



## **Methods of Physical Training for University Students**

**M. Mefodeva<sup>1</sup>, R. Khairullin<sup>2</sup>, O. Kalimullina<sup>3</sup> and B. Fakhrutdinov<sup>4</sup>**

*<sup>1</sup>Kazan Federal University, Kazan, Russia  
Telephone: + 89178609095, E-mail: anjali@inbox.ru*

*<sup>2</sup>Kazan State Institute of Culture, Kazan, Russia*

*<sup>3</sup>Kazan State Institute of Culture, Kazan, Russia*

*<sup>4</sup>Kazan Federal University, Kazan, Russia*

**KEYWORDS** Individually-Normative Method. Physical Exercise. Physical Fitness. Standard Reference Method. Typologically-Normative Method

**ABSTRACT** Physical exercises can have an extremely wide range of effects on the human body; therefore, some exercises have little impact on functioning of physiological systems and others increase their power repeatedly also. Physical training is one of the important factors in development of students. This study aims to examine that selection and application of physical exercises and physical training of students (n=80) should be carried out with regard to formation of necessary properties of the body on the basis of up-to-date information about patterns of physiological adaptations, which deeply and fully reveal the influence of various physical activities on success of adaptive reactions and effectiveness of professional activities. The results demonstrate high efficiency of the proposed methods of physical training, which can be used as a basis for physical training sessions.