

Nataliya Byelikova,
natabel.lutsk@gmail.com
Indyka Svitlana
indika.sv@gmail.com

Organization of Volunteer Health-saving Activity of Future Specialists in Physical Education and Sport

Lesya Ukrainka Eastern European National University (Lutsk)

Summari:

Processes of reforming of educational field of a country are defined by new priority courses of professional preparation of future specialists in physical education and sport. Special meaning has orientation of their professional preparation at activity aimed at health-saving, its component is volunteer activity. It is revealed various forms of health-saving volunteer activity in the sphere of physical culture and sport: one-time events or continued programs aimed at saving health of different sections of population by means of providing rehabilitation, health-improving, mental, emotional, everyday aid to those who need it. It was analyzed the peculiarities of curative work of students-volunteers: proposed for children of preschool and junior school age – health-improving events «Game festival for children with special needs», «Fun starts: be healthy»; children of middle and senior school age – psychological game «Friends over the phone: tell about your problems», round table «Modern understanding of healthy lifestyle», health-improving program «Summer recreational games»; for the youth – health-improving project «Summer gathers friends», sports event «Regional recreational games of Volyn region». It is established that about readiness of future specialists in physical education and sport to volunteer health-saving activity it is proved availability of abilities and skills of organization of healthy lifestyle and formation

Наталія Бєлікова, Світлана Індика. Організація волонтерської здоров'язберігальної діяльності майбутніх фахівців із фізичного виховання й спорту. Процеси реформування освітньої галузі країни визначають нові пріоритетні напрями професійної підготовки майбутніх фахівців із фізичного виховання й спорту. Особливого значення набуває спрямованість їхньої професійної підготовки на діяльність зі здоров'язбереження, складовою частиною якої є волонтерська праця. Розкрито різноманітні форми здоров'язберігальної волонтерської діяльності у сфері фізичної культури та спорту: одноразові заходи або тривалі програми, спрямовані на збереження здоров'я різних верств населення за допомогою надання реабілітаційної, оздоровчої, психологічної, емоційної, побутової допомоги тим, хто її потребує. Проаналізовано особливості оздоровчої роботи студентів-волонтерів; запропоновано для дітей дошкільного й молодшого шкільного віку оздоровчі заходи («Ігротеки здоров'я для дітей з особливими потребами», «Веселі старті: будь здоровим»); для середнього та старшого шкільного віку – психологічну гру «Друзі по телефону: розкажи свої проблеми», круглий стіл «Сучасне розуміння здорового способу життя», оздоровчу програму «Літні рекреаційні ігри»; для молоді – оздоровчий проект «Літо збирає друзів», спортивний захід «Обласні рекреаційні ігри Волині». Установлено, що про готовність майбутніх фахівців із фізичного виховання й спорту до волонтерської здоров'язберігальної діяльності свідчить наявність

Наталья Беликова, Светлана Индика. Организация волонтерской здоровьесберегающей деятельности будущих специалистов по физическому воспитанию и спорту. Процессы реформирования образования страны определяют новые приоритетные направления профессиональной подготовки будущих специалистов по физическому воспитанию и спорту. Особое значение приобретает направленность ихней профессиональной подготовки на деятельность по здоровьесбережению, составляющей которой является волонтерская деятельность. Раскрыты разнообразные формы здоровьесберегающей волонтерской деятельности в сфере физической культуры и спорта: одноразовые мероприятия или длительные программы, направленные на сохранение здоровья различных слоев населения посредством предоставления реабилитационной, оздоровительной, психологической, эмоциональной, бытовой помощи тем, кто в ней нуждается. Проанализированы особенности оздоровительной работы студентов-волонтеров; предложены для детей дошкольного и младшего школьного возраста оздоровительные мероприятия, такие как «Игротеки здоровья для детей с особыми потребностями», «Веселые старты: будь здоров»; для детей среднего и старшего школьного возраста – психологическая игра «Друзья по телефону: расскажи свои проблемы», круглый стол «Современное понимание здорового образа жизни», оздоровительная программа «Летние рекреационные игры»; для молодежи – оздоровительный проект «Лето собирает друзей», спортивное мероприятие «Областные рекреационные игры Волини». Установлено, что о готовности будущих специалистов по физическому воспитанию и спорту к волонтерской здоровьесберегающей деятельности сви-

of health culture of a human, organization of activity aimed at health-saving. It was analyzed the results of questioning of 981 students of higher educational establishments that witness that about 50 % of students own skills of healthy lifestyle and formation of health culture of a person taking into account national, age, sex and individual peculiarities; 1/3 of students own skills of organization and realization of activity aimed at preventive measures and health-saving that reflects their readiness to planning and realization of volunteer health-saving activity. Attraction of students to new spheres and recreational forms of volunteer activity contributes to organization of their personal development, gaining of professional knowledge and skills, formation of active public position.

умінь та навичок організації здорового способу життя й формування культури здоров'я людини, організації роботи зі здоров'язбереження. Проаналізовано результати анкетування 981 студента ВНЗ, які свідчать про те, що володіють навичками організації здорового способу життя та формування культури здоров'я людини з урахуванням національних, вікових, статевих й індивідуальних особливостей близько 50 %; володіють навичками організації та реалізації діяльності з профілактики здоров'я й здоров'язбереження близько 1/3 студентів, що відображає їхню готовність до планування та виконання волонтерської здоров'язберігальної діяльності. Залучення студентів до нових сфер й оздоровчих форм волонтерської роботи сприяє організації їхнього особистісного розвитку, набуттю професійних знань і вмінь, формуванню активної громадської позиції.

детельствует наличие умений и навыков организации здорового образа жизни и формирование культуры здоровья человека, организации деятельности по здоровьесбережению. Проанализированы результаты анкетирования 981 студента высших учебных заведений, которые свидетельствуют о том, что владеют навыками организации здорового образа жизни и формирования культуры здоровья человека с учетом национальных, возрастных, половых и индивидуальных особенностей около 50 % студентов; обладают навыками организации и осуществления деятельности по профилактике здоровья и здоровьесбережения около 1/3 студентов, что отражает их готовность к планированию и осуществлению волонтерской здоровьесберегающей деятельности. Привлечение студентов к новым сферам и оздоровительным формам волонтерской деятельности способствует организации их личностного развития, приобретению профессиональных знаний и умений, формированию активной гражданской позиции.

Key words:

volunteer activity, health-saving, specialists in physical education and sport.

волонтерська діяльність, здоров'язбереження, фахівці з фізичного виховання та спорту.

волонтерская деятельность, здоровьесбережение, специалисты по физическому воспитанию и спорту.

Setting of the Scientific Problem and its Meaning. Modern life and high rate of development of society demand a great deal for human health. But a person and society don't pay enough attention to this problem. Innovative models of health-saving activity and specialists who are able to realize them in professional activity are required now. All these influence the process of reforming of educational field of a country, defining new priority courses of professional preparation of future specialists in physical education and sport. Special meaning has orientation of their professional preparation on health-saving activity .

Necessity of development and introduction of specific measures of educational character which are aimed at improvement of health of teenagers and the youth, actualization of educational abilities of volunteer movement that we reveal on the example of volunteer health-saving activity of students who obtain education in the field of physical education and sport are topical question nowadays. All these lead to the conclusion that the issue of organization of volunteer health-saving activity of future specialists in physical education and sport is rather topical, multi-aspect and requires new scientific developments and studies.

Analysis of the Latest Studies on this Problem. Some aspects of volunteer activity are revealed in works of native scientists. In works of I. Zvyeryeva, H. Laktionova, S. Savchenko and S. Kharchenko it is grounded the role of volunteer work as a component of socio-pedagogical work with the youth. In researches of O. Bezpalko, R. Vaynola, N. Zaveryko, A. Kapska, N. Komarova it is revealed technologies of attraction and preparation of the youth to volunteer activity. In our studies, we observe volunteer health-saving activity as one of conditions of readiness of future specialists in physical rehabilitation to professional activity [1].

At the same time, in professional literature it is not enough reflected peculiarities of volunteer activity of future specialists in physical education and sport aimed at health-saving.

Objectives of the Study:

1. Reveal various forms of health-saving volunteer activity in the sphere of physical culture and sport; acquaint with peculiarities of recreational work of students-volunteers.
2. Examine availability of necessary abilities and skills for realization of volunteer health-saving activity of future specialists in physical education and sport.

Methods of the Study: polling-diagnostic (questioning, interview); observational (direct and indirect observation, self-estimation); praxeometric (studying and generalization of pedagogical experience).

Introduction of the Main Material and Grounding of the Obtained Results of the Study. The main regulatory document that regulates volunteer activity in Ukraine is the Law «About volunteer activity» (2011) in which it is stated that «volunteer activity is voluntary, disinterested, socially oriented, nonprofit activity which is realized by volunteers and volunteer organizations by means of providing volunteer aid». In this document it is noted that one of the tasks of volunteer work is promotion of conducting of events of national and international meaning which are connected with organization of mass sports, cultural and other performance and public measures [3].

On the other hand we may speak about the forms of volunteer activity: volunteers may be organizers of events connected with strengthening or saving health of population. They may organize competitions or sports festivals [2]. Their main difference is sports-recreational and sports-mass course of activity that belong to direct professional competence of future specialists in physical education and sport.

Volunteer health-saving activity is a part independent and individual work of students which, in their turn, are an obligatory form of educational process of preparation of future specialists in physical education and sport. The result of such activity is increasing of the level of knowledge of students, formation of skills to think independently and make decisions which is important for formation of their readiness to realization of professional health-saving activity.

Along with that, as it is noted in the Law of Ukraine «About volunteer activity», volunteer has right to «include time of performing of volunteer activity into educational-production practice in case of its undergoing in the field that corresponds with the obtained specialty by agreement of an educational establishment» [3] which is a positive motivator for students for its realization.

Volunteer health-saving activity is a professionally meaningful stage in the system of practical preparation of a future specialist in physical education and sport as it is a primary link of approbation of his readiness to professionally-curative activity, promotes formation of the foundation of professional worldview.

The process of formation of settings, positive motivations and valuable orientations on mastering of professional activity aimed at health-saving goes before volunteer health-saving activity. In this case it is foreseen consecutive formation of two kinds of motivation among students:

a) personal motivation which we see as an individual motivation for saving and strengthening of own health of a student. This kind of motivation foresees the degree of subjective and personal formation of health culture among students (personal-valuable attitude to own health, change of relation to own health or, in another words, health as «personal meaning»);

б) professional motivation which is observed by us as formation of motives which stimulate a student to professional realization of health-saving activity.

Organization of educational work with students is aimed at increasing of students' motivation to realization of health-saving activity. Teachers should aim their efforts at conducting of organizational-educational events which popularize standards of healthy lifestyle among student youth, for example, showing personal example of the world known athletes; by means of attraction of specialists of regional Health Center and AIDS Fight, regional narcological clinic, graduates who work at health-rehabilitation institutions of a town of region, etc. Students should actively participate in trainings aimed at preparation of meaningful creation of healthy full family and birth of healthy children in the future.

Volunteer health-saving activity foresees participation of students in one-time events or continuous programs aimed at saving of different layers of population by means of providing of rehabilitation, curative, psychological, emotional, everyday aid to those who need it. Such kinds of activity increases internal and social activity of students, level of their knowledge on the problem of health-saving which influences on motivational, professional systems and system of life values of students.

Practice of volunteering in the field of health-saving allows increasing the level of readiness of future specialists in physical education and sport for future professional activity, as during volunteer activity the foundation of professionally meaningful qualities of personality of a future specialist, his attitude towards profession are established.

In Lutsk volunteer health-saving activity may be realized by students on the basis of Volyn educational-rehabilitation center, Volyn regional association of disabled children, Volyn regional association of children-invalids «Special child», Volyn center of social rehabilitation of children-invalids, Lutsk preschool educational establishment of a compensative type for children with hearing problems, rehabilitation center of sanatorium of Dachne (Kiverts district), Volyn regional youth Center of rehabilitation of invalids since childhood «Source of life».

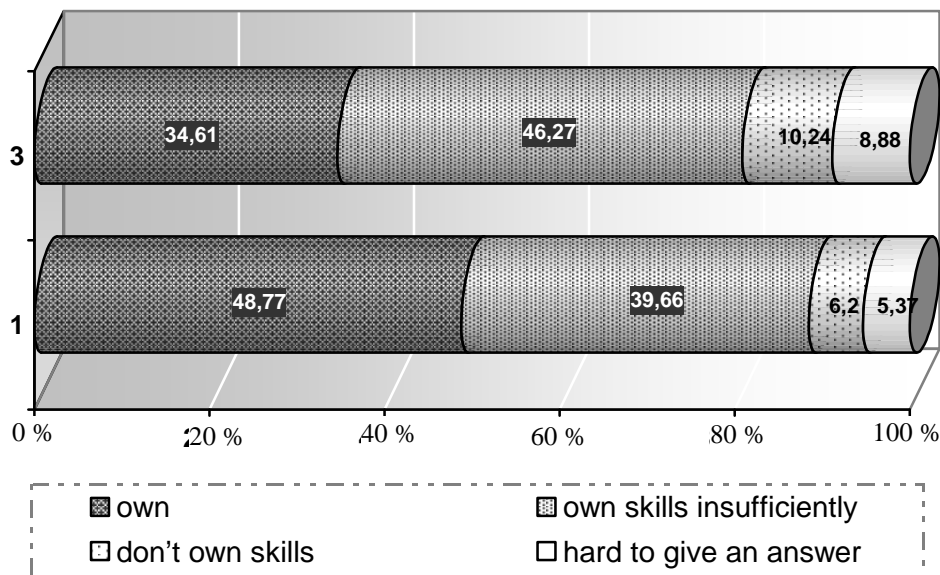
Students-volunteers may take part in organization and conducting recreational events and programs aimed at organization of meaningful rest, formation of healthy lifestyle and general rehabilitation of children and the youth with special needs or weak health.

Among them are the following: for children of preschool and junior school age – rehabilitation events «Game festival for children with special needs», «Fun starts: be healthy»; for children of middle and senior school age – psychological game «Friends over the phone: tell about your problems», round table «Modern understanding of healthy lifestyle», health-improving program «Summer recreational games»; for the youth – health-improving project «Summer gathers friends», sports event «Regional recreational games of Volyn region».

Students-volunteers may represent Volyn regional organization of Red Cross Society of Ukraine and take part in the initiated by the society health-improving events aimed at prophylaxis of AIDS, drug addiction, tuberculosis, healthy lifestyle propaganda among population of different age.

It is worth noticing that this kind of activity requires from students not only desire and free time, but also deep knowledge from the cycle of psychological-pedagogical, medico-biological and sports-recreational disciplines.

Readiness of future specialists in physical education and sport for volunteer health-saving activity is indicated by availability of abilities and skills of organization of healthy lifestyle and formation of health culture of a person, organization of health-saving activity. In order to identify such abilities and skills it was questioned 981 students of higher educational establishments of Ukraine in which preparation of future specialists in physical education and sport is brought to effect (picture 1).



1 – mastering skills of organization of healthy lifestyle and formation of health culture of a person taking into account national, age, sex and individual peculiarities

2 – mastering skills of organization and realization of activity aimed at health prophylaxis and health-saving

Picture 1. Distribution of Answers of the Questioned Students About their Abilities and Skills of Organization of Healthy Lifestyle and Formation of Health Culture of a Person, Organization of Activity Aimed at Health-saving, %

Answers of the questioned students let us state that about 48,77 % of students own skills of organization of healthy lifestyle and formation of health culture of a person taking into account national, age, sex and individual peculiarities; own skills insufficiently – 39,66 %, don't own skills – 6,2 %; hard to give an answer – 5,37 % of students.

Answers of the questioned students let us state that 34,61 % of them own skills of organization and realization of activity aimed at health prophylaxis and health-saving; own skills insufficiently – 46,27 %; don't own skills – 10,24 %; it was hard to answer – 8,88 % of students. So, great number of students (34,61 and 48,77 %) own abilities and skills of organization of healthy lifestyle and formation of health culture of a person, organization activity aimed at health-saving which is the basis while planning and realization of volunteer health-saving activity.

Conclusions and Perspectives of Further Studies. Thus, involvement of students into new spheres and health-preserving forms of volunteer activity promotes organization of their personal development, mastering of professional abilities and skills, formation of active public position. As the practice of volunteering in the field of health-saving shows, the level of readiness of future specialists in physical education and sport for voluntary health-saving activity is close to a professional.

In the perspective it is planned to study the peculiarities of formation of motivational component of readiness of future specialists in physical education and sport for health-saving activity.

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Information about the Authors:

Byelikova Nataliya; <http://orcid.org/0000-0003-2789-7586>; natabel.lutsk@gmail.com; Lesya Ukrainka Eastern European National University; 30 Vynnychenka Street, Lutsk, 43025, Ukraine.

Svitlana Indyka; <http://orcid.org/0000-0003-0676-9227>; indika.sv@gmail.com; Lesya Ukrainka Eastern European National University; 30 Vynnychenka Street, Lutsk, 43025, Ukraine.

Інформація про авторів:

Белікова Наталія; <http://orcid.org/0000-0003-2789-7586>; natabel.lutsk@gmail.com; Східноєвропейський національний університет імені Лесі Українки; вул. Винниченка, 30, м. Луцьк, 43025, Україна.

Індика Світлана; <http://orcid.org/0000-0003-0676-9227>; indika.sv@gmail.com; Східноєвропейський національний університет імені Лесі Українки; вул. Винниченка, 30, м. Луцьк, 43025, Україна.

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