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**FORMATION AT STUDENTS OF OPTIMUM HAEMO DYNAMICS OF THE BOTTOM
EXTREMITIES MEANS OF PHYSICAL TRAINING IN THE COURSE OF EDUCATIONAL
AND TRAINING CLASSES IN PHYSICAL CULTURE**

O.Yu. Kuznetsov, G.S. Petrova

In article are considered ontogenetic features of formation and functioning at young people of departments of the bottom extremities of blood system, influence on their activity of conditions of life of the individual and means of physical training, impact on haemoid dynamics in the bottom extremities of physical exercises, practical forms of prevention of risk of emergence and development in students of diseases of blood system by means of the general and adaptive and improving physical culture.

Keywords: students, individual constitution, anthropometry, anthropometrical control, individual physical development, hemodynamic, physical training, physical training means.

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