

EXPRESSION OF METEOPATHOLOGICAL REACTIONS ORGANISM, AND THEIR INFLUENCE ON PHYSICAL WORKABILITY

Bekirova T. T., Kolotilova O. I., Yarmolyuk N. S.

V.I. Vernadsky Crimean Federal University, Simferopol, Crimea, Russia

E-mail: oxy1978@mail.ru

In the course of work followed meteorologicheskikh the severity of reactions in individuals involved in sports regularly, and not regularly, and also identified their impact on physical performance. It is established that the adaptation ability of athletes to adverse environmental factors is higher than that of students not involved in sports on a regular basis. Athletes are less susceptible to various weather factors, which is manifested in their best physical health, as physical activity has a beneficial impact on their functional status. All of the above suggests a certain intervention of physical activity in mechanisms of weather sensitivity. Thus, fitness increases the functionality, efficiency and cost-effectiveness of different systems and organism as a whole. The data obtained will allow to expand understanding of the systematic relationships of the organism with the environment.

Keywords: meteopathological reactions, sportsmen, physical performance.

References

1. Vodolazhskaya M. G., Nepronova O. O. Rezervnyie vozmozhnosti sportsmenov s tochki zreniya fiziologii, meditsiny i biometeorologii. Sovremennoe sostoyanie voprosa (obzor), *Problemyi zdorovya cheloveka. Razvitie fizicheskoy kulturyi i sporta v sovremennyih usloviyah: Sbornik nauchnyih trudov po materialam mezhhregionalnoy nauchno–prakticheskoy konferentsii*, 260 (Stavropol: SGU, 2002).
2. Nepronova O. O. Vliyaniye meteorologicheskikh faktorov na rabotosposobnost i funktsionalnoe sostoyaniye serdechno–sosudistoy sistemyi sportsmenov, *Chelovek i zhivotnyie: Sbornik materialov II Mezhdunarodnoy nauchno–prakticheskoy konferentsii*, 26 (Astrahan: Astrahanskiy universitet, 2004).
3. Nepronova O. O., Rusina O. V. Issledovaniye vliyaniya pogodnyih faktorov na funktsionalnoe sostoyaniye serdechno–sosudistoy sistemyi yunyih sportsmenov, *Fizicheskaya kultura i sport: integratsiya nauki i praktiki. Materialy mezhdunarodnoy nauchno–prakticheskoy konferentsii*, 308 (Stavropol: SGU, 2004).
4. Lakin G. F. *Biometriya*, 293 (M.: Vysshaya shkola, 1980).
5. Vodolazhskaya M. G., Filankovskiy V. V., Naymanova M. D., Nepronova O. O. Meteochnuvstvitelnost kak faktor bezopasnosti zhiznedeyatelnosti, *Aktualnyie problemyi bezopasnosti zhiznedeyatelnosti: integratsiya nauki i praktiki. Materialy mezhhregionalnoy nauchno-prakticheskoy konferentsii*, 26 (Stavropol: SGU, 2006).
6. Grigorev I. I., Grigorev A. I., Grigorev K. I. Pogoda i organizm cheloveka, *Voprosy kurortologii, fizioterapii i lechebnoy fizkulturyi*, 5, 53 (1998).