

Research Journal of Pharmaceutical, Biological and Chemical Sciences

Formation Of A Healthy Lifestyle Of Young People By Means Of Physical Education Of The Russian Cossacks.

Alifirov AI^{1*}, Tuzov I N², Fedchuk D V³, and Alenurov EA¹.

¹Russian State Social University, st. V. Pika, 4, Moscow, Russia, 129226.

²Federal State Institution of Higher Education "Russian University of Transport", st. Obratsova 15, Moscow, 127994.

³Sports and Pedagogical College "Department of Sports of Moscow", st. Kirovogradskaya 21, Moscow, Russia, 117519.

ABSTRACT

In recent decades, there has been a steady trend towards a deterioration in the health and physical development of the Russian population. This is especially evident among young people. It is very disturbing that in all spheres of the life of society and among various segments of the population, there is a devaluation of spiritual and moral values with a decrease in the overall activity of people. At present, the Russian regional authorities, as well as the pedagogical community, as an alternative to crisis processes in the spiritual and moral environment of the young generation, the growth of child neglect, drug addiction, and the deterioration of the health of young people, are offered by physical education systems and military-patriotic traditions of the Cossacks. In more than 40 regions of Russia, a network of cadet Cossack corps, Suvorov and Nakhimov colleges exists and is developing, and regulatory documents on the education of Cossack classes in general education institutions have been adopted. In the conditions of secondary school, as well as additional education, the military-patriotic education of young people, based on the traditional centuries-old culture of the Russian Cossacks, is becoming increasingly important. In the modern education system there is an urgent need to develop, systematize and generalize the entire complex of scientific, methodological and program materials for the implementation of the project of physical and spiritual recovery of the Cossack population in regional conditions. The most important component of the Cossack culture is physical education, which has a pronounced applied nature, based on traditional forms and types of physical activity, which are inextricably linked with the development of the volitional, spiritual, moral, stress-resistant qualities of the younger generation. In modern Russia, the revival of educational and educational traditions of the Cossacks is a priority in the holistic pedagogical process of the Cossack cadet educational institutions. Traditional Cossack means of physical education have historically proven to be effective in the rehabilitation and applied preparation of Cossacks for public service.

Keywords: physical education, physical education, physical education, Cossacks.

**Corresponding author*



INTRODUCTION

Issues of healing the body were at all times poorly studied [1-4]. They always paid a lot of attention [5,6] and made support on systematic research in the field of physiology [7-12]. Always a lot of attention in matters of recovery was given to regular exercise [13,14].

For the implementation of the regional program on physical education, the department for managing the affairs of the Cossacks under the administration of the Rostov region and the ministry of sports and youth policy formulated priority areas for the younger generation and set a number of tasks [15]. The peculiarity of this program is the ability to use elements of military-applied training based on historically established traditional means adapted to the modern conditions of general and additional education [16]. The means of physical education of the Cossacks were formed taking into account the age degree, unity of the organism and the environment [17–25]. Training began in early childhood and continued throughout the life of the Cossack, developing all of his best qualities, taking into account age characteristics [26]. Don land and its climate determined the nature of work and the attendant skills; the rhythm and cyclical nature of everyday life; understanding of a healthy lifestyle and means to maintain it [27].

At present, it is possible to single out the following means of physical education for the Cossacks, which, in their unchanged or reconstructed form, have survived to the present day:

1) Exercise. Military applied: - equestrian training - horse racing, horse riding, felling of the vine, fighting horseback. Martial arts: "in the breast", "on the cross", fist fights, "wall to wall", as well as various reconstructions in the field of hand-to-hand combat. Work with melee weapons: saber, dagger, pike, "cat", pernach, fighting oblique, whip from fencing to throwing at the target. Shooting from various weapons and in various conditions. Water species - swimming, rowing, sailing, etc. Track and field athletics "Cossack versts", obstacle course, etc. A special place is occupied by hiking, orientation, survival systems using traditional means of the Cossacks. This is the arrangement of the camp, equipment shelter, cooking, Cossack knowledge to help the sick and wounded. Cossack dances ("kazachok", "gopak") and games occupied an important place in the system of traditional physical culture, as they contain the basic basic movements in mastering motor culture. Dances and games were a means of checking the level of development of physical endurance and motor coordination [28,29].

2) Health forces of nature. Empirical knowledge and use of natural forces has always been characteristic of the popular worldview, and has been used, and is still used for practical purposes [30-35]. These include the beneficial effects on the human body of heat and energy of the sun, air baths, dousing with cold water, swimming in the baptismal ice-hole, healing properties of the sources [36].

3) Hygienic factors promoting health. The Cossacks had and still maintain their understanding of them: maintaining the purity of the body as a temple of the soul, since the purity of the body and soul in traditional Orthodox culture were indivisible [37-42]. The cleanliness of the places of occupation and air was perceived as the absence of negative factors, by which it was meant, among other things, the influence of favorable unfavorable places for a person. The general mode of the day, the mode of physical activity, diet and sleep consistent with the natural laws and regulated by the national calendar [43-50].

The purpose of the study is to consider the means of physical education of Cossack youth from the point of view of their potential to form a healthy lifestyle.

MATERIALS AND METHODS

The conduction of the research was approved by the local Ethics Committee of the Russian State Social University in May, 15th, 2017 (Record №5).

The study was conducted in 2017-2018 on the basis of the Belokalitvinsky Cossack Cadet Corps named. M.I.Platova, Belaya Kalitva, Rostov Region and the Social College of the Russian State Social University. All subjects were male, aged 15-16 years. The experimental group included cadets of the Belokalitvinsky Cossack Cadet Corps, and the control group consisted of students from the College of the RSSU. In the control and experimental groups, the sample was 20 people in total, 40 people took part in the experiment. At the same

time, students of the College of the Russian State Social University mastered the program on the subject "Physical Education" in accordance with the requirements of the Federal State Educational Standard of Secondary Education, and the cadets of the Belokalitvinsky Cossack Cadet Corps to them M.I. Platov for a similar program with the implementation of the regional component, based on the traditions of the Don Cossacks.

To achieve the goal and solve the problems, the method of comprehensive assessment of the level of health, functional tests and anthropometry was used. Each indicator was scored as the proposed five indicators are measured in different units. The indices used in the studies are related to the indicators of physical fitness, namely the level of development of general endurance and strength. All measurements were carried out in conjunction with the medical staff of the Belokalitvinsky Cadet Corps and the College of Russian State Social University. The definition of the mass-height index - the Quetelet index was calculated by the ratio of body weight, expressed in grams, to body length in centimeters. The determination of the vital index was calculated as the ratio of the vital capacity of the lungs (ml) to body mass (kg). The definition of the product of systolic blood pressure at heart rate was carried out as follows. At rest, the pulse rate per minute was counted and the blood pressure was measured. The indicator was calculated as the product of systolic blood pressure and heart rate divided by 100. The pulse recovery time was determined — the Ruffier index was performed by counting the heart rate in 10 seconds, then physical exercise was performed - 20 squats in 30 seconds, and the heart rate recovery time was recorded cuts to the original value. The definition of the power index was calculated as the ratio of carpal force to body mass. In addition to the overall assessment of the level of physical health, the assessment of each indicator was also taken into account in order to select an individual physical activity during occupations.

RESEARCH RESULTS AND DISCUSSION

For a comparative analysis and assessment of the level of physical health based on a survey of cadets of the Belokalitvinsky Cadet Cossack Corps and students of the social college of the Russian State Social University, consider table 1.

Table 1: Evaluation of the level of physical health in the control and experimental group

No	Index	The average value in the experimental group	Health in the experimental group	The average value in the control group	The level of health in the control group
1	Quetelet Index body weight (g) / height (cm)	364,6	Above the average	381,8	Average
2	Life index lung capacity (ml) / body weight (kg)	66,4	Tall	56,3	Average
3	Power index dynamometry / body weight x 100 (%)	80,5	Tall	70,5	Above average
4	Heart rate x systolic blood pressure/100	81,7	Above the average	91,3	Average
5	Rufys Index recovery time of heart rate after 20 squats in 30 seconds, (min)	1,2	Tall	1,42	Average
6	General assessment of health, score		Tall		Average

A study of the physical health of the cadets revealed the advantage of the cadets in five indicators, the differences between the groups across the scale were 7 points - 41% (p≤0.05). The Quetelet index and cadet pulse index correspond to the level above the average, the power and life indices, and also the Rufe index correspond to the high level. According to the results of the study, the overall assessment of the level of health among the cadets of the Belokalitva Cossack Cadet Corps was 17 points, this corresponds to a high level of health, and among college students 10 points and this indicator of the average level of health.

Modern regional methods of physical education of children and youth of the Cossacks are aimed at promoting a healthy lifestyle and promoting health [51,52]. Consider this in more detail. The protection and correction of the cadet's health status is in the field of teachers, educators, psychologists, the administration of the cadet corps [53]. The organization of sports, competitions, classes in the gym, stadium, sports base, urban pool have a beneficial effect on the prevention of bad habits, provide information about health promotion, disease prevention, contribute to the correction of the functional state of the body, instill the foundations of a healthy lifestyle, form moral and volitional sphere of personality, lead to the conscious choice of a healthy lifestyle [54,55]. In general, the health care of the pupils was promoted by: the primary diagnosis of deviations in the state of health; defining areas of individual medical [56,57], psychological and educational work with each child enrolled in the cadet corps; first aid; conducting in-depth medical examinations; medical control over the observance of sanitary-hygienic and anti-epidemiological regimes; daily routine, regular morning exercises and classes in the gym, walks in the fresh air; classes in the sports sections, regular sports and recreational activities, a balanced diet, prevention of bad habits [58,59,60].

CONCLUSION

The system of physical education of the Cossacks developed under the influence of traditional methods and means of education, which have proven their vitality and effectiveness over many centuries. It has sufficient flexibility and adaptability, so it is applicable in the present time, taking into account modern realities. Favorable climatic conditions of the region contribute to the rational use of the factors of a healthy lifestyle and health promotion. Analyzing the results of the study, the assessment of the level of health of the cadets can be concluded that the state of their health was influenced by factors: traditional means and methods of education, taking into account age-related degrees, unity of the organism and the environment, regional and climatic conditions determined the nature of work and related skills, the rhythm and cyclical nature of everyday life, in accordance with which a dynamic stereotype of behavior was formed, an understanding of the essence of a healthy lifestyle and food to maintain it.

REFERENCES

- [1] Mal GS, Kharitonov EL, Vorobyeva NV, Makhova AV, Medvedev IN. (2018) Functional Aspects Of Body Resistance. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 60-65.
- [2] Makhov AS, Medvedev IN. (2018) Ensuring The Physiological Optimum Of The Body Using Hydro-procedures. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 354-359.
- [3] Makhov AS, Medvedev IN. (2018) Physiological Danger Of Physical Inactivity For Humans. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 375-380.
- [4] Makhov AS, Medvedev IN. (2018) The Problem Of Traumatic Brain Injury In Humans. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 425-434.
- [5] Makhov AS, Medvedev IN. (2018) Fundamentals Of The Physiology Of The Circulatory System. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 453-458.
- [6] Makhov AS, Medvedev IN. (2018) Fundamentals Of Human Physiology Of Hearing. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 486-494.
- [7] Bikbulatova AA. (2018) Creating Psychological Comfort In Women Who Wear Corrective Clothing For A Long Time. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1112-1121.
- [8] ZavalishinaSYu. (2018) The Functional State Of Vascular Hemostasis In Calves During The Neonatal Phase. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) :1507-1512.
- [9] ZavalishinaSYu. (2018) Physiology OfAntiaggregatory Manifestations Of The Vascular Wall In Newborn Calves With Iron Deficiency, Receiving Metabolic Significant Effects. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1530-1536.
- [10] ZavalishinaSYu. (2018) The Functional State Of Primary Hemostasis In Newborns Calves With Dyspepsia. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1543-1549.
- [11] ZavalishinaSYu. (2018) Dynamics Of The Functional State Of Platelet Functions In Newborn Calves Receiving Correction For Dyspepsia. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1566-1572.
- [12] ZavalishinaSYu. (2018) Physiological Control Of The Vascular Wall Over Platelet-Induced Aggregation In Newborn Calves With Iron Deficiency. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1601-1606.

- [13] Makhov AS, Medvedev IN. (2018) Rehabilitation Potential Of Adaptive Physical Education In People With Hearing Impairment. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 519-524.
- [14] Makhov AS, Medvedev IN. (2018) The Physiological Response Of Bone Tissue To Increase Physical Activity. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6): 546-550.
- [15] Aleshicheva AV. (2016) The attitude of young people to health and sport. In the collection: The modern system of education of a medical university student: state and directions of development. Ryazan, 241-242.
- [16] Bondin VI, Ponomareva IA, Zhabrova TA, Manuilenko EV. (2012) The functional state and health of various categories of young people in modern environmental conditions. *Proceedings of the Baltic State Academy of the Fishing Fleet: Psychological and Pedagogical Sciences*. 2 (20) :41-48.
- [17] ZavalishinaSYu. (2018) Functional Features Of Primary Hemostasis In Newborns Calves With Functional Disorders Of The Digestive System. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1630-1636.
- [18] ZavalishinaSYu. (2018) Elimination of platelet dysfunctions in newborn calves with functional digestive disorders. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1650-1656.
- [19] ZavalishinaSYu. (2018) Prevention Of Violations Of The Functional Status Of Platelet Hemostasis In Newborn Calves With Functional Disorders Of The Digestive System. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1672-1678.
- [20] ZavalishinaSYu. (2018) Physiological Properties Of Platelets In Newborn Calves With Functional Disorders Of The Digestive System, Treated With The Sorbent "Ecos". *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1697-1702.
- [21] ZavalishinaSYu. (2018) The Dynamics Of The Physiological Properties Of Hemostasis In Newborn Calves With Functional Disorders Of The Digestion Against The Background Of Their Consumption Of Needles Extract. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1726-1731.
- [22] ZavalishinaSYu. (2018) Functional Features Of Vascular Hemostasis In Calves Of Dairy Nutrition. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1754-1759.
- [23] Makhov AS, Medvedev IN. (2018) The Influence Of Sport On The Functioning Of Internal Organs. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 579-583.
- [24] Makhov AS, Medvedev IN. (2018) The Effectiveness Of Static Exercises In The Rehabilitation Of Cerebral Palsy. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 603-608.
- [25] Makhov AS, Medvedev IN. (2018) Functional Features Of The Blood System Under Conditions Of Regular Muscle Loads. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 663-668.
- [26] Makhov AS, Medvedev IN. (2018) Functional Features Of The Cardiovascular System In Athletes. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 704-708.
- [27] Rimashevskaya NM, Lunyakova LG, Shabunova AA. (2012) Health and healthy lifestyle of young people. *Population*. 4(58) : 083-086.
- [28] Makhov AS, Medvedev IN. (2018) World Experience In Building Inclusive Sports Activities. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 731-736.
- [29] Makhov AS, Medvedev IN. (2018) Rules For The Organization Of Inclusive Physical Education And Sports Activities. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 763-768.
- [30] ZavalishinaSYu. (2018) Functional Activity Of Vascular Hemostasis In Newborn Calves With Iron Deficiency. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1490-1496.
- [31] ZavalishinaSYu. (2018) Physiological Features Of Primary Hemostasis In Newborns Calves With Functional Digestive Disorders. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1514-1520.
- [32] ZavalishinaSYu. (2018) Functional Features Of Hemostasis In Calves Of Dairy And Vegetable Nutrition. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1544-1550.
- [33] ZavalishinaSYu. (2018) Functional Activity Of Primary Hemostasis In Calves During The First Year Of Life. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1575-1581.
- [34] Vorobyeva NV, Mal GS, ZavalishinaSYu, Glagoleva TI, Fayzullina II. (2018) Influence Of Physical Exercise On The Activity Of Brain Processes. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 240-244.
- [35] Mal GS, Vorobyeva NV, Makhova AV, Medvedev IN, Fayzullina II. (2018) Features Of Physical Rehabilitation After Myocardial Infarction. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 280-285.

- [36] Bikbulatova AA. (2018) Functional Features Of Microcirculatory Processes In Obese Women Against A Background Of Long Daily Wearing Of Corrective Clothing. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 785-793.
- [37] Makhov AS, Medvedev IN. (2018) The Effect Of Regular Physical Activity On The Functioning Of The Nervous System. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 794-798.
- [38] Makhov AS, Medvedev IN. (2018) Physiological Basis Of Maintaining The Body's Reactivity. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 825-830.
- [39] Makhov AS, Medvedev IN. (2018) Functional Mechanisms To Ensure The Reactivity Of The Organism. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 924-929.
- [40] Makhov AS, Medvedev IN. (2018) The Physiological Reaction Of The Body Of Adolescents To The Classroom. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 947-951.
- [41] Makhov AS, Medvedev IN. (2018) The Effect Of Physical Activity On Neurophysiological Processes In Students. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 968-972.
- [42] Makhov AS, Medvedev IN. (2018) Physiological Characteristics Of Physically Exercising People In The PostStroke Period. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 987-992.
- [43] Gusarov AV, Kornev AV, Kartashev VP, Nekrasova MV. (2018) Effect Of Static Exercises With A Deflection On The Tone Of The Skeletal Musculature Of Middle-Aged Women. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(4) : 1716-1724.
- [44] Zhalilov AV, Mironov IS. (2018) Identification Of The Most Significant Shortcomings Of Sports Competitions In Sambo Among People With Hearing Impairment In A Separate Region Of Russia. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(3) : 672-677.
- [45] Bikbulatova AA, Karplyuk AV, Medvedev IN. (2018) Methodical Bases Of The Help To Young Invalids In A Choice Of Sphere Of Their Future Professional Activity. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(4) : 571-577.
- [46] Bikbulatova AA, Karplyuk AV, Medvedev IN. (2018) The Problem Of Vocational Guidance Work With Young People, Who Have Limited Health Opportunities In Modern Russia. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(4) : 586-590.
- [47] Bikbulatova AA, Andreeva EG, Medvedev IN. (2018) Hematological Features Of Patients With Osteochondrosis Of The Spine. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(3) : 1089-1095.
- [48] Medvedev IN. (2018) Physical Effect Of Feasible Physical Exertion On Platelet Activity In Overweight Young Men. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1137-1142.
- [49] Medvedev IN. (2018) Physiological Activity Of The Blood Plates In Regularly Practicing Amateur Football Players. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1161-1166.
- [50] Medvedev IN. (2018) Platelet Functions In The First Adulthood When Regularly Practiced In Adolescence In The Tennis Section. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1180-1184.
- [51] Medvedev IN. (2018) Functional Features Of Platelet Hemostasis In Athletes-Athletes 18-35 Years. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1196-1201.
- [52] Medvedev IN. (2018) Dynamics Of Functional Parameters Of Platelet Hemostasis In Young People With Hemodynamic And Metabolic Disorders On The Background Of Regular Physical Activity. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1217-1222.
- [53] Andrianova RA. (2014) Social health of children and young people in a multicultural environment. *Social pedagogy in Russia. Scientific and methodical journal*. 2 : 26-34.
- [54] Medvedev IN. (2018) Physiological Response Of Intravascular Platelet Activity In Boys With High Normal Blood Pressure To Regular Physical Exercise. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1244-1250.
- [55] Medvedev IN. (2018) Functional Features Of Intravascular Platelet Activity In Adolescents With High Normal Blood Pressure, Overweight Or A Combination Of Them Against The Background Of Regular Physical Exertion. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1258-1265.
- [56] Medvedev IN. (2018) The Physiological Properties Of Platelets In People 18-35 Years Old, Trained In The Section Of General Physical Training. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1277-1283.
- [57] Gatilo VL, Gorodova TV. (2015) Social health of students: approaches to the definition. *Modern problems of science and education*. 1-1 : 1415.



- [58] Medvedev IN, Savchenko AP, ZavalishinaSYu, Krasnova EG, Kumova TA, Gamolina OV, Skoryatina IA, Fadeeva TS. (2009) Methodology of blood rheology assessment in various clinical situations. Russian Journal of Cardiology.5 :42-45.
- [59] Medvedev IN, Lapshina EV, ZavalishinaSYu. (2010) Experimental methods for clinical practice: Activity of platelet hemostasis in children with spinal deformities. Bulletin of Experimental Biology and Medicine.149(5) :645-646.
- [60] Medvedev IN, ZavalishinaSYu. (2016) Platelet Activity in Patients With Third Degree Arterial Hypertension and Metabolic Syndrome. Kardiologiya. 56(1) :48.