

# **THE USE OF HEALTHCARE TECHNOLOGIES IN EDUCATION PROCESS IN VOCATIONAL SCHOOL AN EXAMPLE OF KIEV HIGHER VOCATIONAL COLLEGE OF SERVICE AND DESIGN**

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*The investigation on the implementation of healthy technology in the educational process of Kyiv vocational school of service and design was presented. The results of a survey of 186 students related to healthy lifestyle were analyzed.*

*A special attention was paid to finding the most effective forms and methods of teaching students to healthy lifestyles and also creating a positive attitude towards their health.*

*Three main strategies of innovation were established by psychological department of KPS of service and design:*

- Strategy of local changes - rationalization, renovation of classes and clubs software.*
- Strategy of module changes - implementation of innovations at different levels of educational process.*
- Strategy of system changes - restoration of educational process content, organization, activities, goals and objectives, technology etc.*

*It was concluded that the innovation system with non-traditional forms, methods of education and various technologies provides an positive motivation for a healthy lifestyle in teenagers of professional school.*

*Keywords: vocational education, health saving technologies, strategies of local changes, strategy of module changes, strategy of system changes.*

**Problem definition.** Secondary education is aimed at guaranteeing all-round development of the individual through education and training, which are based on human values, principles of science, culture, secular education, integration, principles of humanism, democracy, civic awareness and mutual respect between nations for the benefit of the individual, family, society, state [3,4].

The determining strategic tasks of the National program "Children of Ukraine", the Laws of Ukraine "On General Secondary Education", "On vocational education", "On Preschool Education", "On Higher Education", "On non-school education" are comprehensive human development and establishment of spiritual, mental and physical health.

Jean-Jacques Rousseau wrote that "In order to make the child a reasonable and prudent, strong and healthy, let it work, acting, running, screaming, constantly be on the move". A nation that does not care about the health of their children, doomed to extinction. Children's health can't sacrifice to weak economy or broken moral basis of society. Thus, the problems and methods of implementing recreational function of education in schools are analyzed. Concern of the students to the concept of healthy lifestyle, based on the survey, presented in this paper.

**Analysis of recent research and publications** point to the implementation of health-enhancing function of education in the school were mentioned in many sources [1, 2, 6]. The concept of healthy technology provides a complex of directions on the formation, preservation and promotion of health of students:

- programs, methods, directed to the raising, preservation and strengthening students' health culture;
- forming perceptions of health as a value, and the motivation of students for a healthy lifestyle;
- favorable learning conditions (absence of stress, adequacy requirements, teaching methods and education);
- optimal organization of the educational process (according to age, sex, individual characteristics and hygiene);
- sufficiently and efficiently organized action mode.

The daily activities of educational institutions include properly drafted schedule lessons, use movement exercises in the classroom and in the school breaks, neutralizing of the stress, organization of hot meals, connection between educational materials and life, obtain of valeological and ecological knowledge. The effectiveness of the positive influence on the health of students is determined system work in all areas [5].

The formation of a conscious attitude to the health requires a combination of mandatory information and motivational components with the practice of students. This combination will contribute to the mastery of necessary care healthy skills [7-9]. Education and health are complementary components of a successful everyday life of young people.

The teachers' goals are maintain health, bring motivation to look after oneself, put the slogan "Fashionably healthy" into operation.

This problem becomes highest value in vocational schools, because social vulnerable, bad-mannered students enrolled to educational institutions. Smoking, alcohol consumption since school years, illegible sexual contacts are common. That's why, the primary task of the teachers - not only teach the profession, but also education a healthy personality who will generate the future of our country.

**The aim of this article** - to study positive effects of healthcare technologies in Kiev Higher Vocational College of service and design, using a complex of healthy lifestyle activity.

**Main part.** According to the survey of the 186 students at the age 15-17, conducted by a practical psychologist at the Kiev Higher Vocational College , around 56 ( 30%) of respondent understand meaning of "healthy lifestyle ", only 37 ( 20% ) of students of this age group follow a healthy lifestyle, and 92 ( 50%) don't understand meaning the concept of " healthy lifestyle " don't think about their future , leading an unhealthy lifestyle : don't move, do not follow the rules of hygiene , diet and sleep. 105 students (18%) have some kind of chronic disease. A one of the most serious problem is students' smoking. Most of those who smoke, have smoker's experience over a period of 5 years and there are cases where child

begin smoke in primary school. The results of researches indicate the importance to search on the most effective forms and methods of understanding the concept of healthy lifestyles and create a positive attitude towards their health.

The following activities aimed at Health promotion are developed and carried out in Kiev higher vocational college of service and design:

- Annual medical examination of students (orphans and students with disabilities - twice a year);
  - Healthy Days;
  - Sports events and competitions ;
  - Conversations between doctors, students and their parents;
  - Facultative of healthy lifestyles;
  - Design of wellness wallpapers;
  - Ensuring of locomotor activity ;
  - Organization of healthy nutrition;
  - Organization of sanitation at the time of respiratory viral infections and influenza
- Lectures-centre of medical knowledge in cooperation with professionals of Municipal Health Center , medical institutions, NGOs, etc.

According to the problems basic directions of work of the teaching staff were identified:

- studying the problem of learning a healthy lifestyle, checking the effectiveness of applied programs, forms and methods of educational work in vocational school;
- developing of teaching materials, booklets dedicated to a healthy lifestyle and evaluative attitude to health.

The criteria for the physical development of children related to their psychological health can be regarded as:

- sensitive attitude and interest in various forms of life ,
- expression of cognitive and creative activity,

- self motivation of practical life (advantage of internal motivation for external);
- beneficial influence of the surrounding.

It should be kept in mind that a child with low self-esteem, high levels of anxiety also cannot be considered mentally healthy.

Therefore, teacher or master must not suppress student needs in any case, opposite, to show his creativity and identify his interests .

Analyzing new approaches to the implementation of health- education functions [5-7], psychological services in Kiev Higher Vocational College of service and design were identified three main strategies of innovation:

- strategy of local changes - rationalization, renovation of classes and clubs software. In our case it is: the modernization of the educational proces . The use of psychological exercises in classes. Search of ways to upgrading these programs, their adaptation to school, implementation the educations, that support the basic rules for a healthy lifestyle, regardless of the type of creative activity, innovation , transformation, which change shape classes. For example: the program «Learning to be healthy» - unconventional forms of learning and educational activities .

- strategy of module changes - complete implementation of several innovations at different levels: educational, pedagogical, organizational. The collaboration of sport, artistic and aesthetic groups. The implementation of learning the basics of a healthy lifestyle in class groups.

- strategy of system changes - restoration of educational process content, organization, activities, goals and objectives, technology etc. This is a perspective direction of the implementation of health -preserving technologies in vocational schools.

The system of scientific and methodological support, professional development of teachers provides to involvement of tutors to innovating work. We consider innovative technologies of methodological work with pedagogues as stimulation process, characterized by the desire of the teacher to represent their

own understanding of the purpose of training and education. therefore, most of events are held in non-traditional ways. First of this is a trainings, which well accustomed in Kiev higher vocational college of service and design. All employees of the educational institution successfully taking over of training techniques, their elements are widely using during group and educational activities.

**Conclusions.** According to recent reports, Ukraine takes one of the last places in the world by standard of the life. Only one indicators by which our country is close to the most developed countries –the level of education. Thus, the tasks of the teachers to encourage student motivation to be healthy using various methods and innovative technologies. And then our young people will live in a country with high living standards and mortality in Ukraine significantly reduced.

Therefore, gradually organized innovative system using traditional forms and methods of education and different technologies provides positive motivation for a healthy lifestyle in teenagers.

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