INNOVATIVE HEALTH SAVING TECHNOLOGIES IN EDUCATION

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Abstract. Health of the person in many respects depends on him. Great importance are the reasonable organization of vital functions, maintaining a healthy lifestyle and prevention of various diseases. In the name of these noble goals and aspirations of the need to join forces and actions of the state, society and the people who live in our country. The analysis of the data on a state of health which are trained in various regions of the country shows that the number of absolutely healthy children to the termination of high school falls. It testifies not only to adverse living conditions, to deterioration in ecological conditions, and also to insufficient attention of teachers of educational institutions to improving work with students about the need to find means to preserve the health of students at different stages of continuous education from preschool educational institution to higher education institution.

Keywords: education, health-educational institutions, health saving educational technologies, psychological adaptation of children, state of health.

President of the Republic of Uzbekistan I. A. Karimov speaking at the meeting devoted to the Constitution day and “Year of health” emphasized that “the focus of our state and society is always a question of the creation of decent living conditions for the people, the protection of public health.”

It would be desirable that all of us didn’t forget simple, but at the same time important truth: health of the person in many respects depends on him. This, of course, of great importance are the reasonable organization of vital functions, maintaining a healthy lifestyle and prevention of various diseases ... In the name of these noble goals and aspirations of the need to join forces and actions of the state, society and the people who live in our country “ (Karimov I. A., 2004, December).

Addressing these issues is becoming extremely urgent and employee's educational institutions to decide in their pedagogical activity five basic functions: educational, educative, developmental, health saving, and also preparation of the studying youth for the forthcoming life (family, social and professional).

An analysis of the scientific and pedagogical sources shows that health saving pedagogical activity of the teacher is defined as the practical actions Directed to the transfer of socio-cultural experience through the creation of appropriate age, personality and psychological characteristics of children's conditions, requirements, methods and techniques of training and education, specific and psychological features formation at them health saving behavior, personal experience "to be healthy".

The analysis of relationships of cause and effect of the considered crisis situation has shown that it demands the fastest and effective resolution. Certain steps in search of the most rational ways of formation of a healthy lifestyle of students are so far taken.

The health saving organization of training and education in educational institutions assumes realization of the principles of the healthy lifestyle which is based on the psychology and pedagogical and medicobiological bases directed to preservation of spiritual and physical wellbeing of students.

Relevance of a problem of preservation of health trained in modern educational institutions gains special sharpness in the conditions of influence of various factors of the training environment. The analysis of the data on a state of health which are trained in various regions of the country shows that the number of absolutely healthy children to the termination of high school falls. It testifies not only to adverse living conditions, to deterioration in ecological conditions, and also to insufficient attention of teachers of educational institutions to improving work with students about the need to find means to preserve the health of students at different stages of continuous education from preschool educational institution to higher education institution.

From a health-saving position concrete following requirements are imposed to any occupation: a situation and hygienic conditions in the room (temperature and humidity of air, rational lighting of the educational room and a board, lack of monotonous, unintelligible sound irritants, etc.); quantity of types of educational activity (poll, letter, reading, hearing, story, examining of visual aids, answers to
We have found that the most significant moments in the organization of educational process on the health saving are:
1. identification of pedagogical conditions and development of the system of psychology and pedagogical providing the health saving environment of training and education;
2. development and deployment of the comprehensive program of a health-saving of students in the conditions of educational activity and daily life, with active involvement of parents in implementation of the program;
3. the formation of the needs and values of students in the physical exercise, combined with the use of medical and biological means of health preservation.

Development of pedagogical conditions of introduction of health saving technologies in modern educational institutions lags behind requirements of society on protection and strengthening of health of younger generation. Thus, relevance of the specified problem is caused by a contradiction between objective need of formation of a healthy lifestyle of students and insufficient level of readiness of teachers, parents and heads of educational institutions to practical work in this direction.

The analysis of research and educational and methodical literature has allowed giving theoretical justification of need of using a valueology to teaching and educational process, including use of health saving technologies in educational institutions, to prove a methodological basis of the considered problem.

A system of health-technology health study in modern educational institutions should include:
1. The variability of technological methods and health saving methods;
2. The search and introduction of new pedagogical technologies, formation of skills and abilities of health saving activity;
3. The continuous increase of professional competence of teachers and heads in the sphere of a health-saving;
4. The development of innovative receptions of the health saving organization of educational process in general and occupations by improving physical culture, in particular, and also use of recovery means (T. T. Saparov, 2012).

One of achievements of pedagogy is introduction in educational process of the personal focused training which unlike traditional, is based on requirements, interests of the child and is realized with his active participation. the fact that the choice of a subject is free, the most interesting to the child, accompanied with the positive attitude towards him and positive estimation of his knowledge and abilities is special.

In the context of it the problem of preservation of health of children in educational process consists in change of technology of his organization regarding logic and ways of a statement of material, methods, means and organizational forms of education.

Among modern educational technologies the term "health saving technology" hasn't found broad application yet the Health saving pedagogy can't be expressed in student teaching by any concrete educational technology. At the same time the concept of "health-saving technologies," combines all the activities of the training on the formation, maintenance and strengthening of health of children.

According to experts of health-saving technologies used in the education system, can be divided into several groups, which use a different approach to health protection, appropriate methods and forms of work.
1. Medical and sanitary technologies, including monitoring and assistance in ensuring proper hygienic conditions in accordance with the requirements of sanitary norms and rules.
2. Sport and health technologies directed to dealing with the physical development: the development of motive qualities that distinguish a healthy, trained person from physically infirm. Are realized on occupations of physical culture and in work of sports sections.
3. Environmental health-saving technologies, providing for the creation of ecologically optimal living conditions and human activities, harmonious relationship with nature.
4. Technology to ensure life safety. Directed to improving the literacy of children on these issues, on a study of the health and safety requirements.
5. Health-educational technologies, involving the use of psychological and pedagogical methods, techniques, technologies, approaches to solving problems. Analysis of literature data allows to note that under the methods of health-educational technology refers to methods of using the tools to solve problems of health-saving pedagogy.

In implementing the health-education teaching technology uses two groups of methods are used: specific (unique to the process of rehabilitation pedagogy (active teaching methods, educational, outreach and educational programs) and the general-educational (used in all cases of education (story, interview, cognitive game, gaming techniques, etc.).

It is established that the right combination of the above methods provides an efficient implementation of the complex problems of health-saving technology education, including the use of the following methods and techniques:
- Protective and preventive;
- Compensatory and neutralizing;
- Stimulating;
- Information and training.

Currently, the teacher uses the health-saving technologies as a systemic combination of the principles of cooperation pedagogy, effective teaching techniques, pedagogical skills, ensuring optimal psychological adaptation of children to the educational process, core of preservation of health and education of health culture.

Analysis of the research and methodical literature allows us to give a theoretical substantiation of health-oriented education and educational process of educational institutions and noted that in Uzbekistan the issues of introduction of innovative health-technology is one of the important research problems.

References
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