

2nd International Conference on

General Practice & Primary Care

September 18-20, 2017 | Zurich, Switzerland

The author's training program and methodical complex "basics of a healthy lifestyle for the prevention of traumatism of members of vessel's crew

Konstantin Shapovalov¹¹Komi Research Institute for development of Education, Russia

The author's educational and methodical complex on discipline of "Basis of a Healthy Lifestyle" (BHL) for prevention of traumatism of floating crew on vessels is made according to the operating Russian state educational standards. It is logical further work of authors on formation health of the developing thinking, to mastering health the preserving technologies and the organizations of a healthy lifestyle of floating structure in courts. The problem of training in the bases of a healthy lifestyle (BHL) for modern people in the conditions of the developed post-industrial society is one of the most actual. Subject of studying it is aware of BHL is to set of knowledge of interaction of the person with habitat, to the changing social, climatic and biological conditions of accommodation providing his development, reproduction and the effective adaptation. Now such methodological approach develops in the independent scientific direction and brought in a number of the countries to creation of the state system of ensuring health. It concentrates knowledge and practical medical, hygienic and medical biological recommendations and measures for preservation and promotion of health of healthy people following from them.

Course purpose: 1) Acquainting with theoretical of BHL. 2) Studying of physiology and rational conditions of activity; anatomical and physiological consequences of impact on the person of the harmful and striking factors, their identification; development of knowledge of the theory and practice of BHL and a place of a subject in professional activity of the head, manager, lawyer. 3) Development of the qualities of the personality necessary for maintaining a healthy lifestyle. 4) Education of a sense of responsibility for personal health as socially significant category and careful attitude to the health and life. 5) Mastering abilities to expect potential dangers concerning possible violation of health, is correct to work in case of their approach. 6) Training in skills and methods health of the keeping technologies allowing to improve professional selection of floating crew of vessels.

Problems of a course: 1) Recognition and quantitative assessment of negative impact of habitat. 2) Training health to the keeping technologies. 3) Formation of scientific idea of a normal, comfortable state of habitat. A course place in vocational training of the graduate - knowledge of theoretical, practical and organizational bases of a subject.

stampdu@rambler.ru

Notes: