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Spis treści

Od Redaktorów 7

Aktywność fizyczna elementem stylu życia

Tomasz Frołowicz, Aneta Tywoniuk–Małysz, Wartość zdrowia w *Podstawie programowej wychowania fizycznego* 11

Marcin Krawczyński, Zdrowie i samoocena własnego ciała u aktywnych fizycznie kobiet w różnym wieku 23

Mieczysław Bytniewski, Jolanta Danielewicz, Wychowanie do rekreacji ruchowej w opinii rodziców, 31

Józef Drabik, Kultura fizyczna w „zdrowiu publicznym" 39

Janusz Jerzemowski, Aktywność ruchowa a choroba niedokrwienna serca – wybrane problemy 45

Adam Jurczak, Janusz Jaworski, Poziom aktywności fizycznej w czasie wolnym młodzieży szkół gimnazjalnych. Kierunki zmian – rodzaje – bariery 51

Ireneusz Kowalewski, Kultura fizyczna studentów wybranych uczelni Krakowa 59

Marcin Krawczyński, Kształcenie promotorów zdrowia na kierunku studiów „Zdrowie Publiczne" na Wydziale Wychowania Fizycznego w AWFiS w Gdańsku 67

Mariusz Lipowski, Fitness a holistyczny model zdrowia – o motywach uczestnictwa kobiet w rekreacji ruchowej 73

Tomasz Lisicki, Mirosław Piątek, Aktywność ruchowa studentów rozpoczynających studia w akademiach medycznych 81

Stepan Melnychuk, Students' attitude towards popularization of healthy way of life as a direction of volunteer activities within the "Sport for everyone" movement 89

Anna Orkwiszewska, Różnicujący wpływ aktywności fizycznej na poziom wskaźnika masy ciała (BMI) i typu otłuszczenia (WHR) 97

Marcin Pasek, Ekologiczne aspekty kultury fizycznej – stan aktualny i proponowane kierunki rozwoju 103

Marcin Pasek, Agnieszka Pasek, Edukacja ekologiczno-zdrowotna w programie nauczania wychowania fizycznego w szkołach ponadgimnazjalnych 111

Magdalena Rokicka-Hebel, Rola przedszkola w wychowaniu dziecka do aktywności ruchowej 119

Jerzy Rudzik, Zdrowotne znaczenie aktywności ruchowej 127

Olena Shyyan, International Experience and Ukrainian approach in health promotion through Physical Education 133

Dorota Szyszko-Maziuk, Następstwa zdrowotne pływania sportowego 139

Iryna Turczyk, Ukraine student's attitude to physical education lessons 147

Jerzy Urniaż, Marzena Jurgielewicz-Urniaż, Rola imprez sportowo-rekreacyjnych w kształtowaniu postaw prozdrowotnych dzieci i dorosłych 155

Barbara Wilk, Sylwia Formela, Aktywność fizyczna w świadomości studentek Akademii Świętokrzyskiej 163

Weronika Wrona-Wolny, Janusz Brudecki, Zależność pomiędzy strategią autoprezentacji a zachowaniami związanymi z piciem alkoholu u piłkarzy 171

Kazimierz Wysocki, Janusz Masłowski, Aleksandra Multan, Wpływ ćwiczeń ruchowo-relaksacyjnych na łagodzenie czynników ryzyka chorób układu krążenia 177

Ryszard Zaleski, Alicja Nowak Zaleska, Psychologiczne aspekty następstw urazów sportowych wśród studentów Trójmiasta 185

Aleksandra Zarębska, Damian Wilkicki, „Fitness" jako powszechna forma oddziaływania usprawniająco-zdrowotnego 193

Postawy wobec zdrowia

Ella Bulicz, Waleologiczna strategia potęgowania zdrowia i polepszenia jakości życia 203

Igor Murawow, Zdrowie ludności: rzeczywistość, perspektywy i możliwości 213

Zofia Cygal-Krupa, Małgorzata Pachowicz, Krystyna Choińska, Obraz postaw młodzieży wobec zdrowia zawarty w słownictwie tematycznym uczniów szkół tarnowskich 225

Barbara Duda, Palenie tytoniu przez studentów I roku Akademii Wychowania Fizycznego i Sportu w Gdańsku 235

Barbara Duda, Zażywanie narkotyków przez młodzież studiującą w Akademii Wychowania Fizycznego i Sportu w Gdańsku 241

Julita Jakubowska, Promocja aktywności osób starszych w środowisku lokalnym na przykładzie miasta Tczewa 245

Teresa Jarmuła-Kliś, Anoreksja w świadomości studentek krakowskiej Akademii Wychowania Fizycznego 253

Ireneusz Kowalewski, Życie seksualne studentów 261

International Experience and Ukrainian approach in health promotion through Physical Education

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Introduction

Traditional justifications for physical education have often been based on what Parry (1998) call's "extrinsic" or "instrumental" arguments. That is, they refer to the use of physical activities as means to achieving educational goals that are not inherently part of those activities themselves. One of these traditional claims is physical education for health and fitness.

Educationalists and teachers have reported that healthy children are more likely to fulfill their academic potential at school than those who experience poor health. Broader concern for the health and well-being of all school members may lead to higher self-esteem in pupils and teachers, less unproductive stress, fewer instances of bullying and truancy, lower exclusion levels and raised academic standards. A recent overview of research findings confirms that education may exert an independent effect on medium to longer-term health outcomes, and can play an important, albeit circumscribed, role in reducing health inequalities.

Physical education's contribution to health has been utilized in a positive way to promote the value of the subject. Pupils' enjoyment of physical education can not only act as a catalyst to life-long physical activity, but health issues can also be taught very effectively through physical education [4]. Indeed, aspects of health occupy a prominent position in the National Curriculum for Physical Education [1, 3, 9].

All over the world has been increasing recognition of the role and importance of school – based health promotion in providing young people with the tools for developing healthy and positive lifestyles. The concept of

the healthy school was first developed by the World Health Organization in the early 1980s as a means of encouraging a holistic, whole school approach to personal and community health promotion within the school setting. In the course of the early 1990s, the original concept was translated into practice in many countries across Europe [10].

Schools are currently promoting physical activity as part of healthy lifestyle. There are many ways in which schools can encourage physical activity irrespective of design of the programmer. Identifying curriculum may encourage schools to audit of their provision of physical activity and expand the opportunities available. The aim of learning process is to form active healthy lifestyle, to increase the competence and moral maturity for making decision and for solving problems. In Great Britain schools are currently promoting physical activity as part of their local healthy schools programmer, all schools will be required to fulfill the minimum criteria for physical activity at some point in their progress towards becoming a healthier school.

There are many ways in which healthy schools programmer can encourage physical activity irrespective of design of the programmer. Identifying programmer may encourage schools to audit of their provision of physical activity and expand the opportunities available.

The profession continues to highlight physical education's ability to prevent cardiovascular disease and other medical disorders in adult life [5, 8]. Furthermore, physical education can made an enormous contribution to the economy in terms of a healthier nation.

On present health of Ukrainian nation is in crisis and the system of Physical Culture and Sport in our country cannot meet the requirements of the population. This situation necessities search for new vision and methods improvement the various means of Physical Education.

The study of the Physical Education teachers experience in highly development countries in West Europe is very important for us now. However, more detail analysis of our societies and history enable to find some parallels.

The target of this research is analysis of international experience implementation and Ukrainian approach in Health promotion through Physical Education.

Materials and Methods

The method of theoretical analysis literature and official papers analysis has been used to determine the authors' opinion about the basic research problems. It has allowed to circle the research approaches, tasks, the ways of their solving.

The main used methods are:

- the method of theoretical analysis sources Ukrainian and foreign authors', information from "Internet";
- the analysis of official documents of Department of Education for Ukraine, Department of Educational for England, the United Kingdom Sports Council, Department for Culture Media and sports;
- the analysis of international organization papers, some articles, speeches of heads of states, political figures.

Results and Discussion

Historical background

Ukraine is very different country from historical and geographical viewpoint. At the beginning of the text we present some historical background information about the Physical education in our country.

In the former Soviet Union physical culture was considered to be a great importance of society which emphasized the role of manual worker as against the part played by the intellectual. In addition, an emergent Russia will probably give health as well as production a high profile, retaining the status of regular exercise. But the existence of a set of instructions tends to result in direct teaching of specific skills, but all the work had an underlying political component [2].

The social transformation having been taking place in Ukraine over the recent decade has, provided conditions for activity performed under freedom secured country.

Ukrainian approach

New period of education development started from the time when Ukraine become an independent state. Since then important steps toward connecting the worldwide standards and national traditions were made. New

curricula based on the experience of different countries (USA, Canada, Great Britain) were adopted and used in Ukraine.

At that time (1994) we only began to provide Health Education lessons in our schools. We hadn't teachers who were prepared for working at this discipline. One of the first the curriculum guide for teachers to introduce health education into classes of students aged 10-14 years old was presented within the networking program of Soros Foundations. This curriculum has been designed as a first step in the introduction of health education into the classroom. The curriculum has been designed to provide a flexible framework for classroom-based prevention efforts. Because cultural differences will most definitely occur, changes to fit into the student's cultural framework are also encouraged.

Since 1995 our country has been taking part in the international project "The European network of schools for health". The project "The pupil's health" was initiated in Lviv in 1999. One of the main tasks of this program is to reach a higher level of physical conditions by means of Physical Education. All schools will be required to fulfil the minimum criteria for physical activity at some point in their progress towards becoming a healthier school.

In Lviv State Institute of Physical Culture (LSIPC) we are looking for the most successful model of the professional development of our specialists. LSIPC received the license for preparing teachers of Health education in 2000. Our experience of working with large numbers of school and authorities leads us to the conclusion that there are certain fundamental principles which need to be embodied in a programmer of training. The success of any classroom program is often linked to appropriate teacher training. Because of the role teachers have in imparting knowledge and because students spend so much time with them, teachers can be important model in Physical and Health Education, to give knowledge and understanding why physical activity is good for their health and well-being.

Next step in our research will be comparing differences between European and Ukrainian students in valuing Physical and Health Education. The importance of physical education to pupils' indicate specific ways

in which physical education can contribute to learning across the curriculum knowledge and understanding of fitness and health.

Conclusion

This study showed that we can see so much in common between the West and the East but it is important to realize that the political principle of putting the individual or the community first can give rise to a different interpretation of the function and Physical Education. The disproportionate funding of sport by these countries as apolitical vehicle had a dramatic effect on the status of sport and physical education worldwide. Today, many of these countries have chosen their Communist regimes and adopt various approaches to Health Education.

This article has pointed that political indoctrination is no longer a part of the educational system of Ukraine, but it will take some time before a new set of values in Physical Education is established, however, it is likely that in the foreseeable future the major concern will continue to be with exercise and basic levels of fitness for Health. Because cultural differences will most definitely occur, changes to fit into the student's cultural framework are also encouraged.

This paper outlines how Lviv State Institute of Physical Culture's new Health Education specialization for teachers of Physical Education is timely in the current international context.

This material links directly with more detailed Comparative Studies analysis because the optimum result in this important undertaking can be achieved by taking into account regional peculiarities and international experience. In this way valuable learning experiences can be extracted from all situations, which in turn helps to develop strategies for future work.

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Abstract

This material links directly with more detailed Comparative Studies analysis. This article has pointed that political indoctrination is no longer a part of the educational system of Ukraine, but it will take some time before a new set of values is established.

On present health of Ukrainian nation is in crisis and the system of Physical Culture and Sport in our country cannot meet the requirements of the population. This situation necessities search for new vision and methods improvement the various means of Physical Education in our opinion. The target of this research is analysis of international experience implementation and Ukrainian approach in Health promotion through Physical Education.

This paper outlines how Lviv State Institute of Physical Culture's new Health Education specialization for teachers of Physical education is timely in the current international context.

Key words: physical education, health, preparing teacher