



Title

Morphofunctional Screening of Future Ukrainian Armed Forces Recruits

Abstract

Introduction. Analysis of literature indicates that there is a decrease of physical fitness and efficiency level of conscription age young men, deterioration of their physical and mental health, functional status of leading physiological systems, and steady increase of health issues. That's why the evaluation systems based on a set of clinical and physiological indicators have to be developed to obtain objective information about physical development, as well as the level of somatic health, which could correlate with maximum aerobic productivity [1, 2].

Methods: analysis and generalization, anthropometric, somatometric, bioimpedance, physiological. The study involved 277 future Ukrainian Armed Forces recruits 17-19 years old, who did not have any pathology in their health and belonged to the main medical group [1].

Results. A total number of 34 indicators were studied, including 23 direct measurements, which were divided into 4 clusters: analysis of the functional state of the cardio-respiratory system, characteristics of the physical development, analysis of the body composition, analysis of the functional state of the cardio respiratory system (Table 1).

Conclusion. The results of our research show, that screening of the conscription age young men morphofunctional state in the modern educational process is one of the important elements of the pedagogical process management. The adaptive activity of the body of some of the studied young men aged 17-19 is in such a disorder that even minor physical loading can lead to negative consequences. In practice, the results of screening studies will allow specialists in the field of physical culture and sports to monitor the dynamics of physical development, functional status, and physical performance, adjust the intensity of physical activity in accordance with the individual capabilities of the body.

Practical Implications

NON APPLICABLE

References

1. Priority areas for development of scientific research: domestic and foreign experience: collective monograph / edited by authors. – 3rd ed. – Riga, Latvia : “Baltija Publishing”, 2021. – 260 p.
2. Yarmak, O., Galan, Y., Nakonechnyi, I., Hakman, A., Filak, Y., Blahii, O. (2017) Screening system of the physical condition of boys aged 15-17 years in the process of physical education. *Journal of Physical Education and Sport*. Supplement issue 3, 1017 – 1023. doi:10.7752/jpes.2017.s3156

Figures and tables

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Conflict of interest

The authors declare that there is no conflict of interest.

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