ATLANTIS PRESS
Advances in Economics, Business and Management Research, volume 79
International Scientific Conference "Far East Con" (ISCFEC 2019)

A Life Preservation Technology Model within the System of Professional Training of Humanities Majors

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Abstract—The professionalism of modern teacher is not only the ability of achieving of good pedagogical result, but the ability of saving and strengthening pupil's health. During preparing teachers, one of the priority directions is attitude to health of teachers and pupils. The article presents the model of saving health's technology of professional student's preparing of humanitarian. The saving health's technology suggests the logical realization of conditions for building, developing and saving health of students and getting knowledge and skills of saving health, which will become important factors at the actualization of person-professional formation of future teachers. Such conditions are forming the value relations to save and strengthen health; developing humanitarian university student's health by physical education; saving humanitarian university student's health by creating saving health's conditions and organization extra-curricular activities. The model is logical consistency of activities, which provides developing of criterion indexes of professional preparing. The result of creating by the authors saving health's technology is offer of changing to active methods of education, which is based on creative potential of students and searching ways to create lessons, which is based on overcoming of accelerating change of increased organization difficulties and unpredictable changes of external environment.

Keywords—professional preparing, physical education. Saving health's technology, model.

I. Economy and Production

A. The Development of Polytechnic Education

The health and attitude of the teacher towards health has a great importance. Educational institutions are the most important link in the socialization of children, where among other values, the value of health, the most important component of modern life, is assimilated, and the motivation to preserve one's health and the health of others is formed. There is a large number of studies in the field of health savings (N.A. Agadzhanyan, N.[1], Amosov, V. [2], Aparin, A. [3], Balsevich, V. [4], Brekhman, I.[5], Butenko, B.[6], Bykhovskaya, I. [7], Vayner, E. [8], Vilensky, M. [9], Vinogradov, P. [10], Kikolov, A. [13], Kozlova, E.[14], Lysicin, Y. [15], Lisovskii, A. [16], Mityaeva, V. [17], Petlenko, V. [18], Rutkevich, M. [19], Slastenin, V. [20], Tatarnikova, L.[21]) and it should be noted that this problem is the most important actual for a person and his life. However, the analysis of existing practice and the study of research materials on this topic allowed us to conclude that in the process of preparing future educators in the system of a humanitarian university, insufficient attention is paid to the formation of knowledge, skills, health preservation skills, and the study of the process of health care by means of the discipline "Physical Culture" is poorly researched. The inadequacy of competencies among graduates related to the preservation of their health and those surrounding them, the inconsistency of their level of development with modern requirements for the future teacher, lead to general adverse consequences of trends in the health status of the younger generation. This problem seems especially urgent in the Amur region, where the indigenous small peoples live: Nanais, Manchus, Ulchi, Negidals, Nivkhs, Evenks, and Orochi and Ugid who mainly live in the Amur Region, Khabarovsk Territory, PrimorskyKrai and on the coast of the Tatar Strait. Therefore, there arises the need for the students of a liberal arts college to develop their professional and pedagogical knowledge, skills and habits of saving their health and those around them. The purpose of the experimental work in the study is to test the effectiveness of the pedagogical conditions for using the health-saving technology of vocational training for students of a liberal arts university: the formation of a value attitude to preserve and strengthen one's health, develop health through physical culture, preserve health through the creation of health-saving conditions, and organize outside educational activities.

Let us consider the components of the model of health-saving technology of vocational training for students of Humanities University. The social order is focused on the professionalism of the modern teacher. The professionalism of a teacher is determined by not only the ability to achieve a high pedagogical result, but also the ability to preserve and strengthen one's health and the health of pupils. In addition, the goal is the construction of a process of health-saving technology of

vocational training for students of Humanities University. The goal is realized through the tasks:

1. To study and analyze the set of provisions that determine the theoretical and methodological justification for the use of health-saving technology of vocational training for students of Humanities University.

2. To determine the criteria for using the health-saving technology of vocational training for students of humanities university.

3. To design and implementa model of health-saving technology in the educational process as a component of vocational training for students of Humanities University

4. To analyze the results of the experiment and develop methodological recommendations on the use of health-saving technology for vocational training of students of Humanities University.

Basic principles for students to acquire knowledge, skills, and health preservation skills for personal and professional use: maintaining interest in motor and cognitive activities, unity of physical and mental development, visibility and accessibility, dynamism, individualization. In the process of obtaining knowledge, skills, health preservation skills, several approaches are identified: philosophical, activity-oriented, and person-oriented. Content blocks: 1) the process of forming a value attitude to preserve and strengthen one's health is based on increasing the literacy of students in matters of health protection and healthy lifestyles, increasing students' motivation for physical training, shaping the value and culture of health, promoting mental and social health of the individual and It is accompanied by means: messages, reports, abstracts, dialogic dialogue, conversations, discussions, conferences; 2) the process of development of health by means of physical culture is related to the preservation and strengthening of students' health and promotes the correct formation and all-round development of the organism, maintaining high performance throughout the entire period of study. The purpose of this process is achieved by means of physical culture, dumbbell gymnastics cardio-training; 3) the process of maintaining health is based on the creation of health-saving conditions and the organization of extracurricular activities that contribute to opposing negative changes in the health status of students. Sport-mass and health work among students creates an optimized educational process, characterized by optimal dynamics of efficiency; introduction of preventive and corrective-developing extra-curricular activities; manifestation of health-saving strategy of behavior of students.

The effectiveness of the use of pedagogical conditions for the health-saving technology of professional training for students of a humanitarian university should be supported by the criteria and indicators that were developed by us. In assessing the level of the formation of the value attitude towards the preservation and strengthening of one's health, the social and moral component of health was used according to the following criteria: group cohesion (Seashore's method), the socio-psychological climate of the student collective, valuable orientations (Milton Rokeach's method). The process of developing students' health by means of physical training was based on the use of the physical component of health by the following criteria: physical development (body weight, vital capacity of the lungs, Stange's test, dynamometry, Harvard step test), physical readiness was determined by the indicators characterizing the manifestation of general endurance, speed-strength qualities, power abilities, motor-coordination abilities and flexibility: flexing and extending the arms of the lumbar support (the number of times), jumping in length from the place (centimeters), lifting the trunk from the prone position (the number of times), running 1000 meters (seconds). In the process of preserving the health of the students of the humanitarian university through the creation of health-saving conditions and the organization of extracurricular activities, the psychological component of health was used with the following criteria: self-evaluation of personality (Demo-Rubinstein), psychological comfort, readiness for the realization of forces in activities (Lüscher's test) [11].

Verification of the effectiveness of the use of health-saving technology training for students of a humanitarian university is the final stage of the experimental work in the study. The motivational component was determined with the help of techniques: motivation of professional activity (Gheorghe Zamfir's method in modification of Arthur Rean), test "Index of attitude to health" (Deryabo, S.) in the dynamics of the following indicators: motivation of professional activity; priceless attitude to health [11]. Complementing each other, these characteristics are a vector of the student's focus on health savings in the course of his activity. The cognitive component is based on test tasks containing the following sections: methods of physical education, physical quality, self-control, features of the age development of children, culture of health. The operational component - with the help of the author's development "Expert evaluation of the student's activity with a position of health saving" from the following positions: the activity of the learner in the class; organization of the motor activity of students in the class; emotional state of students before and after classes. The reflexive component is based on the method of studying the level of reflexivity (Karpov, A.)[11].

Experimental work was carried out on the basis of the Federal State Budget Educational Institution of Higher Professional Education "Amur Humanitarian-Pedagogical University". For the experiment, four groups of first-year students were formed. A total of 82 students and teachers of the Physical Education Department participated in the experiment in the number of 8 people. Two training groups were listed as experimental (42 people) and two - control (40 people).

The study was conducted in three stages. The first stage (2008-2010), during which the analysis of philosophical, psycho-pedagogical and methodical literature, dissertational research on health preservation, health-saving pedagogical technologies was carried out, the practical experience of using health-saving technologies for professional training of students was studied, the object, subject, hypothesis and scientific research apparatus, the technology of carrying out experimental work was developed and its structural-functional model was developed. The second stage (2010-2013) was devoted to conducting the ascertaining and forming stages of the experimental work on the implementation of the pedagogical support of the process under study by creating the appropriate conditions;

obtaining of concrete results of work, their primary analysis; approbation through publications of research materials in the press and at scientific conferences. The third stage (2013-2014) was devoted to qualitative and quantitative analysis of the results of experimental work, processing and systematization of the data obtained, and design. dissertation research. The basic methods of experimental work: theoretical (analysis, synthesis, comparison and comparison, deification and others); empirical (pedagogical experiment, observation, analysis of documents and literary sources, conversation, questioning, studying the results of activities, experiencing experience); predictive methods (experimental estimates), statistical methods for processing the results of the experiment.

The purpose of the ascertaining stage of the experiment was to identify the initial level of health components of first-year students of a humanitarian college (physical, psychological, social and moral) in control and experimental groups. The purpose of the forming stage of the experiment: introduction of the model of health saving technology of professional training of students of a humanitarian college and pedagogical conditions for its implementation into the educational process. In the course of the experiment, a purposeful pedagogical influence on the students of the experimental groups was carried out. At the formative stage of the experiment, after approbation of the model of health-saving technology of vocational training for students of a humanitarian university and the pedagogical conditions for its implementation, the situation has changed.

When checking the first condition of the hypothesis - the formation of a value-based attitude toward the preservation and strengthening of one's health by students of humanitarian college, analyzing the changes in the indicators of the social and moral health component, analyzing the changes in the indices of the social and moral health component of the stent groups of experimental groups before the experiment, cohesion in the experimental groups increased (by 29.5%), health values became more priority (by 42.4%). In the control groups, the changes in these indicators were insignificant.

Checking of the second hypothesis's condition, that is enhancing health among students of humanitarian university by means of physical education, has shown that an the end of the experiment the highest rate of growth in experimental groups were fixed at the factor of flexibility (30,1%), and at the factor of strength (the shoulder girdle muscles – 29.2%, the abdominal muscles – 23.5%). Also a positive dynamics at the factors of common endurance in the experimental groups in relation to the basic results was fixed (3.7%).

Analyzing the third hypothesis's condition, that is keeping students of humanitarian university healthy by way of creating health-saving conditions and organizing of extracurricular events, we should mention that through the period of carrying out the experiment the number of students with an adequate self-appraisal has increased (for 22.9%), the number of students with a low self-appraisal has descended (for 7.3%), the level of personal anxiety has descended (for 33.9%), as well as the level of frustration (for 12%), and the level of aggression (for 13.2%). From this follows that students of the experimental groups feel personal psychological comfort, self-confidence and inner readiness for strength implementation in action.

According to the results of the experiment it was fixed that health-saving technology of professional preparation of students of humanitarian university allowed to raise the level of educational interest for health-saving activities, value orientations, and higher manifestation of motivation for success achievement. In the experimental groupsmotivation, cognitive, operational and reflexive components are higher than in control ones for 27%, 37%, 44% and 5% correspondingly.

This experiment gives the grounds to make the conclusion that heath-saving technology of professional preparation of students of humanitarian university implemented in the experimental groups is more effective than traditional methods, which are used in practice of the educational institution.

The experimental research allowed to conclude that the effectiveness of health saving technology in professional training of the students in humanitarian institution of higher education can be attained by holistic approach to educational process directed not only towards academic skills and knowledge in profession but also, by motivation towards self-development, social values and responsibility for their own health as well as the health in society at large.

During the course of the experimentit was revealed that the studies in conditions of health saving technology contributed to physical fitness of the students of the university. In our opinion, it was based on the following factors: strengthening of the adaptive abilities of the body; raising the functional abilities of the body systems and positive psycho-emotional awareness due to high level of motivation towards activities in physical culture. The final results of the experiment also, confirmed the positive influence of the health saving technology on professional training of the students in humanitarian institution of higher education.

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