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Современные проблемы формирования здорового образа жизни  
студенческой молодежи

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Современные проблемы формирования здорового образа жизни студенческой молодежи : материалы III Международной научно-практической интернет-конференции, 8–9 октября 2020 г., Минск, Беларусь / БГУ, Фак. социокультурных коммуникаций, Каф. экологии человека ; [редкол.: И. В. Пантюк (отв. редактор) и др.]. – Минск : БГУ, 2020 г. – 192 с. : ил., табл. – Библиогр. в тексте.

В сборник включены материалы III Международной научно-практической интернет-конференции «Современные проблемы формирования здорового образа жизни студенческой молодежи», в которой приняли участие представители учреждений образования, культуры, здравоохранения Беларуси, России, Украины. Рассматривались вопросы поддержания и сохранения уровня физического здоровья во время пандемии; проблемы безопасности жизнедеятельности и формирования культуры здорового образа жизни при подготовке специалистов; освещались психолого-педагогические, экологические и философские аспекты здоровья, физической культуры и спорта у молодежи.

Материалы конференции предназначены для преподавателей, учителей, научных работников, специалистов в области валеологии и здравоохранения, аспирантов, магистрантов, студентов.

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## **ОЗДОРОВИТЕЛЬНАЯ СИСТЕМА ЗАПОРОЖСКОГО ГОСУДАРСТВЕННОГО МЕДИЦИНСКОГО УНИВЕРСИТЕТА**

### **HEALTH-PRESERVING SYSTEM AT ZAPOROZHYYE STATE MEDICAL UNIVERSITY**

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В статье автор раскрывает основные составляющие системы здоровьесберегающей деятельности Запорожского государственного медицинского университета: рациональная организация учебного процесса с учетом всех санитарных норм и гигиенических требований, организация оптимальной физической активности студентов, организация рационального питания студентов, качественное медицинское обслуживание, обеспечение безопасности жизни, образовательная и педагогическая деятельность, формирующая ценность здоровья и пути его укрепления. Особое внимание уделяется вопросам вовлечения преподавателей в процесс формирования мотивации к ведению здорового образа жизни у студентов.

*Ключевые слова:* здоровьесберегающие технологии, студенты-медики, учебный процесс, охрана труда.

In the article, the author reveals the main components of the health-preserving system of Zaporizhzhia State Medical University: rational organization of the educational process, taking into account all sanitary standards and hygienic requirements, organization of optimal physical activity of students, organization of rational nutrition for students, high-quality medical care, ensuring life safety, educational and pedagogical activities shaping the value of health and ways to strengthen it. Particular attention is paid to the issues of involving teachers in the process of forming motivation to lead a healthy lifestyle among students.

*Key words:* health-saving technologies, medical students, educational process, occupational safety and health.

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Studentship is a rich, varied and interesting period of life, which is characterized by special physical and psychological stress for a person, associated with the development of new educational material, creative and scientific achievements, the formation of personal and family life. In modern conditions of social, environmental, economic and political instability of our society, student youth is experiencing significant pressure from the social and environment, which is manifested in the deterioration of health [1, p. 293].

The educational process of modern medical students is characterized by a high density, a steady intensification of educational programs, the widespread introduction of innovative technologies, and a lack of free time. It should also be noted that the training of highly qualified specialists in the conditions of the Bologna system, competitive in the labor market, as well as capable of competent, responsible and effective activities in their specialty is impossible without increasing the role of students' independent work aimed at stimulating their professional growth and fostering their creative activity. [4, p. 116]. Of course, all these factors can lead to non-observance of the basic principles of a healthy lifestyle and disruption of both somatic and psychological health of students. Therefore, strengthening and protecting the health of student youth by introducing health-saving technologies is one of the main tasks of every medical university.

The most generalized definition can be considered that considers health-preserving technologies as a system of pedagogical principles, in the implementation of which the preservation and strengthening of the physical, psychological and intellectual health of participants in the educational process is achieved. This system includes recreational, educational, pedagogical and

other methods of physical education, with the help of which it is possible to achieve the set goals [3, p. 110].

Also, the concept of «health-preserving technology» can be considered as a set of principles, techniques and methods of pedagogical work, which complement the traditional technologies of teaching and upbringing, endow them with signs of health preservation [2, p. 28].

The main directions of health-preserving activities of Zaporizhzhia State Medical University (ZSMU) are:

- rational organization of the educational process in accordance with sanitary standards and hygienic requirements;
- organization of optimal motor activity of students;
- organization of rational nutrition for students;
- quality medical care;
- ensuring the safety of life;
- educational and pedagogical activities on the formation of the value of health and ways to strengthen it.

One of the most important areas of the university's activities is compliance with sanitary and hygienic norms and rules in organizing the educational process and scheduling, as well as providing comfortable conditions both in classrooms and in dormitories, and on the campus.

Much attention is paid to the organization of students' optimal motor activity. Thus, in the educational process of medical students of university, physical education classes are conducted at all faculties with a strict division of students into groups in accordance with their state of health. In addition, a sports club operates on the territory of the ZDMU campus, where everyone can sign up for sports sections: aerobics, basketball, volleyball, kettlebell lifting and arm wrestling, bullet shooting, football, table tennis. And the university administration encourages in every possible way - organizes competitions, ensures the participation of prize-winners of intra-university competitions in city, intercity, all-Ukrainian and even international competitions, encourages additional scholarships, etc.

The Zaporizhzhia State Medical University has an autonomous food supply system - a canteen where fresh and healthy dishes are prepared every day, several cafes, including a café of national Indian cuisine, there are buffets in each educational building. It is also possible to order an individual menu by phone.

Special attention is paid to medical care.

Every year, all students, regardless of their health condition, undergo a medical examination, if necessary, receive treatment both in the "University Clinic" and in the best hospitals in the city. The diagnostic complex of the

scientific and educational medical center «University Clinic» is represented by a biochemical laboratory, laboratories for functional diagnostics, X-ray, ultrasound and endoscopic studies. Physiotherapy and rehabilitation departments play an important role in the treatment process.

All students regularly receive a set of preventive vaccinations. There is a medical center on the territory of the university, where students can receive the necessary medical care in acute and urgent conditions. Regular consultations at the medical center are carried out by qualified specialists - university employees.

There is also a medical rehabilitation and prevention center on the campus. Here, students can undergo a number of physiotherapy procedures for their recovery during the academic year.

The staff of the university includes the head and chief engineer for labor protection, who ensure the safety of both the teaching staff and students. Each department has a person responsible for the organization of safe working conditions. All employees upon hiring, and then twice a year, undergo safety training. In the first lesson, all students are instructed on safety and accident prevention during practical classes.

Much attention is paid to teaching students the basic concepts and methods of ensuring the safety of life and work at our department - general hygiene and ecology. So in the curriculum of students of all faculties in the discipline «Hygiene and Ecology» included the section «Occupational Hygiene», and since 2017 at our department, students began to study also a new discipline «Occupational safety in the medical industry.» The main tasks of studying these academic disciplines are to ensure the safety of life, health and working capacity in a working environment through the use of a complex of legislative, organizational, engineering, sanitary and hygienic, therapeutic and prophylactic and other measures, education of moral ethical values aimed at preventing industrial injuries and the occurrence of occupational and work-related diseases.

The curriculum of the academic discipline «Labor protection in the medical industry» consists of one module, three submodules. When studying the topics of Submodule 1 «General issues of labor protection», students get acquainted with the legal and organizational foundations of labor protection, the organization of labor protection in medical institutions and institutions higher medical education, they study the basics of hygiene and physiology of work, and their importance for creating safe working conditions. The Submodule 2 «Features of working conditions in the medical industry» includes topics through which students learn about occupational hazards in the performance of functional duties of medical workers, which accidents

and accidents can occur in medical institutions and what needs to be done when they occur. They also study the peculiarities of working conditions and health status of medical workers of different specialties. Submodule 3 «Special issues of labor protection in medical industry «includes the following topics:» Hygiene and labor protection in medical institutions «; «Labor protection in certain structural units of medical institutions and higher medical educational institutions»; «Dangerous infectious diseases in the work of medical workers»; «Fundamentals of industrial safety of medical workers.» Thus, while studying the discipline, students acquire knowledge and skills that they can rationally use in their professional activities to strengthen their health and prevent somatic and occupational diseases.

A lot of departments of ZDMU are engaged in educational and pedagogical activities on the formation of the value of health and ways to strengthen it, but our department plays the main role in this work. So, at the department, the curriculum includes the disciplines «Hygiene and Ecology», «Hygiene and Ecology with the Hygiene of Children and Adolescents», «Hygiene and Ecology with Hygienic Expertise», «Hygiene in Pharmacy». In the study of which, much attention is paid to the basic principles of the formation of a healthy lifestyle and personal hygiene, the hygienic value of physical activity, hardening, rational nutrition, the correct regime of work and rest in the formation and maintenance of health, the consequences of abuse of harmful and dangerous habits. The coverage of psychohygiene and psychoprophylaxis issues occupies a proper place. prevention and early diagnosis of infectious, endemic diseases, desynchronization. Environmental health risk factors, hygienic requirements for the quality of clothing and footwear, food, books, furniture, toys and everyday items are studied in detail. Of particular importance is the work of teachers to attract students to the activities of our scientific community. The focus of the community is to promote a healthy lifestyle. We try to form motivation among students to change their lifestyle by organizing disputes, round tables on the adverse effects on the body of bad habits, psychological stress and chronic stress and the need to maintain a healthy lifestyle in the formation, strengthening and maintenance of health. Also, our teachers develop and implement practical recommendations for a healthy lifestyle.

Many students are actively involved and even offer their ideas for scientific and practical research. For example, one of the most interesting works that were proposed by students was the study of the composition of energy drinks popular among students and their effect on the body [5, p. 48].

Thus, in the Zaporozhye State Medical University, an integral system of health preservation has been created and is effectively functioning, in which

the management of the university, the entire staff and students are involved in the process of preserving and strengthening health. Of course, there is still much to improve and add new health-saving technologies to the existing system, and our university will certainly continue this work.

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