

# BUNIN YELETS STATE UNIVERSITY

"APPROVED"

Director of the Institute of Psychology  
And Pedagogy \_\_\_\_\_/T.D.Krasova/



## **THE WORK PROGRAMME OF THE DISCIPLINE** **B1.E.01.ES.01.01 Health-saving technologies in education**

**Direction of training:** *44.03.01 Pedagogical Education*

**Profile:** *Primary education*

**Qualification (degree):** *bachelor*

**Mode of study:** *full-time*

**Institute of Psychology and Pedagogy**

**Department:** *Pedagogy and Educational Technologies*

	full-time	full-time and part-time form	correspondence course
Study course	1		
Term	2		

Lectures	18		
laboratory work			
Seminars	36		
including practical training	2		
Form of control	Credit test		
Control			
Other forms of work			
Independent work	54		

**Total number of academic hours: 108**

**Labor intensity: 3 credits.**

*Developer of the work programme: candidate of pedagogical sciences, associate professor I.V. Kondakova*



## I. ORGANIZATIONAL AND METHODOLOGICAL SECTION

**The purpose of studying the discipline:** the formation of the necessary professional skills and abilities for the implementation of health-preserving education, development, and upbringing, including students with special educational needs, using technologies that correspond to the age and individual characteristics of students.

### **Objectives of studying the discipline:**

1. Familiarization of students with the laws of personality development and manifestation of personal qualities, psychological laws of periodization and crises of development, the main tasks, principles, and methods of pedagogical diagnostics.
2. Formation of a system of skills for organizing training and education in the field of education using technologies that correspond to the age characteristics of students.
3. Formation of skills in using the opportunities of the school educational environment to ensure health-preserving conditions for education and training.
4. Introduction to the basic principles of health preservation based on the patterns of age development, socialization of the individual.

**The place of the discipline in the structure of the BPEP:** implemented within the framework of the part formed by the participants of educational relations of block B1. Elective disciplines (modules).

### **Planned learning outcomes for the course:**

<b>Code competencies</b>	<b>Indicators of achievement of competencies</b>	<b>Planned learning outcomes for the discipline</b>
PCS-2	To know:  - patterns, principles and levels of formation and implementation of educational content according to primary school disciplines;  - the structure, composition and didactic units of content of school subjects primary school disciplines ;	Knows:  - psychological and pedagogical foundations of education and modern technologies for teaching subjects in primary school;  - patterns, principles and levels of formation and implementation of educational content according to primary school disciplines taking into account health preservation ;
	To be able to:  - carry out the selection of educational content for implementation in various forms of training primary school disciplines in accordance with the didactic goals, age characteristics of students and the	Is able to:  - carry out the selection of educational content for implementation in various forms of training primary school disciplines in accordance with didactic goals, age characteristics of students



	requirements of the Federal State Educational Standard of General Education;	- create a health-preserving educational environment in accordance with the requirements of the Federal State Educational Standard of Primary General Education
	To possess: - subject content of primary school disciplines ; - skills in selecting variable content taking into account the relationship between class and extracurricular forms of teaching primary school subjects	<b>Possesses:</b> - modern technologies and teaching methods in primary school; - skills in selecting variable content taking into account health-preserving principles

**II. CONTENT AND SCOPE OF THE DISCIPLINE**  
**indicating the number of hours allocated for contact work of students**  
**with a teacher (by type of class) and for independent work**

**Full-time education**

Item No.	Name of sections and topics	Total	Classroom lessons			Indep. work .
			Lec.	Sem.	Lab.work	
	<b>Section 1 Psychophysiology and hygiene of mental activity</b>	<b>36</b>	<b>6</b>	<b>12</b>		<b>18</b>
1.	Topic 1. Psychophysiology and hygiene of mental activity	12	2	4		6
2.	Topic 2. Psychological, hygienic and sanitary conditions of training and education	12	2	4		6
3.	Topic 3. School maladjustment	12	2	4		6
	<b>Section 2. Requirements for the organization of training</b>	<b>72</b>	<b>12</b>	<b>24</b>		<b>36</b>
4	Topic 4. Factors Affecting the Decrease in Adaptation to School Workloads	12	2	4		6
5	Topic 5. Fostering a Culture of Intellectual Work in Primary School Students	12	2	4		6
6	Topic 6.	24	4	8		12



	Health-saving technologies in school					
7	Topic 7. Hygienic requirements for the organization of education at school	12	2	4		6
8	Topic 8. Identification of skills necessary and sufficient to ensure successful learning activities	12	2	4		6
9	Credit					
10	Total for 2nd semester	<b>108</b>	<b>18</b>	<b>36</b>		<b>54</b>
11	including practical training	<b>2</b>				
	<b>TOTAL</b>	<b>108</b>				

### **Full-time and part-time education (*not implemented*)**

#### **Part-time education (*not implemented*)**

### **III. EVALUATION MATERIALS FOR CONDUCTING CURRENT AND INTERMEDIATE CERTIFICATION OF STUDENTS IN THE DISCIPLINE**

Current certification is carried out in the form of a test (in traditional or test form) and an essay.

#### **Standard version of the test paper**

##### *In traditional form:*

1. Name the main types of health-saving technologies according to the classification of N.K. Smirnov, give them a brief description, and provide examples.
2. Describe the signs of school maladjustment in a first-grader.
3. List the periods of performance dynamics and describe each of them:

##### *In the test form:*

**1. To what type of health can the following definition be attributed: “A dynamic set of somatic (bodily) properties of a specific person, which allows him, in accordance with his age, gender and social status, to adapt to the surrounding reality and perform his biological and social functions”:**

- 1) Mental health
- 2) Social health
- 3) Mental health
- 4) Physical health



**2. Homeostasis is :**

- a) a person's well-being;
- b) the ability of the body to maintain its parameters and physiological functions, ensuring the maintenance and restoration of the constancy of the internal environment of the body;
- c) a set of relaxation exercises;
- d) a state of ecstasy;
- d) a set of processes aimed at adapting the organism to changes in environmental conditions;

**3. The weight of the daily set of textbooks and writing materials for students in grades 1-2 should not exceed:**

- 1) more than 1 kg
- 2) more than 1.5 kg,
- 3) more than 2 kg;
- 4) more than 2.5 kg

**4. Identify the signs of school maladjustment in a first-grader in a digital educational environment:**

- 1. Stuttering and obsessive movements appear
- 2. Puberty and the associated restructuring of the body
- 3. Frequent trips to the toilet, urinary incontinence
- 4. Anxious despite good academic performance
- 5. Aggression, negativity, bravado

**5. They are characterized by a verbal-logical style of cognitive processes, a tendency towards abstraction and generalization:**

- 1) Ambiverts
- 2) Left hemisphere
- 3) Right hemisphere

**6. Impairment of body functions due to limited physical activity in the context of digitalization is:**

- 1) hypodynamia
- 2) hypokinesia
- 3) hyperdynamia

**7. How many health groups are there:**

- 1) 4
- 2) 3
- 3) 5

**8. Name the periods of performance dynamics, characterize each of them:**



**9. The importance of nutrition in human life:**

- a) is the basis for the full development and functioning of all organs and systems;
- b) the most important component of a healthy lifestyle;
- c) provides the body with the energy necessary for life;
- d) all answers are correct.

**10. Health-improving gymnastics aimed at relaxing the body:**

- a) speech therapy
- b) relaxation
- c) yawning

**11. A comprehensive system of observation, assessment and forecasting of changes in the state of the parameters of an object (phenomenon) as a result of the impact of certain factors:**

- a) control
- b) monitoring
- c) design

**12. List the social and hygienic health factors that influence health in the context of digitalization:**

**13. The rational mode is defined as:**

- 1) compliance of the content, organization and structure of activities with certain hygienic requirements;
- 2) compliance with hygiene rules;
- 3) rational nutrition;
- 4) alternation of work and rest

**14. A dynamic stereotype is:**

- 1) an established habit of a new regime;
- 2) complex restructuring of the nervous system;
- 3) stable, established, balanced state of the organism;
- 4) the body's resistance.

**15. Marked peaks in daily activity (multiple answer options)**

- 1) 8.00-12.00
- 2) 16.00-17.00
- 3) 13.00-14.00
- 4) 17.00-18.00

**Sample topics for abstracts**

- 1. The essence and concept of health. Principles of health pedagogy.
- 2. Modern models of health schools.



3. Valeologically appropriate organization of a lesson in a digital environment.
4. Educational digital environment and schoolchildren's health.
5. Methods for conducting physical education minutes in class.
6. The main problems of computerization of education.
7. Sanitary and hygienic standards and psychological features of using a computer in education.
8. Rhythms of annual, weekly and daily performance.
9. Hygienic requirements for school furniture and correct posture.
10. Healthy lifestyle (HLS). Components of a healthy lifestyle. Motivation schoolchildren to lead a healthy lifestyle.

Interim assessment of students is carried out in the form of a test, using the following assessment materials: a list of questions for the test.

### **Questions for the test (2 semester)**

1. Diagnosis of school maladjustment.
2. The influence of the educational environment on the health of primary school students.
3. Features of conducting physical education minutes in elementary school lessons.
4. The health status of children and adolescents in modern conditions.
5. The use of health-preserving and health-developing technologies in the educational process of primary school.
6. A game for the correction of a child's mental development.
7. Methods of pedagogical diagnostics of prerequisites and signs of physical, mental and moral health disorders.
8. Features of observation, listening, reading, classification, generalization, self-control, self-assessment in primary school age.
9. Characteristics of general educational intellectual skills that are interdisciplinary in nature.
10. Factors influencing the decrease in adaptation to school workload.
11. Hygienic requirements for school furniture and correct posture.
12. Technology and planning of mental work.
13. Rational organization of the daily routine of primary school students.
14. Features of nurturing the culture of mental work in primary school students.
15. Factors determining the child's adaptive capacity.
16. The main problems of computerization of education.
17. Sanitary and hygienic standards for using computers in education.
18. Inconsistency between the school regime and sanitary and hygienic conditions of education and the psychophysiological characteristics of children.
19. The influence of color schemes of classrooms on memorization processes, fatigue, and excitability.



20. Adaptation of students to the conditions of the educational process. The relationship between health and adaptation.
21. Maladaptation states of schoolchildren and “school diseases”.
22. Mental performance and phases of development of mental performance.
23. Sanitary and hygienic requirements for the organization of the educational process.

#### IV. LIST OF REFERENCES REQUIRED FOR MASTERING THE DISCIPLINE

##### 4.1. Main literature

1. Aron, I.S. Pedagogy: textbook / I.S. Aron; Volga State Technological University. - Yoshkar- Ola: Perm State Technical University, 2018. - 144 p. : table, diagrams. - Bibliography . in the book - ISBN 978-5-8158-2015-9 ; The same [Electronic resource]. - URL: <http://biblioclub.ru/index.php?page=book&id=496200> (access date: 02.09.2024).

2. Tsibulnikova, V.E. Pedagogical technologies. Health-saving technologies in general education: a textbook (with practical training) for students of pedagogical universities / V.E. Tsibulnikova , E.A. Levanova ; Ministry of Education and Science of the Russian Federation, Faculty of Pedagogy and Psychology; founder Moscow State Pedagogical University; under the general editorship of E.A. Levanova . - M.: Moscow State Pedagogical University, 2017. - 148 p.: table. - Bibliography in the book. - ISBN 978-5-4263-0490-1; Ditto [Electronic resource]. - URL: <http://biblioclub.ru/index.php?page=book&id=471794> (accessed: 02.09.2024).

3. Tikhomirova, L.F. Health-preserving pedagogy : a textbook for the academic bachelor's degree / L.F. Tikhomirova, T.V. Makeeva. - Moscow: Yurait Publishing House , 2018. - 251 p. - (Educational process). - ISBN 978-5-534-06930-3. - Text: electronic // EBS Yurait [site]. - URL : [http : // biblio - online . ru / bcode / 420463](http://biblio-online.ru/bcode/420463) (date of access: 02.09.2024).

##### 4.2. Additional literature

1. Popov, E.B. Fundamentals of pedagogy: textbook / E.B. Popov. - 3rd ed., erased. - Moscow ; Berlin: Direct-Media, 2018. - 133 p. : ill., table. - ISBN 978-5-4475-2798-3; The same [Electronic resource]. - URL: <http://biblioclub.ru/index.php?page=book&id=494796> (access date: 02.09.2024).

#### V. LIST OF RESOURCES OF THE INFORMATION AND TELECOMMUNICATION NETWORK "INTERNET" REQUIRED FOR MASTERING THE DISCIPLINE

No. PP	Link to information resource	Name of the development in electronic form	Availability
1.	<a href="https://infourok.ru/">https://infourok.ru/</a>	<b>Infourok</b> : educational internet project of Russia . Includes: lesson plans, presentations, tests, video lessons and other materials on school curriculum subjects.	Free access



2.	<a href="http://edu.ru/">http://edu.ru/</a>	<b>Russian Education: Federal Portal. Includes</b> links to portals and websites of educational institutions; state educational standards; regulatory documents; catalog of excursions and educational programs.	Free access
3.	<a href="http://window.edu.ru/">http://window.edu.ru/</a>	<b>The information system "Single Window of Access to Educational Resources"</b> provides free access to the catalog of educational Internet resources and a full-text electronic educational and methodological library for general and professional education	Free access
4.	<a href="https://www.gumer.info/">https://www.gumer.info/</a>	<b>Gumer Library:</b> Provides free access to 5,000 books and articles on the humanities	Free access
5.	<a href="http://fcior.edu.ru/">http://fcior.edu.ru/</a>	<b>The Federal Center for Information and Educational Resources (FCIER)</b> provides access to electronic educational resources and services for all levels and stages of education.	Free access
6.	<a href="https://www.school.edu.ru">https:// www.school.edu.ru</a>	<b>Russian general education portal</b>	Free access

## VI . MODERN PROFESSIONAL DATABASES AND INFORMATION REFERENCE SYSTEMS

1.	<a href="http://www.biblioclub.ru">http://www .biblioclub.ru</a>	Electronic library system (EBS) University Library Online	Registration via any university computer. In the future, unlimited individual access is provided from any point where there is access to the Internet.
2.	<a href="http://www.garant.ru">www . garant . ru</a>	Information and legal portal	Free access
3.	<a href="http://www.elibrary.ru">www.elibrary.ru</a>	Russian information portal in the field of science, technology, medicine and education	Free access
4.	<a href="http://www.consultant.ru">www.consultant.ru</a>	Russian computer reference and legal system	Free access
5.	<a href="https://data.gov.ru/">https://data.gov.ru/</a>	Open Data Portal Russian Federation	Free access



6.	<a href="http://fgosvo.ru/">http://fgosvo.ru/</a>	Portal of Federal State Educational Standards of Higher Education	Free access
7.	<a href="https://fgos.ru/">https://fgos.ru/</a>	Federal state educational standards (for all levels of education)	Free access

## **VII. LICENSED AND FREELY DISTRIBUTABLE SOFTWARE**

The following licensed and freely distributed software is used in the implementation of the academic discipline:

- Microsoft Windows;
- Microsoft Office;
- LibreOffice and etc.

## **VIII. EQUIPMENT AND TECHNICAL TEACHING AIDS NECESSARY FOR THE IMPLEMENTATION OF THE EDUCATIONAL PROCESS IN THE DISCIPLINE**

Classes are held in classrooms equipped with specialized furniture, including stationary or portable technical teaching aids (projector, screen, computer/laptop).

Independent work is carried out in rooms equipped with computers with the ability to connect to the Internet and provide access to the electronic information and educational environment of the university.