

THE FORMATION OF TEACHER'S PROFESSIONAL COMPETENCE IN HEALTHY LIFE STYLE EDUCATION

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The paper dwells upon the problem of the formation of teacher's professional competence in healthy life style education.

The study of the problem is based on the survey of the Crimean teachers on the priority of factors influencing students' physical state. It provides the analysis of respondents' answers to questions about the main health problems of children and youth, the teachers' problems connected with school children's formation of healthy life style, and health protecting activities as a component of professional valeological competence. It views the professional valeological competence as a component of the teacher's professional

competence which specifies its theoretical and practical training in terms of addressing the questions of school children's healthy life style formation.

The analysis of impacts on the students' health has shown a high level didactogenus influence whose main component is the teacher's personality. The teacher's attitude to their own health, the availability of reliable information about healthy life styles, understanding the importance of health in self-realization influences the formation of students' healthy life style.

The most important problems of children and youth health, according to the majority of respondents, are smoking, alcohol, drug and substance abuse.

The research allowed to reveal some differences in the perception of children's physical health problems among teachers – men and women. It has been revealed that the formation of socio-psychological competence in matters of health, safety, and interpersonal interaction is fundamentally different from the objectives of education in other areas. The difference is the need to influence students' behavior.

The study has shown that for the formation of healthy life style skills it is necessary to thoroughly train professionals who will provide the information to children. It is necessary not only to provide the information about health and the factors affecting it, but also inculcate and reinforce skills of health maintenance in an adapted environment. It is becoming increasingly important to form educators' new hygiene thinking, to apply modern technologies and interaction techniques when working with children and family (computer programs, video materials, training methodologies, etc.).

Everyday practice needs scientific approaches and proven systems of valeological training and education of various age groups, introduction of psychological, educational and other modern aspects of healthy lifestyle promotion, as well as simple and effective criteria for evaluating their effectiveness.

Keywords: health, healthy lifestyle, professional valeological competence.

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