

Consideration of features of the child in the process of organization Physical culture and health work in the establishment of preschool of education

COMPREHENSIVE HEALTH ASSESSMENT

five characters:

level of harmony of physical development;
reserve capabilities of basic physiological systems;

the level of immune defense and nonspecific resistance of the body;

presence or absence of chronic diseases;

level of strong-willed and value-oriented installations.

STATISTICAL DATA ON MORBIDITY IN THE REPUBLIC OF BELARUS

ОХРАНА ЗДОРОВЬЯ

HEALTH PROTECTION

2.11. Заболеваемость детей по группам болезней

Morbidity of children by disease group

	2010	2011	2012	2013	2014
Число зарегистрированных случаев заболеваний с впервые в жизни установленным диагнозом <i>Number of registered cases of diseases diagnosed for the first time in life</i>	3 159 517	3 259 960	3 010 564	3 117 066	3 042 108

	2010	2011	2012	2013	2014
некоторые инфекционные и паразитарные болезни <i>certain infectious and parasitic diseases</i>	99 601	125 570	121 136	93 163	102 971
новообразования <i>neoplasms</i>	4 887	4 799	4 788	4 750	4 965
болезни крови, кроветворных органов и отдельные нарушения, затрагивающие иммунный механизм <i>diseases of the blood, blood forming organs and certain disorders involving the immune mechanism</i>	14 348	13 818	13 882	12 610	12 413
болезни эндокринной системы, расстройства питания, нарушения обмена веществ <i>endocrine, nutritional and metabolic diseases</i>	12 435	11 271	12 066	11 219	11 611
психические расстройства и расстройства поведения <i>mental and behavioural disorders</i>	26 446	26 657	24 483	24 244	24 590

Болезни нервной системы
diseases of the nervous system

2010

17 050

2011

16 187

2012

15 022

2013

14 919

2014

14 043

Болезни глаза и его
придаточного аппарата
diseases of the eye and adnexa

84 511

85 650

83 164

87 683

91 477

Болезни уха и
сосцевидного отростка
*diseases of the ear
and mastoid process*

73 215

75 811

69 662

72 472

77 164

Болезни системы
кровообращения
diseases of the circulatory system

11 953

11 755

12 300

11 341

11 326

FIVE HEALTH GROUPS:

- × **The first group** is healthy children with normal physical and mental development and a normal level of function.
- × **the second group** is healthy children who have no chronic diseases, but there are functional and some morphological abnormalities, as well as reduced resistance to diseases.
- × **the third group** - patients with chronic diseases as part of compensation with preserved functional capabilities of the

FIVE HEALTH GROUPS:

- × the fourth group - patients with chronic diseases in a state of subcompensation with limited functionality of the organism;
- × the fifth group - patients with chronic diseases in a state of decompensation with associated functional capabilities (undergoing treatment and rehabilitation in special medical institutions)

Features of the organization of physical education of children with disabilities

РЕПОЗИТОРИЙ БГУ

In preschool institutions, children who have second, third and fourth groups of health need an individual approach to physical education, more careful monitoring of medical workers .



RELEASE OF CHILDREN FROM PHYSICAL EDUCATION

- leads to the loss of conditioned reflex connections of motor-visceral reflexes, to a delay in the development of basic motor abilities, to the weakening of self-genetic mechanisms and, thus, to an extension of the terms of rehabilitation, to a later biological recovery. A complete cessation of exercise can only be temporary.

IN THE LESSON FOR WEAKENED CHILDREN THIS IS NOT RECOMMENDED

- ✘ A sharp increase or decrease in physical activity,
- ✘ Running should gradually move into walking, sudden stops should be avoided (with sudden stopping the arterial blood pressure in the brain vessels falls, which can lead to a fainting condition).
- ✘ Should follow the principle of gradualness: first, offer children lying exercises, then - sitting and at the end - standing up.