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## **ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

ТЕЗИ ДОПОВІДЕЙ  
ІІІ МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ  
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## THE PROBLEMS OF HEALTH AND HEALTHY WAY OF LIFE IN THE CONTEXT OF PEOPLE'S CULTURE

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Every person can do something to help contribute to healthy living, it just takes a little effort but the rewards are great.

The interest to the health and the healthy way of life is natural. The origins of health care lie in the people's culture. Like the folk song didn't lose its meaning for the modern musical culture, the original folk active games, entertainments, dancing and bathing also took a certain place in the physical education system.

The people's wisdom entered into such memorials of native medical care and pedagogics as "Edification" by Vladymir Monomakh (XI century), "Domostroy" (XV-XVI centuries), "The Citizenship of Kids' Customs" by Epiphaniy Slavinetkiy (XVII century) and others [1; 2].

But only since the middle of the XVIII century the questions of health care have begun taking a special place in medical care and pedagogics due to the high kids' mortality and sick rate.

M.V. Lomonosov was the first who paid attention to the questions of health care and the healthy way of life. He spoke about the arrangement of the right diet, the daily time-table and the schedule of classes, medical help to students.

S.Y. Zybelin, N.M. Maksimovich – Ambodik, S.Yeli also devoted themselves to the questions of health care. In their works they put the basics of kids' physical education and training, diet and hygiene.

I.I. Betskoy brought the idea of the boarding schools where the necessary conditions for the child's growing were created. His development concerned the organization of the diet, sleeping

condition, the clothes choice , the holding of the dwelling house, training and physical education.

N.I. Novikov in his article “ About the Kids’ bringing up and injunction for spreading of useful knowledge and general well – being” (1788) puts the question of harmonic combination of mental and physical education .

A.N. Radishchev pays attention not only to public education, but also to the health protection of young generation. He gives useful advices concerning the kids’ diet, personal hygiene, physical education, training, physical work [3; 4].

Since the end of the XVIII-XIX centuries the practical work of the doctor of the boarding school had acquired special significance . They were busy not only with the treatment of students, but they also solved the question of illnesses prophylaxis.

On the boundaries of the XIX – XX centuries a lot of popular science literature about the propagation of the healthy way of life, the sanitary hygienic aspects, the questions of man’s harmony with himself and surrounding world was being issued.(Sh.Severin,1901; Goppe – Zeiler, 1905 ; L.I. Lyakhovskiy, 1910 ; L.G. Granskiy,1910 and others) [5].

Taking into account the raising of well-being, unstable dynamics of the ecological condition, the shortening of medical and social state programmes the problem of physical health of modern youth are being moved to the foreground. A contemporary pupil is able to acquire the school education successfully only on the condition of sufficiently level of health. That is why the consideration of the peculiarities of the way of life, especially physical activity and positive attitude the physical – sport pastime become an important element of the organization of physical education of the students.

The main purpose of modern education is forming the attitude to health as to the most valuable aspect , giving knowledge necessary for the life of each person, teaching him or her to lead the healthy way of life.

In fact, physical culture and the basics of safety vital activity in many aspects are closely woven together and connected mainly with the propagation of the healthy way of life. The specialists

should also consider the pragmatism of social behavior in students' environment as for the choice of the ways of achieving success in life as a motivation stimulus for the formation of the healthy way of life and the culture of leisure time, as the instrument of creating the desirable condition which is the constituent part of the possibility of a successful professional career in the future, an important part of the students' healthy way and style of life.

The healthy way of life is the psychology of the man of the third millennium, that is why the present understanding of the healthy way of life differs from the traditional idea of the individual. It is only the man himself who can ensure it.

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