

Original Article

Structure and content of the educational technology of managing students' healthy lifestyle

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Abstract:

The article presents the results of the research the authors conducted to validate an educational technology of managing students' healthy lifestyle. An experiment was conducted to prove the efficiency of the developed technology.

During the pedagogical experiment there was an increase in the indicators characterizing a level of the development of the ability to monitor one's health, to arrange one's independent training and recreational sessions, and also to plan one's own recreation activities. The aforesaid attests to a high efficiency of the developed educational technology of managing a healthy lifestyle of students.

Key words: pedagogical technology of management; students; healthy lifestyle; sports; techniques of physical education.

Introduction

It is now recognized that a healthy lifestyle has become a factor of decisive importance for university students, as it is critical to their professional longevity and overall health. A high standard of health is characterized by low disease incidence and the equilibrium state of body systems. The level of health among university students is dependent on their interactions with the environment and their social behavior.

The Russian authorities have become increasingly concerned over the health status of university students and put them at the forefront of the nationwide health campaign. The emphasis is put on physical activity that has a beneficial effect on the physical health of young people.

The contemporary academic environment of university students has specific health requirements. Starting to live on their own, students find themselves under a lot of academic and psychological pressure, which is bound to have an adverse effect on their bodies.

In this context physical education and sport professionals have come to acknowledge students' need to be exposed to effective lifestyle management practices. There is a need for an efficient management system designed to strengthen the physical and psychological health of university students. It is common knowledge that well-organized physical education encourages healthy behaviors consistent with a healthy lifestyle. Therefore, student-oriented events promoting wellness and healthy ways of living have taken on a particular importance. Engaging students in healthier lifestyles also implies arranging events aimed to encourage physical activity among young people, as it is vital for keeping their body systems in their optimal state.

Results

Relying on the above-mentioned approaches, we have developed an educational technology of managing students' healthy lifestyle (Fig. 1).

The technology comprises three stages which accurately reflect the goal and objectives of university training as well as methodological techniques and tools that are instrumental in facilitating healthy lifestyle changes.

The student objective at the first stage is to acquire knowledge and broaden understanding of healthy living. The following specifics are addressed:

- how to determine the scope, structure and content of one's personal exercise program;
- how to monitor one's physical well-being;
- how to define one's exercise protocol.

The student objective at the second stage is to develop healthy lifestyle habits in the course of studies. The following skills are to be enhanced:

- choosing means of training attributable to healthy living;

- ensuring the development of specific muscle groups and body systems;
- coordinating patterns of individual behavior in a social context.

The third stage involves remedial health care activities for students. The following skills are to be improved:

- making long-term healthy decisions;
- situation analysis;
- determining what sport and recreation options are best suited for a particular individual.

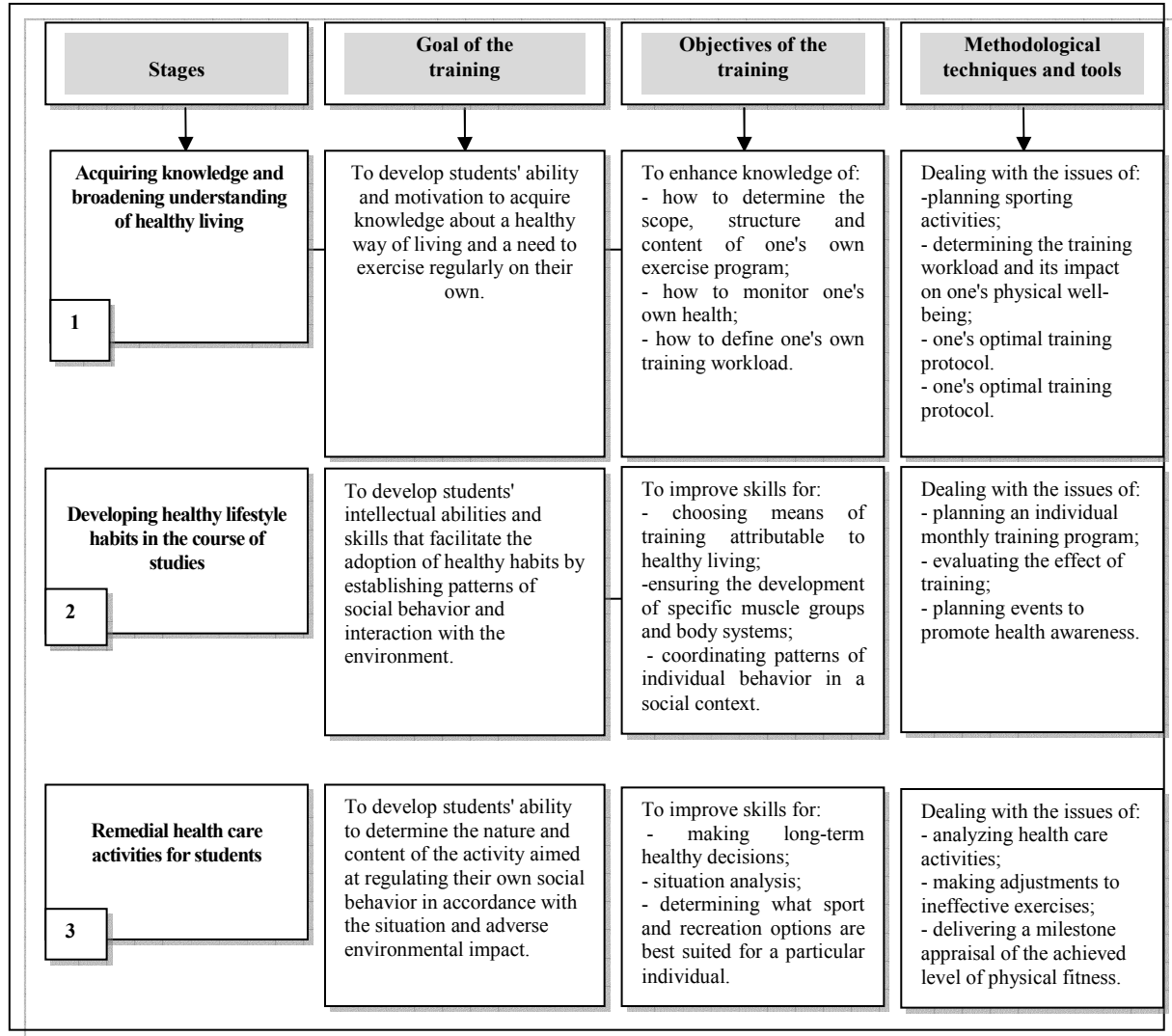


Fig. 1. Structure and content of the educational technology of managing students' healthy lifestyle

The developed educational technology of managing students' healthy lifestyle was tested and found to be effective. The results of the pedagogical experiment are shown in Table 1.

Table 1. Results of the pedagogical experiment (n=28)

Program sections	Training results (score) ($\bar{x} \pm m$)		p
	before	after	
Healthy lifestyle habits	2.31±0.14	4.18±0.19	<0.05
Ability to plan recreational activities	3.02±0.17	4.57±0.18	<0.05
Ability to arrange one's own training and recreational sessions	2.81±0.21	4.29±0.23	<0.05
Ability to monitor one's own health	2.83±0.11	4.58±0.14	<0.05
Expert appraisal	3.22±0.21	4.67±0.27	<0.05

The findings demonstrate that over the course of the experiment the students showed a distinct improvement in their ability to monitor their own health as well as to plan and organize their own training and recreational sessions and events.

Conclusion

Thus, the developed educational technology of managing students' healthy lifestyle was proven to be highly effective.

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