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## HEALTH CULTURE, AN IMPORTANT COMPONENT, IN THE PROFESSIONAL ACTIVITY OF A PHYSICAL EDUCATION SPECIALIST

## АНОТАЦІЯ

**Formulation of problems.** The main purpose of professional training of a physical education specialist is formation of its general cultural, moral and professional development. One of the components of general cultural development is a high level of culture the health of the future specialist. Training a physical education specialist with a high level of health culture contributes to the solution of priority tasks of education system. In the practice of professional training in higher educational institutions, not enough attention is paid to the problem of health culture formation. Thus, there are contradictions between the growing need of future professionals for information about health culture and disabilities of the educational process. The purpose is to determine the vectors of formation of the health culture of a physical education specialist in the process of analysis of scientific, methodological, and psychological pedagogical literature.

**Materials and methods.** This article analyzes the literature on the problem of forming a culture of health of the future specialist in physical education.

**Results.** The factors (using of personal-oriented education, ensuring the continuity of the process of physical education, improving the health culture of scientific-pedagogical workers, involvement of students in physical exercises in order to form a culture of health, consideration of age and individual characteristics, improving the content of physical education classes ) of formation of health culture in physical education classes are determined.

The components of health culture ( the physical, the psycho-physiological, the social, the spiritual, the information ) that play a significant role in the professional activity of a physical education specialist are highlighted.

**Conclusions.** For the effective formation of health culture content of professional training in higher educational institutions at the present stage should be focused on equipping students with knowledge, skills in formation, maintaining and promoting health in all of the aspects and include certain components of health culture. Brought health culture is of great importance for a physical training specialist. It promotes professional and personal self-development and self-improvement.

**КЛЮЧОВІ СЛОВА:** health culture, physical education, primary education process, specialist, professional activity.

## INTRODUCTION

**Problem formulation.** Problem of preservation and strengthening the health of young people is covered in the Laws of Ukraine "On Education", "On general secondary education", "On higher education", in the Concept of "Health through education" and "National Doctrine of Education Development" (National doctrine of education development, 2002).

The main purpose of professional training of a physical education specialist is formation of its general cultural, moral and professional development.

One of the components of general cultural development is a high level of culture the health of the future specialist. Training a physical education specialist with a high level of health culture contributes to the solution of priority tasks of education system (Burlakova, 2010).

As a result of professional training, the health culture of the specialist manifested in relation to their health, physical capabilities and abilities, in professional activities and is revealed in a combination of knowledge and skills, beliefs and values.

Specialist owning and actively using a variety of physical exercise is physically improving, and at the same time, improves his culture health.

An important aspect of the professional activity of a physical education specialist is a complex development of personality, achieving a high level of education and health culture.

In the practice of professional training in higher educational institutions not enough attention is paid to the problem of health culture formation. Thus there are contradictions between the growing need of future professionals for information about health culture and disabilities of the educational process.

**Research analysis.** Various scientists are studying the problems of health culture: teachers, psychologists, doctors, physiologists, geneticists, health security organisers, environmentalists, philosophers, sociologists and others.

Ukrainian scientists V. Horashchuk (Horashchuk, 2003), A. Obukhivska, I. Tsushko (Obukhovskaya&Tsushko, 2015) in their works highlight the problems of forming a culture of health.

Scientists understand a culture of health as a dynamic stereotype behavior that promotes a healthy lifestyle and determines a caring attitude to the health of others (National doctrine of education development, 2002).

V. Horashchuk notes that the culture of health is an important component of the general culture of human, due to the material and spiritual environment of society, which is described in system of values, knowledge, needs, skills and abilities of the individual to form, preserve and strengthen her health (Horashchuk, 2003).

According to scientists, the culture of health is the education of personal qualities that contribute to the preservation and strengthening of health, the formation of ideas about health as a value, increasing motivation to lead a healthy lifestyle, increasing responsibility for personal health, family health (Moiseyuk, 2012).

Scientist S. Kyrylenko, notes that the culture of health is described in the preventive activities of students, and in leading a healthy lifestyle that ensures the unity of physical, mental, spiritual and social development of personality (Kyrylenko, 2004).

**The purpose** is to determine the components of the health culture of a physical specialist education in the process of analysis of scientific and methodological and psychological pedagogical literature.

**RESULTS AND DISCUSSION**

Health culture is an important part of the overall human culture, which determines the formation, preservation and strengthening of it health. A high level of human health culture implies its harmonious communication with nature and people around (Horashchuk, 2003).

Health culture is not just about the amount of knowledge, the amount of relevant skills but also a healthy lifestyle.

The level of health culture is determined by the knowledge of reserve capabilities of an organism (physical, mental, spiritual) and the ability to use them (Moiseyuk, 2012).

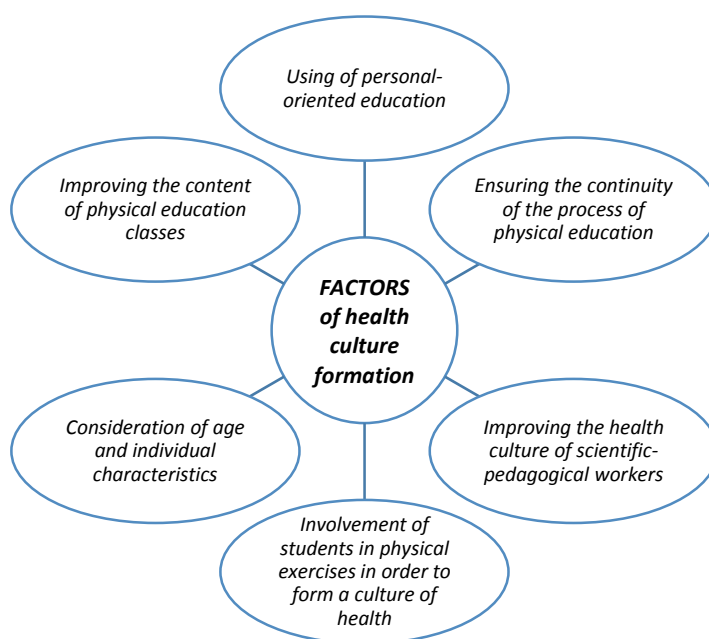
For students of physical education faculties, the role of health culture, healthy lifestyle, sports, harmonious development of physical qualities increases significantly due to the peculiarities of educational activities and the specifics of their future professional activity.

As a result of theoretical analysis, we note that most scientists are inclined to think that health culture is an extremely important component general human culture, and is one of the most important problems of modern education.

Note that it is education and educational institutions are the first to promote the idea of forming a culture of health. That is why we believe it is appropriate to analyze the components of the health culture of future professionals of physical education. We conducted a survey of 110 students of the Faculty of Physical Education of Drohobych State Ivan Franko Pedagogical University. It turned out that most students (78.3 %) consider it necessary to lead a healthy lifestyle for maintaining and promoting health. Adhere to the regime of work and rest only 23.5 % of future specialists in physical education, diet adhere to 21.7 % of students in general. Some of them have harmful habits 13 %. When it comes to health, education and culture, most students gave priority to health (84.2 %). This shows a high assessment of health significance. And only 30.7 % of students preferred culture and education. Received results show that it is necessary to make changes in the educational process of training of future specialists of physical education.

The years of studying is a period of professional development of a specialist and the formation of his own health culture.

In the process of analysis of scientific-methodical and psychological-pedagogical literature the following factors of the formation of health culture were identified (Pic. 1):



**Picture 1. Factors of formation of the health culture of future professionals on physical education lessons**

For students of physical education faculties the importance of health culture increases due to the peculiarities of educational activities and specifics of future professional activity ([www.franko.lviv.ua](http://www.franko.lviv.ua)).

In our opinion, the components of a health culture play a significant role in the professional activities of the specialist. We distinguish 5 components:

1	the physical component of health culture
2	the psycho-physiological component of health culture
3	the social component of a health culture
4	the spiritual component of the health culture
5	the information component of health culture

Consider each of the components of health culture in more detail.

The physical component of health culture involves person's ability to develop the physical component of health; awareness of one's own corporeality as a feature of personality, the ability to listen to the functioning of own organism, its systems and organs (Obukhovskaya&Tsushko, 2015).

The psycho-physiological component of health culture is characterized by the level and quality of thinking, development of attention and memory, degree of emotional stability, development of volitional qualities. Psycho-physiological features of the future physical training specialist, psycho-physiological introspection, optimization functional states that are manifested in professional activities are affected the quality of his professional activity.

However, psycho-physiological component contributes to the solution of professional problems, identification and formation of important for the implementation of certain activities individual psychological qualities ([www.referaty.pp.ua](http://www.referaty.pp.ua)).

The social component of a health education culture ability to adapt to social conditions, control over own actions, the ability to be polite and attentive to different

life situations, contact with students and colleagues, to resist the negative environmental influences; evaluate their own actions; respect the opinion of others; follow the rules of life safety and a healthy lifestyle (Kyrylenko, 2004).

The spiritual component of the health culture of a physical education specialist depends on his spiritual world, perception and awareness of the spiritual culture of mankind, education, science, art, religion, morality, ethics, consciousness, vital and self-identification, attitude to the meaning of life, evaluation of implementation own abilities and capabilities in the context of their own ideals and worldview ([www.franko.lviv.ua](http://www.franko.lviv.ua)).

The information component of health culture is a factor in influencing professional activity of a physical education specialist. Information transmitted by different means, can affect a person in different ways. Transmission of negative images (information) has a negative impact.

Positive information or insult has the opposite effect. For the above reasons, the education system, and also means of information, namely: literature, films, the Internet, mass media are important in formation of the personality of future physical training specialist [3].

Thus, the defined components have an important and direct influence on the formation of the health culture of the physical training specialist, on preserving and promoting health, on the level of general development of personality and growth of professional skills.

## CONCLUSIONS

For the effective formation of health culture content of professional training in higher educational institutions at the present stage should be focused on equipping students with knowledge, skills in formation, maintaining and promoting health in all of the aspects and include certain components of health culture.

Health culture is of great importance for a physical training specialist. It promotes professional and personal self-development and self-improvement.

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### КУЛЬТУРА ЗДОРОВ'Я ЯК ВАЖЛИВА СКЛАДОВА ПРОФЕСІЙНОЇ ДІЯЛЬНОСТІ ФАХІВЦЯ ФІЗИЧНОГО ВИХОВАННЯ

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#### **Анотація.**

**Постановка проблеми.** Основна мета професійної підготовки фахівця з фізичного виховання - його загальний культурний, моральний та професійний розвиток. Однією із його складових є високий рівень культури здоров'я майбутнього фахівця. Підготовка фахівця з фізичної культури з високим рівнем культури здоров'я сприяє вирішенню пріоритетних завдань системи освіти. У практиці професійної підготовки у закладах вищої освіти уваги приділяється проблемі формування культури здоров'я. Таким чином, існують суперечності між зростаючою потребою майбутніх фахівців у інформації про культуру здоров'я та обмеженість у цьому професійної підготовки. Мета - визначити вектори формування культури здоров'я фахівця з фізичного виховання.

**Матеріали та методи.** Теоретичний аналіз наукової літератури з проблеми формування культури здоров'я майбутнього фахівця з фізичного виховання.

**Результати.** Факторами формування культури здоров'я на заняттях з фізичної культури є: використання особистісно-орієнтованої освіти, забезпечення безперервності процесу фізичного виховання, підвищення культури здоров'я науково-педагогічних працівників, залучення студентів до фізичних вправ з метою формування культури здоров'я, врахування віку та особистості визначено характеристики, вдосконалення змісту уроків фізичної культури. Серед компонентів культури здоров'я виділені фізичну, психофізіологічну, соціальну, духовну, інформаційна складові.

**Висновки.** Для ефективного формування культури здоров'я зміст професійної підготовки фахівців у закладах вищої освіти має бути орієнтований на оснащення студентів знаннями, навичками формування, підтримання та зміцнення здоров'я в усіх його аспектах та передбачати формування компонентів культури здоров'я. Сформована культура здоров'я сприяє професійному та особистісному саморозвитку та самовдосконаленню фахівця з фізичного виховання.

**Ключові слова:** культура здоров'я, фізичне виховання, освітній процес, фахівець, професійна підготовка, професійна діяльність.