

MORPHOFUNCTIONAL CHARACTERISTICS OF PHYSICAL DEVELOPMENT IN THE STUDENTS OF THE NORTHERN INTERNATIONAL UNIVERSITY

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In this research, the parameters of physical development and cardiovascular system showed by young men aged 17-21 have been examined. The decrease in backbone strength, adaptive potential and Skibinskaya index was found. The parameters of physical status proved themselves to be considered as below average. The young men of 17-21 ages showed the increased systolic pressure and peripheral resistance indices compared to the physiological norm. The students (age 17-21 years) of the Northern International University, Magadan town, showed the following values of the body constitution, according to the scale of Pinje Index: 40.1 % - weak and very weak, 41.2% - good and medium, and 18.7% - strong. The tendency towards the decreasing of cardiorespiratory abilities is typical of the students with strong constitution.