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Principal directions in the formation of health-saving space in school

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Abstract

© 2016, International Journal of Pharmacy and Technology. All rights reserved. Health status of modern pupils causes anxiety in the relevant experts, which is not a coincidence: a high percentage of first graders already come to school with a congenital, chronic or acquired diseases. A particular role in valeological education among all school subjects is played by biology. Creation of a health-saving space at the biology classes at school helps to improve physical and mental health of pupils and enhance their competence in the matters related to healthy lifestyle. This paper justifies the need for multidisciplinary work on the creation and implementation of the system of training the basics of health and health education, for both students and teachers: organization of educational process considering its psychological and physiological effects on the students; medical and psychological monitoring of health status; control over the observance of sanitary standards of the educational process and the normalization of the academic load; development and implementation of training programs for the formation of health culture; and organization of and control over a balanced diet at school.

Keywords

Biological education, Ecological and valeological competence, Health-saving technologies, Medical and psychological monitoring, Research activities, Sanitary and epidemiological expertise