Pedagogical Preconditions of Cultural Development of Health of Future Teacher

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Abstract: Article is theoretical in nature and justifies the central position of such value in teacher education, such as “health culture”. Noted that the progressive ideas of teachers contributed to the development of knowledge about the health culture at different stages of education. The article of the ideas of philosophers and educators in teacher education. In the article the author reveals the possibility of the development of the health culture of the future teacher.

Key words: Health • Health culture • Physical culture • Health life style

INTRODUCTION

Now, in connection with deterioration of a state of health of modern youth, in pedagogical education the continuity of values of culture of health which were proclaimed long before health crisis in an education system is supported. Phenomenon “the culture of health”. person has the ancient philosophical roots connected with consideration of such questions, as the relation of the person to life, meaning of the life, a ratio spiritual and corporal, pleasure and asceticism, reasonable and not reasonable, rational and irrational, communication with the world and environment, etc.

Introduction: At present, domestic and foreign scholars emphasize that an important factor that influences the performance and the quality of education is the continuity of the values of a culture of health and healthy lifestyle among young generation [1-6]. That is why the ideas of the philosophers, teachers of the past, who made a weighty contribution to the history of domestic and foreign pedagogy are of value.

Main Part: Let's notice that else in the ancient time health was considered, first of all, as absence or existence of diseases (Platon, Aristotle, Avicenna). But at the beginning of the 19th century Gegel emphasized that health it “proportionality between egoism of an organism and its cash life”, specifying by that on more difficult and a many-sided character of this category. In outlook system health is the most important reference point of private life of the person as acts as a condition of realization of its creative potential. And according to popular wisdom, “a sound mind in a sound body” [1].

The great thinker, the Ancient Greek doctor and philosopher Alkmeon (6 century BC) was one of the first who paid the attention to health. He considered that health “health is harmony of opposite directed forces” [7].

The Greek philosophy considered a human body as the mind and soul temple therefore physical training had to promote physical and intellectual health, development of the intellectual and spiritual sphere. The culture of a body of the person in Ancient Greece was considered as a measure of all things and physically beautiful called the person healthy and strong, put in proportion and harmoniously, able to own the body. Known philosopher O. Shpenger in the work “the Decline of Europe”, noted that “ancient art designated culture of a body, northern - culture of spirit” [8].

Empirical way the Ancient Greek pedagogic came to a conclusion that harmonious physical development of the child renders on development and formation of important and necessary qualities, as persistence, discipline, ability to overcoming of difficulties, etc. Health for ancient Greeks was the value and the proof to that literary works, arts, painting in which
the beauty of athletically put body was sung served. Great Ancient Greek philosophers - Socrat, Platon, Aristotle defended in the works the importance of physical training as effective way of strengthening of an organism.

Socrat's aphorism: “Health not everything, but all without health anything”. is actual and in modern time and forces to reflect and reflect seriously to future teacher who will report the knowledge to the subsequent generations. Future teacher has to remember always that the result of pedagogical activity is not only education and good breeding of the pupil, but also first of all, the healthy pupil of 21 eyelids.

Aristotle (384-322 BC), the great philosopher of an antiquity tried to give definition and expressed essence of health: “iatrotechnics is knowledge about health and about what message way of life... it befits to speak about harmony more concerning health and in general concerning excellent properties, than concerning soul” [5]. The philosopher paid a lot of attention to questions of education of youth and educational process subdivided into three obligatory parts: intellectual, moral and physical, making a whole. His words which have become aphorisms: “Anything so doesn't destroy and doesn't exhaust the person as long physical inaction”, - could serve as a peculiar appeal for occupations by physical culture and sport for future teacher [5].

Think of known philosopher I.Kanta (1724-1804) it is possible to consider actual and in modern time. His ideas relatively a sokhraneiya and strengthenings of health can be presented as follows:

- Development of necessary skills of psychotraining, rational to health of values of preferences and also formation of a healthy lifestyle, features of character and properties of the personality;
- Mastering of receptions of preservation and strengthening of mental health, self-control and emotional stability;
- Application of hygienic requirements: rational mode of work and rest, labor and physical activity, hardening, correct breath, etc. [9].

In Ancient Russia the care of the health originates in culture of the Russian people. Traditional for the Russian people there is a hardening, national games, a bath, entertainments, run, ski walks, hunting, use of phytotherapy, mineral sources for improvement. The elementary rules of personal hygiene promoting preservation of health, meet already in ancient manuscripts of the X-XI centuries. So, in the book of the XI century “Vladimir Monomakh's lecture” (1096) is told to children about need of a hardening and a day dream. Various hygienic manuals to training and life are widely presented in such literary monuments, as “Domestic tyranny” (XY-XYI of century), “Nationality of customs of nurseries”, Epifaniya Slavinetskogo (XYP of century), “Regulations, or charter of spiritual boards”, Feofan Prokopovich (XYP of century).

In XYI-XYII of centuries in Russia, since Aleksey Mikhaylovich's board the attention was paid by a question of protection of children of early and preschool age. Peter's I “Domestic tyranny” contain rules of household hygiene of children and teenagers in combination with etiquette rules. Contempt of the thrown and sick children, the accounting of birth rate and mortality, health protection of pupils [5] became an important public affair.

In pedagogical systems on physical training of pupils basic provisions on hygiene of education and training further were developed and formulated in the act “Spiritual regulations” (1823) where it was indicated the need of obligatory alternation of work and rest: “For any day to define two hours on a walk... and then it isn't free to anybody to study below the first bases of occupational culture and sport for future teacher [5].

From the middle of the XVIII century in connection with high mortality and incidence the problem of preservation of health takes a special place in domestic pedagogic. During this period for the first time at the state level the due attention was paid to questions of strengthening and preservation of health of the population of Russia. One of the first who on this problem turned great scientific M.V. Lomonosov. Measures for preservation and strengthening of health were offered them in the address “About preservation and reproduction of the Russian people”. Improvement of a life and welfare of the people by dissemination of culture, scientific and medical knowledge was the purpose of the address. The scientist gave great attention to the analysis of factors of development and formation of the identity of the young man. It showed a heredity role in formation of health of the person, opened influence of the environment and addressed to a problem of moral education of young generation. Its works “About preservation and reproduction of the Russian people” and works about problems of education of youth allow to consider it as the first Russian valeology, studying a problem of the person in medico-pedagogical set.
Noting relevance of this problem in educational institutions, in regulations of the Moscow academic gymnasium, instructions on the organization of the correct diet and its full value, a daily routine and lesson schedule, medical care by the pupil were published...

From the middle of XIX-of the beginning of the XX centuries the problem of health of the person in pedagogic was considered as making cultures of the person. Known scientist N.I.Pirogov (1810-1881), one of the first laid the foundation for pedagogical valueology. In its works such important aspects of health, as spiritual, moral, social and somatic were allocated.

The powerful contribution to studying of this problem was made by great Russian teacher K. D. Ushinsky who is considered the founder of scientific pedagogic and the anthropological direction in Russia. The known teacher considered as the prime target of education complete development of the personality, formation of harmonious relationship of the personality and society. It proved “the anthropological principle” which means recognition of integrity of the person, indivisibility of his spiritual and corporal nature in a combination of intellectual and moral education to physical training in pedagogic. Expressing care about health of young generation, he offered creation of pedagogical faculties, introducing the idea that the culture of health, is not only “culture of a body”, but also moral health. Arguing on creation of pedagogical faculties, he wrote: “If we have medical faculties and there are no faculties pedagogical, it only means that we value health of the body more, than health moral and education...” [10]. Exactly thanks to ideas of this scientist pedagogical faculties and institutes still exist and in modern time.

Ideas of pedagogical anthropology have the development in V. M. Bekhterev, I.I.Mechnikova, I.I.Pavlova, I.M.Setchenov's scientific researches and at a modern stage - in B. M. Bim-Bud's fundamental works, B.S. Gershunsky, S.N. Gorbushina, V.P. Kaznacheev, V. V. Kolbanova, N. D. Nikandrova, L.I.Tatarnikova, Z.I.Tyumaseva, E.L. of Shadrikov, etc.

**CONCLUSIONS**

Problems of cultural development of health of future teacher in an education system at the present stage are:

- Health strengthening, assimilation governed norms of a healthy lifestyle, increase of resilience of an organism to adverse factors of the external and internal environment due to full safety of mechanisms of a homeostasis;
- The sports education of students including formation of special knowledge in the field of physical culture; improvement of coordination abilities and expansion of motive experience;
- Improvement of those functional properties or opportunities which define success of motive activity;
- Physical development, etc.

For formation of culture of health future teacher needs to be guided by opportunities of three levels:

- The social: promotion in mass media, information educational work;
- The infrastructure: specific conditions in the main spheres of activity (existence of free time, appliances), preventive (sports) establishments, environmental control;
- The personal: system of valuable orientations of the person, standardization of household way.

**REFERENCES**


