

## TO THE QUESTION OF HEALTH SAVING TECHNOLOGIES IN MODERN EDUCATION

Zhanat A. Karmanova, Gulmira N. Manashova, Rakhat B. Satybaldina

Academician E.A Buketov Karaganda State University  
28, Universitetskaya st., Karaganda Kazakhstan 100028

*In this article the problem of health of pupils which becomes the priority direction of development of modern educational system is considered. Today preservation and promotion of health of children – one of the main strategic tasks of development of the country. The concept “health saving educational technologies”, influence of health saving educational technologies on healthy lifestyle formation, on a state of health and education is analysed.*

In an education system of Kazakhstan at the present stage there are difficult and ambiguous processes of updating. Along with the indisputable achievements connected, first of all, with possibility of a freedom of choice of programs, technologies of training, emergence of the innovative, alternative educational organizations, in recent years the special attention is paid to a question of health of school students.

Health of the nation is a basis of our successful future and special value for it is allocated in the Message by Strategy “Kazakhstan-2050” the President of RK N. Nazarbayev [1].

According to the Concept of a development of education of RK till 2015 [2], the State program of a development of education in the Republic of Kazakhstan for 2011–2020 [3] one of the priority directions is the scientific and practical solution of problems of protection and strengthening of health of school students.

In numerous researches of physicians, physiologists, psychologists, teachers negative influence of existing system of training on health and younger generation development is convincingly proved, the conclusion that this problem became, in fact, key in strategy of further development both domestic school, and all state as a whole is drawn.

Universal progressing deterioration of indicators of health of younger generation put before governing bodies of education, administrations of the educational organizations a problem of search of new, more perfect, available and effective forms and work methods at which education will promote health formation, instead of its loss. The analysis of statistical data allows to state accruing trouble in the childhood sphere; negative tendencies in demographic processes; deterioration of health of children, their food, life and leisure; children’s neglect, crime and social orphanhood; growing child mortality. All this does children and teenagers by the citizens least protected in a social status. Distortion of cultural wealth of the personality and asocial, illegal, additive behavior (alcoholism, drug addiction) is a consequence of such situation.

Low level of a financing of education, poor material base of schools, especially in rural areas, congestion pupils of educational institutions don’t allow to organize teaching and educational process at a lesson according to hygienic requirements, to use the means reducing excessive intensity of brainwork of school students and tiresomeness of an academic load.

Health as which it is understood, by World Health Organization (WHO) definition, not only absence of diseases, but also full physical, mental, social wellbeing, harmony

of the individual at high level of its functional reserve and adaptation opportunities, is kept only at 8–12 % of school students.

Health, inherently, has to be foremost need of the person, but the satisfaction of this requirement, finishing it to optimum result carries difficult, peculiar, often inconsistent, mediated character and not always leads to necessary result. This situation is caused by a number of circumstances, and first of all that:

- in our state the positive motivation of health isn’t expressed yet, sufficiently;
- in a human nature slow realization of feedback (both negative, and positive impacts on a human body) is put. “The school gradually turns from the factor protecting health of children, into the factor destroying it”. It is connected with big psycho – an emotional pressure, an intensification of educational process, with discrepancy of techniques and technologies of training age and to functionality of pupils, the irrational organization of teaching and educational process. With development of new information technologies the volume of acquired information the school student doubles every 5–7 years, thus the education system in insufficient degree developed health saving technologies of training.

The major moment in definitions of health is the attitude towards him as to dynamic process that allows opportunity purposefully to operate of. The modern school is in search of new models of the training providing versatile development of the personality taking into account individual, psychophysiological and intellectual opportunities. The educational system has real opportunities for positive impact on health of school students a way of increase of level of literacy, education of culture of health, familiarizing with maintaining a healthy lifestyle.

Relevance of research is connected not only with need of preservation and promotion of health of school students for educational process, but also with increase of productivity of teaching and educational process at elementary school. Educational process has to be considered indissolubly with improving as education of the harmonious personality means, along with realization of intellectual potential, formation of spirituality, moral and health of the individual.

Objective living conditions and need following from them for multidimensional internal and external changes testify to the ripened need of strategic changes for the organization of teaching and educational process for elementary school at which at children knowledge of means

and ways of improvement of health will be purposefully formed.

In the circumstances there is a need of association of teachers, medical workers, psychologists for the purpose of creation of system of psychology and pedagogical, medical care. Physical and mental development of the child have to be recognized as the priority.

What purpose of health saving technologies? According to V. Goryachev, the main goal in education and education of school students is a preservation of health [4]. Many problems which are solved by the teacher in the course of the activity are subordinated to the solution of this purpose. Teachers at schools teach children to culture of health, that is the conscious relation to the health, safe behavior.

The concept "health saving educational technologies" appeared in a pedagogical lexicon in the last some years, and is still perceived by many teachers as analog of sanitary and hygienic actions.

Health saving educational technologies make technological fundamentals of health saving pedagogics. The content of education answers a question "to that to learn?", pedagogical technologies answer a question "how to learn?" From the point of view of a health-saving to learn it is necessary so that not to do harm to health of subjects of educational process (students and teachers):

- Health saving technologies are the technologies directed on preservation of health;
- It is necessary to aspire to that influences of the teacher didn't cause damage to health of children;
- In case of use at lessons of health saving technologies the important result – receiving by pupils of education is reached without prejudice to health;
- Systemically organized set of programs, receptions, methods of the organization of the educational process which isn't causing damage to health of its participants;
- The qualitative characteristic of pedagogical technologies by criterion of their impact on health of pupils and teachers;
- Technological fundamentals of health saving pedagogics [4].

"Zdorovyeformiruyushchy educational technologies", by N.K. Smirnov's definition, is all those psychology and pedagogical technologies, programs, methods which are directed on education at pupils of culture of health, the personal qualities promoting its preservation and strengthening, representation formation about health as values, motivation on maintaining a healthy lifestyle [5].

The health saving technology, according to L.M. Kuznetsova, is:

- conditions of training of the child at school (absence of a stress, adequacy of requirements, adequacy of techniques of training and education);
- the rational organization of educational process (according to age, sexual, specific features and hygienic requirements);
- compliance of academic and physical activity to age opportunities of the child;
- the necessary, sufficient and rationally organized motive mode [6].

V.I. Kovalenko understands the system creating the greatest possible conditions for preservation, strengthening and development of spiritual, emotional, intellectual, personal and physical health of all subjects of education as health saving educational technology (pupils, teachers, etc.). Into this system enters:

1. Use given the monitoring of a state of health of pupils which is carried out by medical workers, and own supervision in the course of realization of educational technology, its correction according to available data;
2. The accounting of features of age development of school students and development of the educational strategy corresponding to features of memory, thinking, working capacity, activity, etc. pupils of this age group;
3. Creation of favorable emotional and psychological climate in the course of technology realization;
4. Use of various types of health saving activity of the pupils directed on preservation and increase of reserves of health, working capacity [7].

Thus, the main tasks of modern school are: education of the healthy personality focused on a healthy lifestyle; the organization of such educational and educational process which won't do much harm to health to the child; use of means of health protection available to everyone school and developments of the school student. Quality of education can be reached only at creation of the certain conditions directed on preservation and promotion of health of the being trained. All this demands from teachers of special approaches in education and the education based on the principles of a health-saving. Knowledge of preservation and development of health is an important component of professional competence of the modern teacher who has to possess a wide range of health saving educational technologies to have opportunity to choose those from them which will provide success of the concrete being trained in these certain conditions.

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