

International Conference on Social Sciences & Interdisciplinary Studies

August 7-8, 2017 | London, UK

FUNDAMENTALS OF A HEALTHY LIFESTYLE

Shapovalov K A*

*Komi Republican Institute for Development of Education, Russian Federation

The concept of "single prophylactic environment" suggests on the one hand the creation of infrastructure, information, educational, legal, of tax and other conditions that enable people to lead a healthy lifestyle, the other - to motivate people to maintain health and longevity, the formation of responsibility of each citizen for their own health and the health of others. Aauthor's program of discipline "Fundamentals of a Healthy Lifestyle" (FHLS) are necessary for a healthy developmental thinking, mastery of health-saving technologies and the organization of a healthy way of life of the student community. Organizational and guidelines highlight the role and importance of discipline in training, is determined by the subject matter, formulate the goal and objectives of the course, the requirements for the level of development of course content. Subject matter includes six thematic sections: healthy lifestyle as a biological and social problem; Hygienic characteristics of the spacecraft environment; Social and hygienic bases bad habits (Use of tobacco, alcohol, drugs and toxic); The role of Healthy Lifestyle in the prevention of pulmonary diseases, cardiovascular, digestive and excretory systems; Healthy Lifestyle as a measure of prevention of infectious diseases. Immunity; Dependence of human health on the physical and neuropsychological development.

Organizational and guidance The role and importance of discipline in training. The problem of training in FHLS for modern people in a time-twisted post-industrial society is one of the most pressing. At the base of health science is the scientific understanding of human health, but living in the real and complex world, saturated stressful situations that arise during sudden changes of many environmental parameters biosocial environment and taking away the largest part of his health. The object of study in the course of FHLS is a body of knowledge about human interaction with the environment, ensuring its development, reproduction, and effectively adapt to changing social, climatic and bio-sky living conditions. At present, such a methodological approach to developing independent scientific discipline and has led in some countries to the creation of state-governmental system for health. It concentrates the knowledge and the resulting practical medical, hygienic and biomedical recommendations and measures to preserve and improve the health of healthy people.

Goal: Introduction to the theoretical FHLS; The study of physiology and rational business environment, anatomical and physiological effects of human exposure to harmful and damaging factors, their identification; The development of knowledge of the theory and practice of FHLS and place the subject in professional managers; Development of personal qualities necessary for a healthy life; Fostering a sense of responsibility for personal health as a socially meaningful category and care of their health and life; Learning to anticipate potential threats against potential violation of health, the right to act in the event of their occurrence; Training skills and techniques preserving health technologies to improve the selection of professional workers.

Course Objectives: Identification and quantification of the negative impact of the environment; Health Education conserving technologies; Formation of a scientific understanding of the normal, comfortable state of the environment.