surgery , Eye Laser Surgery  
(Except for a diabetic eye), a rectal transplantation  
Extracorporeal (remote) lithotripsy;  
Ablation.

### What services offers of private health insurance?

Medical insurance, carried out by both state and private companies, as well as different types of services.

In case of private companies, medical insurance mainly includes the following services:

- 24 hour medical consultation;
- Daily service assistant service;

Daily telephone consultation, provision of insurance information and organization of medical services.

- Family doctor's service;

Personal doctor's service, both in the clinic and in the home, according to the need.

- Prophylactic investigations;
- Emergency / planned hospital services;
- emergency out-patient services;

Emergency ambulance means treatment that has been created due to an accident or a sudden deterioration of the health condition that does not require a 24-hour delay in the hospital. Eg fracture, poisoning, burning, minor trauma, thermal injury etc)

- planned outpatient services;

Outpatient services provided by a family doctor or nurse. For example: prophylactic vaccinations, diagnosis, management and referral of diseases; Health assessment, laboratory examinations, electrocardiography, etc.

- emergency dentistry;

Emergence caused by toothache, which needs to be removed.

Insurance packages also include:

- Planned dentistry; (Consultation of the dentist, diagnostic, removal of stones and bulbs, tooth stools, tooth extraction, medication costs).
- orthopedic dental service. (Orthopedic consultation, diagnostic measures, discounts on the cost of removable gross and / or partial prosthesis and microprocessor, metaloceramic, metal plastic, plastics and stainless steel crown, junior ceramics and beige prosthesis);
- orthodontist dental services. (Diagnostic measures for orthodontist consultation, discounts on the cost of removable orthodontic plate and unreasonable orthodontic apparatus);
- Discounts on certain medications;
- Reimbursement of pregnancy and childbirth expenses (reimbursement of pregnancy, reimbursement of counseling, reimbursement of labor costs).

### Travel insurance

Travel insurance covers emergency medical services which becomes necessary while traveling abroad.

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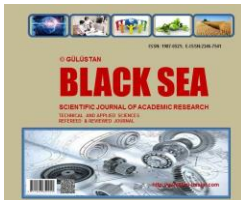
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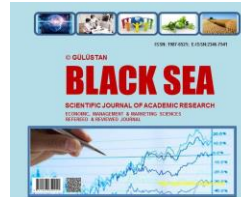
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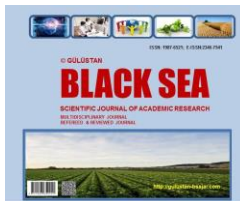
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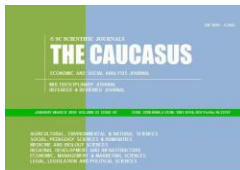


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**ISSN: 2613-5817; E-ISSN: 2613 – 5825. DOI prefix: 10.23747**

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Deputy and founder of organization: Seyfulla Isayev. Azerbaijan Marine Academy. Student.

©Editorial office: Narva mnt 5, 10117 Tallinn, Estonia.

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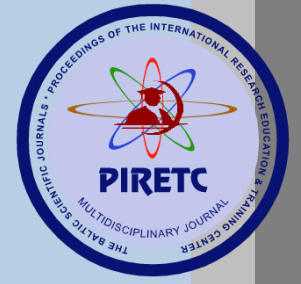
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ISSN: 2613-5817; E-ISSN:2613-5825, DOI prefix: 10.23747  
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