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**ROLE OF HEALTH-SAVING TECHNOLOGIES IN FORMATION  
PROCESS OF FUTURE SPECIALISTS' PROFESSIONAL  
MOBILITY**

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*Abstract*

The article reveals the relevant problem that is the importance of health-saving technologies in the formation process of future specialists' professional mobility. It specifies the basic research concepts. In the modern economic world, graduates cannot always find a proper job. It is necessary to teach them to have a healthy lifestyle, to foster care for their health. Physical, mental, social health is the most important value of a person's and society life, the requirement of his/her effective education. Market changes demand not only of graduates' readiness for professional work, but also requires for the profession change. There are some factors influencing the effective health technologies. They include (are) computer training programs, health-saving technologies and teacher's professionalism, his/her competency and his/her readiness to cultivate the health culture. Advantages and disadvantages of interactive technologies are determined in the formation process of professional mobility. Using interactive technologies, it is important to pay special attention to the personal meaning of educational and cognitive activity, motivation for the conscious inclusion into the activity, stimulation for the constructive partnership strategies use and the opportunities for a health-oriented comfortable environment. The article points out that it is essential to meet the ergonomic requirements, the principles of voluntariness, cooperation, objectivity, culture, feedback, unity of personality and activity.

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**Keywords:** Health, health culture, healthy lifestyle, health-saving technologies, upbringing, mobility.



## 1. Introduction

The man's role changes in all life spheres. The complexity of the educational environment grows constantly, the information amount increases and the creative potential rises. In addition, the importance of intellectual labor becomes more important and in this connection, the health problems appear. The transition to the new educational paradigm determines the higher education orientations. The social order of the society has an aim to prepare the competitive and responsible, active and mobile professionals with a high level of professional culture and knowledge of the latest technologies. We conclude that the education in the field of human health is a question of great importance. It constitutes the personal essential characteristic. Health is a value, the basis of social well-being.

## 2. Problem Statement

The future specialists should have a sufficiently high level of health culture to achieve a career growth and professional success. For this task, a future specialist should be able to prevent risk factors for diseases, to ensure a healthy lifestyle. However, the youth health state is an acute problem today.

Let us clarify the scientific definitions "culture", "health", "health culture", "healthy lifestyle", "health-saving technologies", "upbringing", "mobility".

Culture is a realization of the essential forces and man's capabilities in various types of activity for the cultural values development. Scientists (Gershunsky, Mudrik, Subetto, Serikov, & Tyumaseva, etc.) note that the main reason for the health deterioration is a low level of health culture. Health culture is a part of the common culture, one of the components of education, the level of special knowledge and physical culture. Rezanova (2000) defines the health culture as a value system of practices that ensure the preservation of public health and the individual.

The reflexive evaluation activities of future specialists promotes the health culture development in a health-oriented educational environment. It is necessary to teach a healthy lifestyle, to motivate care for your health. Physical, mental and social health is one of the most important values of the personal and social life, a condition of man's effective education.

## 3. Research Questions

A healthy lifestyle is human habits and behaviour system aimed at a certain health level. As is known, biological factors, environment, health service and individual lifestyle influence on health. The main factors determining the health culture are traditions, lifestyle, attitudes towards health and understanding of its place in the common value system.

The process of achieving the planned outcomes is important for us. In this connection, the technological development of the educational process is very relevant (Astakhova, 2016, pp. 251-256), (Balikaeva, 2017, pp.70-78), (Balikaeva, 2017). In our opinion, the most effective technologies for the health preservation are a modular technology. It allows the students to study the educational material independently (Rezanova, 2000; Serikov, 1999) and contributes to the self-education.

We consider it expedient and effective to use computer training motivating programs in the education process and upbringing. They carry out a diagnostic, health-saving and personally developing function.

The constant overwork affects students' health, but only some of them use the health-saving technologies to overcome it. The health-saving technologies are a set of methods, forms of teaching and approaches to the educational process. Taking into account the individual characteristics of students (intellectual, emotional, motivational, etc.), they can regulate their emotional and nervous breakdowns, and master the educational material. The teacher should create a favorable moral and psychological climate in the training group and introduce the ways of self-defense against stress, means of psychological protection.

Teachers should educate students in a special, healthy lifestyle. The students must be more balanced, self-confident and realize their psycho-physiological essence and personal responsibility for their own health and the health of others.

The health-saving technology is one of the new pedagogical technologies that is alternative to all others. One can choose a technology to work with. However, we proceed from the fact that the aim of pedagogical technology is the achievement of the educational result in teaching, upbringing or development. Therefore, the health-saving technology cannot act as the main aim of the educational process, but only as one of the conditions for achieving the main aim of the educational process, that is a developed personality.

It follows from this that the aim of the health-saving technology should be to provide conditions for physical, mental, social and spiritual comfort. They promote the preservation and promotion of the health of the subjects in the educational process. Their productive educational, cognitive and practical activities are the basis of the scientific organization of work and healthy lifestyle of the man's culture.

The aim of the health-saving technology must be correlated with the general aim of education. It depends on the social order, the needs of society and the ideas of society and the tasks of the education system. On the basis of logically developing ideas about the health-saving educational system, we can conclude that the main aims in the education process should be the followings: to teach future specialists to think, to realize themselves and to prepare physically, psychologically and spiritually for the upcoming independent life in constantly changing conditions of society and the natural environment.

One of the conditions for the knowledge formation about the health culture is the system approach, because the study of human health problems is impossible within a single academic discipline.

A systematic approach to the realization of health savings in an educational institution involves some advantages. The student gets objective ideas about the laws of the individual formation. The systematic view of the growing, developing individual forms the system thinking and makes it possible to move away from the reproductive education to self-development. The system concept can realize the ideas of the person's uniqueness. The systemic thinking makes it possible to understand more deeply the relationship between man's social behaviors, his creative abilities, on the one hand, and biological regularities, on the other.

The main directions of health-saving activities in higher education are new complex methods of the students' health assessment, monitoring of the students' health, taking into account environmental, social and economic risks based on modern models of society development, monitoring of the educational environment, development of the health risk concept for students, programs for the healthy lifestyle formation.

The program of students' physical culture must contain some tasks:

- to conduct annual medical examination of all students;
- to teach students the rules of hygiene and proper nutrition;
- to add to the curriculum hours of physical education to cover all courses in the university;
- to involve students in the health groups;
- to develop the material base (canteen, buffets, sports facilities, medical facilities);
- to attract students to scientific research in the field of health promotion and physical development;
- to expand methodical development and scientific researches on problems of health and physical training;
- to create health that preserves the educational environment.

The main aim of the program is to preserve health, prevent and improve the level of physical health of students.

There are health-saving technologies for the development of a mental adaptive student resource. They are help of a psychologist or psychotherapist, trainings in self-regulation, confidence before exams, job placement, sense management, social activity, strategy of behavior in conflicts. The students can have the distance psychological counseling on-line. It is possible to get complex of individual psychological properties and personality characteristics, to determine a level of development of cognitive, motivationally demanding, emotional- and communicative, activity spheres and degree of students' disadaptation. There are psycho-preventive, psycho-rehabilitation measures, organization of relaxation rooms (aromatherapy, phytotherapy, music therapy, etc.).

The health-saving technologies include (Bessarab, 2001; Grevtseva., 2015, pp. 9-14; Meshcheryakova, 2006; Serikov, 1999; Sevruk & Yunina, 2004, pp. 200-207) some technologies. The medical and hygienic technologies are used for preventive work. The fitness and health technologies are aimed at speed, flexibility and other qualities that are realized in physical education and in the work of sports sections. The environmental health-saving technologies are aimed at creating environmentally optimal living conditions and people's activities. They consists of organizational and pedagogical technologies, psycho-pedagogical technologies, teaching and educational technologies, which include programs for teaching competent care of forming a students' health culture, motivating them for a healthy lifestyle and rejecting bad habits, which also include organizational and educational work with students after classes.

In addition, socially adaptive and personal-developing technologies ensure the formation of students' psychological health. They increase the resources of psychological realization of the individual. Medical and recreational technologies help restore students 'physical health. All of these technologies are interrelated and contribute to the upbringing and education of future specialists (Fedorova, 2007; Choshanov, 1996; Reser, 2007, pp.83-90; Rezanova, 2000; Yakovlev, 1997).

We can predict that the teacher's professionalism, his competence and his readiness are very important for cultivating a health culture. The teacher should be ready for the effective functioning of the educational process management. It includes the objective actions, the use of certain means and methods of activity, the pedagogical process correction, the comparison between performed results and the intended aim (Bespalko, 1989; Bessarab, 2001). However, the interactive technologies use can lead to negative results: a stressed emotional state, a tiredness and a psychological discomfort due to failure.

Therefore, it is important to use interactive technologies and to pay special attention to the personal meaning of educational and cognitive activity, to stimulate the activity. It is necessary to use the strategies of constructive partnership and the opportunities for a health-oriented comfortable environment, to meet ergonomic requirements (rational equipment of workplaces, ergonomic interior design, etc.). In such a case, there are some principles of voluntariness, cooperation, objectivity, culture, feedback.

The educational potential of interactive technologies consists of contribution to the personal qualities development (activity, responsibility, mobility, etc.). As for the concept of mobility, professional mobility the scientists (L.A. Amirova, M.B. Balikaeva, L.V. Goryunova, G.Ya. Grevtseva, N.M. Zvereva, B.M. Igoshev, Yu.I. Kalinovsky, T.I. Myasnikova, S.V. Nuzhnova, N.V. Sidorova and others) determine it as an integrative personal property of the future specialists to master different types of professional activity and readiness to socialize in the labor market in competition conditions.

#### **4. Purpose of the Study**

This article has the following purposes: the analysis of the research key concepts and the scientists' positions on the concept essence of health-saving technologies; the determination of the factors influencing health and effective technologies for the health preservation.

#### **5. Research Methods**

In the study, we examine the role of health-saving technologies in the formation process of future specialists' professional mobility. We made an analysis of techniques that contribute to optimizing the educational process in higher school was carried out. In this study, we used data from 60 students of the first and second year by the method of sociological questioning in the Tyumen Industrial University.

#### **6. Findings**

One of the main reasons affecting the students' health and a decrease in motivation to study is the intensity of the educational process. The students (73%) have the same opinion. The first year students (90%) and the second year students (80%) have the stressful experience in higher school. The first year students (33%) and second year students (43%) note disadvantages of the existing system in the Physical education and violation of elementary physical-and hygienic requirements for the educational process organization. The reasons for this condition are the lack of health culture, motivation for a healthy lifestyle, lack of specialists able to participate competently and skillfully in the health of young people and to prevent the danger of developing harmful habits and various diseases. Excessive loads and the current and stressful situations affect negatively the mental health of students. It seems to us that it is necessary to analyze the role of special pedagogical technologies in higher school. The technology of differentiated education renders psychological and methodological assistance to students. It creates conditions for self-expression, selection methods of work that affect the conservation of interest in the teaching material. The technology of personal-oriented learning contributes to the development of personal qualities (communicative, behavioral, creative and mental) and creates optimal conditions for self-expression of students. The technology of problematic learning presupposes the development aim, a problem situation formulation. The technology of dialogue means the mutual understanding, support, respect, conditions that create a favorable

psychological background, activating a variety of species activities. The reflexive learning technology enables trace the attitude towards the educational material, initiating the variety of activities. It is important to create such psycho-pedagogical conditions in which a student can take an active part in personal position as a subject of learning activity. The didactic principle of active personality and professional self-determination requires the creation of a comfortable zone for students' educational activities and teachers in the educational process.

The qualitative diagnosed characteristics of students' health and the health-saving technologies are determined the following indicators: knowledge and skills in the field of one's own health savings, intellectual and physical working capacity, psychological adequacy and balance in stressful situations, physical development, socio-spiritual values of the individual, providing the health culture.

## 7. Conclusion

To be ready is a prerequisite for the effective functioning of the educational process management in achieving the aim and includes the embodiment of the emerging willingness in the objective actions. We conclude that for a successful person it is essential to be mobile ready for any changes, to adapt to new conditions. One of the mobility criteria is the ability to reflect. The reflexive and evaluative activity of future specialists is important for a health-oriented educational environment and the professional mobility development. Thus, a future specialist must be a physically and morally healthy person. Physical, mental and social health is one of the most important values of the social and personal life and the condition for students' effective education. That is why it is necessary to teach a healthy lifestyle and to motivate care for one's health.

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