CREATING A GENERAL CULTURAL ATTITUDE TOWARDS THE ENVIRONMENT STUDENTS AS A FACTOR IN THE DEVELOPMENT OF HEALTHY LIFESTYLE

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ABSTRACT

In the article analyses creating a general cultural attitude towards the environment students as a factor in the development of healthy lifestyle. As we know, the development of independence and activity of thinking in preschoolers is facilitated by knowledge transmitted by adults based on the principle of accessibility. So, it is necessary that the knowledge included in the program becomes more complex with the growth of the cognitive and performing abilities of children.

Keywords: theories of preschool education, didactics, principle, conditions, mental education of a child.

INTRODUCTION

Biomedical and pedagogical sciences deal with the person as to the merits of not only biological but also social. Social and biological bases of physical culture - these are the principles of interaction of social and biological patterns in the process of mastering the human values of physical culture.

Natural-scientific foundations of Physical Culture - a complex biomedical sciences (anatomy, physiology, biology, biochemistry, hygiene, etc.). Anatomy and physiology - the most important biological science of the structure and functions of the human body. Man is subject to biological laws, inherent in all living beings. However, from the animal world it is not only the structure, but the development of thinking, intelligence, speech features of the social conditions of life and social relationships. Work and influence of the social environment in the development of human impact on the biological characteristics of the body of modern man and his environment. The basis of the study of cross-functional systems and the principle of human integrity and unity of the organism and the natural and social environment. The body - well-organized self-regulating and self-developing single biological system, functional activity is due to the interaction of mental, motor and autonomic responses to environmental influences, which can be both useful and harmful to health. A distinctive feature of the person - a conscious and active influence on the

external natural and social conditions that determine the health status of the people, their performance, longevity and fertility (fertility).

In modern conditions are widely used methods of forming such respect for the environment, as didactic games, outdoor games, travel, ecological marathon, summer workshops, which can be in the nature of remote connections. In this case, there is an opportunity to significantly expand the students' environmental and nurture respect for nature.

Because of the external environment in the body receives the substances necessary for its functioning and development, as well as stimuli (good and bad) that violate the constancy of the internal environment. By reaction of the organism functional systems every effort to keep the required consistency of its internal environment.

Natural and socio-biological factors affecting the human body, inextricably linked to environmental issues.

Ecology examines the relationship of organisms with each other and with the non-living components of the nature of the Earth (its biosphere). Human ecology studies the patterns of human interaction with nature, the problem of preserving and strengthening health. Man depends on environmental conditions in the same way as the nature depends on the person. Meanwhile, the impact of industrial activity on the natural environment (air pollution, soil, water bodies waste production, deforestation, increased radiation caused by accidents and violations technology) threatens the existence of the man himself. About 80% of diseases modern man - the result of environmental degradation in the world. Environmental problems are directly related to the process of organizing and conducting systematic physical exercise and sports, as well as the conditions in which they occur.

As we know the means of physical culture, providing resistance to mental and physical performance

METHODOLOGY AND LITERATURY REVIEW

The main means of physical culture - physical exercise. There is a physiological classification exercise in which all the diverse muscular activity combined into a single group exercise on physiological grounds.

Resistance to adverse factors depends on congenital and acquired properties. It is very mobile and amenable to training as a means of muscular load and various external influences (temperature fluctuations, lack or excess of oxygen, carbon dioxide). It is noted, for example, by improving the physical exercise increases the

physiological mechanisms of resistance to overheating, hypothermia, hypoxia, certain toxic substances and reduce the incidence increases efficiency.

People who regularly and actively engaged in physical exercise, increased physical, mental and emotional stability when performing intense mental or physical activity.

Features functional shifts the body of students in the performance of different types of cycling in different zones of power determines athletic performance.

Power reduction and longer work due to the fact that in addition to anaerobic energy reactions of muscle activity unfold and the processes of aerobic energy production. This increases (up to meet the needs of) the supply of oxygen to the working muscles. At long (sometimes many hours) work of moderate power carbohydrate reserves of the body (glycogen) is significantly reduced, which leads to a decrease in blood glucose levels, adversely affecting the activity of the nerve centers, muscles and other organs working. To fill expended carbohydrate reserves of the organism during long races and sailing, provides for a special meal solutions of sugar, glucose, juices.

By means of physical education include not only exercise, but also improving the forces of nature (sun, air and water), hygiene factors (mode of work, sleep, nutrition, sanitation but hygienic conditions). Use of health Nature helps strengthen and revitalize the body's defenses students, stimulates the metabolism and activity of physiological systems and individual organs. To improve the physical n mental capacity of students, you must be outdoors, give up bad habits, exercise locomotor activity, engage in hardening. Systematic physical exercise in physical education classes in the conditions of intense training activities relieve mental stress and systematic muscular activity increases the physical, mental and emotional stability of the body during intense training work.

In the definition of a healthy lifestyle, focuses on the very concept of individualization and healthy lifestyle should be as long as there are no people.

In establishing a healthy lifestyle for every student to be considered as its typological features (type of higher nervous activity, morpho-functional type, the predominant mechanism of autonomic nervous regulation), And the age and gender and a social environment in which he lives (marital status, profession, traditions, working conditions, financial security, welfare and so on. d.). An important place in the assumptions must hold personal-motivational features of the man, his life guidance, which in itself can be a strong incentive for a healthy lifestyle and to the formation of its content and features.

We list a number of concepts that closely related to the concept of lifestyle.

Lifestyle - a certain type of human activity, which includes a set of different activities, people's behavior in everyday life.

Living conditions - conditions that determine the way of life. They can be tangible and intangible (work, life, family relationships, education and nutrition).

Standard of living (level of welfare) characterizes the size and structure requirements. These quantitative indicators of living conditions. The standard of living is determined by the size of gross domestic product, national income, real income, housing, medical care, health outcomes.

Way of life - the procedure, the rules work, life, social life, within which runs the livelihoods of people.

Lifestyle - individual behavior in everyday life.

Quality of life - the quality of the environment in which the everyday life of people (the quality of housing, food, education, medical care).

In the definition of a healthy lifestyle is necessary to consider two starting factors - genetic nature of man and its compliance with the specific conditions of life.

The relevance of a healthy lifestyle and is caused by an increase in the changing nature of loads on the human body due to the complexity of social life, increasing the risk of man-made, environmental, psychological, political and military, provoking negative changes in health status.

Human disease to the greatest extent due to its way of life and everyday behavior. At present, a healthy lifestyle seen as the basis of prevention of disease and premature death, increase life expectancy.

Healthy lifestyle must match the student pledged the genetic program. This is necessary for harmonious coexistence with nature, the student and the maximum development of the health potential. The genetic program of the student determines its constitution (morpho-functional type, the predominant types of nervous and mental reactions), the rate of biological reactions and, therefore, determines the presence or absence of various diseases.

Lifestyles in addition to genetic factors also affect the age or sex, education, intelligence, profession, working conditions, education, family traditions and customs, material well-being, living conditions, personal motivation.

Active carrier of a healthy lifestyle is a specific person as the subject and the object of his livelihood and social status. In the implementation of a healthy lifestyle, man stands in the unity of their biological and social principles. At the heart of a healthy lifestyle is personal-motivational setup man for the embodiment of their social, physical, intellectual and mental capacities and abilities.

Healthy lifestyle is the most effective means and methods to ensure the health, primary prevention of disease and the critical needs in health.

RESULTS AND DISCUSSION

The program and organization of a healthy lifestyle for each student is determined by the following basic premises:

- individual typological hereditary factors;
- objective social conditions and socio-economic factors;
- specific conditions of life, in which the family household and professional activities;
- personality-motivational factors that determine the worldview and cultural rights, the degree of their orientation to health and a healthy lifestyle.

Quite often in history offers the possibility of preserving and strengthening health with a single agent having miraculous properties (physical activity of a particular type, nutritional supplements, psycho and body cleansing). However, some authors have focused on the physical component, some - on the spiritual (Democritus), rarely the main emphasis is on social factors. Such approaches are clearly not justified.

As we know the medical-biological sense of a healthy lifestyle is the adaptation of human capabilities. In this understanding of a healthy lifestyle often investing concepts:

- education from early childhood healthy habits and skills;
- safe and supportive living environment;
- knowledge about the influence of the surroundings on health;
- avoiding harmful habits (smoking, drug use, alcohol abuse);
- moderate corresponding to the physiological needs of food
- informed food choices;
- physically active life, including special exercises (fitness);
- compliance with the rules of personal and public hygiene;
- possession of first aid skills;
- hardening.

All the components of a healthy lifestyle related. The physiological state of the student greatly influenced by his emotional state, which depends in turn on his mental attitudes. Therefore, separately in biomedical theories healthy lifestyle isolated following block elements:

- emotional well-being: mental hygiene, the ability to cope with their own emotions;

- intellectual well-being: a person's ability to learn and use new information for the optimal action in the new circumstances;
- spiritual well-being: the ability to establish truly meaningful, constructive life goals and strive for them, optimism.

The path of each student to a healthy lifestyle is unique, but the result is always important. The effectiveness of a healthy lifestyle could be assessed in a number of biosocial criteria:

- assessment of morphological and functional health indicators (level of physical development, fitness and adaptability);
- assessment of immunity (the number of colds and infectious diseases within a certain period, the number of exacerbations of chronic diseases);

Assessment of adaptation to the socio-economic conditions of life:

1. The effectiveness of professional activity;
2. The activity of execution of family responsibilities;
3. The breadth and degree of manifestation of social and personal interests.

CONCLUSION

Thus, it is important to understand that each student is able to change their environment within their homes, correctly selecting destinations, thereby reducing the potential adverse environmental impact. Healthy lifestyle gives more freedom and control over their own lives, making it more productive, high quality and long lasting. To achieve this, the student must first be the bearer of the idea of health as the main priorities in life - the problem is the most important task of the use of social technologies in this field.

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