

**DRUG REHABILITATION OF WOMEN WITH REPRODUCTIVE
DISORDERS WITH THE USE OF NATURAL THERAPEUTIC FACTORS
OF THE REPUBLIC OF NORTH OSSETIA ALANIA**

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Annotation. Currently, in the genesis of NB more and more attention is paid to the role of uterine factor. According to different authors, in more than 70% of cases, chronic endometritis becomes the cause of miscarriage. The use of natural factors in North Ossetia - Alania has a significant impact on the restoration of reproductive function.

Key words: chronic endometritis, infertility, miscarriage, staged medical rehabilitation of clay tereclites, hydrogen sulfide waters, iodine-bromine waters.

**PROLIFERATIVE ACTIVITY OF BONE MARROW
MONONUCLEAR CELLS OF RATS AFTER IRRADIATION BY
NANOSECOND MICROWAVE PULSES**

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Annotation. The purpose was to study the proliferative activity of bone marrow mononuclear cells (BMNCs) of rats after irradiation with nanosecond

repetitive pulsed microwave radiation (RPMs). It was found that the RPMs can affect the BMNCs proliferation in vitro. It is important that both stimulation and inhibition of proliferation were observed after exposure. The effect depended on the pulse repetition frequency. The amount of BMNCs increased after exposure to pulse repetition frequency of 13 Hz up to 30% in comparison with a control cells and up to 51% in comparison with a false-irradiated cells. In contrast, there was inhibition up to 40% of BMNCs after exposure to a frequency of 8 Hz, in comparison with a control group.

Key words: microwave radiation, nanosecond pulses, proliferative activity, bone marrow mononuclear cells, cell cultures.

THE BIOLOGICAL EFFECTS OF NATURAL HEALING FACTORS AND THEIR MODIFICATION

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Abstract. In article on the basis of literary data and own experimental researches the analysis of the main trends and strategies of modification of the biological potential of drinking mineral waters of the region of Caucasian Mineral Waters, based on the mechanism of action for treatment and assessment of functional levels of the formation of their biological effect in medical application.

Key words: drinking mineral water, biological potential, modification of therapeutic and preventive effect.

EFFICIENCY OF USING THE “FIRST” COMPUTER PROGRAM TO IMPROVE THE MANIPULATIVE ACTIVITY OF HANDS AT SCHOOL AGE CHILDREN

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Key words: children of school age, manipulative activity of hands, computer program.

Annotation. Fine motor skills are the ability to perform precise movements with the fingers of a hand, the formation of which plays an important role in the child's life. It has been established that speech is directly dependent on the level of development of fine motor skills. That is why the identification of new modern tools, methods and ways to improve manual skills is relevant in psychology, adaptive physical culture, pedagogy, rehabilitation, and medicine. The purpose of the presented research is to study the effectiveness of the use of the computer program "Perst" to increase the manipulative activity of hands in children of school age. The study found that the motor characteristics of movements, such as accuracy, focus of the hands and the speed of typing exercises computer program significantly increased.

APPLICATION OF MODERN EXPRESS DIAGNOSTIC SYSTEMS FOR THE DETECTION OF FACTORS LIMITING THE FUNCTIONAL STATE OF ELITE ATHLETES

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Key words. express diagnostics, sports physiology, adaptation, functional reserves, hypoxic training, middle mountains, heart rate variability, hemodynamics.

Annotation. The aim of the work is the use and development of modern systems of rapid diagnosis to identify factors limiting the functional state of highly skilled athletes.

JET DANCE ESPORTS SIMULATOR: PHYSIOLOGICAL LOAD COST

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Key words: eSports simulator, Just Dance, functionality, intensity zones, physical activity.

Annotation. The article presents the results of a study of the physiological cost of physical activity of participants of the Regional stage of the North Caucasus Federal District of All-Russian competitions on the Just Dance e-sports simulator. Dance compositions performed by athletes at the physiological cost and preferential development of aerobic and anaerobic abilities are divided into 3 groups: - developing anaerobic; - aerobic; - mixed possibilities of the body. Just Dance eSports simulator can be used for recreation of various groups of the population, as well as for the development of the functional capabilities of athletes and military personnel.

PSYCHO-PEDAGOGICAL SUPPORT OF TRAINING YACHTSMEN

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Keywords: sailing, athletes, typology, psychological geometry.

Annotation. Presents the results of research in the national sailing team of Russia in 1986–2012. The technique used was S. Dellinger, a specialist in training US management personnel and a questionnaire to R.B. Cattell (16-PF-105-C). Modern yachtsmen surpass their peers of the late 1980 s in many psychological indicators, with the exception of «intelligence» (decreased from 7.4–1.4 to 5.9–1.5 walls, with $p < 0.05$). Each of the surveyed yachtsmen had both positive psychological qualities and had drawbacks that must be taken into account when

organizing the training process, selecting crew members, and choosing a strategy for performing in regattas.

**ESTHEOTHERAPY, ARTPLASTICS, METHODS OF
HEALTHCREATION, PSYCHOLINGUISTICS AND INTERPERSONAL
INTERACTION
IN THE SPHERE OF ADAPTIVE PHYSICAL CULTURE**

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Keywords - methodology of adaptive physical culture, interpersonal interaction of subjects of education

Annotation. In order for education in the field of adaptive physical culture (AFC) to really fulfill the role of a socio-cultural regulator, it must be addressed to the individual, to form a culture of human corporeality (where the "healthy spirit" is the spiritual foundation of bodily health), a system of value orientations and moral principles. Without turning the technologies of adaptive pedagogy "face to person" there can be no question of optimizing developmental learning, methods of saving health and restoring lost functions. It is necessary to teach a person to work in reflective-creative way with his own consciousness and the mechanisms of telopsychics, personal and interpersonal health.