

HEALTH SAVING TECHNOLOGIES IN THE TRAINING OF FUTURE PRIMARY SCHOOL TEACHERS

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Annotation. *Purpose:* To reveal the features of the application of technology in the health-professional training of future primary school teachers and to characterize their practical implementation. *Material:* The study involved 137 students. Test was used to determine the likelihood of stress on G. Nemchin and J. Taylor. *Results:* It was found that the vast majority of respondents (67%) have a low level of efficiency and high stress. That is, there is the possibility of negative effects of stress. Among the students of middle and low level of success of 76% the cause of this was called exhaustion. Defined as the implementation of technologies will aggregate pedagogically appropriate forms, methods and means of organization and management of the educational process. Proposed criteria indicators of training activities from the standpoint of health preservation. An experience of work on the implementation of health-technology in the practice of psycho-pedagogical faculty. *Conclusions:* The health-tech feature is the harmonious combination of training, educational and developing pedagogical influences. They are specified in the learning and cognitive, research, organizational and educational work of the students and the teaching practice in schools. They are aimed at both the development and improvement of the physical, spiritual, mental and social health factors of a young man, and on the formation of health-competence of students.

Keywords: health, technology, professional, training, primary school.

Introduction

The problem of children's and youth's health preservation and strengthening is rather urgent. In the most important governmental documents, which determine strategy of modern education (National doctrine of development of education of Ukraine in 21st century, Laws of Ukraine "On education", "On higher education", "On physical culture and sports", Conception of students' national education), attention was accentuated on education of youth's responsible attitude to own health as to the highest individual and social value, at comprehensive development of personality, at creation of conditions for optimal life functioning of education process's participants, at provision of full fledged students' formation. This social order requires systemic and complex approach to formation of students' healthy life style.

The problem becomes especially important in training of future primary school teachers, who shall ensure intellectual, physical, moral, aesthetic and emotional-will development of a child, realize health related work. Just primary school teacher makes basis of future potential of health, forms new generation of citizens, who would be vital and preserve their health during all life. Only basing on own example of a pedagogue in observing of healthy life style, in his ability to mobilize all knowledge and skills, required for health related activity it is possible to effectively develop pupils' wish to carefully relate to own health and motivation for it.

Thus, the problem of health preservation, health strengthening and formation of health related competences is considered by us as one of key problems in system of vocational training of future primary school teachers.

The problem of cultivation of future teachers' health culture at higher school's academic process becomes especially important, considering the quantity of modern researches. The problem of youth's health preservation is often the subject of scientific researches of known scientists, such as I. Bekh, T. Glazko, G. Vaschenko, O. Dubogay, V. Kalinina, R. Karpiuk, S. Lapayenko, N. Nikiforova, S. Omelchenko, N. Panina, L. Popova, N. Romanova, O. Yariomenko et al. Scientists also deal with formation of value orientations of youth on healthy life style, prove responsibility of educational system for students' health level (V. Babych, M. Goncharenko, Yu. Dragnyev, G. Kryvisheyeva, S. Lebedchenko, L. Tatarnikova et al. Higher school shall facilitate students' health improvement, create opportunities for maintaining of their actual health, form theoretical principles and practical skills of health preservation during studying. This is elucidated in scientific works by M. Vilenskiy, O. Gladoschuk, G. Kryvosheyeva, I. Mudryk, T. Pozdeyeva, S. Savchenko.

Principles of academic process's health related orientation are specified in health related technologies of vocational training of future primary school teachers.

Purpose, tasks of the work, material and methods

The purpose of this article is to show peculiar features of health related technologies' application in system of vocational training of future primary school teachers as well as practical implementation of these technologies on psychological-pedagogic faculty.

Results of the researches

While training future teachers of comprehensive schools of 1st grade, who will cultivate pupils' demand in health as in important life value, conscious strive for healthy life style, we, at the same time, realize health related influence on student's personality. Successful training of highly qualified pedagogic staff is closely connected with preservation and strengthening of own health, with increasing of future specialists' workability, with formation of professional orientation and motivation for health related activity. That is why HEE shall be an initiator and organizer of formation of physical, psychic and social students' health; it shall create inner health related culture of future specialists and their individual style of healthy life.

Results of our research, which was conducted among future primary school teachers (137 persons) witnessed that great majority of the questioned (67%) have low workability and moderate stress resistance, i.e. there are possible negative after effects of stresses (we used test for probability of stress progressing by G. Nevcyn and Zh. Teylor. Among students with moderate and low academic progress, 76% called overtiredness, absence of correct arranging of physical and intellectual loads during independent classes, sporadically bad self-feeling, lack of time for self-education; passive health related knowledge, difficult "student- teachers- parents" relations as main reasons of their academic progress. N.A. Bashavets calls deficit of health related technologies' implementation in HEEs of different accreditations; low orientation of youth on health preservation; students' insufficient understanding of health related knowledge's significance in their future professional functioning; unawareness of some higher school teachers in the field of health related technologies [1,15].

Researches of group of authors (V. Lozova, A. Trotsko, O. Ionova, S. Zolotukhina) witness that work on formation of students' healthy life style shall combine two interconnected components: taking of healthy life style values by them, acquiring of knowledge and skills for independent fulfillment of healthy life style's requirements. The scientists underline important role of physical exercises' practicing in this process [11, 251].

In context of our research we interpret health related technologies as realization of combination of pedagogically purposeful forms, methods and means of organization and management of educational processes in future primary school teachers' vocational training for ensuring effectiveness of students' health preservation. With it realization of the technologies is oriented on development and perfection of physical, mental, psychic and social factors of youth's health, on formation of present student's health culture because he is future teacher of primary school, who shall be an example of health preservation, and example for schoolchildren. Main components of health related technologies are axiological, epistemological, emotional-will and health-related – physical culture.

Implementation of health related technologies is one of important directions of educational process on psychological-pedagogic faculty. Arsenal of forms, methods and means, with the help of which teachers solve the problem of students' health preservation, is characterized by multi-vector character of pedagogic influence and includes all variety of opportunities of professional functioning: educational-cognitive (work with audience, consultations, tests, examinations), scientific-research (seminars, conferences, scientific circles), organizational-educational works (sport circles, cultural measures, etc.) and pedagogic practice in schools.

Significant attention is paid by faculty teachers to hygiene of mental work. Students' mental work is characterized by increased intellectual load, minimal physical tension and low energy losses that result in nervous-emotional over tension and hypo-dynamia. Also it is necessary to pay attention to the fact that students are always in stress state, as far as mental activity is connected with emotional tension, especially in time of examinations. Considering this fact it is important to observe psycho-hygienic standards, follow ergonomic recommendations to organization of academic process.

Generally speaking work of pedagogue is of stress-geneous character and is the most tensed in psychological respect, because in every day activity teacher faces great number of micro-stressors. Constant mental tension, communicative overloads, quick innovative processes in system of primary education, multi-functional character of comprehensive school teachers' functioning (he teaches disciplines in seven educational branches), conflict situations with pupils and their parents require from future pedagogues to be able understand and evaluate own reserves, to have great self control and self regulation in order to prevent from emotional, physical and mental exhaustion and, consequently to maintain and strengthen their professional health. That is why, in our work with students we prefer methodic of self-organization (self-management) and regard it as system of techniques and methods, which are required in everyday practice and help in self-organization, self-perfection of every personality, in rational distribution of time and efforts for successful control over educational process in further professional activity.

Besides, modern psychological-pedagogic science offers a number of methods for increasing of stress resistance, which are actively worked out and adapted to educational process by teachers: relaxation (auto-training, meditation, laugh-therapy, color-therapy, creative means of self-expression), recreationa (physical culture, breathing and ideo-motor exercises); catharsis (communication with relatives, arts); social-pedagogic resource (positive social environment) and so on.

Atmosphere of cooperation, mutual understanding, positive emotional micro-climate are the basis of interaction of students and teachers-professors. In-room classes are practiced, considering ergonomic [5] and resource approaches, which ensure maintenance of optimal functional state, students' self-feeling in academic process of out educational establishment, the most effective usage of human resources for achievement of set targets.

An important mean of individual approach to student's personality is application of pedagogic influence techniques (convincing, encouragement, moral support, organization of success, awakening of humanistic feelings) by faculty teachers, which create positive emotional foundation of communication with students, facilitate good mood, correct inter-personal relations in academic group.

Teachers take care of organization of health related academic process, i.e. such process, which creates safe and comfortable conditions for students, ensures individual trajectory of studying, prevents from stresses, overloads and tiredness. Main criteria indicators of modern in-class work, from the points of view of health preservation, we can consider the following:

- Sanitary-hygienic (rational artificial or natural illumination, appropriate temperature and humidity);
- Organizational-educational (regime of work and rest; monotonous character of academic process; temp and loudness of lecturer's voice, his skillfulness; prevention from tiredness; consideration of ergonomic-pedagogic requirements in application of educational means; using of visualization principle – interactive blackboard, markers, etc.);
- Psycho-physiological (physical, intellectual and nervous-emotional loads, tension of eyesight, consideration of student's psycho-physiological and psychological features);
- Methodic (application of professionally oriented technologies, development of students' professional competences; formation of firm motivation for health and healthy life style).

Informative and practical work on formation of students' healthy life style is implemented in the process of teaching of disciplines of natural-scientific and professional and pedagogic character ("Principles of medical knowledge and health protection", "Principles of valueology", "Methodic of teaching of principles of health", "Introduction of ergonomic in academic process of primary school", "Age physiology and valueology", etc.) and pedagogic practice, which facilitate ensuring of professional-pedagogic realization of own and pupils' health protection. In particular, while studying discipline "Principles of medical knowledge and health protection" future specialists acquire practical skills of first aid, learn exercises on prophylaxis of flatfoot, breathing exercises, practice initial auto-training exercises, master methods of self evaluation and self-control; while studying "Principles of pedagogic ergonomic" students can practically master methodic of subjective evaluation of functional state and own comfort, self-feeling, physical tiredness, mental tiredness and so on. After generalized interpretation of data students analyze situational factors and circumstances, which influenced on level of own functional state, prognosticate its influence on effectiveness of work's fulfillment.

Ideas of physical, psychic, social and mental health culture are reflected in content of those subjects, which are not clearly oriented on health protection and form students' steady motivation for healthy life style as the most important condition of health strengthening. For example, in the process of studying discipline "Introduction to specialty" students create memorandum "Professional health of pedagogue", schematically depict model "Valueologic culture of a teacher" and etc. In the course "Principles of psycho-diagnostics" there applied tests for determination of students' individual-psychological features for better understanding of their inner potential. When mastering "Principles of pedagogic workmanship" future primary school teachers fulfill practical exercises for development of correct breathing and voice, work out rhythm-intonation structure of own talking and so on. Classes are conducted both in traditional form and in non-traditional (lectures-visualizations, lectures-talks, lectures delivered by two lecturers simultaneously, systemic seminars, topical seminars, round table discussions, press-conferences, trainings and so on) with the help of different aids (multimedia, printed issues, natural objects, models, devices and etc.), which permitted to consider specificity of academic material as well as physiological and psychic features of students. Among complex of disciplines of bachelor's training by Pochatov's method special role is played by discipline "Physical culture with methodic of teaching", which envisages theoretical, general physical and methodic training of future primary school

teachers. Students not only train and harden own organism but also acquire skills to widely use means of physical education, methods of teaching and methodic techniques for cultivation of active life position of future disciples.

In system of psychological-pedagogic training of primary school teachers important role is played by pedagogic practice, which is an integral component of specialist's professional formation. Extrapolation of student's world-vision ideas on specific conditions of professional functioning permits to practically use combination of integrated medical-biological, psychological pedagogic and physical culture knowledge and skills, promptly analyze professional situations of health related character, insert appropriate corrections.

The process of formation of students' health culture is conducted in close connection with educational work.

The most important condition of healthy life style is optimal motion regiment, which develops personality both physically and spiritually. That is why in system of healthy life style formation at psychological-pedagogic faculty significant place is taken by students' participation in mass sport work. Faculty students have impressive achievements in sports with rather wide circle of sport interests. In general, about 70% of faculty students attend sport circles, take part in sport competitions, in track and field crosses, mini-football and basketball competitions, ping pong, rhythmic gymnastics, municipal sport measures at stadium "Vorskla", at Spivoche pole of Marysyz Churay, in relay races of "Day of Health", complex competitions in volleyball, chess, football, basketball and ping pong.

Traditional measures of World day of tourism also provides significant opportunities for physical development and education of university students. For example recent years we have conducted a number of sport- health related measures, which included competitions, tourists' meetings, tourists' hikes and so on.

Especially it is necessary to accentuate attention on participation of students' self-governing boards in system of organization and coordination of physical education work and introducing of healthy life style at faculty. Together with students' self-governing boards we conduct at faculty some actions, like "Youth choose health", in the frame of which we realized contests of social advertizing against smoking, taking alcohol and drugs, conducted meetings with representative of public organizations, medical doctors, law enforcement officers. Sport sector of students' dean office organizes quest-tours, which permit for future specialists not only acquire valuable experience but also actively rest and strengthen health. Senior students are constantly involved in educational work with students, oriented on propaganda of healthy life style. For example, on occasion of world day of struggle with AID, senior students organized photo exhibition, conducted informational training "Your life – is your choice".

Mass media significantly influences on formation of students' ideas about healthy life style. For example, owing to video-system, which functions at faculty, we realize permanent translation of information or topical videos. Students have opportunity to review aphorisms, proverbs or statements of known people, devoted to health protection, read recommendations on healthy life style.

Faculty teachers' staff, together with students, systemically organizes scientific measures (conferences, seminars) devoted to widening and application off practical knowledge, advanced pedagogic experience in health culture, healthy life style. During recent year department6s of natural and mathematical disciplines, primary and pre-school education conducted International scientific Internet conference "Pedagogic and psycho-physiological problems of children's adaptation". This conference was in on-line mode with Belgorod state national research university (Russia). Teachers and students actively discussed health related problems in educational space. At round table discussion they presented project "Health school", discussed prospects of further cooperation in field of health protection in educational process. Department of natural and mathematical disciplines organized and conducted regional scientific-practical seminar "Implementation of health related technologies in academic process of educational institutions". Participants of the seminar exchanged with ideas about possible ways of health protection and health-formation of pupils. Teachers and students worked in the following directions of the seminar: problem of health in modern society; urgent valueological problems in education; theory and practice of implementation of modern health-related technologies in education; ergonomic approach to organization of health related educational process in educational institutions; health related potential of aesthetic therapy in work with children and teenagers.

Students fulfill course and diploma works of problem of school children's health protection; teaching of course "Principles of health" in future professional activity (for example such topics as "Health related methods in educational process of primary school", "Pedagogic conditions of formation of health related competence of junior pupils"), are also practiced by students. Besides, future specialists attend scientific circles on chosen topic.

Collective of psychological-pedagogic faculty highly appreciates and develops tradition of supervisors' work Just in non-formal, confident communication of students with teacher-supervisor there is realized actual influence on formation of young person's personality, correction of his (her) life values, self analysis of actions (including bad ones), feeling of responsibility for own health is formed. Supervisors' hours are conducted in the form of lectures with video-presentations; round table discussions and cover the most urgent problems of health protection: "Addiction as a form of

dependent behavior”, “Preventing technologies in formation of youth’s healthy life style”, “Prevention from disorders in reproductive health”, “Psychological health of a personality in conditions of information society”, “Self-regulation in overcoming of unfavorable states of a personality”, “Professional health of primary school teacher”.

In modern conditions, alongside with influence of risk factors on students’ health it is necessary to note unfavorable influence of social changes, domestic conditions and norms. Supervisors of academic groups regularly attend students’ hostels and conduct informational talks with students.

Organizational-educational and cultural work in HEE shall facilitate formation of “sanitary” thinking of future primary school teachers, which will facilitate overcoming of negative emotions and psychic perfection. Realizing the concept of active aesthetic education and spiritual enrichment of students, professor-teachers’ staff directs its activity to creation of peculiar world of art at faculty. Implementation of pedagogic technologies “Education with art” implies careful attitude to maintaining and development of traditions at faculty: initiation in students, ceremonial issuing of diploma, annual meetings with graduates, “week of art”, participation of students in decoration and arranging of museums and class rooms and, at last, atmosphere of faculty itself – atmosphere of creativity, mutual respect, friendliness, culture of relations.

In formation of a personality in general, including healthy life style, it is necessary to consider dominating motives of future primary school teachers concerning ethic and aesthetic parameters. To day, at faculty there act in-class museums of faculty’s history, of Vasil Verkhovynets and folk choral “Kalyna”, of Honored worker of culture Pavlo Lymanskiy, class – exhibition with specimens of department of art, museum of decorative-household art. Atmosphere of these class-rooms itself, their aesthetic character influence on students, increasing forming potential of knowledge, delivered by teachers.

Conclusions:

Demands of present time determine urgency of problem of healthy life style’s formation with education, active involvement and application of health related technologies in system of vocational training of future primary school teachers. Functioning of higher educational institution concerning health protection of students is effective only if determining role in implementation of health related technologies is played by harmonious combination of educational, teaching and developing pedagogic influences, which are specified in learning cognitive, scientific-research, organization-educational work and pedagogic practice at school. It permits to ensure, on the one hand appropriate level of professional health and optimal interaction of an individual with professional environment, as far as only physically healthy, active and socially adapted person is a competitive one. On the other hand it permits to form appropriate level of health related competences, humanistic, pedagogic position of future teachers and, thus, to ensure sharp increasing of future nation elite’s professionalism.

The fulfilled research does not cover all sides of the analyzed problem. It proves need in increased attention to further profound theoretical works and improvement of implementation of health related technologies in system of vocational training of future primary school teachers.

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