

DISCIPLINE ANNOTATION: METHODS OF TEACHING HEALTH BASICS

Key objectives: study, development and implementation of ideas about the essence of health, construction of diagnostic models and methods of its assessment and prognostication. Quantitative assessment of the level of health of a practically healthy person, its prognostication, characteristics of the image and quality of life; development of screening and monitoring systems for the state of health of an individual, formation of individual health programs on this basis. Formation of the psychology of health, motivation to correct the individual's lifestyle in order to improve health. Implementation of individual wellness programs, primary and secondary prevention of diseases, evaluation of the efficiency of wellness measures.

Program learning outcomes:

to know: the modern concept of health, safety and development; current needs, interests and age capabilities of students; principles of education based on the acquisition of life skills; the list of the most important life skills; structure and content of the health education curriculum; methods of monitoring and evaluation of preventive courses and programs; basics of diagnosing physical and mental health, its prognosis; basics of human health formation in ontogeny; basics of preserving human health and increasing its reserves.

to be able to: draw up an individual health map; assess the psychological and sociological type of a person, the level of his/her mental activity; make a forecast of individual health based on the comprehensive examination; forecast critical periods in health and the possibility of crisis situations, determine human biorhythms; assess the psychological type of a person and his/her predisposition to diseases; assess health by alternative methods; draw up an individual health improvement program; determine the level of physical condition of a person who begins a health improvement physical activity.

Content of the academic discipline:

SECTION I. Health basics as a science. Valeological diagnostics. Health self-assessment, criteria. Influence of environmental factors. Demographic situation

and life expectancy in Ukraine. Physical activity. Prevention of scoliosis and flat feet

SECTION II. Key risks of occurrence and basics of prevention of diseases and injuries. Rational nutrition and its role in disease prevention. The leading role of spirituality in the process of formation and development of health. The concept of risk. Risk management. Factors affecting health. Traumatism and its prevention.

SECTION III. First aid. Theory and practice of forming, maintaining and strengthening health. Providing first aid. Theoretical foundations of the methodology of teaching the basics of health. The influence of alcohol and tobacco smoking. Cold hardening. Biological and psychological roots of building an anti-stress code of life.

