

Training of Healthy Lifestyle in Educational Schools

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ABSTRACT

In article, naturalistic spiritual approach to mastering of a healthy lifestyle in educational institutions is offered. Attention is paid, first, to the development of physical qualities; to possession of physical exercises of different functional orientation, their use in the mode of educational and production activity for the purpose of the prevention of overfatigue and maintaining high performance, secondly, to release from addictions.

Key words: Health creative outlook, health saving, healthy lifestyle, healthy state, improving abilities, useful habits

TRAINING TECHNIQUE

A Concept about Health

The World Health Organization defines health as a condition of full physical, mental, and social well-being. The healthy organism consists of healthy cells. The healthy cell has in a biofield own frequency of vibrations of 8 Hz and 8 m long.

The human health is a psychophysiological state with balanced mentality and a resonance of cages in biofield at a vibration frequency of 8 Hz and 8 m long.^[1,2]

The healthy state is defined on the basis of frequency and resonant diagnostics. The healthy state is reached by a healthy lifestyle.^[3-9]

Courses of Lectures on Formation of Health

Course of lectures by the vibration field nature of life, Course of lectures “Achievement and preservation of a healthy condition of an organism,” Course of lectures “How to pass to healthy lifestyle.”

The purpose of courses of lectures – to form at pupils health creative outlook, to motivate pupils to achievement to preservation of a healthy state during training in higher education institution, to create at them knowledge and skills

of a healthy lifestyle, to teach to use them in creation of conditions for maintaining health of pupils and realization of the improving and all-strengthening actions, to increase the efficiency of the improvement of pupils, to motivate pupils to a healthy lifestyle, to teach clarification of an organism, to develop improving abilities of pupils, to develop practical skills health of saving, to teach to accumulate experience of maintaining a healthy lifestyle, to diagnose a physical and mental state, and to provide stability of health of pupils.

Principles Health of Creativity

Health creativity is formed on the basis of the principles of consciousness; systematicity and sequences; savings of knowledge, skills; gradualness; individualization and availability; accounting of age and specific features of pupils; presentation; activities; and improving orientation: Formations of responsibility at pupils for the health and health of surrounding people; an integrated cross-disciplinary approach to training of healthy lifestyle; and harmonious personal development.

PRACTICAL ACTIONS

Actions for Formation of Useful Habits

Purpose

Development of healthy lifestyle of pupils.

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Main objectives

- Evident education of pupils about useful effects;
- Development of useful effects;
- Transformation of useful effects into useful habits of healthy lifestyle.

Content of actions

- Fight against smoking, as the dangerous enemy for an organism worsening a qualitative condition of cages of an organism
- Fight against alcohol, as the dangerous enemy for an organism worsening a qualitative condition of cages of an organism.
- Development of physical exercises for control of rhythms of an organism,
- Development of physical exercises for control of the power of an organism,
- Development of physical exercises for control of a tone and endurance of an organism,
- Control of vital systems of an organism through the system of cellular self-recovery,
- Clarification of an organism,
- Achievement of a healthy state,
- Preservation of a healthy state in natural, house, and social conditions,
- Preservation of a healthy state in the spring, in the summer, in the fall, and in the winter.
- Complex mastering of a healthy lifestyle.

Stages of Transition to a Healthy Lifestyle

Transition to a healthy lifestyle is carried out by acquisition of useful habits at each stage.

- 1 Stage: Formation of the clean internal environment of an organism hygiene and endoecology.^[10]
- 2 Stage: Development of improving abilities for achievement of a healthy state.
- 3 Stage: Acquisition of skills health of saving for the preservation of a healthy state.
- 4 Stage: Accumulation of experience of a healthy lifestyle for preservation of a healthy state within a year in various natural and social conditions.

Organizational Actions for Maintaining Health

- Diagnostics, correction, and development of pupils.^[11-13]
- The organization health of the preserving educational process.
- Instructive methodological and teaching and educational work.
- Health scheduled maintenance.
- Physical culture, charging, gymnastics, and sports and improving actions. The doctor and the scientist are Avicenna, wrote in books “Medical Canon” and “Book of Healings:” Moderately and in due time engaged in physical exercises does not need in any treatment.

- Monitoring on formation at pupils of useful habits.
- Account and registration of results.

For high quality and full monitoring, registration and accounting of a condition of indicators of health, devices, and the equipment, special purpose are required: The computer, for data processing; scales, for the determination of body weight; a lung tester, for the measurement of vital capacity of lungs; a tonometer, for the measurement of arterial blood pressure; the height meter, for the determination of growth; a dynamometer, for the measurements of force of the right and left hands from 25 to 120 kg; a stop watch, for the measurements of pulse, delay of breath, time of implementation of tests, exercises, and tests; a centimetric tape, for the measurement of a circle of a thorax, a circle of a waist, a brush, and jump length; and a metric ruler, for the measurement of results of flexibility, execution of the test on speed; besides, it will be necessary to have mats, benches, a crossbeam, and other necessary equipment, for performance of test exercises and diagnostics of an organism.

The completed cards of testing, on electronic media go to processing to laboratory of monitoring of indicators of health. Data, by results of testing, are stored in the database of educational institution, all years of training of pupils. It allows throughout a long time to control onto the state of health of pupils and if necessary to make amendments to sports and improving and study, specifically, with each student. Creation of the database, on monitoring of the state of health, all students, will help with all educational institutions quickly and on a regular basis, to monitor a situation with health of students in educational institutions and in due time to take necessary measures and decisions, at the legislative level, on improvement of a situation in the field of the state of health of pupils.^[14,15]

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