



## EXAMINATION AND ASSESSMENT OF CHILDREN'S PHYSICAL DEVELOPMENT.

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**Abstract :** *The physical development of children and adolescents is one of the most important indicators of health. The physical development of children is determined together with the state of health of children during in-depth medical examinations of children's institutions, teenage rooms and other children's institutions.*

**Keywords:** *anthropometric indicators , somatometry , somatoscopic*

Constant monitoring of the physical development of children (individual method) is of great importance in determining their personal development. Dynamic observation of the physical development of children and adolescents in a generalized form over a short or long period of time makes it possible to study changes in the physical development of children under the influence of changing social conditions. The role of a child and adolescent hygienist is to observe and collect data on the physical development of children and adolescents in a structured child care community. Children and adolescents carry out dynamic monitoring of physical development together with the republican, regional, city and district sanitary and epidemiological services, research institutes, hygiene departments of children and adolescents of medical institutions.



When organizing and methodologically guiding the examination of the physical development of children, the ENT doctor must be fluent in the methods of examination and assessment of physical development.

The choice of a program for determining anthropometric indicators or testing depends on the age groups being tested. Typically, the main ones are selected from a number of anthropometric indicators. From somatometric indicators, body length - height (standing and sitting), body weight, chest circumference, from physiometric indicators - vital capacity of the lungs, muscle strength of the arm, traction force of the waist, somatoscopic indicators - the condition is determined by the musculoskeletal system (structure of the spine, thoracic cells, legs, growth, muscle development), level of puberty.

Depending on the age of the children, the examination program varies slightly. The assessment of the physical development of children of preschool age and up to school age includes methods for assessing speech and motor development, but some functional tests (OTS, muscle strength) are not carried out. Additions to the adolescent screening program include functional tests and a formula that determines puberty .

The purpose of conducting anthropometric studies in the field of hygiene of children and adolescents is the production of educational equipment, educational and production tools, clothing, shoes, etc. in accordance with hygiene requirements for organizations and preschool schools. For this purpose, the age correspondence of individual body parts is also studied . In some cases, in addition to these examinations, the functional capabilities of the child's body are also studied . Further sanitary control is aimed at the use of children's equipment and furniture, depending on the results of anthropometric studies, depending on age and anatomical and physiological indicators, depending on the recommendation of the sanitary doctor. One of the main requirements is their unification. Only under the



same conditions and using the same test methods can accurate information be given . During all inspections, children should be undressed , the room should be light (as natural as possible) and warm. Anthropometric studies must be carried out in the first half of the day, since by the end of the day the body length decreases by one or two centimeters due to compression of the heels and intervertebral joints, muscle tone decreases, and body weight increases to almost one kilogram.

Somatometry is the measurement of length, diameter, circumference and weight of the body. Measuring lengths: body length (standing) characterizes the state of plastic processes in the body and is measured using a wooden ruler or a metal anthropometer.

The wooden paint counter consists of a two-meter wooden pole attached to a wide platform. Plate d moves along with the coupling along a wooden column. The two sides of the column are divided into centimeters : on the one hand, the calculation begins from the platform, and on the other hand , from the seat . To measure height while sitting in the paint meter area A folding bench has been installed. The seat height should be 25 centimeters for children and 35-40 centimeters for adults.

To determine the height of the subject in a standing position, he stands with his shoulders on the platform . The subject stands straight, shoulders back, arms extended along the body, legs together. In this case, the heel, buttock and interscapular part of the subject should touch the vertical paint board. The head should be held so that the line passing through the lower corner of the eye and the upper corner of the ear lies in the same horizontal plane.

In this standing position, the dyer's sliding board is pressed against the highest sagittal line of the head. The measurement is taken along the vertical side of the platform. The measurement accuracy is 0.5 centimeters. The drawing board, adapted for measuring the body length of children under two years of age, consists



of a wooden board measuring 100-120 centimeters and has two plates. One of them (fixed) serves to hold the child's head, the other is brought to the child's feet. When measuring, the child's shoulders on the drawing board are straightened, legs are extended forward, the heel is bent at a right angle, the outer corner of the head eye and the upper corner of the ear are located on the same vertical line. There is a ruler next to the board. Body length is measured in a sitting and standing position with a wooden measuring stick .

Different body lengths are measured with an anthropometer. The anthropometer consists of 4 metal rods of equal length. The total length of the anthropometer is 2 meters. A stationary coupling is attached to the end of the top bar , on which a ruler is placed. The second coupling moves along the entire length of the anthropometer, and a ruler is also attached to it. The total length of the anthropometer is 1 mm consists of scales made up of fragments . This is measured from bottom to top. There is a scale of 100 cm from the top to the bottom of the head.

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