

## HEALTH AND HEALTH EDUCATION IN SCHOOL

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**Abstract:** The goal of Valeology in primary school is to form an internal need among young students for knowledge regarding a healthy way of life, and the development of their motor and intellectual skills. The contemporary structure of physical education activities creates the opportunity for broadening the creative abilities of sports educators. It allows for the diversification of the means and methods for physical activity, rational nutrition, and the use of nature for strengthening health, and more.

**Keywords:** valeology, health, physical education and sports, healthy way of life

### INTRODUCTION

In recent years, more and more authors in our country emphasize that the health budget is not aimed at strengthening the existing health, but at restoring the already lost health. The data show that only 3% is invested in positive effects on it. Today we all face health problems and the need to build concepts to solve them. More than ever, urgent measures are needed to protect it from childhood to university age, not only in the family, but also as part of the educational process.

#### What are the reasons?

1. Bad climate change in recent years;
2. The pollution of the living environment is growing, as a set of all social, economic and physical elements of the world around us. The state of the environment directly affects human health. It in turn depends on his attitude towards her. This closes a cycle in which one's responsibility for one's own health passes through one's active role not only for its protection, but also for the creation of a living environment that strengthens health;
3. Risk factors and risk groups. Drug addiction, smoking, alcoholism, hypodynamics are spreading among young people;
4. Quantity, uniformity and defective food;
5. Lack of motor mode. In FIG. 1 summarizes data on the reasons established by a national survey of persons aged 10 to 19 in Bulgaria.

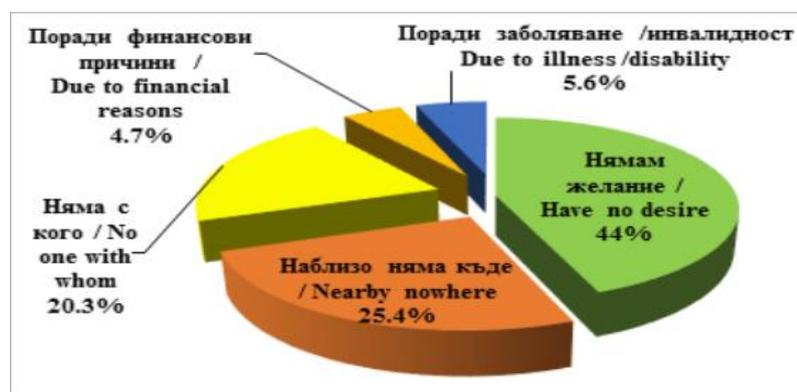


Fig. 1. Reasons why no exercise is practiced and sports in (%)

6. Stagnant lifestyle. The time spent in front of the computer increases. In FIG. 2 presents the data from a survey conducted in Bulgaria for staying in front of the computer during nonschool hours and on school days.

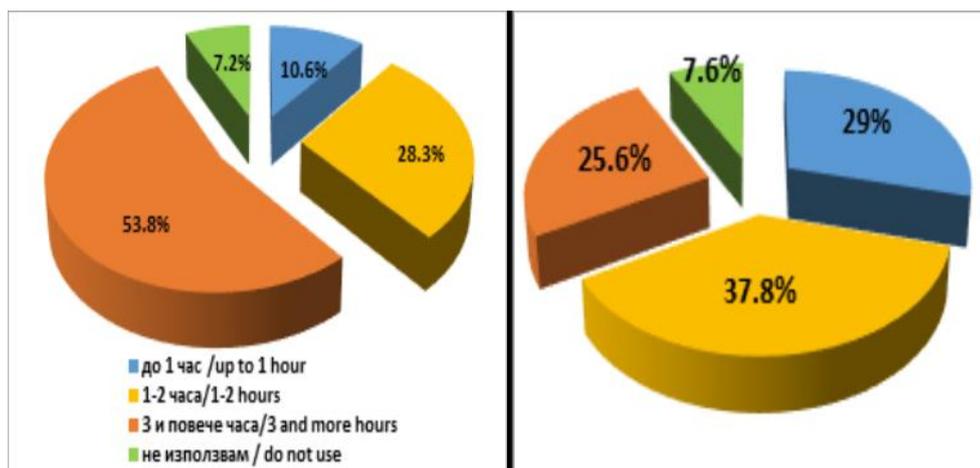


Fig. 2. Stay in front of the computer during non-school hours and on school days

7. Lack of positive motivation for rational health behavior. It is known that the motive is a psychological act through which a person's personality autonomously justifies his choice of decision for action. The motive is the internal "invisible" source of the specific type of human activity, such as health behavior. Its focus depends on the value system and human needs. Depending on the nature and strength of the motive, its autonomy is manifested and he makes his personal choice for activity.

The formation of personal, health motivation depends on the prerequisites:

- Volume and nature of available health knowledge (health awareness);
- The place of health in the value system of the individual (central, priority, peripheral, significant or insignificant) and the degree of awareness of the need for a high level of health (health needs);
- The nature of the attitude to health (own or other people's - active, passive, neutral, impersonal, negative, positive) and the specific momentary situation that determines the emotional background of the person and the ability to choose a behavior.

These prerequisites always act integrally. Therefore, the absence or underestimation of any of them leads to a deformation of motivation, to superficial or impermanent motives, which are sources of unstable, highly random health behavior.

8. Increasing diseases and especially emerging COVIT-19 and others.

The science that focuses on the problems related to human health and the measures taken to ensure a disease-free life is valeology. It is the science of the health of healthy people. It is a system of knowledge and experience about health, the factors on which it depends and the ways to accumulate new knowledge and skills in order to validate it.

**Its main goals are:**

- Study of the characteristics of the health of a healthy person and the factors on which it depends, his primary deviations;
- Development of theoretical and applied models, plans and programs with practical solutions that provide conditions for stabilization of health under different conditions and age periods of human existence and development.

**Tasks of valeology:**

- Development of own methods and methods from other sciences without or with adaptation and of methodology, tools and technologies, which allow to characterize the individual in a state of good health;
- Quantitative and qualitative assessment of health from a physical, psychological, biological and social point of view and conducting research to establish the role of personal choice of: profession; Lifestyle; physical activity;

- Analyzing the role of self-knowledge on lifestyle choices, diet, physical activity and developing models for measurements, testing and procedures for self-control, self-analysis and appropriate choice of life in leisure or working time.

**To accomplish these tasks it is necessary:**

- Conducting research on the selection of people's diets, according to personal constitutional and typological features, age and seasons;

- Analysis of the influence and the role of the natural-ecological factors on the health status and development of normative tables for approval of health norms;

- Stimulating the development of miniature devices for personal use, for environmental control over the influence of air, water, food, beverages. Approbation of legislative formulations to help preserve human health;

- To make research on the problem of health a family obligation, for which purpose special manuals are prepared, which clarify the main issues related to health, the forms of control and self-control, intended for the educational structures by degrees;

- Research on the individual health of workers, employees, students, etc. categories of professions in connection with the establishment of the contingents of valeology. Study the essence of the traditional Eastern health sciences - Chinese, Tibetan, Indian and Western medical sciences.

**EXPOSURE**

The school is the only public institution that covers all students and has the greatest active impact on their health. Preserving and strengthening it in the process of educational activity is an urgent task of the entire pedagogical process.

The strategic and tactical goal of the school related to the health of students as a socio-cultural phenomenon is the formation of their personal system based on the two levels of viability-psycho-physiological and socio-personal. That is why at the heart of his activity for building a healthy lifestyle in young people are the concepts for the formation of the practical and mental sphere of their personality. This requires the development of their ability to communicate, self-affirmation, creativity, to change their personality to a better extent. This means that they need to learn how to approach problem solving and accept the difficulties of life in a constructive spirit, instead of simply defending themselves against them.

The school is the environment for the formation not only of the active-practical sphere of the students' personality but also of the mental one, ie of the "internal and external picture" of their health. This presupposes the solution of the following pedagogical tasks: identification of the student as a person first of all in the social sphere; awareness of the need for a healthy lifestyle as a necessary resource for self-realization in various spheres of life; improving the ways of self-management of one's own behavior in accordance with social norms, rules and laws; formation of positive self-criticism and one's own vitality in all forms and manifestations. Their implementation requires the provision of special conditions and an appropriate educational environment for success in active health activities.

The organizational and methodological provision of the physical culture and rehabilitation environment for training at an early school age requires a complex approach. It includes social and pedagogical aspects aimed at: development of curricula and methodological developments; functioning of special health services (psychological, medical); assessment of their health by applying a methodology for psychological diagnostics (diagnosis of anxiety, psychological climate, development of the intellectual sphere) and assessment of physical capacity in the educational process of physical education and sports. The data obtained from the assessment at the beginning and end of each school year are entered in individual health cards for each student.

**What is a healthy lifestyle?**

It is defined as a specific type, model or system of life activities and behavior of a person aimed at preserving and improving his health. In other words, an expression of the basic, typical for a person traits of positive health behavior is synthesized.

This is a human activity aimed at: self-affirmation according to the laws of nature and social life; natural self-preservation and manifestation of a desire for a positive attitude towards one's own body, social environment and nature in general. A healthy lifestyle is an individual strategy for life activities, to achieve a state of well-being. A person is healthy if he improves spiritually and physically and strives to improve his personal and social life (Scheme 1).



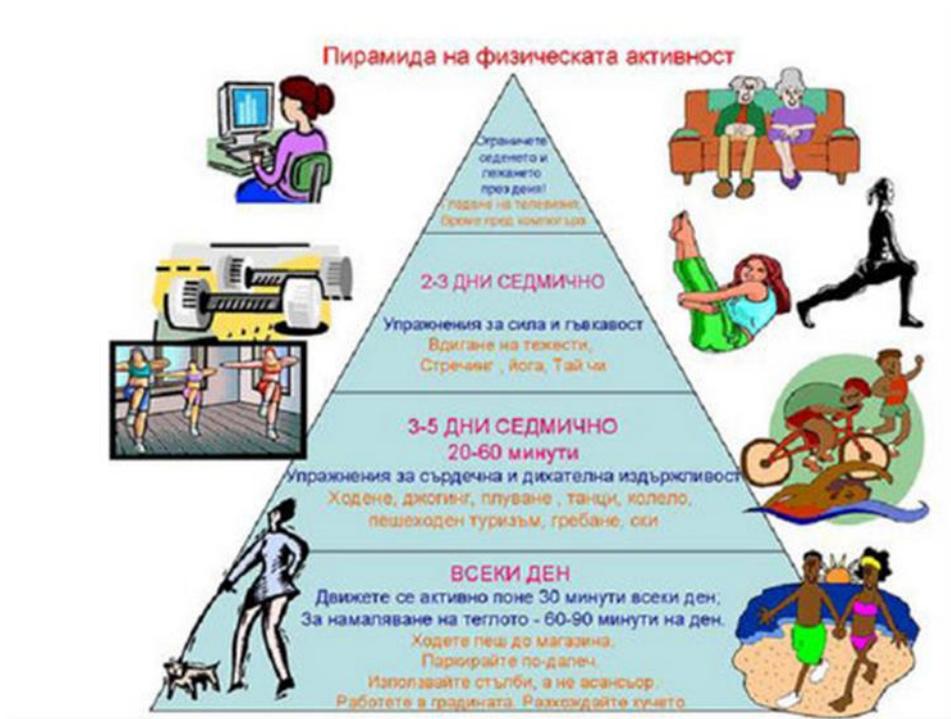
Scheme 1. Healthy lifestyle

The most important health factors are shown in Figure 2.



Scheme 2. Health factors

The lifestyle factor includes an extremely important component - movement (physical activity, sports). Figure 3 clearly shows the pyramid of motor activity.



Scheme 3. Pyramid of motor activity

The main criteria for having a healthy lifestyle are:

- Health activity - active attitude to the acquisition of health knowledge and skills, to systematic control of their own health, ie, health is among the priority values of the individual, the presence of positive health motivation;
- Anti-risk behavior - positive health habits and absence of harmful factors such as smoking, alcoholism, irrational eating, stress, hypodynamics;
- Self-help and mutual aid - basic skills for first aid, dietary nutrition, will to overcome bad habits;
- Personal attitude for partnership and public engagement on health issues, involvement in the implementation of rehabilitation programs.

In addition to the physical, let's not forget the mental health of the students. Generalized psychological research shows two levels of mental viability - psychophysiological and socio-personal

The psychophysiological level characterizes the viability of the young person at the level of his biological organism and individually - the properties of his psyche (adaptability to changes in his typical natural and social environment; permanence and identity of emotional experiences in certain situations; compliance of mental reactions to strength and the frequency of environmental impacts, social situations).

The socio-personal level characterizes the student's activity as a subject (awareness of the identity of his physical, mental and personal self, ability to manage their own behavior in accordance with social norms and rules, positive self-criticism and activity in all its forms of manifestation, ability to change behavior depending on the change of life circumstances). Not to be underestimated and the nutrition factor, Scheme 4.

In order to achieve good results, it is necessary to form valeological literacy in adolescents not only in the process of physical education and sports, but also in the process of studying other subjects in school from the natural and humanitarian cycle. This allows a deeper understanding of the laws of human life, the place of man in nature, acquaintance with the traditions of folk culture related to human health.

The interdisciplinary nature of valeological education at school is realized with the help of the creative connections of the specialists from different profiles - pedagogues, medics,

nutritionists and others. We are convinced of this by the research and pedagogical experimental research and programs related to the rehabilitation of students' health. For the formation of valeological literacy, a significant place is given to extracurricular activities: talks, discussions, games, trainings, healing activities and others. An innovative approach is applied in the educational process, which includes: valeologically substantiated schedule of classes, effective organization of the lesson in physical education and sports, providing the necessary sanitary and hygienic norms in the classrooms, creating a favorable atmosphere and optimal combination of objective and subjective relationships in the learning process and others.

Out-of-school rehabilitation work implements practical activities that strengthen the health of students, such as hardening with the means of physical culture and sports, preventive medicine and hygiene, and rehabilitation. The end result of valeological education is the individual health of the student, as a complex of psychophysiological qualities of his personality, aimed at a healthy lifestyle.

The need to provide health services in all schools stands out. Special health classes are important for primary school, helping to form modern thinking in young students about a healthy lifestyle in a diverse environment. The main element in the legislation defining the rules of functioning of Bulgarian education are the state educational requirements. They set the standards that must be set within the learning process. There are normative texts that provide theoretical opportunities for the application of health education.

#### **Where and how is health education applied in primary school?**

- In the class teacher's class and Man and Nature;
- In freely elective classes in health education;
- By using art to reach the messages to the students;
- With the help of school projects and programs aimed at engaging students in joint activities related to modern health education. This is done with a pre-trained team of pedagogues, medical professionals, pedagogical advisors and with the support of the school principal. The methods for learning through experience are used: interactive activities - games, discussions in small groups, videos and others. The most effective are programs aimed at systemic vital skills. They reduce the likelihood of young people engaging in deviant behavior, prevent rejection and peer abuse, and learn to control anger; ensure successful social adaptation and reduce emotional disorders, increase self-esteem and health-related behaviors, increase school success, reduce the ability to use alcohol, cigarettes and other drugs. To achieve this we need: well-trained and motivated teachers, good school facilities; adequate funding of health education programs; parental support.

The main pedagogical methods of health education of students are: talks, lectures, brochures, articles, TV shows, visual aids (posters with health content, photo exhibitions, models) and a combined method.

The educational activity can be successful when it is in accordance with the peculiarities of the personal commitments and age peculiarities of the adolescents: up to 6 years - at home or in the kindergarten; from 6 years to 11 years - in primary school; from 11 to 18 years - in high school; from 18 to 22-26 years - at the university, at work, clubs; for the ages from 26 to retirement age - by place of work, clubs, municipalities and for retirement age - by place of residence, municipalities, clubs, etc.

In Bulgaria, the National Network of Educational Institutions and Organizations Promoting Health in Bulgaria operates on four levels: kindergartens, schools, municipalities and regions.

Nine priority modules have been accepted for implementation: "Physical development and capacity for work"; "Nutrition"; "Personal hygiene"; "Mental health and personal development"; "Human Relations"; "Sexual Health and AIDS"; "Prevention of substance abuse"; "Ecology"; "Safety". The modules "Dental Hygiene and Prevention", "Health Services and Services", "Hello, Health" (for 6-11 year olds) and "For and Against Smoking, Alcohol, Drugs" (for 12-18 year olds) have also been added.

Topics have been developed for each module. For example, for the module physical development and capacity for first grade the topic is "Grow and grow - causes and factors"; for

second grade - "Characteristics and signs of growth - standards"; for third grade - "Physical development and hardening of the student"; for fourth grade - "Hygienic requirements for student nutrition", etc. Table 1 presents an example health program.

Table 1. Example health program for second grade students "My health"

№	Subject	Number of hours
1.	"The greatest wealth" - Ran Bosilek.	1
2.	The daily routine of the second grader.	1
3.	Observance of personal hygiene. Curious facts about detergents.	1
4.	To keep our school clean and beautiful	1
5.	A Tale of the Queen of Purity and King Garbage.	1
6.	Nutrition and health. Food hygiene.	1
7.	Serving and eating utensils. Interesting facts. Rules for arranging and serving the table.	1
8.	What is in the human body	1
9.	How do we know the world? Take care of your senses yourself.	1
10.	Do we know body language? Do we recognize feelings?	1
11.	Let's talk about diseases. Infectious diseases.	1
12.	Paramedic help	1
13.	Health guards.	1
14.	If you want to be healthy.	1
15.	The harm of smoking and alcohol.	1
16.	To be healthy and strong (test).	1
17.	Changes in nature. Her gifts during the seasons.	1
18.	The water we can't live without. The water wealth of the homeland.	1
19.	Clean air. The wind - our friend.	1
20.	Plants - a necessity for man. Interesting facts. The language of flowers.	1
21.	Natural pharmacy.	1
22.	The animal world - diverse and mysterious.	1
23.	The living area at home.	1
24.	Protected plants and animals in our country. The Red Book.	1
25.	Become a friend of nature.	1
26.	Sports and health. Games - enjoyable and dangerous.	1
27.	Separate waste collection. To keep nature clean.	1
28.	In the mountains without risk. In the water without risk.	1
29.	.Health protection during the different seasons. Hardening of the body.	1
30.	The man and his health (test). Vesel Zdravets - humorous works on health topics.	1

## CONCLUSIONS

It is necessary to reorient the priorities of the health activity:

- From the right to health - to responsibility for health;
- From "health for people" - to "health through people";
- From negative - to positive health;
- From external influences on health behavior - to its self-regulation, self-motivation.

The school helps students realize the importance of health and good physical shape, to understand the nature and origin of diseases, to recognize the benefits of healthy eating and increased physical activity. The main responsibility for the harmonious physical growth of children lies with the family, but it also needs specialized information and more clarity on these issues.

The school not only provides an opportunity for early diagnosis of health problems, but is also a place where children can move and develop good physical shape, encourages students to practice sports outside of school.

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