

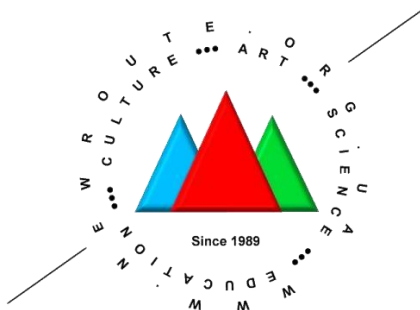


НАПРЯМИ УДОСКОНАЛЕННЯ
СОЦІАЛЬНО-ГУМАНІТАРНИХ
ВІДНОСИН В СУЧАСНИХ УМОВАХ
РОЗВИТКУ УКРАЇНИ ТА СВІТУ

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Напрями удосконалення соціально-гуманітарних відносин в сучасних умовах розвитку України та світу

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Колективна монографія присвячена актуальним напрямам удосконалення соціально-гуманітарних відносин в сучасних умовах розвитку України та світу. Досліджуються сучасні проблеми в сфері педагогіки, соціології, філософії, психології, соціальних комунікацій, спорту, фізичної культури, туризму, рекреації, мистецтвознавства, культурології, філології, історії, економіки, управління, права. Монографія буде корисною науковцям, викладачам, здобувачам вищої освіти, а також широкому колу осіб, які цікавляться питаннями сучасного розвитку соціально-гуманітарної сфери.

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Зміст

	Стор.
Передмова	6
Розділ перший.	
Педагогіка, соціологія, філософія, психологія, соціальні комунікації	...
1.1. Formation of cartographic competence of students of universal educational institutions when studying a school geography course	7
1.2. Ecological tourism in nature-protected areas as a means of education for those seeking higher education	7
1.3. Professional training of future physical education teachers to use energy-saving technologies in physical education lessons	15
1.4. Функції професійної діяльності вчителя фізичної культури в умовах нової української школи	26
1.5. Особливості використання інформаційно- комунікаційних технологій в інклюзивній освіті	32
1.6. Архетип кордону у культурі пограниччя	38
1.7. Проблемне навчання хімії як технологія розвиваючої освіти учнів загальноосвітніх навчальних закладів	47
1.8. Політична філософія та культура сучасної української молоді	54
1.9. Психологічні акценти впливу тривожності на мотивацію діяльності старшокласників	61
1.10. Формування інклюзивного освітнього середовища у вимірі європейських стандартів	75
1.11. Future educators“professional training organization for the formation of creative pedagogical activity	78
1.12. Аксиологічні аспекти буття науки: історія та сучасність	85
1.13. Методологічні підходи до формування працеохоронної компетентності майбутніх учителів	94
1.14. Розвиток метакогнітивних умінь у майбутніх фахівців в процесі професійної підготовки в коледжі	120
1.15. Роль політичної реклами в сучасному світі	129
Розділ другий.	
Мистецтвознавство, культурологія, філологія, історія, фізична культура	132
2.1. Специфіка освіти майбутнього актора в українських закладах вищої освіти	135

18. Троїцька Т. С. Філософсько-освітні пошуки відтворення втраченої парадигми «природа-людина». *Етнокультурний ландшафт Північного Приазов'я: Монографія*. Сімферополь: Таврія, 2004. 276 с.
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1.3. Professional training of future physical education teachers to use energy-saving technologies in physical education lessons

One of the central places in social development is occupied by the problems of preserving the nation's gene pool, forming a healthy growing generation, preparing children, adolescents and young people for a full independent life. The level of health of schoolchildren plays an important role in the formation of labor and intellectual potential of Ukraine. Statistics of the Ministry of Health in recent years indicate that 90% of school-age children have health abnormalities, more than 50% of them have unsatisfactory physical fitness. Negative trends in the decline of schoolchildren's health require the search for effective ways to strengthen it. Based on modern ideas about the significant dependence of the state of health, level and length of life on the way of life, we see that the main direction of educational and medical and educational work in general educational institutions.

The main task of the school today is not only to teach children the basics of science, but also to educate a healthy personality oriented towards a healthy lifestyle; organizing such an educational and educational process that will not harm the child's health. A new quality of education can be achieved only by creating certain conditions aimed at preserving and strengthening the health of students. All this requires special approaches in education and upbringing from teachers, based on the principles of health care. Knowledge of the preservation and development of health is an important component of the professional competence of a modern teacher, who must possess a wide range of health-preserving educational technologies in order to be able to choose those of them that will ensure the success of a particular student in these specific conditions [5, p. 90].

Issues of health care education at the modern stage became the subject of research by M. Antropova, I. Brehman, D. Voronin, M. Honcharenko, P. Husak, L. Zhukovskaya, N. Zavidivskaya, V. Kaznacheeva, L. Kozhevnikova, V. Kolbanov, M. Nosko, V. Pehova, V. Petlenko, O. Samchuk, V. Serzhantova, and others. At the same time, in real educational practice, the issue of preserving the health of schoolchildren is solved mainly through the use of medical and hygienic measures, while the issue of preserving the health of students in the process of physical education remains insufficiently implemented.

According to E. M. Yefimova, according to the logic of considering health-preserving technologies as an educational phenomenon and modern approaches to the definition of pedagogical technologies in general, the concept of "health-preserving technologies" should be considered as a part of pedagogical science, which studies and develops the goals, content and methods of teaching a healthy lifestyle, which is aimed at solving health care issues in the education system; as a method of organization, a model of the educational process that guarantees the health of all subjects of the educational process; as a toolkit of the educational process, as a system of instructions that should ensure the effectiveness and efficiency of education along with the preservation of the health of students [2, p. 59]

Learning technology is, first of all, a systematic method of creating and applying knowledge, taking into account technological and human resources and their mutual influence, the purpose of which is to optimize forms of education (UNESCO); the field of application of system principles to the programming of the learning process and their use in educational practice with a focus on detailed learning goals that allow for their evaluation [6, p. 116].

Health-saving technology is favorable conditions for children's education at school, which include a favorable microclimate in the classroom, adequacy of requirements and methods used in the educational process; rationally organized training in accordance with the age, gender, individual characteristics of the student, balance of training and physical load [1, 7].

Health-preserving pedagogy is a branch of pedagogy, which pays special attention to the priority of health among other areas of educational work of the school, includes the consistent formation of a health-preserving educational space in the school (or other educational institution) with the obligatory use of health-preserving technologies by teachers, so that students have the opportunity to acquire knowledge without harming their own health, as well as the education of a culture of health in children, by which we understand not only literacy in health matters, which is achieved as a result of education, but also the practical embodiment of the need to lead a healthy lifestyle, taking care of one's own health [6].

The goal of health-preserving pedagogy is to provide high school graduates with a high level of real health, equipping them with the necessary knowledge, skills and abilities necessary for leading a healthy lifestyle, and instilling in them a culture of health.

The goal of health-preserving educational technologies is to provide students with the opportunity to preserve their health during the period of schooling, to form in them the necessary knowledge, skills and skills of a healthy lifestyle, to teach them how to use the acquired knowledge in everyday life.

Taking care of the health of students at our school is one of the priorities of the work of the entire teaching staff, including future physical education teachers. How are health-saving technologies used in physical education classes?

Health-saving educational technologies include technologies that are based on the age-specific characteristics of children's cognitive activity, learning at the optimal level of difficulty (complexity), variability of methods and forms of learning, the optimal combination of motor and static loads, learning in small groups, the use of visualization, the combination of various forms of providing information, creating an emotionally favorable atmosphere, forming positive motivation for learning («pedagogy of success»), cultivating students' knowledge of health issues. The physical culture teacher should establish a relationship with the school's medical worker, get acquainted with the results of medical examinations of children, take into account the testimony of medical workers in the health certificate of schoolchildren in their work.

The analysis of health-preserving activities of educational institutions shows that the available technologies are implemented through the following areas of educational activity:

- creation of conditions for strengthening the health of schoolchildren and their harmonious development;
- organization of the educational process taking into account its psychological and physiological impact on the student's body;
- development and implementation of educational programs for the formation of a culture of health and prevention of harmful habits;
- correction of somatic health disorders using a complex of health and medical measures;
- medical-psychological-pedagogical monitoring of the state of health, physical and mental development of schoolchildren;
- functioning of the psychological assistance service for teachers and students to overcome stress and anxiety; a humane approach to each student, the formation of benevolent and fair relations in the team;
- control over the observance of sanitary and hygienic norms of the organization of the educational process, regulation of the educational load and prevention of student fatigue;
- organization of balanced nutrition of students at school [8, p. 107-111].

It is very important for a future physical education teacher to properly organize a physical education lesson, as it is the main form of the pedagogical process. The essence of the health-preserving lesson is that this lesson provides the child and the teacher with the preservation and increase of their vitality from

the beginning to the end of the lesson, and also allows you to use the acquired skills independently in extracurricular activities and in later life.

When planning and conducting a lesson, future physical education teachers should rely on the main modern requirements for a physical education lesson with a complex of health-saving technologies: rational density of the lesson; the inclusion of questions related to the health of students in the lesson contribute to the formation of the values of a healthy lifestyle and the needs for it in schoolchildren; optimal combination of various activities; the choice of teaching methods and techniques that contribute to the activation of initiative and creative self-expression of students; formation of external and internal motivation of students' activities; implementation of an individual approach to students taking into account personal capabilities; creation of a favorable psychological climate, a situation of success and emotional release; the inclusion in the lesson of techniques and methods that contribute to self-discovery of the capabilities of one's body, the development of self-assessment skills of the level of one's physical development; purposeful reflection of one's activity throughout the lesson and in its final part [1,6].

When conducting lessons, future teachers of physical education should focus on the principles of a health-preserving lesson aimed at strengthening physiological and psychological health: the principle of motor activity; the principle of health regime; the principle of forming the correct posture, rational breathing skills; the principle of implementation of effective hardening; the principle of psychological comfort; the principle of relying on individual characteristics and abilities of the child [3, p. 134].

To implement these principles, the following pedagogical methods and teaching techniques are used:

1. Increasing the motor activity of children.
2. Emotional climate of the lesson.

A comfortable beginning and end of the physical culture lesson ensures a positive emotional mood of students. This method helps children master the following ways of self-healing:

- a) the use of positive attitudes towards success in the activity «Everything will work out for me! I will manage! I can do anything! »;
- b) the ability to set yourself up for a positive wave «Smile to yourself!».

The emotional climate of the lesson largely depends on the benevolent tone of the teacher, on the humorous component of pedagogical communication. The teacher's task is to try to help the child correctly use the colossal resources of humor to gain joy and health.

No matter how wide the arsenal of motor actions that a student learns during school, in physical education lessons, no matter what the form of classes, in all cases organized motor activity solves a complex of tasks aimed at preserving and strengthening health and prevention of a certain range of diseases.

The main tasks that are used in physical education lessons for the purpose of improving the health of students, and the methods of solving them are as follows:

- prevention of hypokinesia – normalization of motor mode by increasing the volume of dynamic physical activity;
- prevention of posture disorders – use of special sets of exercises aimed at strengthening the muscular corset of the spine;
- injury prevention – training in the technique of performing physical exercises and rules, safety techniques during physical exercises;
- prevention of diseases of the cardiovascular system – training of an aerobic and anaerobic nature, aimed at increasing the adaptation capabilities of the body;
- prevention of colds – use of physical education, water procedures and other hardening components;
- the basics of life safety – teaching motor actions of an applied nature, which make it possible to use the acquired knowledge and practical experience in real life situations [6, p. 118]

Music therapy. Music can be used as a background design for a physical education lesson and as an accompaniment to some of its moments. Quiet melodic music, which is used in the final part of the lesson, has a sedative (sedating effect that promotes the development of inhibition processes) effect and normalizes the functions of the cardiovascular system. The rhythmic music used by the teacher in the introductory part of the lesson causes an increase in the tone of the skeletal muscles and has a beneficial effect on the activity of internal organs and systems. Major melodies in a physical education lesson will add cheerfulness to a schoolchild, improve well-being, psycho-emotional state [4, p. 41].

Organization of self-reflection. Keeping a health diary. Each physical education lesson can begin and end with a record in a special diary of children's health and changes that occurred in their well-being during the lesson. Skillfully conducted reflection makes it possible to understand: to what extent children are aware of what and how they did in class, what helped them, and what they can use in their lives to strengthen their health outside the classroom and school.

«Health Tree» for visual promotion of a healthy lifestyle. On that «tree» the names and surnames are entered, students never got sick during the quarter. At the end of the year, the healthiest students receive awards and incentives.

A healthy lifestyle does not yet occupy the first place in the main human values in our society. But if we teach children to value, protect and strengthen their health, and demonstrate a healthy lifestyle as a personal example, then we can hope that the future generation will be healthy and developed, not only spiritually, but also physically, and will cope with the great goals that determined for him by the state.

Therefore, health-saving technologies are an integral part and a characteristic feature of the entire educational system. Therefore, everything that

belongs to an educational institution (the nature of education and upbringing, the level of pedagogical culture of teachers, the content of educational programs, the conditions of the educational process) is directly related to the problem of the health of students. It has been theoretically proven that properly organized motor activity is the most important factor in forming a healthy lifestyle and strengthening a person's health regardless of his age. Therefore, we consider physical activity as one of the fundamental factors of preserving and strengthening the health of students of general educational institutions.

Thus, health-preserving technologies can be considered as one of the most promising systems, their use in work will increase the effectiveness of the educational process, will form value orientations in teachers and parents aimed at preserving health and harmonious development of pupils.

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