

Innovative Technologies Application of Formation of Schoolchildren's Healthy Lifestyle as a Pedagogical Problem

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Abstract: Health is the necessary prerequisite for person's valuable vital activity and society development as a whole. The major direction of problem solution search ways in the developed conditions is change of the general paradigm: transition from narrow orientation only toward health maintenance and strengthening, toward wider application of the innovative technologies providing formation of abilities, skills and relations necessary for health cost consciousness, motivating on healthy lifestyle, acceptance of its values and promoting development of healthy person's adequate behaviour. Realisation of the given problem demands application the first of system-holistic approach to process of schoolchildren's healthy lifestyle formation and necessity of organization of social educational institutes interaction. As each of them possesses its specific potential to introduce children and students to norms and values of healthy lifestyle, to resources inclusion of schoolchildren in various kinds of the activity, to adequate aspects of healthy lifestyle.

Key words: Health % Lifestyle formation % Innovative technologies

INTRODUCTION

The changes occurring in a modern society objectively cause specificity of innovative approaches in all spheres including educational system. Innovations do not arise, they grow out of scientific searches, advanced pedagogical experience of separate teachers and whole collectives.

Search of new ways of pedagogical problems solution in modern conditions is connected with application of the adequate technologies realised by teacher - professional which provide consecutive and continuous movement of the interconnected components, stages, conditions of pedagogical process and actions of its participants from the purpose to the result [1].

Considering that innovative technologies of healthy lifestyle formation allow to solve a number of problems: maintenance and strengthening of pupils' health by satisfaction of their requirements and formation of motivation, aims at healthy lifestyle, teaching skills and abilities of healthy vital activity, activity organisation, adequate such components, as physical, intellectual, personal, social, emotional, spiritual aspects [2-4]. Thus, organisation of interaction of all process subjects

of healthy lifestyle formation determines actions and functions of the process participants, guarantees achievement of the education aims with high degree of reliability.

Therefore the purpose of our research is the theoretical-methodological basis, working out and experimental check of a technique of innovative technologies application of schoolchildren healthy lifestyle formation in process of interaction of social educational institutes.

The Main Part: For the tasks solution and initial supposition check the following research methods have been used: *theoretical* - analysis and studying of the investigated problem in the scientific literature, official documents; analysis of educational-methodical documentation; *empirical* - observation, conversations, questioning, modelling, interviewing, generalisation of independent characteristics, studying and generalisation of comprehensive school teachers' advanced experience, studying of school documentation; diagnostic methods for the purpose of studying of application process, the organisation and conduction of pedagogical experiment. Studying of activity products of schoolchildren, teachers,

public tutors (composition, essay, scientific-methodical reports, course works, papers, creative works of school teachers).

The review of the pedagogical researches devoted to the given problem has shown that various versions (groups) of innovative technologies which assume different approaches, methods and work forms are used in modern practice. So recently *health caring technologies+ are widely applied in pedagogical, medical science and practice [5-7] which urged to provide to pupil a possibility of health maintenance during studying at school to form necessary skills for the received knowledge using in a daily life [8, 9].

The analysis of essential and instrumentally significant properties such health caring technologies as sport-improving, personal-developing ones allows to draw a conclusion on presence of their potential resources on development and arising of level of pupils health, development of skills of healthy lifestyle, its aspects [10, 11]. Along with it valeological pedagogical technologies are applied in modern practice focused on formation and development of health by correction of the major adaptive systems activity of a complete organism both in educational process and in daily practice [12].

According to the given estimation of leading experts: A.V. Ahaev, O.A. Butakova, L.D. Solomenko, L.G. Tatarnikova, L.V. Simoshina - specificity of valeological technologies is caused by their aspect influence on health, pupil's HLS at informational, psychological and bioenergetical levels. There is one more circumstance concerning a subject of our studying: innovative educational technologies, in particular technology of the collective creative education providing pupils' introduction in various kinds of activity by means of algorithms collective creative work, technologies of design activity [13].

The spent scientific researches of a problem allow to conclude that the concept "application" is interpreted by scientists as a specific kind of activity in relation sphere *science - practice+ considering that influence of the theory on practice and practice on the theory can be both purposeful and spontaneous. For application the realised premeditation, purposefulness is characteristic in process organisation of scientific knowledge influence on the practice, special system of actions on practice perfection [14, 15].

It is remarkable that characteristic feature is its social orientation providing setting of socially significant purposes and problems which is a reference point at

selection of scientific and pedagogical recommendations and examples of advanced experience demanding application (S.T.Taubaeva) [16]. Characterising application, researchers allocate the following components in its structure: *object* of application, i.e. that is applied; *addressee* of application, i.e. where application is made (classroom, school, region, city, area) and *subject* of application i.e. various organisations, institutions and officials which are participating in this process and doing certain functions which makes a system as a whole. Thus obligatory property of application is its controllability. The analysis results of the conducted researches have given the chance to determine that application of scientific results is not the one-stage act but the long process which is realised stage by stage as it demands certain readiness, organizational provision and management.

Acknowledgement to that are also researches of far abroad scientists. So, comprehension of that fact that one school does not deal with educational problems has led to that far abroad teachers more and more resolutely defend ideas of integrity and integrated approach in child education today and designing on their basis of complete models of the education reflecting uniform system both public and actually pedagogical sights and beliefs (T. Melauqhlin). As the base of models serve: socially-philosophical approaches to the child as to the social, mental individual and the childhood as to the sociocultural phenomenon [17]; researches in studying sphere of child as subject of pedagogical process in which the tutor should lean against base characteristics of the given stage considering features of age and living conditions of child (in a family and in his environment) [18].

As in modern conditions the school has an influence upon pupil not only by knowledge, but by all way of life i.e. as a matter of fact it becomes complex sociocultural organisation, a number of researchers notice that it should consider and react to those public changes which to the greatest degree influence on child life [19-21].

Hence, effective organisation of innovative technologies application of formation of schoolchildren's healthy lifestyle demands working out of complex-target program of realisation of application technique [22]. According to the developed program, the first *preparatory* stage of application includes: moral and psychological preparation of pedagogical staff and school heads to perception and development of innovative technologies of HLS formation; selection of pedagogical

recommendations, explanation of their essence and comparative analysis of a practical working condition at school; mastering by teachers by necessary methods of ahead work. Problems of interaction of social educational institutes are simultaneously defined taking into account applied technologies of formation of schoolchildren's healthy lifestyle.

At this stage appropriate conditions for process course in the set direction are created: meetings of teachers with scientists-teachers and teachers-innovators, reviews-generalisations of the newest results of pedagogical researches according to the problem of HLS formation and application of innovative technologies at sessions of a faculty meeting, school methodical associations, production meetings, etc.

At the second stage - *planning and organisation* - preparation of class teachers for management of interaction is carried out; appropriate conditions for process management of pedagogical and valeological training and concerning application of innovative technologies of formation of schoolchildren's healthy lifestyle in the process of interaction of parents and public tutors are provided; for these purposes problem seminars, round tables, discussions, work in creative groups; individual and group consultations are organised.

The third stage is a stage of *application realisation* includes the following actions: control and correction of activity of interaction participants; teachers' interaction with pupils' parents and school microdistrict public on realisation of concrete kinds of innovative technologies of formation of schoolchildren's healthy lifestyle; application of various methods of activity stimulation of interaction subjects; control assurance of application course and results.

For the purpose of productivity determination of the conducted special work with school teachers we had been provided carrying out of regular observation over teachers work, studying of the school documentation, visiting of lessons, class hours, studying and analysis of lesson plans, plans of upbringing measures, questioning of teachers and schoolchildren, conversations, interviewing and other research methods of school teachers and pupils' activity. Our research testifies to increase of level of teachers' readiness for innovative technologies, their classifications, application technique; level of professional-pedagogical abilities of innovative technologies application of healthy lifestyle formation in organisation process of schoolchildren's educational and non educational activity.

It is necessary to notice especially that use of global network possibilities using the Internet became the important mechanism of parents' intake for cooperation with school teachers. With assistance of parents social council there was created special news posting which informed parents about school actions. As a whole remote methods have allowed to inform much bigger number of the "busy" parents which did not have always possibility to visit meeting and various school actions. Parents became more active participants of a school life as they had an opportunity to communicate with teachers by e-mail. Network interaction has also opened wide access to cooperation with public. As a result character of mutual relations, competence levels (pedagogical - for parents, methodical - for teachers, educational - for schoolchildren) of interaction subjects, their activity, orientation to cooperation, formation of uniform value-meaning space of adults and children, teachers and parents, school, family and public as a whole has changed.

Data of sceduled "cut" which have allowed to define character of change in levels schoolchildren's introduction to healthy lifestyle after the 2nd stage of experimental work testify to effective work of class teachers with pupils parents: quantity of schoolchildren with high level of the quality formation has increased in comparison with data of the 1st cut - (junior pupils: from 17,5 % to 21,8 %; teenagers: from 16,9 % to 20,5 %; senior pupils: from 16,5 % to 21,1 %), the quantity of schoolchildren with low level was reduced (junior pupils: from 35,7 % to 28,3 %; teenagers: from 36,8 % to 30,4 %; senior pupils: from 37,4 % to 29,1 %).

Training of school heads in frameworks of the special seminar *Management of innovative technologies application in process of formation of schoolchildren's healthy lifestyle+ was organised and held by us. And also for optimum realisation of the given stage on the basis of school ¹ 39 named after M.Zhumabaev the regional seminar was held on the theme *Cooperation of school, family and public: problems, searches, solutions+ where there were participated school directors, director deputies on educational work, parental public, chairmen of parental school committees, heads of public organisations, official bodies, NGO, employees of regional education department and regional institute of improvement of professional skill and retraining of pedagogical specialists (IIPS&RPS). Heads of 86 educational institutions of SK took part in seminar work, interaction problems between social educational institutes were discussed and also ways of their solution were planned. The conducted work has

allowed creating optimum conditions for efficient management of innovative technologies application in process of interaction of social institutes. As consequence - orderliness and purposefulness is organizational-methodical maintenance of application process. For example, more attention has been paid to studying of application process condition; concretisation of the purposes and problems of separate stages; content determination, choice of forms and methods of individual and group activity; distribution of social institutes resources, etc. Efficiency of application has increased at the expense of authority involving in process: RED, IIPS&RPS, teacher training universities, inspectors and methodologists RMC, pedagogical press.

Let us note also the certain contribution to the problem solution of the regional program *Health caring education+ which has allowed to provide a coordination and purposefulness of educational process participants actions, to develop the complex approach to the essential problem solution and also to define the basic directions of activity of complete pedagogical process subjects on creation of health caring conditions in education institutions in South Kazakhstan area.

It is necessary to note the most effective forms of innovative technologies application of formation of schoolchildren's HLS: experimental area; working out and approbation of the program *Health caring education+; participation in scientific conferences, particular in Republican scientific-practical conference *Problems of formation of health caring educational space in modern conditions+ which was organised and held on the basis of IIPS&RPS in SK; work on a methodical theme; problem seminars; round tables; individual consultations; author's seminars; participation in professional skill competitions "Teacher of the year" etc.; work in creative group; systematisation and generalisation of creatively working teachers' materials; registration of research results (report, brochure, paper, visual aids); presentation; master - classes, pedagogical studio; out seminars in cities and in districts; pedagogical lecture hall.

CONCLUSIONS

On the basis of the developed theoretical positions and the data received during experience-pedagogical work it is possible to draw the following conclusions:

- C The problems solution of innovative technologies application of formation of schoolchildren's HLS, possibilities of their application in modern practice of education demands joint efforts of scientists and teachers-experts, educational bodies, family and public organisations.
- C With a view of effective application of innovative technologies of schoolchildren's introduction to HLS it is necessary to create innovative environment and perfection of school methodical work, to realise special work with school staff under special course programs; to hold scientific-practical conferences and seminars concerning studying and application of technologies of schoolchildren's healthy lifestyle formation in practice;
- C With a view of ordering of application processes management it is necessary to strengthen organising and directing functions of school administration, education authorities, institutes of improvement of professional skill of pedagogical specialists, teacher training universities, mass media; to practise positive experience of scientific and pedagogical cooperation of teachers, scientists and experts on a line "high school-school-IIPS" where the institute of improvement of professional skill is a link between school and high school;
- C For successful process realisation of innovative technologies application of HLS with a view of assurance of scientifically proved management it is necessary to do special work on school heads training, the out-of-school institutions which effective forms are the special seminar *Management of innovative technologies application of HLS formation+, conferences, round tables, work in creative groups;
- C To generalise more widely experience of innovative technologies application of formation of schoolchildren's healthy lifestyle by means of such effective forms as: work on a methodical theme; problem seminars; round tables; individual consultations; author's seminars; participation in professional skill competitions; systematisation and generalisation of creatively working teachers' materials; registration of research results (report, brochure, paper, visual aids); master - classes, pedagogical studio; pedagogical lecture hall.

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