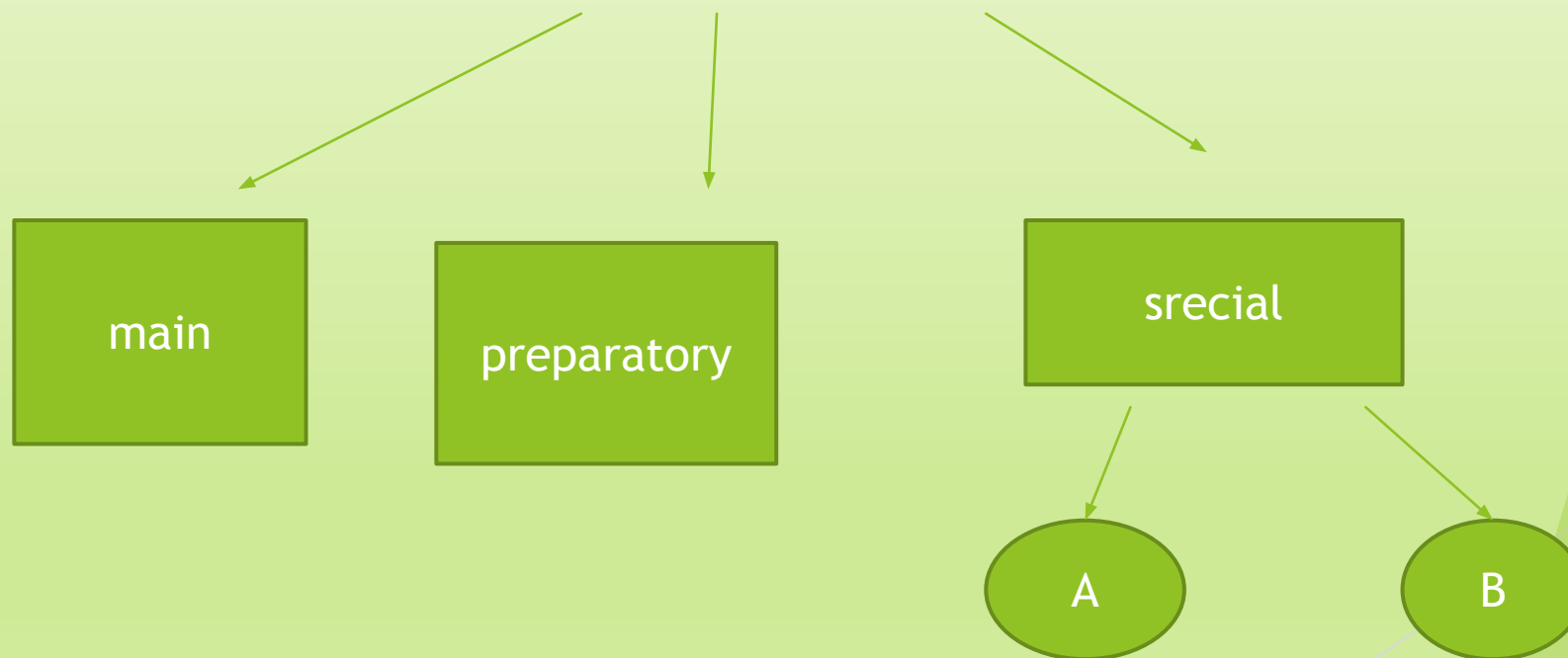


ORGANIZATION OF THE PHYSICAL EDUCATION OF STUDENTS WITH  
DEVIATIONS IN THE STATE OF HEALTH

## MEDICAL GROUPS FOR PHYSICAL EDUCATION

For physical education, all students, depending on their health status, are divided into four medical groups: main, preparatory, special "A" (health-improving) and special "B" (rehabilitation)



# MEDICAL GROUPS FOR PHYSICAL EDUCATION

In accordance with the recommendations approved by the Russian Ministry of Health:

The MAIN MEDICAL GROUP includes boys and girls:

- without deviations or with minor deviations in health,
- good physical development and functional condition,
- with a level of physical fitness corresponding to age and gender.

## MAIN MEDICAL TEAM FOR PHYSICAL EDUCATION

Those assigned to this group are allowed:

- physical education with the use of health-enhancing technologies;
- preparation and passing of tests of individual physical fitness;
- doing a certain kind of sport;
- preparation and participation in competitions.

In this case, it is necessary to take into account the relative contraindications for practicing certain sports. For example, perforation of the eardrum is a contraindication to all types of water sports, while other sports are not prohibited.

# MEDICAL GROUPS FOR PHYSICAL EDUCATION

The PREPARATORY MEDICAL GROUP includes students

- with chronic diseases in the stage of persistent clinical and laboratory remission for at least 3-5 years;
- often ill (3 or more times a year);
- convalescents from the main medical group after illnesses, injuries and the end of the terms of exemption from physical education for a period determined individually by a medical institution.

## **PREPARATORY MEDICAL GROUP**

Those referred to this group are allowed to engage in physical culture using health-improving and health-correcting technologies.

Tests of individual physical fitness and participation in sports events are allowed after an additional medical examination in the absence of contraindications.

With the permission of the doctor, it is possible to visit sports sections with a significant decrease in the volume and intensity of physical activity, as well as the exclusion of contraindicated exercises.

These students are not allowed to participate in most sports and competitions.

# MEDICAL GROUPS FOR PHYSICAL EDUCATION

**The SPECIAL MEDICAL GROUP "A" - a health-improving group, includes students with severe deviations in the state of health of functional and organic genesis in the stage of compensation.**

Those assigned to this group are allowed to engage in physical culture using health-correcting and health-improving technologies.

When organizing classes, age, nosological forms of the disease and the degree of their severity, deviations in physical development, the level of functional capabilities and physical fitness are necessarily taken into account.

Determination of the level of physical fitness is possible only with the permission of a medical professional. To determine physical fitness, only those exercises are used that, taking into account the form and severity of the disease, are not contraindicated for the student. These students are not allowed to play sports and participate in competitions.

## **MEDICAL GROUPS FOR PHYSICAL EDUCATION**

The SPECIAL MEDICAL GROUP "B" - the rehabilitation group includes students with severe deviations in health at the stage of subcompensation.

Those referred to this group are allowed to engage in physical culture using health-correcting technologies in the departments of medical physical culture of medical institutions. Regular self-study on the complexes suggested by the exercise therapy doctor is acceptable.



The medical group for physical education, based on the conclusions of the specialists participating in the preventive medical examinations, is determined by the therapist in accordance with the "Regulation on medical control of persons engaged in physical culture and sports" approved by the Order of the Ministry of Health dated December 29, 1985, No. 1672 "On the tasks of health authorities and institutions for the widespread use of physical education and sports to strengthen and maintain the health of the population, prevent diseases."

Specialist doctors take into account not only the nosological form of the disease, but also the stage of the disease, the severity of the dysfunctions of the body and the likelihood of complications.

## **CHANGE OF MEDICAL TEAM FOR PHYSICAL EDUCATION ИЗМЕНЕНИЕ**

Inclusion in a special medical group "A" (SMG "A") can be either temporary or permanent, depending on the type of disease and other deviations in health.

The change in the medical group is established by the therapist based on the characteristics of the dynamics of indicators of the state of health (after additional in-depth medical examination), functional capabilities and physical fitness.

With positive dynamics of indicators, it is possible to transfer from the special medical group "A" to the preparatory one and from the preparatory medical group to the main one.

If the physical load does not correspond to the functional capabilities of the organism, the student is transferred from the main to the preparatory one or from the preparatory to a special medical group.

Students who have not passed a medical examination are not allowed to engage in physical education.

## MEDICAL CONTRAINDICATIONS FOR PERFORMANCE OF PHYSICAL EXERCISES

Physical education is indicated for almost all diseases. The complete cessation of classes can only be temporary. It is not allowed to exercise if:

- the presence of complaints of pain of various localization, dizziness, nausea, weakness, palpitations;
- in the acute period of the disease (chills, catarrhal phenomena, etc.);
- traumatic injury to organs and tissues of the body (acute period): contusion, wound, sprain, hematoma, etc.;
- the danger of bleeding (nosebleeds on the day of class, condition after tooth extraction, menstrual period);
- severe disturbance of nasal breathing;
- severe tachycardia or bradycardia;
- intoxication;
- a sharp decrease in the adaptive capabilities of the body.
- The above contraindications apply to students of all medical groups.

## TERMS OF RESUMPTION AFTER POSSIBLE DISEASES

The timing of the resumption of physical education after illness is determined by the attending physician of the medical institution individually for each student, taking into account the severity and nature of the disease, the degree of functional disorders.

Name of the disease (injury)	Terms of resumption of classes	Note
Angina	After 2-4 weeks	To resume classes, additional medical examination is required. Hypothermia should be avoided during winter sports, swimming, etc.

Name of the disease (injury)	Terms of resumption of classes	Note
<b>Acute respiratory diseases</b>	After 1-3 weeks	Avoid hypothermia. Winter sports and swimming may be temporarily excluded. When exercising outdoors in winter, breathe only through the nose
<b>Acute otitis media</b>	After 3-4 weeks	Swimming is prohibited. Avoid overcooling. In chronic perforated otitis media, all water sports are contraindicated. With vestibular instability, exercises that can cause dizziness (sharp turns, circular movements of the body and head, etc.) are excluded.

<b>Name of the disease (injury)</b>	<b>Terms of resumption of classes</b>	<b>Note</b>
<b>Pneumonia</b>	After 1-2 months	Avoid hypothermia. It is recommended to use more extensive breathing exercises, swimming, rowing, winter sports (fresh air, absence of dust have a positive effect on the respiratory system)
<b>Pleurisy</b>	After 1-2 months	Excluded (for up to six months) exercises with straining and endurance. Swimming, rowing, winter sports are recommended

Name of the disease (injury)	Terms of resumption of classes	Note
<b>Flu</b>	After 2-3 weeks	Doctor's supervision, ECG control is required
<b>Acute infectious diseases (diphtheria, scarlet fever, dysentery, measles, etc.)</b>	After 1-2 months	The resumption of classes is possible only with a satisfactory reaction of the cardiovascular system (CVS) to functional tests. If there were changes in the activity of the heart, then exercises with straining, for endurance and strength are excluded (for up to six months). ECG monitoring required

<b>Name of the disease (injury)</b>	<b>Terms of resumption of classes</b>	<b>Note</b>
<b>Sharp jade</b>	After 2-3 months	Water sports and endurance exercises are strictly prohibited. After the start of classes, regular monitoring of the composition of urine is necessary.
<b>Rheumatic heart disease</b>	After 2-3 months	Classes are allowed only if the foci of chronic infection are rehabilitated. We recommend (at least a year) classes in a special medical group. ECG monitoring required



Name of the disease (injury)	Terms of resumption of classes	Note
<b>Infectious hepatitis</b>	After 6-12 months (depending on the course and form of the disease)	Endurance exercises are excluded. Regular monitoring of liver function is required
<b>Appendicitis (after surgery)</b>	After 1-2 months	At first, jumps, exercises with straining and on the abdominal muscles are excluded
<b>Fractured limb bones</b>	In 3 months	In the first three months, exercises that give a large load on the injured limb are excluded

Name of the disease (injury)	Terms of resumption of classes	Note
<b>Concussion</b>	After 2-3 months (depending on the severity and nature of the injury)	In each case, permission from a neurologist is required. Exercises associated with sudden shaking of the body (jumping, football, volleyball, basketball, etc.) are excluded.
<b>Stretching of muscles and ligaments</b>	After 1-2 weeks	It is recommended to gradually increase the load and range of motion in the injured limb
<b>Ruptured muscles and tendons</b>	6 months after surgery	Exercise therapy (long term) recommended