

• ПІДГОТОВКА КАДРІВ З ГАЛУЗІ ФІЗИЧНОГО ВИХОВАННЯ,
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PROFESSIONAL DEVELOPMENT OF PHYSICAL EDUCATION TEACHERS FOR HEALTH PROMOTION IN SCHOOL

Olena SHYYAN, Yevheniya SLYVKA

Lviv State University of Physical Education

ПРОФЕСІЙНИЙ РОЗВИТОК ВЧИТЕЛІВ ФІЗИЧНОЇ КУЛЬТУРИ ДЛЯ ПРОМОЦІЇ ЗДОРОВ'Я В ШКОЛІ. Олена ШИЯН, Євгенія СЛИВКА. *Львівський державний університет фізичної культури*

Анотація. Проблему удосконалення професійного розвитку вчителів фізичної культури щодо промоції здоров'я школярів підтверджено низкою нормативно-правових актів України.

Метою дослідження було здійснити теоретико-методичний аналіз основ професійного розвитку вчителів фізичної культури для промоції здоров'я та здорового способу життя (ЗСЖ). Дослідження проводилося на основі аналізу літературних джерел, а також проведення опитування та анкетування серед учителів фізичної культури (20 осіб) та студентів Львівського державного університету фізичної культури як майбутніх учителів (111 осіб).

У результаті дослідження ми встановили суперечності між об'єктивними потребами суспільства у фахівцях, здатних професійно займатися промоцією здоров'я, та низьким рівнем базової валеологічної освіти як значущого компонента професійної підготовки. Аналіз даних анкетування показав доволі низький рівень самооцінки готовності до промоції здоров'я для школярів.

Ключові слова: промоція здоров'я, фізична культура, вчителі, школярі.

Introduction. Traditional values of Ukrainian people are the nation's health, its spiritual and physical perfection that is based on self-fulfillment and healthy youth. The duty of each country, Ukraine's in particular, is defined by the UN Convention on the Rights of the Child, the Universal Declaration of survival, protection and development of children, and that is education of the younger generation, formation of educated, creative personality, establishing its physical and psychological health.

Nowadays the promotion of healthy life on scientific and practical levels is practically not perceived by youth. We can talk about a particular vacuum that fill important targets (Yaremenko O., 2005).

In connection with the gradual entry of Ukraine into the global educational community there is a question of reforming the national education system throughout its modernization. There are sustained discussions in scientific circles about the ways to implement such modernization and its rooting in the general education system with the greatest benefit and the minimum of imbalance. The only thing that raises no doubt is this feasible changes. These changes are time defined, because it is impractical to educate young people of future with education of the past. As regards this, O. Vyshnevskyy (2008) said, that education was designed to meet the social order, which means that it depends on the dynamics and direction of society. The necessity of improvement the system of health educators' education is certain by a number of regulatory and legal acts of Ukraine regarding education in general and physical education in particular of the last years. However, analysis of these acts has shown that in our country there are pre-conditions for realization of actions, devoted to the maintenance of health of children and young people, however, despite legislative norms, there is worsening of situation due to growing number of negative phenomena which take place in youth environment that directly have bad influence on their health.

Moreover, having carried out the analysis of literary sources on the subject of the research we have found out a number of contradictions which pushed on an idea about the change of priorities in

the development of physical education system in particular. These contradictions are the following:

- the presence of scientific-theoretical acquisitions, practical experience, enthusiastic physical education teachers and absence of positive result in «physical education – child's health» context (Singaevskiy S. 2002, Vlasyuk G. 2002, Demchishin A. 2007, Kovcun V. 2007, Turanskiy A. 2008 and others);
- the objective requirements of society in specialists skilled to carry out health-related activity and by the low level of base health education as a meaningful component of professional education (Minenyuk A. 2007, Polulyakh A. 2007);
- need in skilled, professional teachers, enthusiastic about health education, and unachieved teachers of physical culture, which have a practical experience of healthy way of life formation (Babych V. 2006, Zhara G. 2007, Ivanova L. 2007).

Explicience of bringing physical education teachers in health education can be explained by means of physical culture – on the essence it is a powerful mean of forming, maintenance and strengthening of child health in itself. The main idea for PE teacher's in-process with students is to form the objective necessity for every student in physical education (including the healthy way of life), prophylaxis of diseases, traumatism, abilities and skills of the personal hygiene and physical preparation. Moreover in physical education health strengthening, assistance appropriate physical development of schoolboys and forming of their value orientations on the healthy way of life is determined as a basic task.

For this reason, the involvement of PE teachers to health education does not cause doubts. But there are doubts about their skilled education for introducing this discipline. Because as V. Babych (2006, 213-217) marks, purposeful training of physical education teachers to the basics of students valeological knowledge, abilities and skills, is not stipulated in the curricula of high education. Exactly these descriptions determine the level of today's high-quality formation. Moreover, health education is based on new for Ukraine concept of vital skills formation, and any physical education teacher needs elucidation of this concept and necessity in its introduction.

In subsequent researches we plan to study possibilities for physical education teachers to get acquainted with the method of life skills that will help them promote their own competence in realization of health education in school.

Challenges that concern the youth require being fully educated, highly professional and competent, possessing life skills. However, the youth should prove its willingness to survive in today's dynamism of social processes. Conform to social order, which depends on the dynamics and direction of social development, aims and education that is gradually included into the European educational community and is under respective reformation. Reformation concerns physical education as well, it determines the principle of health-oriented education of personality developed physically, physiologically homeostatic, adapted socially, mentally balanced, harmonized with nature, which has a clear conscious positive motivation and spiritual foundation. In the reform of physical education a priority direction in the work of modern physical education teacher is formation of healthy lifestyle habits for youth, because of their growing conscious responsibility for their own health, which requires the development of teacher's professional competence as well. According V. Vodopjanov (1986, 87) healthy living is a "special social value, which is the basis of activity as a measure of personality, social essence of quality, which shows a high degree of individual "inclusion" in public attitude".

Research Methods:

Theoretical Analysis of Literature.

The issue of pupils' health, healthy lifestyles and health foundations series are presented in the works of Yeres'ko O. 2005, Vasylenko S. 2006, Gushchyny N. 2006, Manyuk O. 2006, Polishchuk N. 2007, Boychenko T. 2008, Vasylyashko I. 2008 and others. The problem of lack of health education and healthy lifestyles is studied in works of Shyyan O. 2005, Pashchenko V. 2006, Kuznetsov V. 2006, Medynskyy S. 2008 and others. The question of teachers' training of health education is explored in works of Chernysheva Y. 2004, Strashko S. 2006, Babanich V. 2008, Voynarovskyy A.

2008, Omelyanenko V. 2007, Ponomarenko V. 2008, Vorontsova T. 2008 and Adyeyeva O. 2009. The issues of healthy lifestyle means for physical education students are presented in the research works of Vashchenko O. 2003, Horashchuk V. 2005, Androshchuk N. 2006, Kyryl'chenko S. 2007, Ivanova L. 2007, Minenyuk A. 2007, Polulyakh A. 2007 and others.

Sociological Methods: Survey, Questioning.

Questioning was conducted among students of different faculties in Lviv State University of Physical Education (LSUPE) to determine their attitude toward training students in the basics of health and healthy lifestyles and self-assessment exercise on valeological education as well as among physical education teachers to determine their attitude toward teaching students the basics of health and healthy lifestyles, as well as establishing best practices and ways of such teaching. Generally 111 students of LSUPE and 20 physical education teachers in Lviv region participated in the survey.

Results of Research. The need to improve training for implementation of health technologies in school practice has been identified in a number of regulatory and legal acts of Ukraine on education and physical education in recent years. Review of the regulatory framework of Ukraine shows that the state created the pre-conditions for implementation of measures dedicated to preserve the health of children and youth, but, in spite of legislative regulations, the growth of the negative phenomena is observed that directly affect the deterioration of young people health. Almost in all documents it is stated that professional focus of modern physical education teachers should be on formation of healthy lifestyle habits and responsibility for their own health among students. The order of Ministry of Education and Science of Ukraine № 524 from 12.06.08 is about health promotion, development of health-educated person, improving educational and health-system rehabilitation work in the personality-oriented student education, their implementation in team practice, creating new programs, a technology for building health lessons, testing methods for relaxation, sports and health work, creating a database of innovative technologies on a positive motivation for healthy lifestyle, the introduction of training seminars for teachers from different directions. Researches of Sinhayevskyy, S., Vlasjuk, D. (2002) etc. emphasize the fact that quite a contradictory situation has evolved in Ukrainian schools today, which suggests a change of priorities in the development of students physical education. The problem is that in spite of the scientific and theoretical achievements, practical experience and significant number of trained physical education teachers positive results in the context of "physical education – student health" are missing.

According to O. Mykytyuk (2009) the main causes of this situation are: (1) the lack of generally accepted understanding of school health in PE teachers competence as a complex phenomenon that has great potential for improving the quality of pupils health; (2) the lack of substantial methodological and technological aspects of the health competence of school teacher of physical education; (3) the problem with the development of healthy lifestyle habits in the school environment.

Solution to the problem, according to several researchers (Vorontsova T., Ponomarenko V., 2008), can be in revitalization of professional and pedagogical activity of physical education teachers with emphasis on the new paradigm and psychologically sensible educational technology where life skills methods take special place.

The expediency of bringing physical education teachers on health-orientated discipline in the first place can be explained by that physical culture which in its essence is a powerful mean of forming, maintaining and strengthening the child's health. The main purpose of physical education teacher is objectively necessary for each student development of every student required level of physical education (including healthy lifestyles), prevention of diseases, injuries, skills and personal hygiene and physical training. Additionally the physical education health promotion, proper physical development of schoolchildren and formation of their positive evaluation of healthy ways of life are defined as the main tasks.

Besides, J. Timoshenko (2007) emphasizes the need to fill the mandatory content component of higher physical education with knowledge of social and philosophy sciences and associated practical skills and abilities. Some specialists also note that the important point in training of teachers of physical education is their maximum versatility. Training of new types of literacy (wider - culture) should ensure a high professional mobility, so it is possible to quickly respond to pressing social needs. The implementation of health education is due on the one hand, by the essential problem in

Ukraine individual and public health, the other - necessity of training to perception principles of a healthy lifestyle (Romanova N., 2007).

Analysis of the literature showed the need to improved training of PE teachers for health education. To that end, we questioned among future and current PE teachers. The survey showed that all PE teachers have expressed willingness to join the teaching of disciplines with valeological orientation, explaining it by the direct relation of physical education and health of the child and emphasizing the need of special professional training for teachers. Feasibility of PE teachers' involvement in health education raises no doubt unlike the question of their skilled preparation for implementation of this education. With this aim we tried to determine their level of competence in the issue of healthy life of children and youth. Students (future physical education teachers) were asked to make self-assessment (in percent) of competence in health education:

10__20__30__40__50__60__70__80__90__100 %

Analysis of this question has shown that the level of self-assessment of competence in health education is relatively high (70-80%), but level of their real knowledge is much lower. That is evident from the results of the survey module. The topics suggested that cause the need in additional training or deepening of knowledge are the following:

- A) The life and health;
- B) Safety of daily life;
- C) Physical development of children;
- D) Prevention of dangerous diseases;
- E) Psychological well-being of children;
- F) Your answer.

The greatest need of deepening has the theme of physical and psychological development of children.

In further research we plan to explore the possibility of mastering methodology of life skills by teachers of physical education that in turn will allow them to increase their own competence in implementing health education to pupils.

Conclusions:

- as a result of analysis the regulatory and legal acts as well as other literary sources, we determined the existing contradiction between objective needs of society for specialists that can professionally implement recreation activities on one hand, and low basic paradigm of education as a significant component of training on the other;
- analysis of questionnaires showed the excessive levels of self-assessment of competence in health education and the need to deepen knowledge in the sphere of physical and mental development of children;
- an essential element of high quality health education is recognized to be essential in school training based on life skills, which in turn is a synthesis of the most successful teaching experience and achievements of psychological science. Mastering the methods of life skills by teachers of physical education will enable them to increase their own competence in the implementation of professional and pedagogical activities and contribute to the quality of teaching health-related subjects.

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**ПРОФЕССИОНАЛЬНОЕ РАЗВИТИЕ
УЧИТЕЛЕЙ ФИЗИЧЕСКОЙ КУЛЬТУРЫ
ДЛЯ ПРОМОЦИИ ЗДОРОВЬЯ В ШКОЛЕ**

Елена ШИЯН, Евгения СЛЫВКА

*Львовский государственный университет
физической культуры*

Аннотация. Проблема совершенствования профессионального развития учителей физической культуры относительно продвижения здоровья школьников подтверждена рядом нормативно-правовых актов Украины.

Целью исследования было осуществить теоретико-методический анализ основ профессионального развития учителей физической культуры для продвижения здоровья и здорового образа жизни ЗОЖ. Исследование проводилось на основе анализа литературных источников, а также проведения опроса и анкетирования среди действующих учителей физической культуры (20 человек) и студентов Львовского университета физической культуры как будущих учителей (111 человек).

В результате исследования нами были установлены противоречия между объективными потребностями общества в специалистах, способных профессионально заниматься продвижением здоровья, и низким уровнем базового валеологического образования как значимого компонента профессиональной подготовки. Анализ данных анкетирования показал достаточно низкий уровень самооценки готовности к промоции здоровья для школьников.

Ключевые слова: промоция здоровья, физическая культура, профессиональное развитие, учителя, школьники.

**PROFESSIONAL DEVELOPMENT
OF PHYSICAL EDUCATION TEACHERS
FOR HEALTH PROMOTION IN SCHOOL**

Olena SHYYAN, Yevheniya SLYVKA

Lviv State University of Physical Education

Annotation. The problem of improving the professional development physical education teachers in the health promotion of the schoolchildren is certain by a number of regulatory and legal acts of Ukraine in sphere of education.

The aim of the study was to analyze the theoretical and methodological foundations of professional development for teachers of physical education as health promoters. The study was conducted by analyzing the literature, and conducting questioning among active teachers of physical culture (20 pers.) and students of Lviv State University of Physical Education as future teachers (111 pers.).

In our research we have established the contradiction between the objective needs of society in specialists that can professionally engage in health promotion and low valeological basic education as a significant component of training. Analysis of the questioning showed relatively low levels of self-commitment to health promotion for school children.

Key words: health promotion, physical education, teachers, students.