

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-

ize infrastructure of minor business, giving them state orders.

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**INTERDISCIPLINARY HUMAN ANATOMY
AND HISTOLOGY KNOWLEDGE
INTEGRATION BY MEANS OF MULTIMEDIA
TECHNOLOGIES IN HIGHER EDUCATION
INSTITUTION**

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In Russia in medical higher education institutions traditionally anatomy and histology are studied within the framework of different disciplines. It is conditioned by the having formed tradition, methods of the material study and the succession in students' teaching. For the microstructures' development up to the mark another material security, behavior and activity types are required. All this is easier to organize in conditions of the Anatomy and Histology Departments independency.

However, besides a large amount of advantages it forms a range of features in these Departments' activities integration. Their final objective is the formation of an integral idea of human morphology; that is necessary both for other disciplines development and practical physician's work. For example: For an adequate idea of hypothalamo-hypophyseal system work the integration of knowledge about brain pathways and hypothalamus topography, which the student gets at anatomy classes, and knowledge about their cellular composition, which are taught in the course of histology, is necessary; saying nothing of the fact that the data about embryogenesis taught in these courses complement each other, partially duplicating.

In the process of training the integration of fundamental morphological knowledge, in the point of the fact, is carried out in senior courses as far as clinical specialties study. Thus, either in-patient Depart-

ments' teachers or students individually have to be engaged in it. Therefore, for the adaptation of fundamental knowledge to a clinic the Departments issue special teacher editions, introduce courses, conduct lessons in hobby groups. However, these activities do not solve the problem of morphological knowledge integration. For that matter we created a morphological teacher edition “Endocrine system”. In its creation both anatomists and histologists took part. In this textbook the following is according to a single plan: the introduction, macrostructure, topography, blood and nerve supply, minute structure, functions, morphogenesis, a short excursus into clinics; endocrine glands traditionally studied in the courses of Histology, Cytology and Embryology or in the course of Human Anatomy within the framework of “Endocrine system” or organs exercising endocrine function, are considered. Also the textbook is complemented by a glossary of the used there clinical terms.

The textbook is presented in two versions. The first and more complete – the multimedia one - is supplied with original interactive schemes, drawings and microphotographs. This version is executed in the form of web-pages united by hyperlinks. The second – printed – is a more reduced one. It is connected with the fact that not all students can afford having a personal computer at home.

The given textbook when being created was considered by us as an additional one to the main training literature. It can also be used as a reference book for graduates, interns and medical advisers. Now there is a great amount of multimedia aids on human anatomy and histology which elucidate the specified disciplines in the detailed and quality manner. Our textbook together with the available, both printed and multimedia, aids and reference books enables providing interdisciplinary integration of fundamental knowledge about human endocrine system morphology.

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**SOCIAL WORK AS ONE OF HIGHER SCHOOL
SCIENCE UPCOMING TRENDS**

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Political and social and economical changes taking place in our country, the Russian Federation entry into the world's educational space have set the problem of education concept renewal. The possibilities of Higher Professional Education are being developed, its humanitarian directivity is being enhanced.

Social work is one of new, developing specialties and scientific directions at the same time. The formation of this specialty as higher education one is connected with strengthening of attention to the civil society and constitutional state formation, the exist-