



НАУЧНАЯ АРТЕЛЬ
АКАДЕМИЧЕСКОЕ ИЗДАТЕЛЬСТВО



ISSN (p) 2411-7161

ISSN (e) 2712-9500

№ 12/2025

**НАУЧНЫЙ ЖУРНАЛ
«IN SITU»**

Москва
2025

Сапармаммедова Г. ГИПОТЕНЗИВНЫЕ СРЕДСТВА: СТРАТЕГИЯ ФАРМАКОТЕРАПИИ АРТЕРИАЛЬНОЙ ГИПЕРТЕНЗИИ	174
Сапармаммедова Г. ЖЕЛЧЕГОННЫЕ СРЕДСТВА: СОВРЕМЕННЫЙ ВЗГЛЯД НА КЛАССИФИКАЦИЮ И РАЦИОНАЛЬНОЕ ПРИМЕНЕНИЕ	177
Сапармаммедова Г. ПСИХОСТИМУЛЯТОРЫ: ФАРМАКОЛОГИЯ, КЛИНИЧЕСКОЕ ПРИМЕНЕНИЕ И ПРОБЛЕМА ЗЛОУПОТРЕБЛЕНИЯ	179
Сапарова Х.Д. ОСОБЕННОСТИ ХИМИЧЕСКОГО СОСТАВА КАМНЕЙ В ПОЧКАХ ЧЕЛОВЕКА	181
Саррыева Г. МОНОКЛОНАЛЬНЫЕ АНТИТЕЛА: ПОЛУЧЕНИЕ И ПРИМЕНЕНИЕ	184
Саррыева Г. МИКРООРГАНИЗМЫ КАК СИМБИОТИЧЕСКИЕ ПАРТНЁРЫ	186
Хаидова Р.П. ВАРИАНТЫ КРОВΟΣНАБЖЕНИЯ ПОЧЕК ПО СЕГМЕНТАРНОМУ СТРОЕНИЮ	189
Хаидова Р.П. ИНЕРВАЦИЯ И КРОВΟΣНАБЖЕНИЕ ЛЁГКИХ	191
Халылов Х. МИГРЕНЬ КАК НЕВРОЛОГИЧЕСКОЕ ЗАБОЛЕВАНИЕ: СОВРЕМЕННЫЕ ПРЕДСТАВЛЕНИЯ О ПАТОГЕНЕЗЕ, КЛИНИКЕ И ПОДХОДАХ К ЛЕЧЕНИЮ	194
Ходжамова Э. ЛАРИНГИТ: ЭТИОЛОГИЯ, КЛИНИЧЕСКАЯ КАРТИНА И СОВРЕМЕННЫЕ ПОДХОДЫ К ЛЕЧЕНИЮ	196

ФАРМАЦЕВТИКА

Сапармаммедова Г. ПСИХОФАРМАКОЛОГИЯ: СОВРЕМЕННЫЕ ГОРИЗОНТЫ НЕЙРОБИОЛОГИЧЕСКОЙ ТЕРАПИИ ПСИХИЧЕСКИХ РАССТРОЙСТВ	200
Сапармаммедова Г. ХИМИОТЕРАПИЯ ИНФЕКЦИОННЫХ ЗАБОЛЕВАНИЙ: АНТИБИОТИКИ	201

ПСИХОЛОГИЯ

Chu Thi Hong Hanh COMPARISON OF THE EFFECTIVENESS OF DIFFERENT EXERCISE MODALITIES ON UNIVERSITY STUDENTS' HEALTH	205
Nguyen Truong Dong ANALYZING MOTIVATION, CONCENTRATION, AND PRESSURE AFFECTING STUDENTS' SPORTS PERFORMANCE	207

Chu Thi Hong Hanh,

Senior Lecturer, Master

Hanoi University of Mining and Geology.

COMPARISON OF THE EFFECTIVENESS OF DIFFERENT EXERCISE MODALITIES ON UNIVERSITY STUDENTS' HEALTH

Abstract

Background: In the modern university environment, sedentary lifestyles and academic pressure significantly impact students' well-being. Selecting an appropriate exercise modality is crucial for optimizing physical and mental health. **Objectives:** This study aims to compare the effectiveness of five popular exercise modalities—Gym (Weight Training), Yoga, Dancesport, Zumba, and Running—on key health indicators among university students. **Methods:** An experimental study was conducted over 12 weeks with 100 student volunteers divided into five equal groups (n=20). Participants practiced their assigned modality three times per week. Health outcomes were measured using InBody analysis (body composition), the Cooper 12-minute run (cardiovascular endurance), and standardized psychological scales (stress levels). **Results:** The findings indicate that each modality offers distinct benefits: Gym is most effective for muscular strength and muscle mass development; Yoga excels in improving flexibility and reducing psychological stress; Dancesport and Zumba significantly enhance agility and social interaction; and Running provides the highest gains in cardiovascular endurance. **Conclusions:** While all modalities contribute positively to student health, the choice of exercise should align with individual health goals. A multi-modal approach combining different exercises is recommended for comprehensive development. The study suggests that universities should diversify their Physical Education curricula to include these elective options.

Keywords:

Physical exercise, Student health, Comparative study, Gym, Yoga, Dancesport, Zumba, Running, Cardiovascular endurance, Mental well-being.

1. Introduction and Research Objectives

In the modern university environment, students face not only intense academic pressure but also a sedentary lifestyle due to the ubiquity of electronic devices. Choosing an appropriate type of exercise to improve physical and mental health remains a challenge for many students.

This study was conducted to:

- Analyze and compare the impact of five popular exercise modalities: Gym (Weight Training), Yoga, Dancesport, Zumba, and Running.
- Evaluate changes across key health indicators: Cardiovascular fitness, muscular strength, flexibility, psychological well-being, and body composition (BMI, body fat percentage).
- Provide a scientific basis for students and educational institutions to select optimal training models.

2. Methodology

The study employed an experimental method with control groups:

- **Subjects:** 100 student volunteers, divided equally into 5 training groups (20 students per group).
- **Duration:** A 12-week program with a frequency of 3 sessions per week, each lasting 60-90 minutes.
- **Measurement Tools:** Standardized tests were used, including InBody for body composition, the Cooper 12-minute run for cardiovascular endurance, and psychological scales to assess stress levels.

3. Detailed Research Results

3.1. Gym Group (Bodybuilding/Weight Training)