

# Physical culture and sports in the Russian Federation. Problems and prospects



Volgograd State Medical University

2022

# Lecture plan

1. Material, technical and personnel support of physical culture and sports in Russia
2. The main socio-demographic indicators of the life of Russians
3. Fundamental documents in the field of physical culture and sports
4. Forms of leadership of physical culture and sports in the Russian Federation

# The number of students in educational institutions in Russia as of January 2022

Educational institutions – a total of 108,751 thousand institutions, more than 27.495 million. students

Number of preschool institutions – 62,277, number – 5,960 million people.

Institutions of general secondary education (without evening classes) 42 687 educational institutions, 14 597.3 students

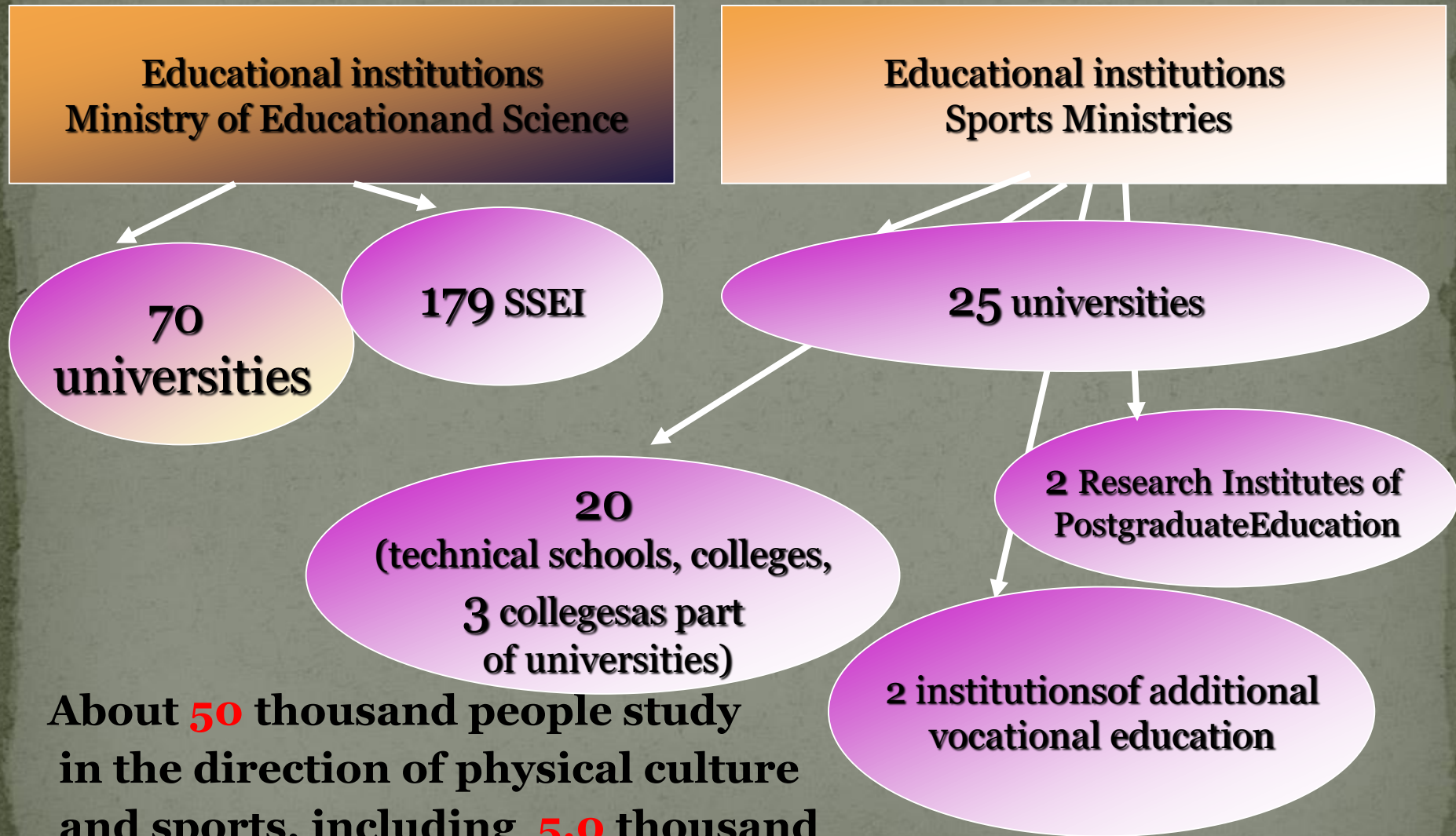
Institutions of primary vocational education. education 1, 1,7 thousand educational institutions, 7 27 thousand students

Secondary vocational education Institutions 2.8 thousand educational institutions, 2.18 million students

The higher education system unites 1171 universities, students – 4.4 million people.



# Branch system of training of physical culture personnel

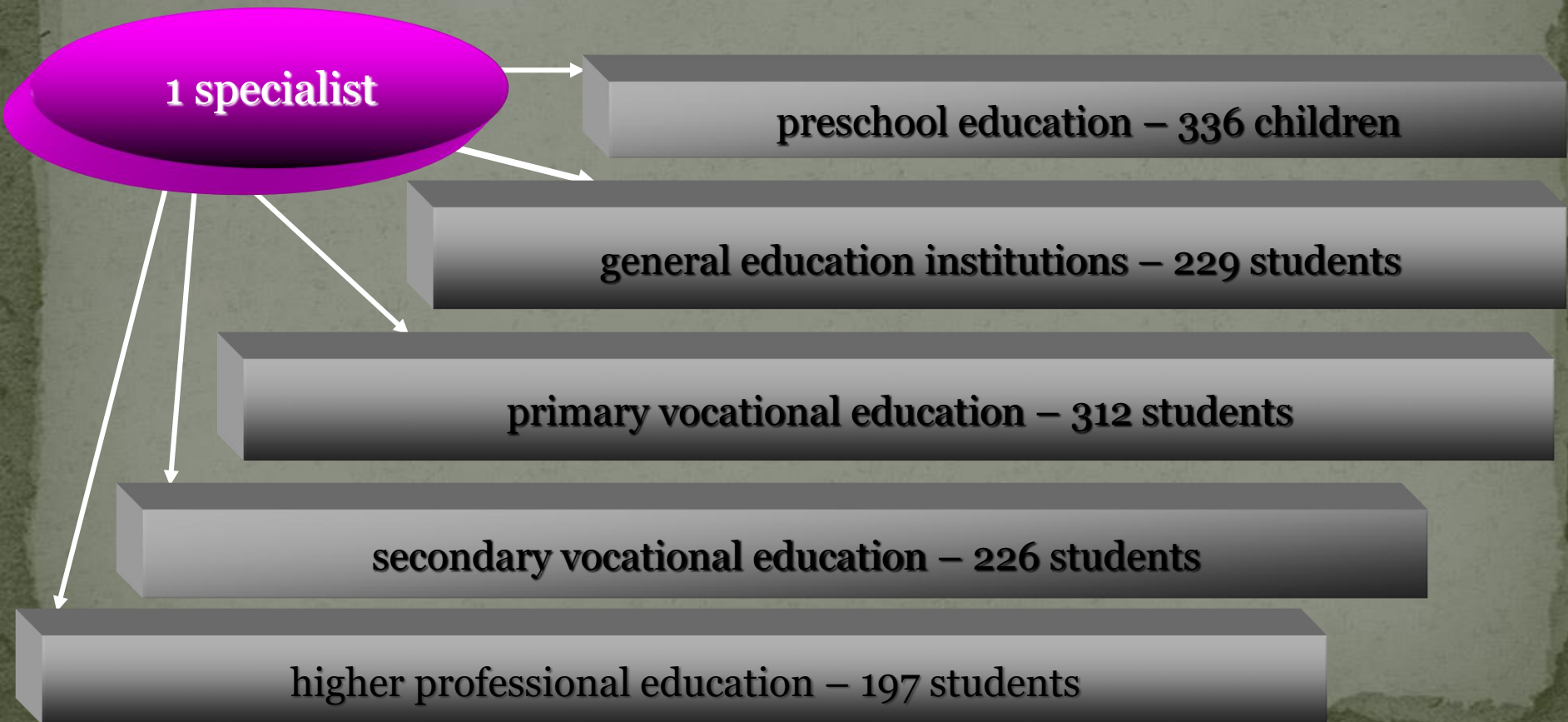


About **50** thousand people study in the direction of physical culture and sports, including **5.0** thousand people in technical schools and colleges



# Staffing of physical culture and sports in Russia

**320 thousand specialists** of physical culture work in the system of physical education. World Health Organization: "**26 specialists** are needed for 10 thousand people. In Russia – **less than 20!**"



# **Material and technical support of physical culture and sports in Russia**

**The level of provision of the population with physical culture and sports facilities (in % of the social standard):**

**31.4%** - gyms;

**5%** - swimming pools;

**19.9%** - planar structures.

**In the developed countries of America and Europe, the expenditure part of the budget for health-improving physical culture provides for costs - 3-6%.**

**In Russia - 2%.**

**For today, it is really 0.1-0.3%!**



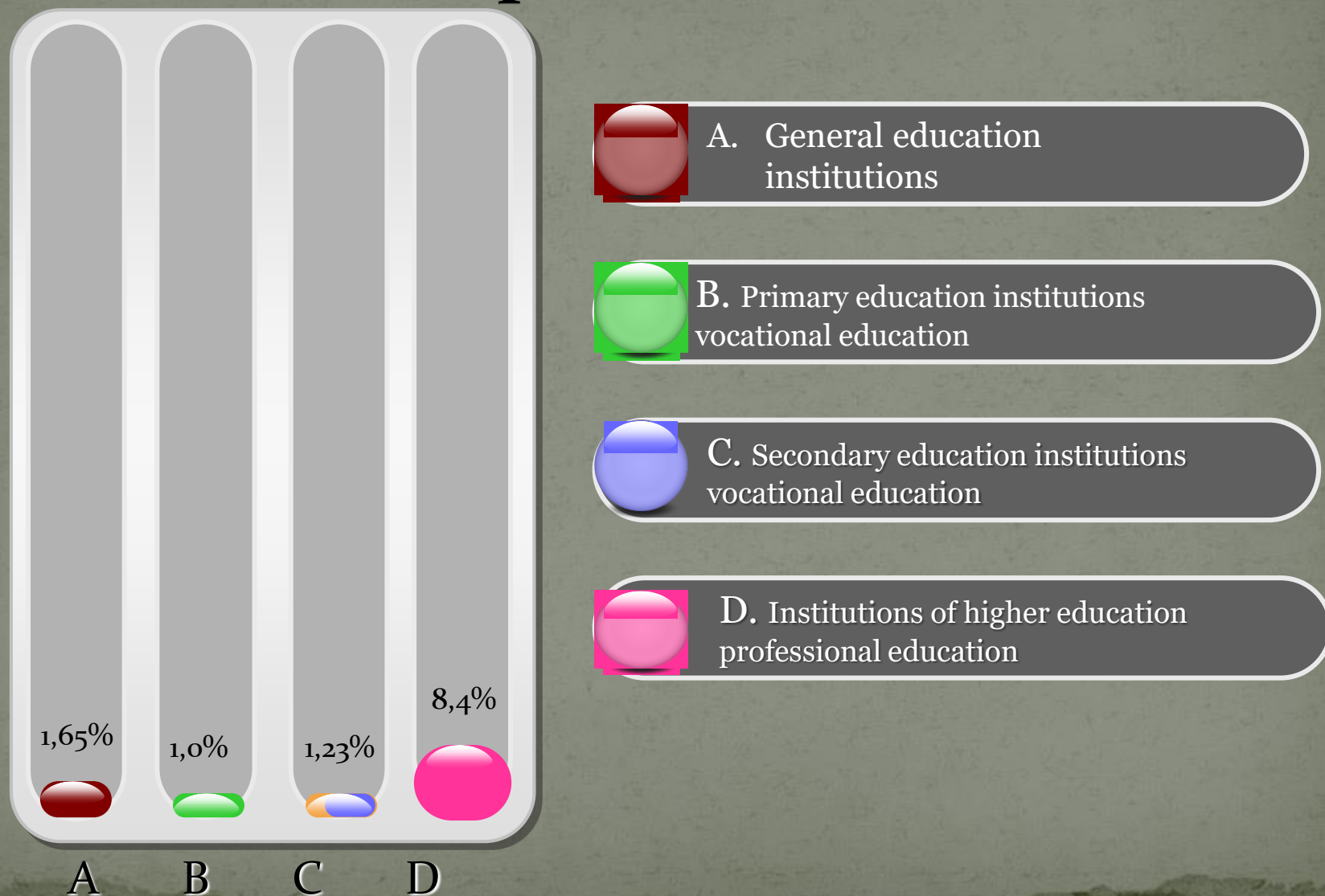
**For the prevention of diseases by means of physical culture and sports, budget funds are allocated **22 times** less than for treatment and drug provision**



TRE04061 [RF] © www.visualphotos.com



# Provision of educational institutions with sports clubs



# Morbidity of children

In Russia today:

- only **28%** of children are born healthy;
- by school, up to **40%** of children have chronic diseases;
- by the time of graduation, only **2.5%** of graduates are recognized as absolutely healthy;
- the overall morbidity of 11<sup>th</sup> grade students is 2 times higher than that **of 1-2 grade students**.

Causes:

- delays in neuropsychiatric development;
- physical defects of internal organs;
- genetic breakdowns.





# The prevalence of physical inactivity among schoolchildren has reached **80%**







## Health of conscripts

Over the past 15 years , the number of the number of citizens fit for militaryservice has decreased

by almost a third : c 92,7% до 67%!

**22%** of conscripts are recognized as completely unfit for military service

The number of the limited fit and temporarily unfit formilitary servicehas almost increased almost 5 times!



## The main diseases due to which conscripts are recognized unfit for military service:

- diseases of the spine and feet(17%)
- psychics (15%)
- blood circulation (11%)
- digestion(9%)
- nervous system(8%)





## **Number of inhabitants in the Russian Federation**

According to Rosstat data as of January 1, 2022:  
the number of **147 million** people living in the Russian  
Federation (**144.1 in 2020**),

taking into account the population of Crimea

**I place - China (1,336.7 million people),**

**II place - India (1 189.2 million people),**

**III place - USA (313.2 million people),**

**IV place - Indonesia (245.5 million people),**

**V place - Brazil (233.4 million people),**

**VI place - Pakistan (187.3 million people),**

**VII place - Bangladesh (158.5 million people),**

**VIII place – Nigeria (155.2 million people)**

**IX place – Russia**



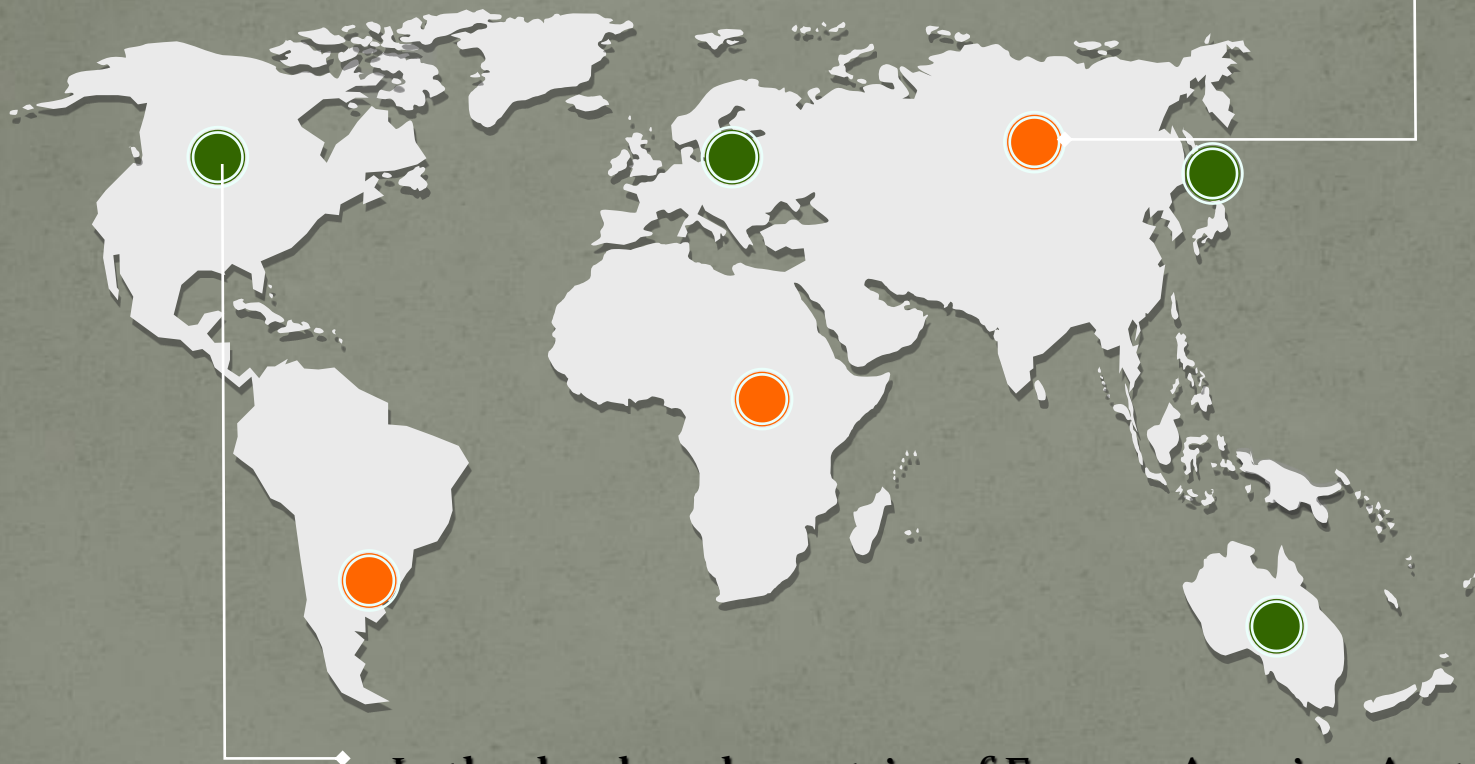
# POPULATION DYNAMICS

## FERTILITY AND MORTALITY



# Life expectancy in the world (for 2022)

Russia in terms of life expectancy  
is at 109th place in the world! – 72.6 years



In the developed countries of Europe, America, Australia, the  
life expectancy indicator is approaching 82 years (Hong Kong  
and Japan – 83).



# **Aging of the nation**

**In 2010, the share of 60-year-olds was 2 times more than 20-year-olds due to those who were not born in the 90s of the twentieth century. By 2023, there will be 3 grandfathers for 1 grandson!**





# Mortality of the population of the Russian Federation for 2021

Adult mortality in Russia is 15.6 per 1,000 population

Infant mortality (for 2021):

6.5 per 1000 births in Russia;

USA – 5.7 per 1000;

Iceland – 2.2 per 1000;

Central African Republic – 53.8 per 1000

## The number of deaths in the Russian Federation by the main classes of causes

	2000	2010	2020
<b>Diseases of the circulatory system</b>	<b>231 373</b>	<b>151 917</b>	<b>167 900</b>
<b>External causes</b>	<b>318 716</b>	<b>216 867</b>	<b>113 600</b>
<b>Neoplasms</b>	<b>97 943</b>	<b>93 171</b>	<b>75 900</b>
<b>Respiratory diseases</b>	<b>102 141</b>	<b>74 808</b>	<b>24 800</b>
<b>Gastrointestinal diseases</b>	<b>64 676</b>	<b>91 995</b>	<b>53 900</b>
<b>Some infectious and parasitic diseases</b>	<b>36 214</b>	<b>33 609</b>	<b>35 335</b>
<b>Total deaths from all(including, etc.) causes</b>	<b>851 063</b>	<b>662 367</b>	<b>548 200</b>



# For disabled people in European countries in (% of the population)



## ДОЛЯ ИНВАЛИДОВ В СТРАНАХ ЕВРОПЫ (% от населения)

	Finland	32,2
	GB	27,2
	Netherlands	25,4
	France	24,6
	Sweden	19,9
	Russia	9,3



Источник: Eurostat, Минздравсоцразвития

► **ОФОРМЛЕНИЕ ИНВАЛИДНОСТИ В РОССИИ**



# The total number of disabled people in Russia





# Prevalence of heavy episodic drinking at least once a month, 2019

(%)



Note: Finland data not available.

About 6 million Russians are alcohol dependent. The prevalence of domestic drunkenness is **20%**. The World Health Organization: "A nation is dying out if **8 liters** of alcohol per person is consumed in a country per year." **9.3** liters are consumed in Russia **11.7**)

National "troubles" of Russia





**In Russia, 44 million people smoke - 39% of the population. Over the past 5 years, the number of smokers under the age of 40 has increased from 45 to 70%! This is 2 times more than in the USA and European countries.**

**National "troubles" of Russia**

**45% of deaths** from respiratory diseases are caused by tobacco smoking. According to experts, the annual mortality from smoking-related diseases is up to 400 thousand people per year



According to the UN, the largest number of drug addicts are in Iran and Afghanistan, Russia is the third on this list.

The incidence of drug addiction has decreased in Russia over the past 10 years.

### **National "troubles" of Russia**

The total number of patients registered by the narcological service with mental disorders related to drug use has decreased by 25% since 2010 and in 2018 amounted **to 505.6 thousand people or 344.5 per 100 thousand of the population**





# Dynamics of the number of registered HIV-infected in Russia

National "troubles" of Russia



Более 1,1 млн.  
(430 случаев на  
100 тыс.  
населения)

343 000

2022

2006

25 000

1998

1 000  
больных

1996

There are actually  
more than 1.1 million patients in the country. More  
than 70% are young people aged 15 to 30

About **3.9 million** Russians suffer from mental disorders. A significant part of the population is in a state of prolonged **psychoemotional and social stress**.

**National "troubles" of Russia**

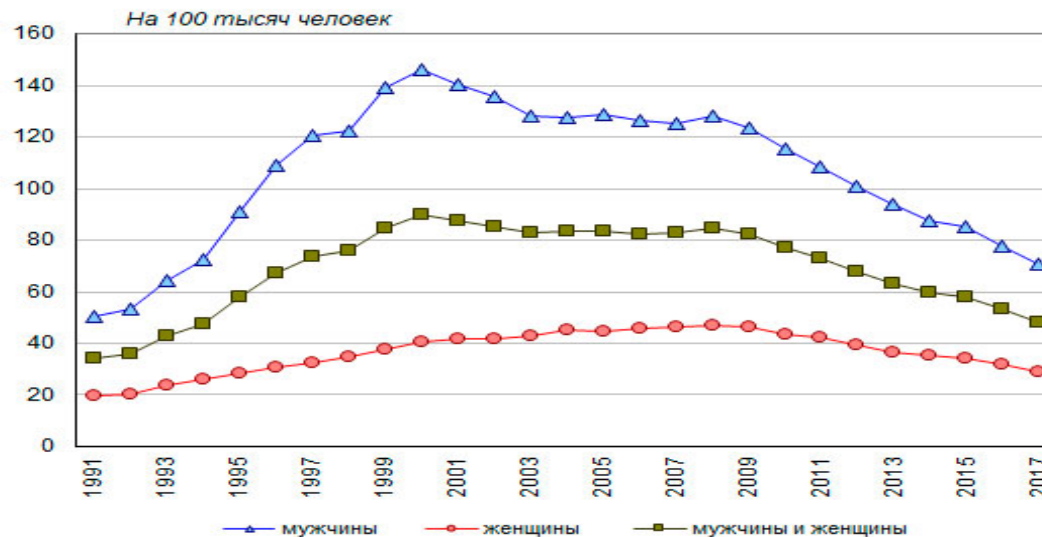
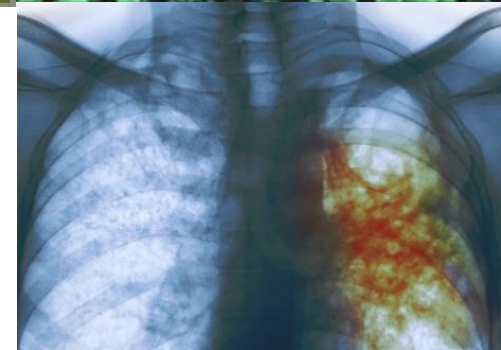
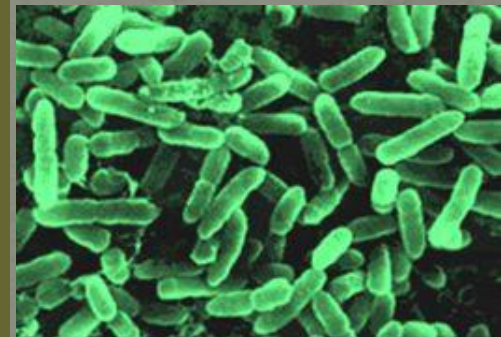




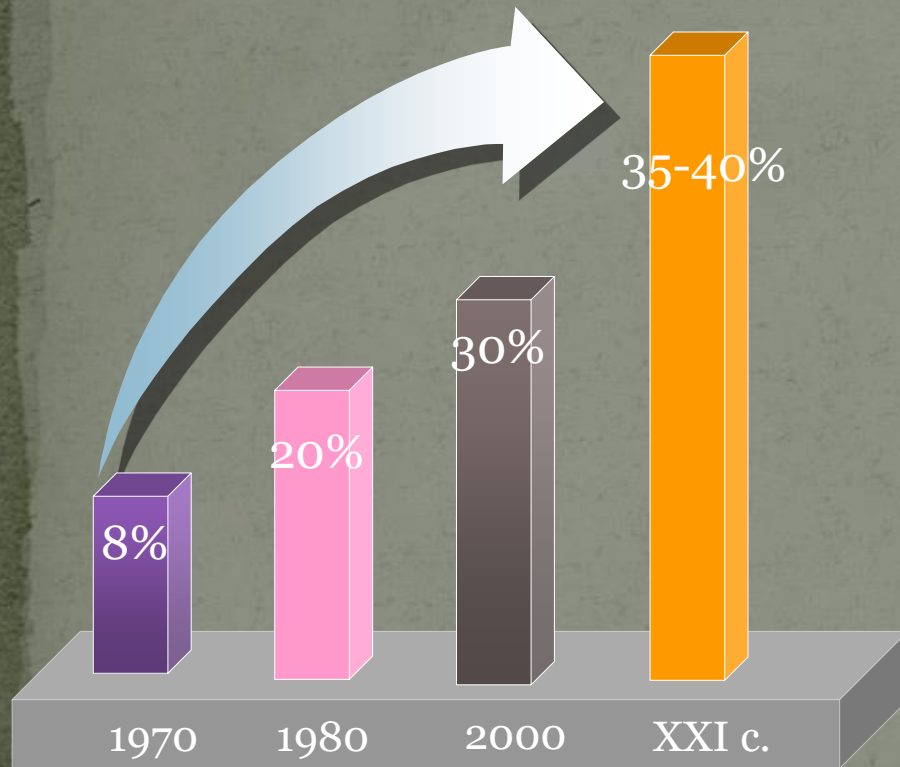
# Incidence of tuberculosis

WHO: "An epidemic is a situation when the morbidity of the adult population exceeds **50** people per **100,000**."

In Russia (for 2022) – **48** people per **100,000**!



# Morbidity of students



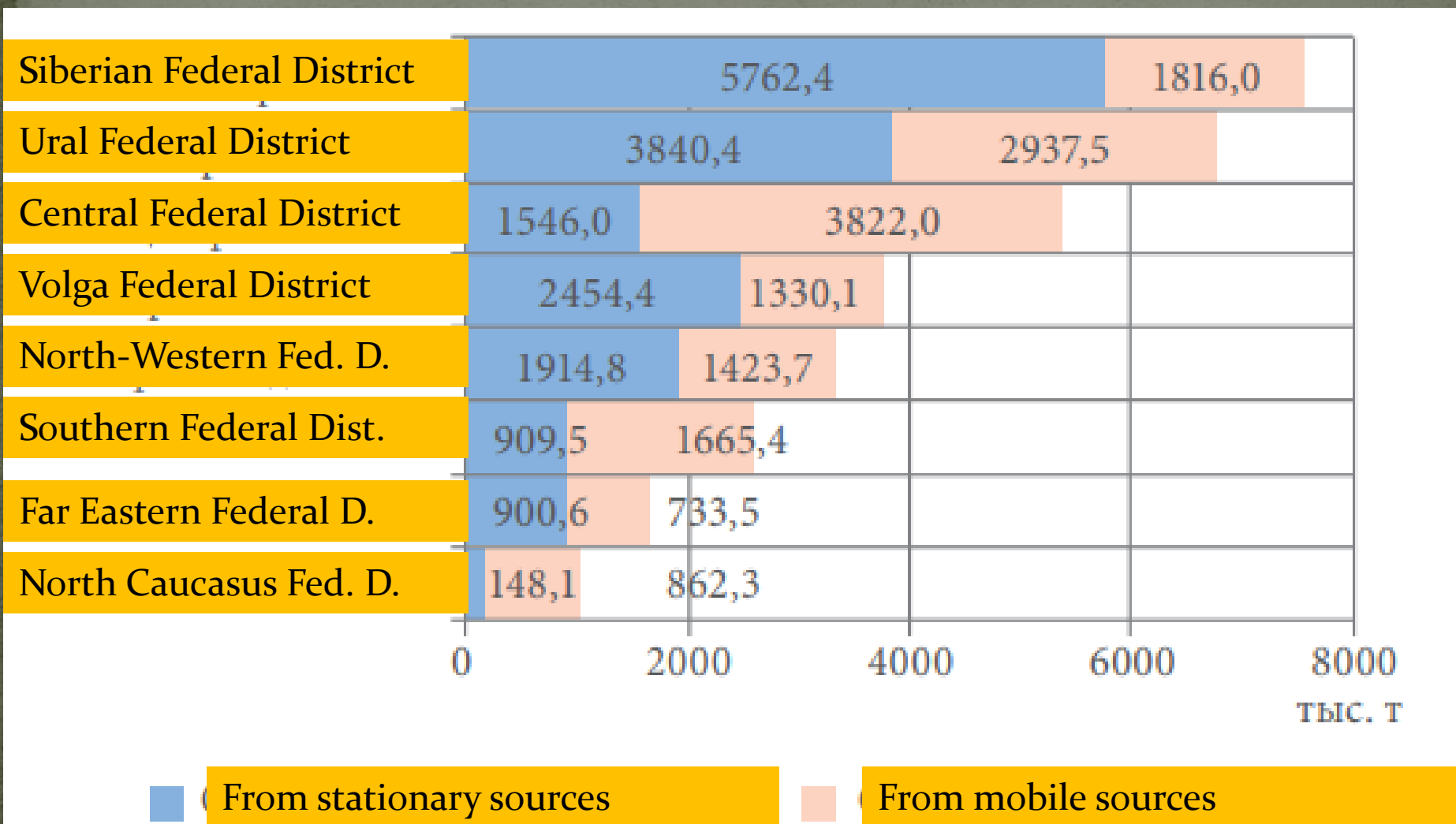
Number of students of the  
special medical group

**The physical and functional condition of students deteriorates from year to year, students with impaired health - 70%**



## Ecology in Russia

The annual volume of emissions into the atmosphere is:





# Environmental situation in Russia

According to the Sanitary and Epidemiological Supervision of Russia, more than **30%** of the drinking water consumed in the country does not meet the standards.

Russia ranks **3rd** in the world in terms of harmful emissions (after the USA and China) and **74th** among the countries of the world in terms of environmental cleanliness.

More than **100 million** Russians live in environmentally unfavorable conditions.

**40%** of urban residents live in conditions of periodic excess of the maximum permissible concentrations of harmful substances in the atmosphere by **5-10 times**

Approximately **15%** of the country's territory contains zones of ecological disaster and environmental emergencies.

Take care  
of nature -  
your  
mother



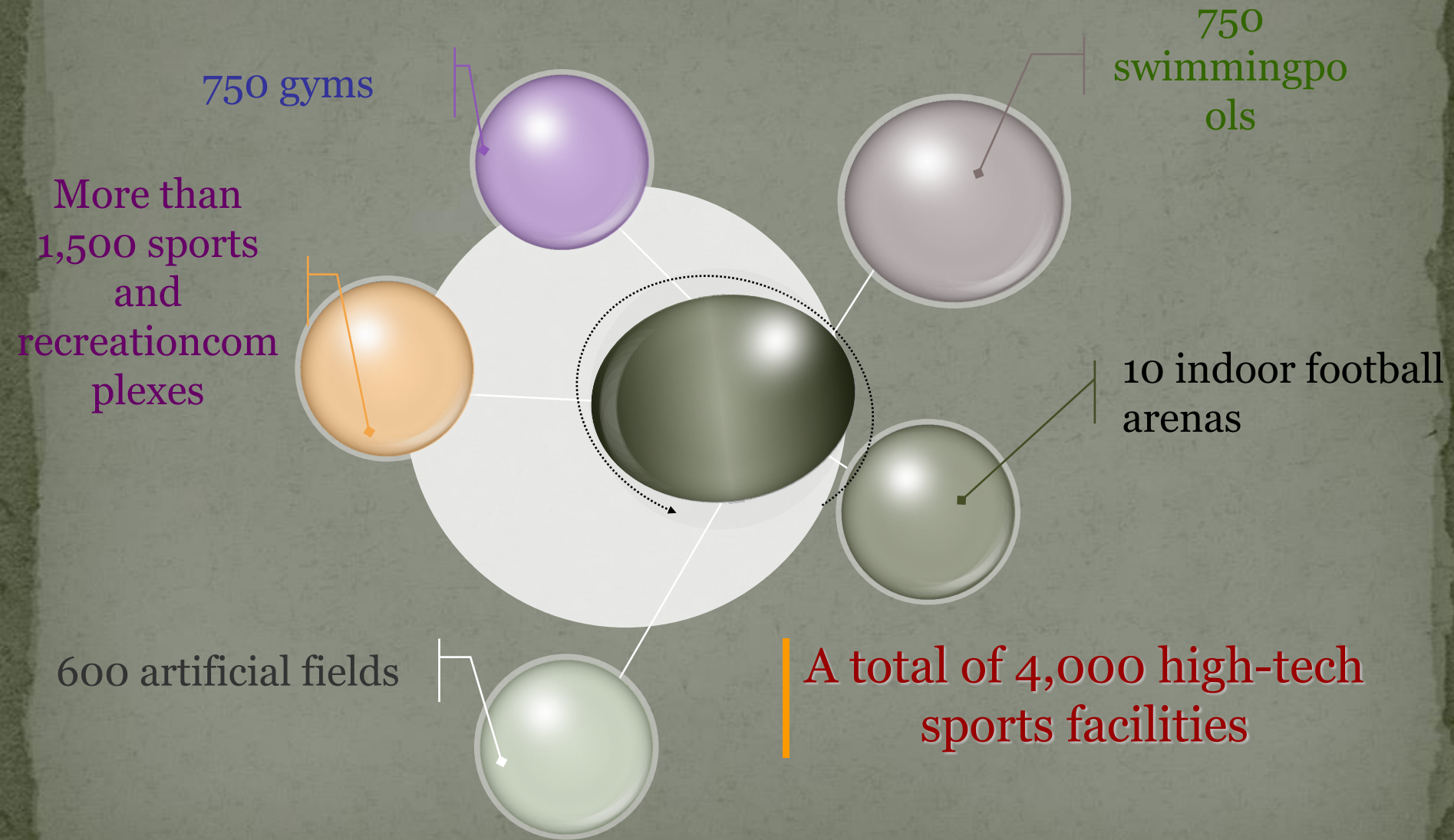


Recently, there has been a positive trend in the country of material, technical and personnel support of physical culture and sports:

- the growth of the network of physical culture and sports facilities, as well as the growth in the number of people engaged in physical culture and sports;
- increase in costs per 1 person engaged in physical culture and sports increase in average costs per 1 student in a sports school;
- the growth of funds allocated from the federal budget for the All-Russian and ensuring participation in international competitions of athletes with disabilities;
- an increase in the amount of funding for physical culture and sports from the federal budget, an increase in capital investments for the development of Olympic training bases and centers from the federal budget;
- growth in the number of physical culture and sports personnel, the number of assigned sports categories and titles, the number of physical culture and sports clubs at the place of residence, as well as physical culture and recreation centers of enterprises and organizations.



# In the next 10 years it is planned to build:





# The most ambitious projects

The budget of the Universiade – 2013 - **9.941 billion** rubles.

Olympics – 2014 – **195 billion** rubles .

2018 FIFA World Cup – **632 billion** rubles .





# Fundamental documents in the field of in physical culture and sports.

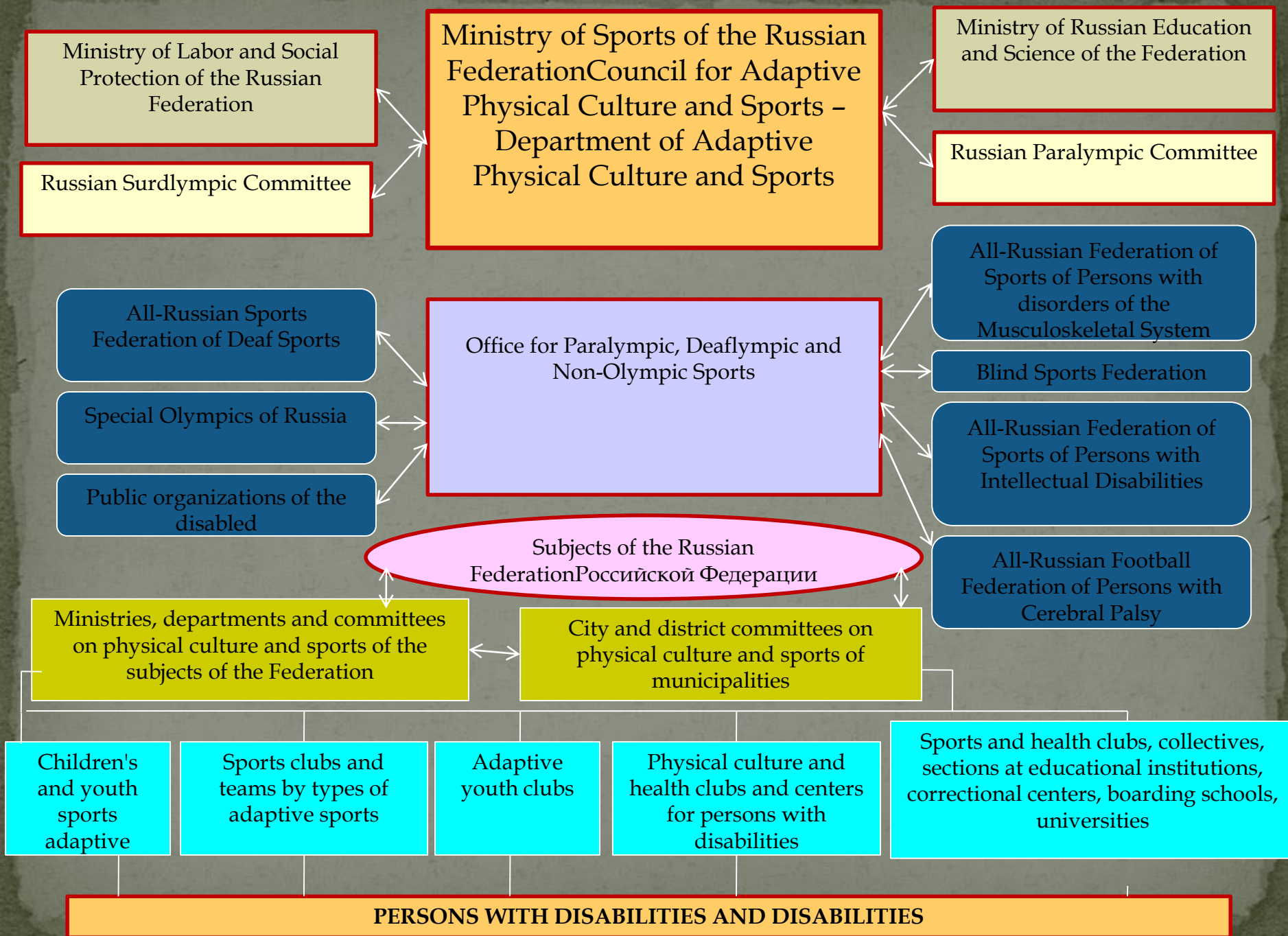
1. Federal Law on Education in the Russian Federation (dated 29.12.2012 N 273-FZ).
2. Federal State Educational Standard III + (defined by the Order of the Ministry of Education and Science of the Russian Federation dated November 18, 2013 N 1245 as amended by Order of the Ministry of Education and Science of the Russian Federation dated June 29, 2015 N 633) and the Federal State Educational Standard in III++.
3. The State Curriculum on Physical education for medical and pharmaceutical universities, an approximate work program on discipline for medical and pharmaceutical universities (2015).
4. Federal Law of the Russian Federation No. 329-FZ of December 4, 2007 "On Physical Culture and Sports in the Russian Federation".
5. Strategy for the development of physical culture and sports in the Russian Federation for the period up to 2020. Approved by the Decree of the Government of the Russian Federation dated August 7, 2009 No. 1101-p.
6. Federal Target Program "Development of physical culture and sports in the Russian Federation for 20120-2030". Approved by the Decree of the Government of the Russian Federation dated November 24, 2020 No. 3081-R.
7. Order of the Ministry of Health of the Russian Federation No. 134-n dated March 1, 2016 "On approval of the procedure for providing medical care during physical culture and sports events".8. Decree of the President of the Russian Federation "On the All-Russian physical culture and sports complex GTO" dated 03/24/2014 No. 172



# The structure of physical culture and sports management in the Russian Federation







# Forms of leadership

## *I. State*

Ministry of Health of the Russian Federation, Minister

**Murashko Mikhail Albertovich**



Ministry of Science and Higher Education of the Russian Federation, Minister

**Valery Nikolaevich Falkov**



Ministry of Sports of the Russian Federation, Minister

**Oleg Vasilyevich Matytsin**





# Forms of leadership of physical culture and sports in Russia



## II. Public

All-Russian public organization  
"Russian Student Sports Union"

**Seiranov Sergey Germanovich**





- **PHYSICAL CULTURE** is the most important part of the general culture, which makes up the whole set of achievements in the creation and rational use of special means, methods and conditions aimed at the physical improvement of a person.
- **PHYSICAL EDUCATION** is the process of developing physical qualities and acquiring motor skills

# Textbook on the discipline "Physical culture" for medical and pharmaceutical universities



# SECURITY QUESTIONS

- 1.What are the main socio-demographic problems of the life of Russians?
- 2.Name the factors complicating the process of physical education of students in modern society.
- 3.Name the forms of leadership of physical culture and sports in Russia.
- 4.Define "Physical culture".
- 5.Define "Physical education".
- 6.Give a description of the management structure of physical culture and sports in the Russian Federation.
- 7.Name the functions and main areas of work of the RSSH.