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PHYSICAL WORKOUT OF MEDICAL STUDENTS

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Abstract
In today's educational environment, medical students face a heavy academic workload, a significant amount of theoretical material, and constant psycho-emotional stress. This often leads to decreased physical activity, deterioration in overall health, development of chronic fatigue, and an increased risk of various diseases. This article examines the role of physical activity as a key factor in maintaining the health of medical students. Particular attention is paid to analyzing the impact of regular physical activity on the body's functional state, performance, and stress resilience. This article examines such types of physical activity as aerobic exercise, strength training, and active recreation, as well as their impact on the cardiovascular, respiratory, and nervous systems. It emphasizes that moderate and systematic physical activity contributes to improved cognitive function, increased concentration, and academic performance. The paper also analyzes the main causes of insufficient student physical activity, including time constraints, intense study schedules, lack of motivation, and a lack of accessible sports infrastructure. There is evidence that regular physical exercise helps reduce anxiety levels, prevent stress, and promote a healthy lifestyle.

Introduction

In conclusion, the need for comprehensive programs to increase physical activity levels among medical students, including educational, organizational, and motivational measures, is substantiated. It is concluded that optimizing physical activity is an important condition for maintaining health and improving the quality of education and professional training of future medical professionals.

The relevance of this topic stems from the current educational environment for medical students, characterized by a highly intensive educational process, significant mental and emotional stress, and a lack of time for rest and recovery. As a result, students experience a decrease in physical activity, which negatively impacts their health, productivity, and overall quality of life. This issue is particularly significant because future medical professionals must not only possess professional knowledge but also demonstrate a healthy lifestyle. However, in practice, many medical students face physical inactivity, chronic fatigue, sleep disturbances, and increased stress. This can lead to the development of various functional disorders and a decrease in the effectiveness of academic performance. With the increasing prevalence of conditions such as stress, chronic fatigue, and physical inactivity, finding effective ways to prevent and improve student health is particularly important. One of the most accessible and effective means is regular physical activity, which helps normalize the functioning of the body's major systems, improve psychoemotional well-being, and enhance adaptive capacity.

Thus, studying the impact of physical activity on the health of medical students is an important scientific and practical task aimed at maintaining the health of future specialists and improving the quality of their professional training.

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The aim of the study was to examine the impact of physical activity on the health and performance of medical students.

Research objectives:

To analyze the level of physical activity of medical students.
To determine the impact of physical activity on the physical health of students.
To study the impact of physical activity on psycho-emotional state (stress, anxiety, fatigue).
To identify the main barriers to regular exercise.
To develop recommendations for optimizing physical activity among medical students.

Research methods. Both theoretical and empirical methods were used in the study. The theoretical methods included an analysis of scientific and educational literature on physical activity and student health. This allowed us to identify key approaches to assessing the impact of physical activity on the body.

Empirical methods included questionnaires and interviews with medical students to determine their level of physical activity, attitudes toward exercise, and the presence of factors that hinder regular exercise. Observations of the students' daily routines and physical activity were also used.

Self-assessment methods (fatigue level, stress tolerance, sleep quality) and comparative analysis of the data were used to assess health and performance. The results were processed using methods for generalization and systematization of information.

Study results. The study revealed that a significant proportion of medical students are insufficiently physically active. Most respondents cited lack of time as the main reason for not engaging in regular exercise.

It has been found that students who regularly exercise are less likely to experience symptoms associated with chronic fatigue and demonstrate higher levels of performance. They also report a more stable psycho-emotional state and are less susceptible to stress.

At the same time, students with low levels of physical activity more often complain of fatigue, decreased concentration, and sleep disturbances. Research has shown that a lack of regular physical activity negatively impacts overall well-being and adaptation to academic demands.

It was also found that the most popular forms of physical activity among students are walking, gym classes and home exercises, but their regularity remains insufficient.

Further analysis of the data revealed that only a small proportion of students engage in regular physical activity at least three times a week. A significant proportion of respondents lead a sedentary lifestyle, limiting themselves to daily household activities. Students with regular physical activity were found to have higher levels of endurance, better able to cope with academic workload, and less likely to report a decline in motivation for learning. This group also demonstrated greater resilience to mental overload and faster recovery after intense study. The analysis revealed a direct correlation between physical activity and sleep quality. Students who exercised experienced less insomnia and reported deeper and longer sleep, which positively impacted their overall well-being and academic productivity. Furthermore, regular physical activity was found to reduce anxiety and stress, and to

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increase overall life satisfaction. At the same time, students with low physical activity were more likely to experience burnout and decreased social engagement.

An interesting finding was that a significant portion of students recognize the importance of physical activity for health but do not put it into practice. This highlights the need to develop effective motivational programs and create conditions for engaging students in regular physical activity.

Thus, the obtained results confirm the important role of physical activity in maintaining the health of medical students and emphasize the need to integrate it into everyday life.

Conclusions

The level of physical activity among medical students remains generally insufficient. Regular physical activity has a positive impact on students' physical health, performance, and psycho-emotional well-being. A lack of physical activity contributes to fatigue, decreased concentration, and increased stress.

The main reasons for low physical activity include heavy academic workloads, lack of time, and lack of motivation. To improve student health, programs aimed at increasing physical activity and developing sustainable healthy lifestyle habits are essential.

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