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## **Валеология, как обязательная учебная дисциплина**

Предлагаю рассмотреть здоровьесберегающие технологии на примере здоровьесберегающей педагогики, которая лежит в основе валеологии. Валеология принципиально отличается от других наук, изучающих состояние здоровья человека, т. к. в сфере ее интересов находится здоровье и здоровый человек, в то время как у медицины – болезнь и больной человек, а у гигиены – среда обитания и условия жизнедеятельности. Я считаю, что валеологическое образование должно быть всеобщим, оно должно начинаться еще в семье и продолжаться в школе, в профессиональном учебном заведении и всю жизнь. Человек должен всегда иметь возможность получать информацию о состоянии своего здоровья. Кроме того, в наше время, когда уровень знаний об охране здоровья очень низок, здоровье становится вопросом национальной безопасности. Появление кафедры валеологии, по моему мнению, будет большим шагом вперед в формировании нового здорового и грамотного общества.

## **Valeology as a mandatory academic discipline**

In all civilized countries, health (especially children and adolescents) is one of indicators of social progress and a kind of mirror of socio-economic welfare of the country, ensuring proper implementation of human labor, mental and biological functions. Basic ideas of Socrates ("man know thyself") and Confucius ("man make") should merge in the strategy "People know and make yourself!" - the main task of valeology. The word "valeo" -good health, be healthy, introduced at the end of the XX century Russian scientist, Professor, member of Academy of technological Sciences of Russia Israel Brekhman, he is one of the first we focused on the problem of necessity of developing the foundations of a new science and the term "valeology" came into common use in 1980. The purpose of

valeology in practical terms is to develop measures and ways of preserving, strengthening and formation of health, and its subject is individual health reserves of human health and a healthy lifestyle, which is a crucial factor. Below the relationship of various factors, which ensure the health of a modern man, are presented according to (the statistics of the last 10 years, the Federal State statistics Service):

- Genetic factors -20 %
- State of the environment -20 %
- Medical coverage -8 %
- Conditions and way of life -52 %.

In the 1990s valeology as a scientific discipline and as an academic discipline is widely accepted, increasing its popularity. The Ministry of education of Russia, Belarus and Ukraine introduced into the subject "healthy lifestyle" universities and schools programs. There is a lot of literature and books on valeology. Valeology is composed of many achievements of science and on the basis of biology, genetics, physiology, psychology, and many others creates an integrated knowledge of diagnosis, prognosis and health management of a person, but as a kind of "Interscience direction" was later criticized by academia and the Church, it was considered to be an alternative, paramedical science. In 1999 140 scientists (academicians and members of the national scientific academies: RAS, Russian Academy of education, Russian Academy of medical Sciences), public and religious figures signed an open letter to the Minister of education of the Russian Federation, criticizing valeology, which was described as a pseudoscience. As a result, in 2001, the subject "valeology" was excluded from the basic curriculum of educational institutions and the specialty "pedagogical valeology" is excluded from the List of directions of training and specialties of higher pedagogical education. However, theoretical and practical issues of valeology continue to be study in a number of academic institutions of Russia, Ukraine, Belarus, Kazakhstan and the Czech Republic. Since 2004 the journal, which is published since 1996 by the Southern Federal University is included in the list of recommended journals HAC. Teaching valeology on an optional basis has been preserved in some Russian schools, and in several other CIS countries, for example in:

1. Tauride national University name by V. I. Vernadsky
2. MGTU name by N. E. Bauman
3. Ural State pedagogical University
4. Siberian Federal University

5. Udmurt state University

6. Moscow Institute of open education, etc.

For example, the Department of preventive medicine, of the Orenburg State University (a student of which I was) marked its 15th anniversary in 2013. Here, students receive not only theoretical but also practical skills in monitoring of individual health. The themes of the course are extremely diverse and lay the bases of knowledge for prevention of various diseases. Practically all of the basic teaching staff of the Department has basic medical education. The Department established and operates the Museum of human biology, the laboratory of cell technologies, laboratory of prevention, psycho-diagnostics and psychotherapy. OSU entered the Supreme constitutional Council of the International Association of school and University medicine, its experience is replicated in other universities of Russia. Valeology is divided into: medical, age, professional, special, environmental etc., but I propose to dwell on:

1. *Total valeology* - methodology of valeology as a science or field of knowledge. Unfortunately, we have to admit that lack of understanding of only two ministries – education and science and health – does not allow to solve the question of introduction of valeology in the educational process and preparation of a wide by educated professional who could conduct work on formation of health of the family in educational institutions, carry out educational work in society for prevention of diseases. Current sanitary-educational work via media under the direct control of the health Ministry of Russia, orient the population mainly on treatment rather than prevention of diseases. The emphasis is on pharmacology and self-treatment of man without the knowledge of the doctors. The Federal program "Health" taken in recent years in the country is aimed at improving the provision of healthcare services, providing hospitals with expensive equipment, but the quality of people's health is not improving. The same situation is with the demographic programs, which provide primarily social, material and legal preconditions of birth stimulation, but almost absolutely not emphasized the problem of birth and the birth of a healthy child.

*Objective:* to develop a program and methodological framework of valeological education and enter valeology as a compulsory discipline within the system of education.

2. *Pedagogical valeology* - examines the issues of training and installation of health and healthy way of life in different age stages of age

development. Education authorities share a guilt for the negative trends in the health of children along with the family and health care system. In recent years, the development of the so-called "new types of schools" (schools, lyceums, private schools), is a pursuit for intellectual development in wane of the health of a pupil. Teachers also need an educational program for mastering them in valeological bases of upbringing and education of children, adolescents and youth, analyzing and correcting his own lifestyle and professional activities, carrying out educational work with parents. Teachers should be given freedom in selection of material, its interpretation, based on characteristics and conditions of schools.

*Objective:* to prepare and implement a system of fundamentals a teacher professional development into an educational program for teaching of valeology.

3. *Family valeology* - examines the role and place of Family and of each of its members in the formation of health, develops recommendations on ways and means of ensuring the health of each generation and all families in General. It is known that family relationships, psychological climate, customs and traditions in the family can have both positive and negative influence on indicators of children's health. Parent must show a medical activity, where the assistance should come obstetrician-gynecologists, and then pediatricians, educational lectures for parents and children on such topics as: "Proper pregnancy", "Birth of a healthy child", "Prevention of myopia of students", "Childhood neurosis", "the Nutrition of children in school and at home", "Rules of training", etc. It is also necessary to remember the consistency requirements of school, family and community for successful implementation of principles of health education. For example it is difficult to achieve, success in the hygiene of the body in the regime of the day, if a teacher of valeology discussing the problem with pupils but in the family the parents do not day the rules.

*Objective:* to be worthy of a closing link in the chain  
*"child – teacher - parent"*.

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### **Фитнес технологии и их влияние на состояние здоровья молодежи**

Статья посвящена анализу существующих фитнес технологий. Выявлено положительное влияние занятий фитнесом на физическое и психическое здоровье занимающихся, в том числе улучшение их самочувствия.

### **Fitness technologies and their influence on the state of health of young people**

Nowadays the active lifestyle combining a certain philosophy, outlook and the experience of physical activities is gaining popularity in Russia, especially among young people. This lifestyle called “fitness” is focused on the development of all systems of a human body.

If we trace the dynamics of popularity of fitness in Russia we may notice the smooth and steady growth of this type of physical activity and the industry in general. Since 2005, fitness has involved thousands of people in the healthy ranks. Fitness in translation from English literally means "compliance". That is, how capable our body is to meet the