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**СМАГЛИЙ, Т.И., СМАГЛИЙ, Т. А.  
ПЕДАГОГИЧЕСКИЕ УСЛОВИЯ РАЗВИТИЯ ПОЗНАВАТЕЛЬНОЙ АКТИВНОСТИ  
СТУДЕНТОВ ПРИ КРЕДИТНОЙ СИСТЕМЕ ОБУЧЕНИЯ**

*Статья посвящена актуальной проблеме развития познавательной активности студентов в условиях кредитной системы. В ней описываются педагогические условия эффективного формирования познавательной активности студентов, в качестве которых выступают: качественное информационное обеспечение образовательного процесса, включение студентов и преподавателей в диалогическое общение в аудиторной и внеаудиторной деятельности, ориентация студентов на самообразовательную деятельность.*

**Ключевые слова:** *познавательная активность, самообразование, кредитная система, информационное обеспечение, качество образования, диалогическое общение, педагогические условия.*

**СМАГЛИЙ, Т.И., СМАГЛИЙ, Т. А.  
ОҚЫТУДЫҢ КРЕДИТТІК ЖҮЙЕСІНДЕ СТУДЕНТТЕРДІҢ ТАНЫМДЫҚ БЕЛСЕНДІЛІГІН  
ДАМУДЫҢ ПЕДАГОГИКАЛЫҚ ШАРТТАРЫ**

*Мақала кредиттік жүйе жағдайында студенттердің танымдық белсенділігін дамытудың өзекті мәселесіне арналған. Онда студенттердің танымдық белсенділігін қалыптастырудың педагогикалық шарттары сипатталады, олар: білім беру үрдісін сапалы ақпараттық қолдау, студенттер мен оқытушыларды аудиториялық және сабақтан тыс іс-шараларда диалогтық қарым-қатынасқа қосу, студенттерді өзін-өзі тәрбиелеу іс-әрекетіне бағыттау.*

**Мақаланың мәнін ашатын сөздер:** *танымдық белсенділік, өзін-өзі тәрбиелеу, кредиттік жүйе, ақпараттық қолдау, білім сапасы, диалогтық байланыс, педагогикалық шарттар.*

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**COMPARATIVE CHARACTERISTICS OF THE MORPHOFUNCTIONAL STATE  
OF STUDENTS IN UNIVERSITIES**

**Abstract**

*Comparative characteristics of the morphofunctional state of students in Universities.*

*This article is devoted to comparing the results of a practical study conducted on the basis of the Kostanay State Pedagogical University (KSPU) and the Novosibirsk State Pedagogical University (NSPU), in order to identify differences in morphofunctional indicators between first-year students, depending on gender and place of study. It has been established that students of KSPU, in comparison with students of the NSPU, characterize with low anthropometric parameters, economical consumption of oxygen by the myocardium, higher vital and carpal indices.*

**Keywords:** *morphofunctional indicators, health, physical development, sexual differentiation, students.*

## 1. Introduction

The problem of health is one of the priority tasks of social development, which determines the importance of its theoretical and practical development Kazin, Blinova, Litvinova (2000).

The study of the physiological characteristics of a person and the level of his adaptability to various factors of the external environment is a fundamental contribution to maintaining his level of health Balsevich (2000), Aghajanyan (2001).

The human body is constantly in interaction with the environment. Therefore, the problem of studying the influence of environmental factors especially on the emerging organism (children, adolescent, youth), the identification of ethnonational features of development is important for assessing the adaptation process and is an actual task of modern science Grebneva (2001), Isaev (2003).

Morphofunctional development is one of the objective and general parameter of health, according to this statement the morphofunctional state of the students's body is an important tool for monitoring their conditions.

Student age is a period when the biological maturation of a person ends and all morphofunctional indicators reach their definitive dimensions. The level of development of health during this period can serve as a index of the effectiveness of the entire system of hygiene measures carried out in the previous stages of ontogenesis in the developed way of life, and to determine the further activities for improving the younger generation, and to make the necessary corrections Draghic (2006).

At the present time, the most informative and accessible tool for making a conclusion about the morphological and functional features of the body is the health monitoring method which investigates the following areas of activity namely, physical development, functional and physical preparedness, with the help of actual measurements Wolanski (2005), Malinowski (2008).

The purpose of this article is to study the features of the morphofunctional status of students studying at the first year at the KSPU (Kazakhstan) and the NSPU (Russia).

## 2. Materials and Methods

The study was conducted on the basis of the Kostanay State Pedagogical University (Kazakhstan), during 2016 - 2017 academic year. For comparative characteristics, data from a study conducted at the Novosibirsk State Pedagogical University (Russia) were taken. The contingent of the study was the first-year students of KSPU and students of the NSPU. The average age of the subjects was 21 years. The students were divided into two groups according to their gender. The first group consisted from girls, the second from boys.

Morphological and functional parameters were determined using standard methods of Rubanovich (2004). There were determined the main indicators of physical development of students – length and weight of the body (BL and BW), chest circumference (CC) at rest, the parameters of vital capacity of lungs, the muscle force by using dynamometry. Also the body mass index (BMI), the cardiac economy (CE), the vital (VI) and the wrist indices (WI) were calculated.

## 3. Results and discussion

An analysis of the physical development of the subjects revealed differences in many morphofunctional indices. It is important to keep in mind that the main anthropological characteristics (length and body weight, body type) are adaptive features Alekseyev (1998) and body length is a genetically determined index in comparison with other anthropometric parameters Godin (1991). On the basis of the main anthropometric indicators, the students of the KSPU and the NGPU had the following results (Table 1).

**Table 1 - Average morphofunctional indices of students of KSPU and NSPU (M ± m)**

Parameters	Students of KSPI		Students of NSPU	
	1 group (n =50)	2 group (n =50)	1 group (n =833)	2 group (n =167)
Body length, sm	163,08± 0,1	175,77± 0,1	164,1±0,2	177,5±0,5

Body weight, kg	55,96± 1,2	67,38± 1,5	59,5±0,4	69,7±0,9
CC,sm	86,02± 0,7	89,77± 0,7	87,5 ± 1,9	93,9 ± 2,1
BMI, kg/m <sup>2</sup>	22, 02±0,4	22, 92± 0,5	22,0±0,1	22,1±0,2
WI, kg/kg	53,89± 2,1	68,73± 2,5	43,6±0,3	59,7±0,9
VI,ml/kg	62,7±1,4	67,7±1,7	59,3±0,6	71,3±1,4
CE, c.u.	88, 85± 1,4	84,47± 1,7	92,8±0,6	98,6±1,4

The average group growth of girls and boys attending the Novosibirsk State Pedagogical University is higher than the growth of students in Kostanay State Pedagogical University.

In the literature, body weight, in contrast to length, is considered to be a more labile indicator, rapidly changing under the influence of external factors Godina (2004). As can be seen from Table 1, there are differences in weight. First-year students studying in Russia prevail in weight, both in 1 and 2 groups, in comparison with students studying in Kazakhstan.

Circumference of the chest – characterizes the size of the chest and indirectly the functional capabilities of the cardiorespiratory system of human Kazin, Blinova, Litvinova (2000). When analyzing the indices of the circumference of the chest, we found differences in the circumferential dimensions of the chest in both young men and girls. The prevalence of CC values among Russian students in comparison with Kazakh students is 1.48 cm among girls and 4.13 cm among boys

The human body mass index, or the Quetelet index, is a general indicator of the harmony in the structure of the human body and an indirect indicator of proper nutrition and health, based on the ratio of body weight and length. The optimal criterion of the Quetelet index is about 20-25 kg/m<sup>2</sup>. This index compared with others (Brok, Sheldon, etc.) is most interrelated with health indicators and adopted in most foreign countries.

Analyzing the data of the mass ratio (according to the Quetelet index), it is established that the average indices of the subjects are in the range of normal values and do not have significant differences.

The level of physical development depends not only on the compatibility and interaction of anthropometric features which determined by the concept of proportionality and harmony, but also on the functional indicators that are a manifestation of the vital activity of the structural components of the body Shaposhnikov (1985); Suyundikova, Shibkova (2012).

Functional indices were calculated per unit body weight, which allowed more objective assessment of the functional state of the body. When assessing the parameters of the muscular strength of hands over the wrist index, it was found that carpal force prevails on 10.29 among girls and on 9.03 among boys in the KSPU, in contrast to Russian students. Moreover, the female representatives, in comparison with male, have significantly higher indices.

When assessing morphofunctional parameters, a cardiorespiratory system plays an important role, which is characterized by a combination of external respiration and circulatory system parameters that provide the oxygen supply system through the organism and play an important role in adapting the organism to external conditions. Kazin, Blinova, Litvinova (2000).

The vital capacity of the lungs is one of the important functional indicators of the body, which indicates the degree of physical fitness and working capacity of the body. The study of the integral index of the respiratory system – the vital index revealed that students of the both universities have normal development of the vital capacity of the lungs.

The index of double product (DP) reflects the economy of myocardial oxygen consumption. Between this index and the magnitude of myocardial oxygen absorption, there is a linear relationship, and as a result DP can serve as an indirect estimate of myocardial reserves and the functional state of the cardiovascular system Endropov (1996); Bayevsky (2006); Suyundikova (2013).

We noted that students of the Kostanay State Pedagogical University have a fairly economical work of the heart, while students of the Novosibirsk State Pedagogical University showed a high consumption of oxygen by the myocardium.

#### 4. Conclusions

The conducted experimental research and analysis of the obtained results allowed to make the following conclusions:

Students of Novosibirsk State Pedagogical University regardless of sex on the main anthropometric indicators of physical development (length, body weight, chest circumference) surpass students of the Kostanay State Pedagogical University. However, the students of KSPU, in comparison with the NSPU, were found to have the highest rates of carpal (CI) and vital indexes (VI) with quite economical work of the heart, while the students of the NGPU were characterized by a higher consumption of oxygen by the myocardium.

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**СУЮНДИКОВА Ж.Т., ПУШАКОВА О**  
**СТУДЕНТТЕРДІҢ МОРФОФУНКЦИОНАЛДЫҚ ЕРЕКШЕЛІКТЕРІНІҢ САЛЫСТЫРМАЛЫ**  
**СИПАТТАМАСЫ**

*Бұл мақала Қостанай мемлекеттік педагогикалық институтының (ҚМПИ) және Новосибирск мемлекеттік педагогикалық университетінің (НМПУ) базаларында өткізілген практикалық зерттеулердің нәтижелерін салыстырып, бірінші курс студенттерінің морфофункционалдық көрсеткіштері бойынша жынысына және оқу орнына байланысты айырмашылықтарды анықтауға арналған. НМПУ студенттерімен салыстырғанда ҚМПИ студенттеріне антропометриялық көрсеткіштердің төмендігі, жүрек миокардының оттегінің үнемді тұтынуы, өмірлік және қол күші индекстерінің көрсеткіштерінің жоғарлығы тән екендігі байқалады.*

***Түйінді сөздер:** морфофункционалды көрсеткіштер, денсаулық, физикалық даму, жыныстық дифференциация, студенттер.*

**СУЮНДИКОВА Ж.Т., ПУШАКОВА О**  
**СРАВНИТЕЛЬНАЯ ХАРАКТЕРИСТИКА МОРФОФУНКЦИОНАЛЬНЫХ ОСОБЕННОСТЕЙ**  
**СТУДЕНТОВ ВУЗА**

*Данная статья посвящена сравнению результатов практического исследования, проведенного на базе Костанайского государственного педагогического университета (КГПУ) и Новосибирского государственного педагогического университета (НГПУ), с целью выявления различий по морфофункциональным показателям между студентами первого курса в зависимости от пола и места обучения. Установлено, что для студентов КГПУ, по сравнению со студентами НГПУ, характерны низкие антропометрические параметры, экономное потребление миокардом кислорода, более высокие показатели жизненного и кистевого индексов.*

***Ключевые слова:** морфофункциональные показатели, здоровье, физическое развитие, половая дифференциация, студенты.*

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**MAJOR AMERICAN ENGLISH DIALECTS**

**Abstract**

*This article is dedicated to the study of Major American English Dialects. The historical background, lexical, phonological, and grammatical differences of American Dialects are briefly given.*

***Keywords:** dialect, American dialects, history, lexis, phonetics, grammar.*

**Introduction**

In its most basic designation a dialect is a sub-categorization of a language, linguistically differentiated via grammar, lexis, and in terms of speech – phonology. The OED defines dialect as ‘Manner of speaking, language, speech; esp. a manner of speech peculiar to, or characteristic of, a particular person or class’. [1.1]

According to Richard Hogg, “American English and British English are the two major national varieties of English and it goes without saying that they take the leading positions today among other varieties of English Language”. In order to understand better the American language we must have some notion of the historical development of the nation. [2]