

**THE ANALYSIS OF GASTROENTEROLOGICHESKY PATHOLOGY,
THE FOOD STATUS, THE ACTUAL FOOD AMONG THE POPULATION
ACCORDING TO VISITS OF THE CENTER OF HEALTH**

Romanova M.M., Zuykova A.A.

Voronezh State Medical Academy n. N.N. Burdenko MZ RF, Voronezh, e-mail: mmromanova@mail.ru

The analysis of prevalence and structure of gastroenterology pathology, the food status and the actual food among the population according to surveys in the health Center are carried out. It is surveyed during 2012 more of 15 th. patients who visited the Center of health and have passed medical examination in city clinical polyclinic, middle age of $47,6 \pm 5,9$ years, men – 37 %, women – 63 %. Complex standard inspection of the Center of health, and also questioning and testing were interviewed also; bioimpedansmetriya; assessment of the actual food; statistical data processing. Soglavno to the obtained data, violations of the food and psychological status, and the actual food, gastroenterologichesky and cardiological pathology, remain rather widespread among the population according to surveys in the health Center. The majority of patients with an excess mass of a body, obesity and gastroenterologichesky pathology need correction of a food, the food status, the psychological status, individual consultations and treatment at dietitians, psychotherapists, general practitioners. themselves.

**ВЛИЯНИЕ ПРОДУКТОВ ПЧЕЛОВОДСТВА НА ПОКАЗАТЕЛИ
УГЛЕВОДНОГО ОБМЕНА ЮНЫХ ПЛОВЦОВ**

Серединцева Н.В., Корнилов Ю.П., Писаренко Е.А.

ФГОУ ВПО «Волгоградская государственная академия физической культуры»,
Волгоград, e-mail: vgafk@vlink.ru

Проведено исследование влияния пчелиной перги на работоспособность юных спортсменов при выполнении плавательных нагрузок различной интенсивности. Изучали показатели углеводного обмена юных спортсменов, характеризующие направленность энергетического обеспечения мышечной деятельности. Было отмечено увеличение специальной работоспособности юных пловцов при выполнении физических нагрузок различной направленности после приема пчелиной перги за счет изменений в механизмах энергообеспечения. Плавательный тест «25 м в полную силу» вызывал в организме пловцов усиление креатинфосфатного механизма энергообеспечения мышечной деятельности, дистанция «4×25 м повторно» – развитие анаэробного гликолиза, а умеренная работа при выполнении плавательного теста «1000 м в умеренном темпе» – увеличение доли вклада аэробного компонента в энергообеспечение мышечной деятельности.

**INFLUENCE OF BEE PRODUCTS ON INDICATORS OF A CARBOHYDRATE
EXCHANGE OF YOUNG SWIMMERS**

Sereditntseva N.V., Kornilov J.P., Pisarenko E.A.

Volgograd state academy of physical education, Volgograd, e-mail: vgafk@vlink.ru

The authors conducted the research of influence of bee ambrosia on working capacity and indicators of a carbohydrate exchange of the young sportsmen specializing in swimming. The increase in special working capacity of young swimmers after taking beer ambrosia at the expense of changes in power supply mechanisms has been noted. The increase of special working capacity of young swimmers has noted been at performance of physical activities of a various orientation after reception of beer ambrosia due to variations in mechanisms of energy supply. The swimming test «25 m in full force » caused in an organism of swimmers strengthening creatine phosphatic mechanism of power supply of muscular activity, a distance «4×25 m repeatedly» progress anaerobic glycolysis and the moderate work on performance of the swimming test «1000 m in the moderate pace» an increase of a fraction of the contribution of an aerobic component in power supply of muscular activity.