

ORIENTATION TEACHERS OF PHYSICAL EDUCATION FOR IMPROVE OWN HEALTH

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Annotation. *Purpose.* The features targeted pedagogical influence on students of the Faculty of Physical Education to strengthen their own health. *Material and methods.* The study involved 192 students of different pedagogical university faculties of both sexes aged 18-21 years. *Results.* Revealed that the level of health is not very different Arts Students from the students of the Faculty of Physical Education and is the most "below average". In the process of training future teachers of physical culture introduced pedagogical conditions : enriching the content of academic disciplines of scientific information and educational support during the implementation of the rehabilitation program students. Found that as a result of research indicators of physical health of students of physical education have improved significantly. *Conclusions.* These data indicate the feasibility and necessity of using these pedagogical conditions in the orientation of the future teachers of physical training to strengthen their own health and the health of the younger generation.

Keywords: health, teacher, physical education, orientation, support.

Introduction

Health of youth is health of nation. Its formation, strengthening and protection depend on way of life, rationality of human life functioning's formation. But unfortunately healthy life style, "demand in being healthy", as on to day is not of priority. Though, only healthy person is able to optimally and rationally realize his (her) biological and social functions.

Our society is suffering from immense flow of information, nervous over-strain, chronic overtiredness, non-rational eating. During recent 50 years heavy muscular work in industry has shortened nearly 200 times! It has resulted in disordering of human genetic program, gave push to chain reaction of hypodynamia [7; 12].

In modern conditions, for recovering of this situation in first turn position of homo sapiens shall change: earlier a person was protected by, mainly, influencing of environment. Today it is necessary to change this passive position and actively influence on factors, which facilitate morbidity, to rationally and pragmatically apply recreational complexes, complexes of formation and using of health [1].

During years of independence health of nation has worsened. Temps of schoolchildren's morbidity are expressive. With every passing year dispensary group has been increasing and it results in increasing of special health group. Among diseases the frequent are disorders of eyesight and posture, neuroses, obesity. Only 5-7% leaves school being practically healthy. Every fifth pupil is not able to master academic material, envisaged by program of comprehensive school [10].

Diseases and pathologies disorder processes of growth and development. Forced immobility always negatively influence both on child's general condition and on pathology. There was found a functional dependence between physical loads, indicators of organism's functions and pupils' health: insufficient motion functioning results in changes of organism's functional indicators; they, in their turn, result in appearing of pre-pathological states and diseases. They again are reasons of motion functioning's reduction, worsening of organism's functional state and transformation of diseases in chronic process [11].

Deficit of motion results in disordering of children's physical development, reducing of organism system's functional abilities. Even worse is the fact that at next stages of ontogeny it is very difficult and sometimes impossible for pupils to master some vitally important skills [13].

Human motion functioning is a phylogeny, natural ability. Increased motion functioning, demand in movements are the most important biological characteristics of child's organism. Usually children make 13-20 movements per minute, 840-1200 movements per hour and up to 20 000 steps in a day. First year students make 11 -12 thousand of steps per day, with their physiological demand in 30 thousand. With it, it should be notes that compulsory physical culture lessons can compensate motion deficit even in a day of these lessons. As per the data of our research this deficit is 30-40%.

It is undoubted also that pupils' and students' attitude to physical culture was formed in conditions of comprehensive schools, oriented mainly on normative result instead of children's health.

Constant increasing of program material sets higher requirements to adaptation abilities in particular and to student organism's health in general. To days' real life makes to urgently improve old and seek new efficient forms of health recreation and strengthening.

In compliance with governmental documents, physical education at HEE shall facilitate preservation and strengthening of students' health. But, first of all, it is necessary to study health, physical condition, functional abilities of cardio-vascular and respiratory systems, physical fitness of youth [6].

We share the opinion of A. Samishkina that level of students' physical health depends on many factors, the main of which are connected with way of life and motion functioning. Systemic curriculum and extra-curriculum physical exercises are important ground of normal physical and mental development of student's personality,

compulsory condition of educating of health related orientations and motivation stimulus for regular independent practicing of physical exercises and sports [10].

O. Gevko thinks that „with personality’s possessing of complex of certain actions, acquired at higher or comprehensive educational establishment, with the help of own experience human organism enriches itself positively and comprehensively” [2, pg. 31]. The author affirms: “Formation of youth’s healthy life style... implies... development and implementation of prophylaxis and youth’s healthy life style monitoring, which creates physical, mental and social basis, intellectual and physical potential of our state” [2, pg. 31].

The present time scientists [2; 9; 10, 14, 15 et al.] students’ healthy life style and future pedagogues’ health strengthening but, in our opinion, they pay insufficient attention to orientation of future physical culture instructors on strengthening of own health.

So, urgency of this problem’s research is connected with worsening of HEE students’ health; with insufficiency of clear bench marks and real opportunities for full scale educational work on preservation and strengthening of students’ health for teachers of higher school; with absence of universal modern pedagogic health related technology for students, which would embrace all aspects of their activity and be oriented on efficient solution of life style changing’s problem and formation of demand in healthy life style; with impossibility of actual control and account of students’ health; with absence of motivation for healthy life-style; with need in development of theoretical principles of health protection and their effective realization in HEE educational process.

We are sure that teacher has always been influencing on historical process, on destiny of society by his personality and activity; so he shall feel greater responsibility before past, to days’ and future generations for its destiny. To fulfill this important function he shall be healthy himself.

The present work has been fulfilled as per plan of scientific & research works of DHEE “Donbass state pedagogic university”.

Purpose, tasks of the work, material and methods

The purpose of the research is to prove necessity of purposeful pedagogic influence concerning strengthening of own health on students of physical education.

The main tasks are realization of pedagogic conditions of students’ orientation on formation, preservation and strengthening of own health and comparative analysis of students’ health before and after implementation of offered pedagogical conditions.

Materials and methods. The research covered 192 students of 18 – 21 years old age of pedagogical university; from them – 98 students of pre-school education and practical psychology faculty, 52 students of physic-mathematical faculty and 42 students of physical education faculty. As methods of research we used theoretical analysis of scientific methodic and special literature, express estimation of physical condition by G.L. Apanasenko. Results were registered in proportion 1”1000 students.

Results of the research

We analyzed state of health of first year students of pedagogic university – leavers of comprehensive schools. Among the researched there were students of pre-school education and practical psychology faculty as representatives of humanitarian sphere of activity; physic-mathematical faculty as representatives of exact sciences and students of physical education faculty as example of healthy life style’s result and, in particular, physical culture (see fig.1).

Coming from analysis’s results we can affirm that representatives of humanitarian direction are as it was expected, the weakest. Mathematicians and “physicists” are in the middle while representatives (propagandists), active followers of physical culture dominate, though rather uncertainly.

Strategy of students’ orientation on strengthening of own health envisages, in our opinion, realization of pedagogic conditions. As a result of existing academic program on training of future physical culture instructors we determined insufficiency of information about formation and strengthening of future pedagogue’s own health in the form of individual health related program. That is why first pedagogic condition is enrichment of academic disciplines “Principles of medical knowledge”, “Valueology”, “Outdoor games” with scientific information about students’ health preservation by the following topics: “Hypodynamia – the plague of 21st century”, “Active rest of student”, “Influence of outdoor games on physical, mental and spiritual health of students”, “Rational eating of students”, “Prophylaxis of emotional exhaustion” and other.

At next stage of physical education students’ research we analyzed in detail results of the research, some indicators and offered to compose plan of measures on improvement of indicators of physical condition in general and introduce individual/personal observations-self control of sportsmen’s state of health.

Studying the works of to days’ researchers about pedagogic conditions of professional fitness’s improvement of future physical culture instructors in the process of their independent work, for example in outdoor games, V.I. Naumchuk defined coincidence of content of independent work with in-class academic material; realization in educational process of three types of internal and inter-subject links: informational, operational and motivational; improvement of control over students’ independent work, self-control and mutual control of students, etc. [9].

quantity of students

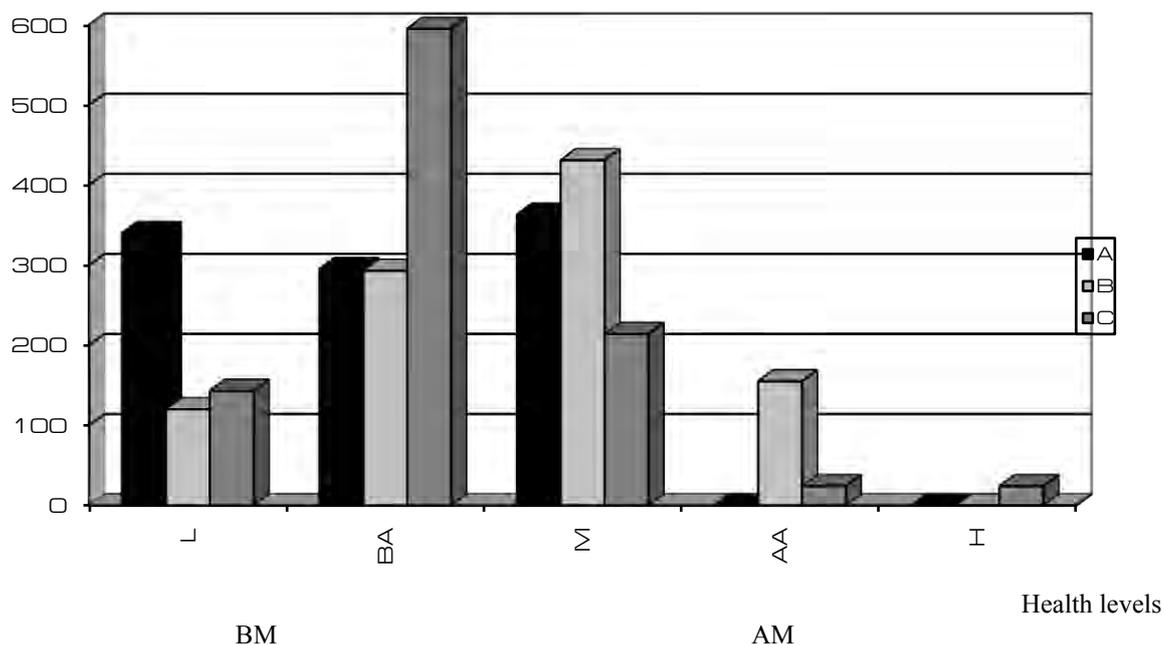


Fig.1. State of somatic health of first year students of pedagogic university by main indicators of organism's life-functioning (by methodic of G.L. Apanasenko, 1992):

A – faculty of pre-school education, B – physic-mathematical faculty, C – physical education faculty, L – low, BM – below middle, M -middle, AM – above middle, H – high.

So, it is undoubted that effectiveness of future teacher's training to large extent depends on those conditions, which would be created by teachers in conditions of higher educational establishment, on purpose, used by scientific-pedagogic personnel: development of students' creativity and independence in the process of future physical culture instructors' preparation for improvement of own health; co-operation, support, encouragement, consulting. I.e. modern students require pedagogic support from teachers for ensuring of their professional training.

I.V. Karapuzova defines pedagogical support as systemic, purposeful teacher's functioning (or collective of teachers), which ensures opening of personality's potential of future teacher by giving him specific assistance in independent overcoming of difficulties and in facilitating his self-determination and self-realization as a specialist [4].

So, on the base of analysis of scientists' works [3; 4; 5; 9] we determined pedagogic support in preparation of future physical culture instructor for health related work with teen-agers as systemic, purposeful functioning of professor-teachers' staff of higher educational establishment that implies definite assistance to future physical culture instructor in formation of his motivation for strengthening of own health.

As means of pedagogic support of future physical instructor's preparation for health related work with teen-agers we offered the following: *cooperation* (which ensures inspiration, success, belief in own forces); *creation of situation of success* (permits for student to entertain with own functioning, expectation of success, projecting of positive in functioning, encouragement, inspiration of student with belief in own forces); *consulting* (advices based on experience in selection and application of health related forms and methods, analysis and overcoming of difficulties in its realization, in mastering of principles of healthy life style).

For mastering of knowledge and formation of skills of health related activity it is necessary to ensure students' motivation as far as motives are in the base of any human functioning. Just motive is an understood demand of achievement of aim. Formation and ensuring of future physical culture instructor's motivation for strengthening of own health is facilitated by application of such methods as encouragement, adding to students' belief in own forces, in achievement of their goals and steady interest in using of health related methods; demonstration of positive influences of health related forms and methods convince in necessity to apply them in further pedagogic practice; interesting and not standard carrying out of health related trainings causes students' interest in trainings, activates creativity in this direction; development and rendering of academic material about independent or more grounded mastering of health related forms and methods stimulate future specialist for self-perfection; personal example of teacher in organization of health improvement forms future instructor's of physical culture strive for health related functioning [8].

From the side of professor-teachers' personnel of higher educational establishment pedagogic support envisages provision of students with theoretical knowledge and practical skills as the basis of motivation for selection and application of health related forms and methods for own health, stimulation for propaganda of healthy life style and active leisure; organization of educational measures in physical culture and involving of students in participation in them; using of

interactive methods and everything that require formation of certain personality's abilities and skills of teachers, their pedagogic skillfulness, ensuring of preliminary preparation for working with personality and students collective and etc.

On the base of academic disciplines' program on training of physical culture instructors, which witnessed insufficiency of theoretical-methodic and practical training of future specialists for organization of health strengthening, own practical experience of teaching activity, questioning of teachers and physical culture instructors we determined and theoretically grounded complex of interconnected and inter-depended pedagogic conditions, realization of which will facilitate improvement of future physical culture instructor's fitness and readiness for formation, strengthening and preservation of own health: ensuring of pedagogic support from teachers, motivation of students for health related functioning; perfection and expansion of content of students' training in organization of health improvement and prophylaxis of own health disorders.

Own individual health related programs were composed by students as per the following schemas:

1. Self-control of own health from the beginning of the research, including presence of pathologies, physical or mental discomfort.
2. Olan of own health's strengthening:
 - a) rational eating (considering pathologies, if any, and mental load and etc.;
 - b) program of physical perfection (motion regiment, health related trainings and so on);
 - в) regiment of work and leisure (prophylaxis of professional exhaustion's syndrome, chronic tiredness, normalization and sound sleep, active leisure and so on);
 - г) social aspects (communication with peers, parents, teachers);
 - д) mental self-perfection (self-education, aesthetic demands, reading, music and etc.).
3. Registration of self-feeling and vitally important health indicators (BP, heart beats rate and other (if required), state of mood and so on).

We should note that physical culture trainings were substantially important for students and teachers.

Analyzing results of researches during annual medical examinations (during 4 years of studying at HEE) we noticed a trend to increasing of health level of future specialists in physical culture and principles of health (see fig.2).

quantity of students

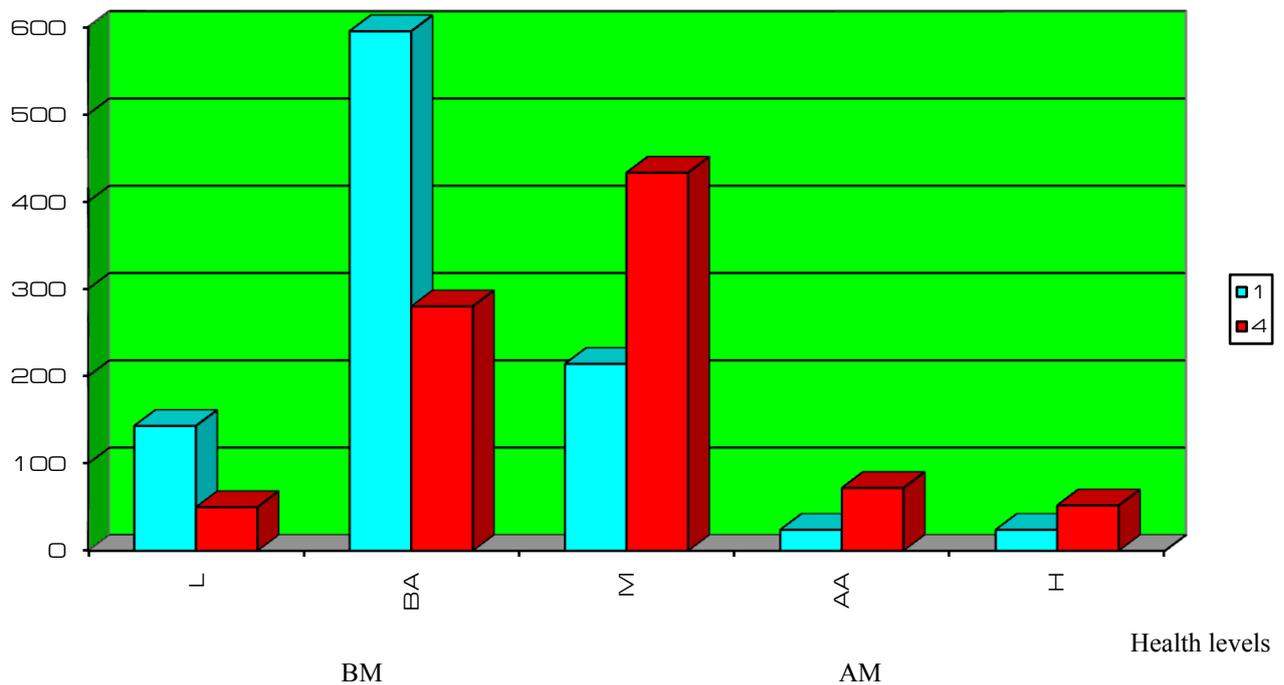


Fig.2. Dynamic of somatic health of physical education students as per main indicators of organism's life functioning (by methodic of G.L. Apanasenko, 1992):

1 – 1 year, 4 – 4 year, L – low, BM – below middle, M – middle, AM – above middle, H – high.

Conclusions:

Thus, our researches has proved purposefulness of using of such pedagogical conditions as enrichment of academic disciplines' content with scientific information about strengthening of future physical culture instructors' own health, constant pedagogical support in the process of composing and realization of own health improvement by students in the process of vocational training of specialists in physical culture and orientation of them on strengthening of own health for further improvement of rising generation's health.

The prospects of further researches in this direction imply seeking of new real conditions of future pedagogues' orientation on strengthening of own health and health of pupils.

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