

SCIENTIFIC, PEDAGOGICAL AND PRACTICAL ASPECTS OF DEVELOPMENT VALEOLOGY IN UKRAINE

Maria GONCHARENKO

Abstract: *This report outlines the current situation of healthcare in Ukraine and places valeology in the system of pedagogical education. The author describes the concept which the Department of Valeology has in terms of the structure in valeologic education (bachelor-expert-Master) and includes the representatives of Municipal Corporation into education too. In the article "State University V. N. Karazina in Charkov", the Department of Valeology suggests studies and specialization of teachers in the area of health education in the following forms of education: second grade in education in Master degree (pedagogue – valeolog); courses for requalification (universities and schools); master courses, trainings providing information about new valeologic techniques in terms of international valeologic conferences.*

Keywords: *valeology, healthcare, education system in the area of healthcare, structure of valeologic education, education, content of valeologic education, valeologic health diagnosis, specialization of teachers of health education, mental health*

Experience of teaching to the health in the system of formation of Ukraine the last 15 years suffers serious transformations. The decline of health level, increase of death rate resulted in the awareness by society of necessity of forming of individual culture of health and responsibility for him in the school system of education.

We say about qualities of material world: interaction between mass and energy **Einstein's law - $E=mc^2$.**

The scientific investigations of physics, neurobiology, physiology formulate a new opinion about energy and informational structure of human.

The conception of the structural organization of the human

Ancient ethnical conceptions	Ethotherical Doctrine	Modern philosophical and valeological conceptions
3. The spirit	7. Athmanic body (the spirituality)	The spirituality
	6. The Buddha body (the spirituality)	The values
2. The soul	5. The causal body (spiritual intuition)	The creation, congeniality
	4. The mental body	Intellect
1. The flesh	3. The astral body	The emotions
	2. The ethereal body	The immune system, bioenergetics
	1. The physical body	The physical body

Human – is the harmonic structure, that integration between spirit, soul, body (energy, information, matter). New opinion about human’s organization is basis of creation of health care technologies.

Health – the process of interaction spiritual, psychical and physical components of the health.

Serious scientific researches in area of theoretical valeology, which proceeded to development of pedagogical valeology, allowed formulating valeological principles:

- holistic (integrity),
- system,
- holographic,
- Hierarchical.

In obedience to the holistic presentation (figure 1) folded in valeology, cognition by the man of itself is carried out from a top to the bottom, and management by a health – from top to bottom.

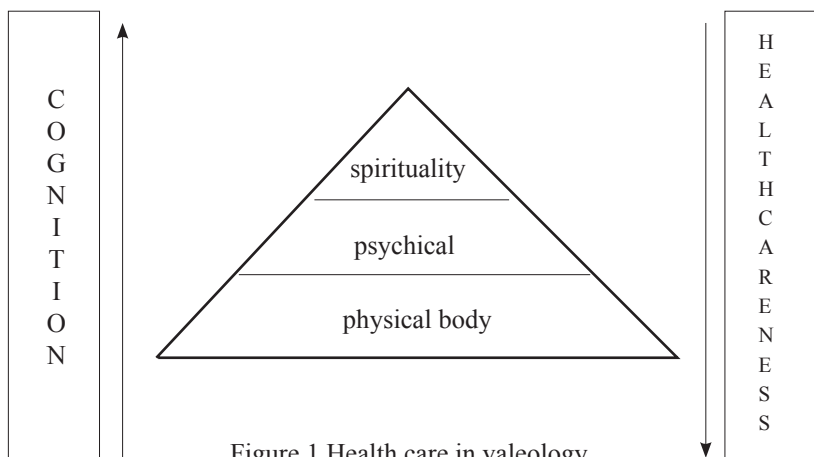


Figure 1 Health care in valeology

Actually these scientific researches allowed to form a new world view and stipulated development of valeological approach in forming of humanism direction of the system of education in Ukraine

Taking into account world experience of forming of knowledge about the health of man, methods of his maintenance and management by him (Canada, SSHA- health education). The Ukrainian state departmental teaching to the health was developed so that to be concerned with the Bologna's educational process.

At including of Ukraine in the single European system the term «valeology» was transferable on a health man». A course «health of man» is included in the standard of the government school program of «Education of Ukraine» Department of education and science of Ukraine.

Teaching to «Bases of health» is carried out in obedience to the accepted standard of formation of Ministry of Education and scientists Ukraine from 1 to a 9 class with the obligatory selection of constituents of health: physical, psychical, spiritual and social taking into account principles succession, continuity and preventive ness of knowledge about a health.

Must conduct this course specialist- pedagogue-valeologue, study of which is carried out on the 2-step system of bachelor and city councils.

By the instruction of Ministry of education and science of Ukraine № 277 from 08.05.2003 In List of directions and specialties on which preparation of specialists to direction is carried out a 0101 «Pedagogical education» the «valeology» is entered

- 6.010100 – «bachelor»
- 7.010108 – «specialist»
- 8.010108 – master's «degree»

The field of the knowledge «Physical education, sport and health of man is selected in a similar list of 2006–2007 year»

- 6.010201 it is «physical education»
- 6.010202 it is «sport»
- 6.010203 it is «health of man»

Teaching in a city council

- 8.01020301 «Valeology»
- 8.01020302 «Physical rehabilitation»
- 8.01020303 «Fitness and recreation»

A physical health depends on ecological terms, natural and biological rhythms. A spiritual health depends on the observance of morally-moral laws. On this basis, the structure of humanism education must be based on scientific achievements in cognition of man and world, on knowledge and implementation of spiritual laws of life on forming of high level of valeological culture, on alteration of pedagogical process in the direction of health care and personality self-realization (figure 2). This process includes

creative association of both teachers, both parents and scientists in the questions of education of a new modern.

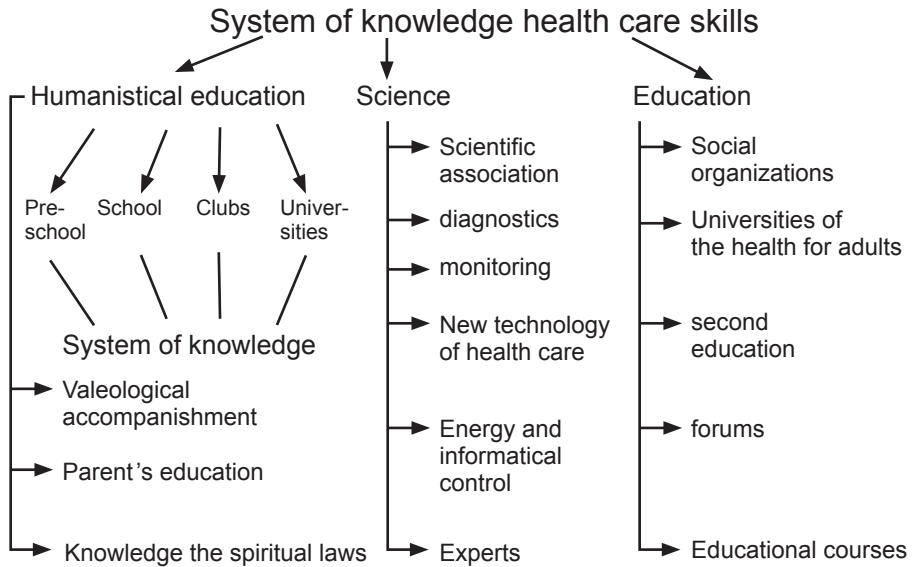


Figure 2 The structure of valeological education

The further forming of knowledge about the health of man, healthy way of life proceeds at universities, where students listen courses «Safety of vital functions», «Basis of health» and «Basis of valeology». These are especially for the students of pedagogical specialties.

The content of the valeological education is:

1. Forming of a new world view being based on the platform of device of world.
2. Forming of a new picture of difficult multidimensional holistically organization of man.
3. To give understanding of leading role of spirituality in the process of forming of health as display of higher laws of the universe.
4. To teach realization of internal harmony of bodily, psychical and spiritual condition of man, and also harmony with an ecological and social environment.
5. To form priority of health measures and responsibility for it health during all life of man, responsibility for the health during all life of man.
6. Teaching to new technologies of making healthy.
7. Learning to self-realization, consciousness and creation.

Scientific initiative of introduction of developments on forming of knowledge about the health of man in an educational process is carried out by Department of education of Ukraine jointly with an interfaculty research laboratory and department of

valeology of the V.N.Karazin's Kharkiv National University, and also with Ukrainian Public organization «Ukrainian Association of valeologists». For distribution and introduction of knowledge about a health and forming of culture of health the department of valeology holds annually international conference «Valeology: modern state, directions and prospects of development».

In area of valeology is lighted scientific and practical developments in the special scientific edition «Vestnik: The series Valeology» Karazin's Kharkov national university.

Employees of department valeology Karazin's Kharkov national university for 10 summer period of work developed different methodical approaches for diagnostic researches of spiritual, psychical and physical constituent of health and for monitoring of health. Considerable attention in this process is spared to the train aids to different valeological direction.

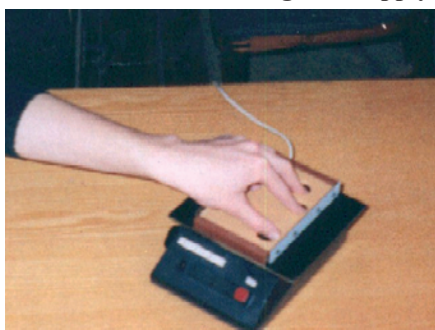
The educational set "Humans health" for library, class-rooms and cabinets.

The complex valeological monitoring that guarantee the health of the pupils.

Valeological diagnostic of the health

<i>Level of structure organization of the human</i>	<i>Methods</i>
Molecular	Contents of the cell
Cell	Investigation of human's saliva
Organs	Defining of the heart rythms
Systematical	Indexes of heart, spiritual and nervous system
Organism	Biorythmical abilities
Energo-informational	Aurographics
Psychical state	Diagnostic of capacities of human, cognition action (tests)
Spiritual state	Tests

Diagnostic applying Kirlian's effect



Energy-informational technologies applying in educational process:

- blocks with runes
- kaleidoscope
- rune ornaments for harmonization area in classrooms
- rune layer on school desks
- belts with fleece symbolism

- mirrors harmonious
- copybook for painting in rune layers
- harmonization (neutralization) of computer radiations
- harmonized water by runes
- work with appearances

The special attention is spared to work on warning of harmful habits, AID. And also work with children with the limited possibilities. These works will be represented in the lectures of employees of our department. On Ukraine they find wide introduction in the school health system, where teaching combines with valeological accompaniment of pedagogical process. The department of valeology carries out serious introduction of innovative technologies of monitoring of health and making healthy in the European network of «School of assistance to the health», and also in the palace of child's and youth creation.

V. N. Karazin's Kharkov National University Department of the valeology propose:

The specialization and studying of the teachers of health life:

- accordance of the second education master degree (pedagogue - valeologue);
- the courses of qualification level increasing (at the universities and schools);
- the master-classes, trainings that informing about new valeological technologies during The International valeological conferences

The valeologists of V.N.Karazin's Kharkov National University developed 16 food additions that ratified by Ministry of health protection of Ukraine and recommended for child's food, has 19 patents on health technologies.

Testimonies to application	Food additions
Seasonal making health	Herbal tea «autumn chaplet», «Winter morning», «Spring», «summer coolness», the «Spring syrups», «Autumn chaplet»
Warning of overstrain, removal of tension, anxiety, harmonization of the nervous system, removal of stress, normalization of functioning of the central nervous	Herbal tea is «Sedative», the «Glycine-Valeoton candies», the «Glycine pills»
Warning of allergy	«Herbal antiallergenic tea»
Prophylaxis of diseases of stomachic organs	Herbal tea «Stomachic»

In development of valeological approach co-operation and opening of paradigms finds the reflection in an educational process: holistically and humanism.

If in a holistically paradigm a basic accent is done on understanding of modern interdependent World Man lives in which, humanism is oriented to opening of spiritu-

ality of Man which lives in modern changing World. Humanism ideals – good, beauty, truth and justice, equal in rights relations between people – a long ago entered in the gold fund of human culture.

A problem consists in that, to realize humanism ideals at modern mass school, functioning in a dynamically changing world with his contradictions of global character, threat of socio-economic crisis, humanization and alienation of personality from public development, other people, and sphere of labor.

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The special attention is needed to spare to development of qualities and capabilities of man, which characterize development of spiritual health, namely:

- capacity for spiritual intercourse and co-operation;
- humanistic orientation on harmonious development and self-perfection;
- development of character traits of purposeful, creatively developed, highly moral man,
- development of responsible attitude toward an own organism

As we see, development of spirituality is the necessary constituent of perfect educational process.

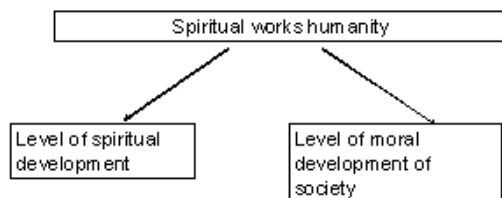
The ways of spiritual development of humanity must include:

- In education is predominance of spiritual orientation in all types of teaching; in self-perfection and self-evolution are successive moral and moral stages of transformation of itself.

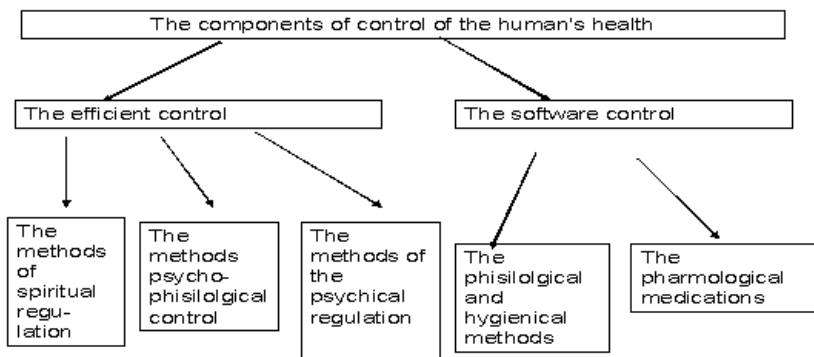
The terms of forming of spirituality include intercommunication of positive thought with positive actions, wisdom, will and love.

The spiritual health realize in

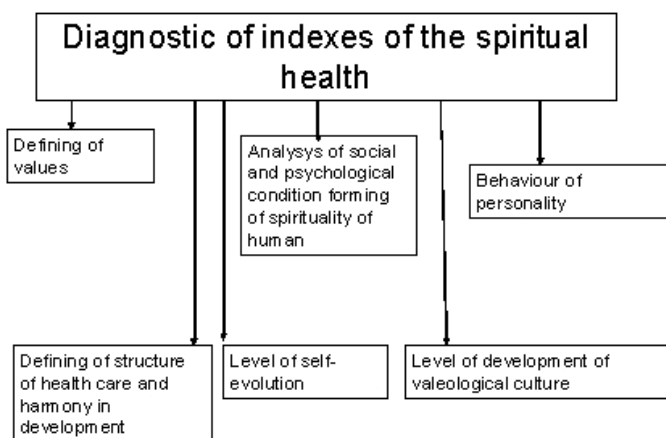
- high level of world outlook;
- the forming of the aims in life;
- the forming of the principles and values;
- the forming of the intellectual ability by evolution of the logic and insight, that can realize owing to the knowledge of personality;
- The forming of the emotional culture, behavior and freelance of the conscience of health care skills and valeological culture of personality has basis as spiritual work humanity, that including 2 levels: level of self-evolution of the person and moral state of society. Figure 3 show that society, family and humanity forming valeological culture of each person.



The components of control of the human's health consist of efficient control and software control.

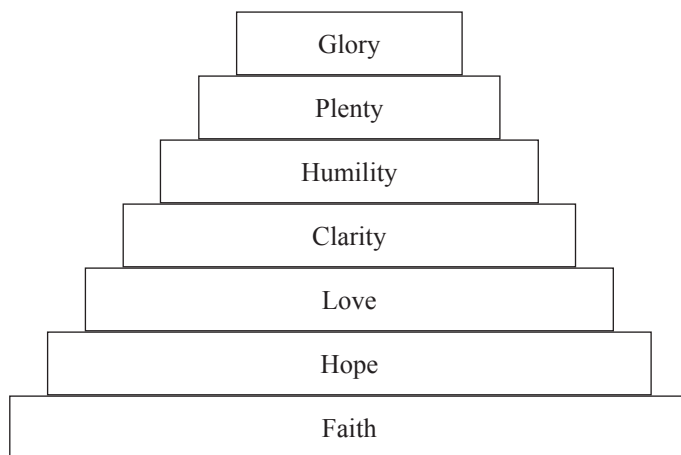


The forming of the moral and spiritual abilities of human is main aim of the educational ss. Dynamics of development show next picture.



Humanization of education is reforming of strategy in education is constructing for students conditions for development their capabilities.

That aim can be defined in condition of personal and professional development of personality. Symbolic branches spiritual development (Sophia cathedral in Kiev).



VĚDECKÉ, PEDAGOGICKÉ A PRAKTICKÉ ASPEKTY ROZVOJE VALEOLOGIE NA UKRAJINĚ

Abstrakt: Příspěvek přibližuje situaci v péči o zdraví na Ukrajině, začleňuje valeologii do systému vzdělávání učitelů. Autorka popisuje představu katedry valeologie o struktuře valeologického vzdělávání (bakalář-specialista-magistr) a do vzdělávání zahrnuje i představitele městských zastupitelství. Ve článku Státní univerzita V. N. Karazina v Charkově, katedra valeologie, navrhuje: studium a specializaci učitelů zdravotní výchovy v těchto formách výuky: druhý stupeň univerzitního vzdělání na úrovni magistra (pedagog – valeolog); kurzy pro zvyšování kvalifikace (na univerzitách a na školách); mistrovské kurzy, školení informující o nových valeologických technikách v rámci mezinárodních valeologických konferencí

Klíčová slova: valeologie, péče o zdraví, systém vzdělávání v oblasti péče o zdraví, struktura valeologického vzdělávání, obsah valeologického vzdělávání, valeologické zdravotní diagnostika, specializace učitelů zdravotní výchovy, duchovní zdraví