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Theoretical aspects of forming junior schoolchildren healthy lifestyle

Keywords: *forming, healthy lifestyle, physical education, junior schoolchildren.*

Introduction

Rationale of forming healthy lifestyle to schoolchildren in Ukraine is determined by necessity of improving youth's health as an important condition for intellectual potential of the country. Social wellbeing as well as nation's health are the major factors that influence the life of the country. Health is considered to be the biggest value; alongside it is the characteristic feature that reflects the quality of nation's life.

According to World Health Organization (WHO), forming of healthy lifestyle is based on the health as a state of physical, moral and social wellbeing [9].

Nowadays the problem of forming healthy lifestyle to children and youth in Ukraine is of a great urgency and importance. Recent years there is a certain decrease of schoolchildren health. According to the researches, 10% of school leavers are considered to be healthy, while 40% tend to have pathologies of different nature.

Unfortunately, current statistics on the state of schoolchildren's health remains to be unsatisfactory. According to Ministry of Health of Ukraine, 90% of children have general health deviations, where 30% have two or more diseases. The trouble is also within the tendency of alcohol and drugs addiction as well as smoking among children of 8-10 years old.

Thus, forming of healthy lifestyle and children's healthcare remains to be an urgent problem nowadays.

According to E. Libanova, healthy lifestyle is one which deals with healthcare and has positive impact on quality of the human's life through proper organization of labour, rest and household [14].

The principles of forming healthy lifestyle to children and youth at different educational establishments are the subject matter of scientific researches of several Ukrainian scientists: G. Vlasyuk, N. Denysenko, O. Zhabokrytska, S. Zhevaga, M. Zubaliy, S. Kyrychenko, S. Lapayenko, S. Svrydenko, Y. Stolitenko, I. Sushcheva, T. Shvapoalova, S. Yurchenko, others. Researches of the following Ukrainian and foreign scientists - B. Ananiev, L. Bozhovych, L. Vygotsky, V. Davydov, D. Elkonin, G. Kostyuk, A. Petrovsky, N. Talyzina, S. Kondratyuk, N. Khomenko, M. Nosko, prove the fact that young schoolchildren possess hidden potential and opportunities for forming of healthy lifestyle, as this age is a basic period for life skills forming. [7; 9; 11].

Pedagogical aspects, forms, methods, means of healthy lifestyle forming to people of different age groups are studied and represented in the dissertation researches by O. Dubogai (1991) T. Kyrychenko (1988), T. Boichenko (1994), G. Vlasyuk (1995). Healthy lifestyle and its influence on children's health is a matter of several scientific studies and researches. The following factors predetermine the state of health: 44–55 % life conditions; 15–20 % – environmental conditions; 18–20 % – genetic background; 8–15 % – quality of healthcare system [1; 7; 9; 11].

The aim of the study was to analyze the components of healthy lifestyle of schoolchildren.

Discussion

The process of teaching schoolchildren to be conscientious regarding their own health is performed through forming special skills concerning healthcare as well as promoting healthy lifestyle.

The main objective is forming of positive attitude to teachers, pupils and their parents regarding own and other people's health and environment [8].

Encyclopedias define health as the general condition of a person's mind and body free from illness, injury or pain. Health is determined by complex of genetic and social factors. Still, social well-being doesn't always coincide with biological condition. Definition of health has been subject to controversy. It is defined by anthropomorphic, clinical, biochemical and physiological indicators considering gender, age, geography. [3].

Notion "health" is connected with the notion "healthy lifestyle", namely lifestyle directed onto improvement of children's health. Healthy life style is referred to as health, healthy lifestyle, culture of health.

Young school age is a basic period for personality forming. 40% of psychological and physiological diseases of adults are predetermined by the state of person's health in childhood. Thus, school education is aimed to form the level of health and the basis for future physical culture.

Scoliosis remains to be the most widespread disease among young schoolchildren that causes serious problems within general human's state, breathing, hypoxia, hypertonic disease. Conservative treatment and prevention of scoliosis is mainly performed by therapeutic physical training. Swimming is considered to be the most effective way to treat the spinal diseases of supporting motor apparatus.

Methods

Rational division of different daily activities and rest is of a great importance for upbringing and health promotion. Balanced daily activities have positive impact on human's organism. Day regimen is a basis for person's life activities; it provides high capacity for work and protects the nerves system, increases general resistance creating suitable conditions for psychic and physical development.

Day regimen is especially important for young schoolchildren. On the one hand, their nervous system is not stable and formed, so the fatigability of the nerves cells is quite high; on the other hand – there is a necessity to meet new conditions during the studying process. Balanced division of work and rest provides necessary conditions for child's adaptation to school life when the breaches in day regimen lead to health deviations and neuroses. [6; 9].

The main components of day regimen are as following: active sleep, fresh air walks, outdoor games and physical exercises, studying at school and at home, free time activities, nutrition, personal hygiene [10], where rational division of mental and physical activities is of a great importance.

Forming of new perspectives for health promotion among schoolchildren is an urgent task nowadays otherwise negative influence on human's life potential can occur as well as negative results in sphere of production, life quality and culture. According to researches results, majority of schoolchildren have skeptical attitude upon healthy lifestyle. State of health of Ukrainian youth nowadays is getting worse. It is caused by increase of negative influence of ecological, economic, social and other factors. Thus, physical training is considered to be among the most effective and reasonable means to increase mental and physical capacity for work [10].

Hypodynamia is a proved cause of different deviations in physical development of children and their health. Physical training lesson provide only 11 – 13 % of necessary physical activity for an organism of a child.

Child's natural necessity for physical activity decreases in middle school when majority of high school pupils find physical training completely unnecessary. Thus,

it is necessary to develop the necessity for regular physical activity in time. Primary school is a perfect time for that, while important changes in physical and psychic development of child take place, alongside future skills, habits, attitudes, traces of character are being formed. Researches prove the fact of decrease of physical activity among children when they start school. Health promotion culture among schoolchildren and healthy lifestyle is becoming an urgent point for secondary educational establishments.

Physical activity doesn't only mean exercising. Alongside it is knowledge of day regimen, nutrition rules, personal hygiene and useful habits. Physical culture of pupil presupposes his attitude towards health, organism development and keeping fit. This is a basic principle of pupil's daily life. Health promotion is performed in the process of physical education taking into consideration individual approach and physical capacity. Health promoting principle of physical training is provided by physical education, namely physical exercises to strengthen pupils' health and increase the organisms' resistance to different diseases. Meanwhile, the process of physical education must be conscientious, so it should be supported by explanations [9; 13].

According to Regulations on Physical education at secondary school, the system of classroom physical education must include the following forms: physical training lessons, physical activities within the school day (morning exercises preceding lessons, PE breaks, games and physical exercises during the breaks; out of class sport activities (sport clubs, competitions); out of class sport and health promoting activities (sport schools and tourist clubs); independent individual physical training activities at home, school playgrounds, stadiums. [2].

Regular physical activities have positive impact on pupils' development as in school so in family; stimulate them to keep the day regimen and hygiene. Physical training classes are a main form of pupils' physical education being obligatory for everybody (except those cases where health state requires training in special groups)[5]. These lessons must promote successful out of school activities, forming pupils' interest concerning physical training and habits for exercising. It is necessary to improve other forms of physical education through the influence of physical training lessons. Special attention must be paid to pupils with reduced general health condition. Special out of school physical training activities are proposed to them. Regular physical exercising (as a part of physical training out of school activities) promotes pupils' health and increases their mental and physical capacity for work. All the forms of physical and sport health promoting classes should engage maximum of pupils in daily training. Child's health mainly depends on amount of knowledge and practical skills as for use of natural resources (e.g. cryotherapy) for health promotion. Use of quenching requires definite level of physical training that is formed through years of school education during in- and out of school activi-

ties [4; 12]. It is on the part of parents and teachers to highlight the necessity of quenching as the way to prevent diseases and strengthen health.

Thus, health promoting physical training lessons is an important means to increase social and work activity of a child and adult, alongside it serves to meet moral, esthetic, and other life needs. Healthy lifestyle includes following elements: capacity for work, rational planning of daily activities, nutrition habits, optimal physical activity, personal hygiene, quenching, exclude pernicious habits, prevention of sexually-transmitted infections, etc.

Healthy lifestyle deals with different spheres: physical, psychic, social, and mental. The other important spheres are **nutrition** (where both – necessary amount of vitamins, microelements, proteins, lipids, carbohydrates, nutritional supplements and high quality water must be included in daily ration), **household** (dwelling quality, conditions for active and passive rest, mental and physical security), **labour conditions** (physical and mental security, stimulus and conditions for professional development), **physical activity** (physical training and sport, use of health promoting systems aimed to increase physical development level or restore energy after physical or mental work).

In order to form conscientious attitude to healthy lifestyle it is important to give your pupils an idea of: special health promoting exercises which inhibit the process of senescence, proper ecology and environmental situation and other elements of healthy lifestyle – namely physical, mental, psychic and social health. Unfortunately, the number of children suffering alcohol and drug addiction, smoking and toxicomania increases annually. Alongside the number of suicide cases and murders committed by schoolchildren is the fact that proves the low level of morality and low effectiveness of education methods at secondary schools and in families. Thus, education reform must be aimed to establish health values and healthy life style as major points of nowadays education system. Forming of healthy lifestyle must be supported with personal cultural education. Definite complex of knowledge and skills on personal health promotion must be introduced and formed within young schoolchildren.

Possibility (impossibility) to keep to healthy lifestyle is quite subjective and is consciousness determined. Lack of conditions (namely comfortable dwelling, proper nutrition and income) is not always a barrier to keep healthy lifestyle. It is often the personal attitude that determines stimulus to be healthy. There is a certain minimum of life conditions that allows keeping healthy lifestyle. Index of family's wealth characterises just potential to keep healthy lifestyle, index of family and friends' attitude is also a determining factor, as it is quite difficult to keep healthy lifestyle with the negative attitude of inner circle.

Many factors have impact on schoolchildren's health so medical measures have minimal influence on the problem of youth's health promotion. Set of norms

and regulations is required on the state level. Independent life nowadays became quite complicated and dynamic. Youth problems bare mainly social character (problems of education and healthcare, dwelling conditions, marriage and family, military service, sexual behavior, drugs addiction, etc.)

Health of children and youth is under environmental influence; moreover it is higher when we are talking about young growing organism rather than that of an adult. Health is not in fashion in the country. Mass media promote dreadful habits, violence, paying little attention to physical and moral development.

Modern school should create proper conditions to teach children to see advantages of healthy lifestyle, to engage them to obtain the skills of personal health promotion as well as stimulation to make necessary conscientious choice and attitude towards health because it is a basis for one's success.

Conclusions

Health basis is built in childhood and teenager age. It is necessary to care about one's health since early years developing habits to stick to healthy lifestyle, to get the idea of hygiene and medical aid. Health doesn't totally depend on the knowledge about human's organism but is a result of self control and discipline, norms of behavior that must become natural. Healthy lifestyle is based on morality principles and is properly organized, active, that trains and protects from the negative environmental influences allowing to prolong life possessing high level of psychic and physical health.

Personal attitude to health is determining factor for its strengthening and promotion. Teaching young schoolchildren to care about their health is a leading task of a modern school. Health culture as a personal quality is considered to be a result of healthy lifestyle. It provides certain level of knowledge and skills on forming healthy lifestyle habits and health promotion. The effectiveness of healthy lifestyle is proved with pupils' active participation in the process of education and forming an idea of personal healthcare.

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THEORETICAL ASPECTS OF FORMING JUNIOR SCHOOLCHILDREN HEALTHY LIFESTYLE

Summary

Keywords: *forming, healthy lifestyle, physical education, junior schoolchildren.*

The article deals with theoretical aspects of forming junior schoolchildren healthy lifestyle. The basic components of healthy lifestyle forming to schoolchildren are analyzed.