

dents', aspirants' and young teachers' mobility promotion for the purpose of opportunities extension of their participation in the system of international continuous education and academic initiatives.

- The development of mechanisms of promotion and support of teachers' participation in real scientific investigations and innovative workings.

- The development of modern information technologies in the education and integrated scientific-innovation university park management.

The authors of the article, being the developers of the specified innovative educational program, have offered their variant of innovation changes in a concrete university. In 2007 25-40 higher education establishments of Russia will be able to get the state financial backing, but the indirect effect from carrying out such a competition is manifested for the system of higher professional education in the possibility for every higher institution to find an optimal combination of innovative development forms and methods.

In our opinion, evaluating the higher education development prospects in conditions of innovative economy model formation, the traditions of highly qualified specialists' preparing for practical activity should be retained and the purposeful researchers' training should be developed. The new economics of Russia requires new knowledge and high education level of Russian citizens.

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INDIVIDUAL DEVELOPMENT FEATURES AND LONG TERM ADAPTATION STRATEGY

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At more or less long term exposure of the body to some or other adaptogenic factors different types of long term adaptation or individual development are formed. In the people with the low capacity of inhibitory-relaxation functional system of defence from extreme conditions or factors (IRFSD), irrespective of their age, the adaptation occurs on account of muscle bulk and strength increase against the low muscle relaxation rate, i.e. a hypertrophic type of individual development is formed. At the average IRFSD capacity a transition type, and at the high IRFSD capacity - a relaxation type of individual development are formed. The last type a high relaxation rate and medium factors of muscles' power are indicative of (Vysochin Yu.V., 1983, 1988; Denisenko Yu. P., Vysochin Yu.V., 2004).

At long term adaptation the significant morphofunctional alterations affect not only the neuromuscular, but all the other systems of the body as well. In hypertrophic type people hyperexcitability and low activity of the CNS inhibitory systems are registered, the hyperkinetic (uneconomical) blood circulation type (CT) and extremely disharmonic somatotype prevail. A low economical and operation heart efficiency, a higher energy demands level at rest and testing loads, a higher concentration of energy exchange metabolites, chromaffin and stressor hormones in blood, but a lower noradrenaline and anabolic steroids level at rest and testing loads, low stress- and hypoxia resistance, a lower immunologic resistance, high incidence of disease and traumatism are typical of them.

The relaxation type of development is the best one in every respect. The CNS exciting and inhibitory processes balance, high muscle relaxation rate, excellent motion regulation and coordination, perfect reaction on moving actions, that guarantees the minimization of sport, everyday and street traumatism, are indicative of the relaxation type children. The most economical eukinetic CT prevails in them, a low economical and operation heart efficiency, the minimal energy demands level, a decreased concentration of energy exchange metabolites, chromaffin and stressor hormones in blood, but a higher noradrenaline and anabolic hormones level at rest and testing loads, a high rate of reduction processes and energy resources re-synthesis, excellent physical performance and tolerance are registered. They differ in higher stress- and immunologic resistance; compared to the hypertrophic type children, they suffer from overexertion and diseases 2-3 times as seldom, and, that is of not less importance, have high mental capacity and authentically higher performance in all school subjects.

These conclusions are proved, for example, by our colleague A.Ye. Levenkova's (1998) data about the interconnection of contractile and relaxation characteristics of muscles and central hemodynamics and circulation types factors. The relaxation type young sportsmen (1st group) differ authentically in higher heart functioning and cardiovascular system efficiency as compared to the hypertrophic type sportsmen (2nd group). They also differed essentially in different CT occurrence frequency. In the first group the hypokinetic circulation type occurred considerably more often (59,0% in women; 40,8% in men) and the hyperkinetic one - more seldom (6.8% in women; 14,8% in men); and in the second group, vice versa, the hyperkinetic circulation type was registered more often (42,5% in women; 42,6% in men) and the hypokinetic one - more seldom (17,5% in women; 15,2% in men).

The relaxation type sportsmen, in comparison with the hypertrophic type ones, possess 3-4 times greater longevity, stand exercise and psychological stresses much easier, are subject to overworks of dif-

ferent kind, traumas and diseases 8-10 times more seldom and achieve the highest sport results.

With the skeletal muscles voluntary relaxation rate (VRR) increase and the long term adaptation relaxation type formation the sport traumatism of football players decreases progressively from 100% (at the VRR less than 4,0 1/sec) to 0% (at the VRR more than 9,0 1/sec) and, respectively, their health improves in the same way. Our multiyear research testified that even in football, which is considered to be one of the most traumatic kinds of sport, it is possible almost fully to avoid injuries (excepting those appearing at rough violations of the game's rules by the rival) due to the correct organization of the training process oriented to the CNS nervous processes balance normalization, the muscles VRR increase and the football players' long term adaptation relaxation type formation.

Another experimental verification of these conclusions was obtained at a more profound examination of 197 schoolchildren and their case rate analysis. All the examined schoolchildren composed two groups. The first group consisted of the pupils (132 persons) referring to the first health group and having no cases in the period of the examination. The second group was formed by the pupils (65 persons) belonging to the second and third health groups and having different health deviations (infectious diseases, II-III degree tonsils' hypertrophy, adenoid disease, frequent ARD, ENT organs' and gastrointestinal tract's diseases, allergic diseases, myocardosis, cardiac rhythm and capacity disturbances, etc.).

The comparative analysis of the investigation results showed that healthy pupils (1st group) authentically excelled those of the second group in a range of most important parameters. Nervous processes balance (NPB) of the CNS, VRR of muscles, the capacity of inhibitory-relaxation functional system of defence, the health prediction integral factor and the activity success in hostile environmental conditions. There are no authentic differences detected in the neuromuscular system contractile characteristics.

Thus, it is quite apparently that a low resistance and high incidence of disease in schoolchildren is to a considerable extent determined by the insufficient IRFSD capacity, the CNS inhibitory systems weakness and NPB shift to the dominance of excitation over inhibition and also a low relaxation rate of muscles and the formed, as a result of it, hypertrophic type of individual development, i.e. by the insufficiency of a range of characteristics, which were defined by us as the most important health criteria.

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ABOUT DEVELOPMENT OF MINOR BUSINESS IN THE REPUBLIC OF BASHKORTOSTAN

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Modern social and economical situation in the Bashkortostan Republic calls for a clear-cut specification of priorities, skillful management of resources, concentration of power and credits in most important directions, performance of urgent anticrisis measures.

Bashkortostan state bodies strategic tasks are to realize nowadays industrial, working, natural, scientific and technical reserves fully and effectively, manage structural rebuilt of our economy with an aim to improve its effectiveness, maintain continuous work of the basic state branches industrial, financial, sponsor and technical support of enterprises, producing food and everyday products; to build of people-oriented industry within business activity, support and defense of entrepreneurs; to consolidate financial sphere, credit and monetary circulation; adapt consumer's market; achieve stabilization of reciprocal deliveries, foreign capital, technologies and experience in the dominant economical fields; making foreign economical connections of the republic active. [1, 2]

The dominant directions of Bashkortostan economy development are to raise quality and reduce the price of products made in industrial enterprises; to set new competitive industries, transformation of factories whose products are not sold, fix industrial connections of enterprises, improve ecological situation.

Nowadays there are more than 15.8 thousands of small enterprises in the Bashkortostan Republic[4]. Setting up a great amount of small enterprises would contribute to further development of minor business in the regions of our republic. Foundation and development of small enterprises is the main prerequisite of performing structure rebuilt of the Bashkortostan Republic economy in the modern conditions. Based on development of minor business it can be performed with little financial, sponsor, working and transport outlays at the expense of mass attraction in the industrial circulation local natural and economical resources. Besides new working places will appear to engage population able to work and also opportunities to cover needs for different products [3].

One should solve some key problems for further expansion in the Bashkortostan Republic a small enterprises net and provision of their effective development. One should note that minor business needs permanent state support and first of all lawful confirmation of discount tax obligation and creditation.

For expansion of minor business in Bashkortostan and growth of its effectiveness one needs foundation a state republic body to regulate development of minor business. It can aim at setting up new reconstruction and development of active small enterprises, their financial, credit and informational supply, organ-