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HEALTH-PRESERVING SYSTEM OF STUDENT YOUTH EDUCATION

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One of the important indicators of the effectiveness of the educational process in a modern university is the level of formation of health components. The Statute of the World Health Organization defines: «health is the state of a person who is characterized not only by the absence of disease or infirmity but also by the full physical, spiritual and social well-being of the individual».

A retrospective analysis of the materials of scientific publications in recent years, devoted to the problems of studying the health of students, shows a steady systemic trend of increasing the number of people with chronic somatic pathology among the total number of freshmen. In particular, the characteristic of this discourse is the description of the state of health of students of Ukrainian universities – almost 90.0% of them have abnormalities in health, about 50.0% – unsatisfactory physical fitness. Research on students' self-esteem shows that only 39.3% of respondents consider it good, 17.5% rate it as satisfactory, and almost one in 10 say that it is inadequate.

Many years of research have identified those risk factors that adversely affect students' health, including:

- intensification of the educational process;
- inconsistency of teaching methods and technologies;
- non-compliance with basic physiological and hygienic requirements for the organization of the educational process;
- functional illiteracy of teachers in maintaining and strengthening the health of students;
- shortcomings in the existing system of physical education;
- Lack of a system of work on the formation of the value of health and a healthy lifestyle (including the prevention of bad habits, lack of sex education, insufficient use of physical education).

The priority form of preserving and strengthening the health of students is physical culture and health activities. Given that a significant reduction in physical activity of students leads to a deterioration in their health, reduced adaptive capacity of the body, special attention should be paid in educational institutions to the use of different systems of physical education of students. The system of measures to improve the physical health of students today provides:

- conducting physical exercises (competitions, games, tournaments, hiking, competitions, health days) that meet the biological needs of movement;
- ensuring the necessary sanitary and hygienic conditions of the internal environment, in particular: landscaping, control of artificial lighting, control over the cleanliness of classrooms;
- control over the quality of students' nutrition;
- creation of a special comfortable atmosphere in the educational institution, which would open to each student a positive space for personal growth in the intellectual, spiritual and social spheres;

– activities of the psychological service of each educational institution: psychological diagnosis, selection and application of correction methods; psychological counseling, psychological education of parents;

– system of interaction between teachers and students: organization of educational work, involvement of students in various types of health activities, education of natural attitude to self-improvement.

At present, the following proposals are put forward for the health, health formation and health development of students:

– is the transition to a new meaning of education - from the success of the university to the success of the student, who develops as a person;

– building an educator on the basis of system-activity learning, filled with personal meaning;

– it is mandatory to have the program of formation and development of a healthy and safe lifestyle for students.

The goals and objectives of the teacher's activity regarding the formation, preservation and development of students' health are quite clearly formulated:

– formation of motivational and value orientations regarding the health-preserving life behavior of future specialists;

– formation of students' understanding of the importance of physical culture and sports in order to strengthen their own health and successful learning;

– helping students to self-improvement, leading a healthy lifestyle;

– introduction of health-developing technologies, formation of a person of safe type who is able to take care of his health;

– study of individual features of each student, identification of overloads among students on the basis of studying their daily routine.

At the university level, the priority tasks will be:

– introduction of the concept of health as a global value, the formation of students' motivational and value attitudes to a healthy lifestyle, spiritual and physical development;

– involvement of scientific and material and technical potential of the university to perform these tasks;

– integration of the activities of faculties and departments of the university in the direction of strengthening the health of students and involving them in a healthy lifestyle;

– providing on the basis of university structures the development of innovative health technologies, standards of first aid and conditions for students to master practical skills;

– introduction of monitoring of student health, system of identification and assessment of factors that hinder its preservation, primary prevention measures;

– support and initiation of student health-improving actions;

– organization of a volunteer movement by senior students to spread the basics of health-preserving knowledge, emergency skills, planning and self-control of a healthy lifestyle.

Health is a fundamental foundation in the system of life values of each person, without which the self-actualization of the individual is not possible. First of all, it concerns future teachers who are called to help solve the problem and change in society, in the lives of people, families, to give people the opportunity to develop their full potential, to enrich their lives.

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УСЛАВЛЕНІ ІМЕНА ПОЛТАВЩИНИ:

**АМБОДИК-МАКСИМОВИЧ НЕСТОР МАКСИМОВИЧ (1744–1812) –
ДОКТОР МЕДИЦИНИ, ПРОФЕСОР, ЗАСНОВНИК ВІТЧИЗНЯНОГО
АКУШЕРСТВА, УКРАЇНСЬКИЙ ЛІКАР, ФІТОТЕРАПЕВТ**

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Нестор Максимович Амбодик-Максимович – український вчений, медик, ботанік і фітотерапевт, який стояв у витоків вітчизняного акушерства. Завдяки йому було впроваджено застосування акушерських щипців (медичний інструмент, який застосовують для вилучення голівки плоду під час пологів). Видав наукову працю «Искусство повивания, или Наука о бабичьем деле». Ще за життя отримав звання «батька акушерства». Окрім того він доктор Страсбурзького університету, автор першої книги в Російській імперії з ботаніки – «Ботаніки початкові основи» [1-11].

До речі, свій псевдонім Амбодік, Нестор обрав не випадково. У перекладі з латини «Ambo dic» означає – скажи двічі, узятий у знак того, що по батькові та прізвище Нестора Максимовича Максимович тотожні.

Народився майбутній учений Нестор Максимович Амбодик-Максимович 7 листопада 1744 року в селі Веприк Гадяцького повіту, що на Полтавщині. Батько Нестора був настоятелем церкви в Гадяцькому полку. Ази освіти хлопчик отримав вдома, далі його віддали до сільської парафіяльної школи. По її завершенню навчався в Київській духовній академії (пізніше Києво-Могилянська академія), яку закінчив у 1768 році [1-4, 10].