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THE INFLUENCE OF SPORTS AND HEALTH TOURISM CLASSES ON THE FUNCTIONAL STATE OF THE RESPIRATORY SYSTEM IN STUDENTS

A. A. Semchenko^{1*}, N. V. Mamykina¹, N. A. Belousova¹, Yu. V. Korchemkina¹,
L. G. Makhmutova¹, V. I. Pavlova¹

¹*South Ural State Humanitarian Pedagogical University, Chelyabinsk, Russia;*

*Corresponding Author A. A. Semchenko, e-mail: kjv_intser@mail.ru;

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ABSTRACT

Sports and health tourism classes make increased demands on the functional capabilities of the students' respiratory system. One of the most important indicators of the respiratory system, the level of development of the lungs and respiratory muscles are the functional characteristics of breathing, the violation of which is often observed in young people due to smoking and other harmful factors. In the course of the study, functional indicators of respiration were analyzed in 20 female students engaged in sports and health tourism and related types of physical activity. The study of the functional indicators of the respiratory system was carried out for two years: at the beginning of the first year (background level), at the end of the first and second years of study. The assessment of the functional indicators of respiration was carried out on a microprocessor portable spirometer SMP-21/01-"R-D" (Russia) according to standard methods. The function of external respiration (FER) was studied on the device of the "Eton" series of the company "NeuroSoft" in Ivanovo. The dynamics of indicators of the respiratory system confirms an increase in the functional reserves of the body in students during two years of additional sports.

Keywords: respiratory system, sports and health tourism, function of external respiration, functional reserves of the body, adaptive resources.