

TECHNOLOGIES SAVINGS OF HEALTH ON LESSONS OF LABOR TRAINING.

ЗДОРОВЬЕСБЕРЕГАЮЩИЕ ТЕХНОЛОГИИ НА УРОКАХ ТРУДОВОГО ОБУЧЕНИЯ.

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Annotation

Now, most schoolchildren do not have a one hundred percent health, so the problem of children's health is very serious. At lessons of work pupils learn to take care of their health in everyday life (learn to eat right, observe good personal hygiene, etc.). It is further important aspect of their adult life.

Keywords: health savings technologies, health care, prevention of fatigue, safety advice, hygiene and sanitary requirements.

Аннотация

Сейчас большинство школьников не имеют 100%ного здоровья, поэтому проблема охраны здоровья детей стоит очень остро. На уроках труда школьники учатся беречь свое здоровье в повседневной жизни (учатся правильно питаться, соблюдать правила личной гигиены и т.д.). Это является важным аспектом их дальнейшей взрослой жизни.

Ключевые слова: здоровьесберегающие технологии, охрана здоровья, профилактика усталости, техника безопасности, санитарно-гигиенические требования.

Technologies savings of health is a system of measures to protect and improve health of pupils, which takes into account the most important characteristics of the educational environment and conditions of life, impact on health.

Technologies savings of health imply a set of pedagogical, psychological and medical influences, directed at protecting and ensuring of health, the formation of valuable attitude to their health. [5]

Over the past years there has been a significant deterioration in the health of schoolchildren. Every second schoolchild has a combination of several chronic diseases. Therefore it is very important to protect and strengthen the health of children.

Analyzing the causes of "school diseases" doctors concluded that poor organization of training leads to ill health. The disadvantages of education include:

- inadequate lighting classrooms;
- bad air in the school premises;
- irregular shape and size of school desks;
- overload of the training sessions.

Also, doctors have revealed some psychological and pedagogical factors that adversely affect the health of pupils.

- stress tactics of authoritarian pedagogy;
- intensification of the educational process, that is, an increase in tempo and scope of the teaching load;
- discrepancy learning technologies age peculiarities of pupils;
- failure to comply with basic physical and hygienic requirements for the organization of educational process;
- pupils have no basic knowledge on how to be healthy. [6]

Therefore, at lessons technologies arrangements should be made for the prevention of fatigue incorrect posture (physical training minute) should be introduced a system of warm-ups for the eyes. Much attention should be paid to rationing of homework in order to avoid overloading. Special attention is paid to the volume and complexity of the material, which is given to home. In the classroom of technologies heat air and light regime must be met in full. Classrooms should be regularly ventilate. For more light classrooms and relieving eye strain can be carried out additional lighting. [1]

Teaching subject of technology and of labor training lets organically to fit principles savings of health in topics of the lessons in various tasks as well at lessons and during homework. [3]

In studying the section "Cooking", pupils get acquainted to the composition of foods, their energy value, at the human need for energy derived from food. Attention is paid to the need for timely and balanced diet. Pupils learn to prepare a menu with regard to the requirements to healthy diet, is obtained the necessary information about the processes occurring with food during her cooking. Work is underway to improve the culture food intake and the observance basic hygiene requirements.

During of studying theme from section "Aesthetics of school grounds," pupils learn about the varieties of decorative indoor and garden plants, their positive influence on the emotional and psychological condition of people. Work on school grounds gives pupils additional physical unloading, they spend time outdoors. Numerous medical research have established that feasible agricultural labor has a positive impact on the developing organism of children and adolescents. This work requires some physical effort in which the main burden placed on the musculoskeletal system. It, in its turn, contributes to the normal functioning of the cardiovascular system, respiratory system, digestive system, increases metabolism, promotes sturdy healthy sleep, improves performance and endurance. However, it is necessary to organize a class, so that they match the age, sex and individual abilities of each pupil, as well as require mandatory compliance with the rules of hygiene and safety. Improperly organized agricultural labor of pupils, instead of the expected wellness effect, may be the cause of deviations (curvature of the spine, a violation of posture, etc.) in their physical development and health. [2]

In studying topics in materials science and in "Designing and manufacturing of clothing" pupils get acquainted to natural, artificial and chemical fibers, from which the fabric, is made their properties, application and influence of clothing and fabrics, from which it is sewed on human health.

As a result of studying this section as the "Interior of an apartment house" children learn about requirements for kitchens, hallways, children's room, on the role and influence of lighting on the emotional state of a person.

A special place in lessons technologies occupy such sections as "Hygiene, cosmetics" and "Care of clothes and shoes". Pupils acquire knowledge on hygienic requirements and rules of skin care, hair, nails, get acquainted with the techniques of storing clothes and shoes, learn to select clothes and shoes according with the weather conditions, which undoubtedly effect on conduct of pupils healthy lifestyle. [4]

Great importance in lessons technologies has compliance with safety regulations and health and sanitation requirements, which are aimed at preventing injuries and maintaining the health of pupils. [3]

The lessons technologies enable learners to switch from mental activity on physical activity, more emotional.

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