



Education for the quality of life improvement

Edukacja dla jakości życia poprawy

Kovalevskiy Valeriy A.¹, Klimatckaia Liudmila G.²

1. Doctor of Medical Science, Professor, Rector of Krasnoyarsk State Pedagogical University named after V.P. Astafiev
2. Doctor of Medical Science, Professor, Department of social pedagogy and social work Krasnoyarsk State Pedagogical University named after V.P. Astafiev

A – koncepcja i przygotowanie projektu badań, B – wykonanie analiz diagnostycznych, zbieranie danych, C – analiza statystyczna, D – interpretacja danych, E – przygotowanie manuskryptu, F – opracowanie piśmiennictwa, G – pozyskanie funduszy, * – Autor do korespondencji.

Address for correspondence: klimatskaya47@mail.ru tel.+7 9135337453

SUMMARY

The article introduces how to realize the program “Complex Support of Different Segments of the Population on Quality of Life Improvement” during the education a new generation of students.

Key words: education, quality of life improvement

Słowa kluczowe: edukacji, poprawy jakości życia

Krasnoyarsk State Pedagogical University named after V.P. Astafiev is the modern organization of the higher education which is carrying out a national objective of new generation of experts preparation for the important problems solution of development of the social sphere of the country and the region.

Krasnoyarsk State Pedagogical University allocates the purpose in the strategy: satisfaction of society Krasnoyarsk Territory and other regions of Siberia requirements in modern quality pedagogical, social and arts education for increase of the human assets and quality of life [<http://www.kspu.ru>].

QUALITY OF LIFE IS A FAMILIAR TERM FOR STUDENTS SINCE THE FIRST YEAR OF STUDIES.

One of the examples of education for health is modular training in the “Complex Support of Different Segments of the Population on Quality of Life Improvement” program at the department of social pedagogics and social work in the Institute of social and humanitarian technologies in Krasnoyarsk State Pedagogical University.

The program’s purpose is profile training of qualified specialists in the fields of psychological and social, pedagogical, and social and medical for:

- independent research work,
- teaching,
- works on management of the projects

directed to the solution of problems at the local, regional and international levels.

COMPETITIVE ADVANTAGES

Innovative approach is applied in modular training “Education for health”: virtual research groups of teachers and students, e-Science methodology. With e-Science methodology, the use of modern information technologies is possible, which allow developing

of cooperation without geographical boundaries, time differences, cultural and organizational features, replacement of expensive researches with cheaper ones. Guest professors from the universities of Belarus and Poland are involved in lectures.

FIRST MODULE „HEALTH OF THE YOUNGER GENERATION: YOUNGER SCHOOL STUDENTS”.

As well as all subsequent modules, it includes the scientific competences directed to real international design activity except theoretical training of students.

„Scientific Justification of Health Monitoring on the basis of Pupils’ Screening Inspections of Elementary Grades and Formation of their Knowledge of the Main Components of a Healthy Lifestyle on the example of Krasnoyarsk Schools (Russia), Grodno schools (Belarus) and Kaunas schools (Lithuania)” project. A scientific problem to which solution the project is directed: to reveal the limiting factors of a healthy lifestyle among children of 9-10 years and degree of their controllability for planning purposeful the health-developing, health-saving and health-improving programs on the level of population.

Professors from the Grodno University named after Janka Kupala and University of Health sciences in the city of Kaunas are involved in the training [1-5].

SECOND MODULE „HEALTH OF THE YOUNGER GENERATION: ADOLESCENT STUDENTS”

The international project on a subject: „A way of life and health of students (on the example of universities of Krasnoyarsk (Russia), Grodno (Belarus) and Krakow (Poland))”.

The project is devoted to research of comparative aspects of a way of life and health of students – by a complex of diagnostic

criteria (a condition of the main systems of an organism and level of health). The main object of the research - indicators of physical and mental health, a role of such factors of a lifestyle as food, physical activity, free time and controllability degree of these factors for formation of the healthy lifestyle. The project assumes to reveal emerging properties of educational system, risk factors and lifestyle features of students of pedagogical and medical universities, and also to give scientific justification of methodical recommendations about joint advance of knowledge of health among the population.

Professors from the Grodno university named after Janka Kupala and Jagiellonian University in the city of Krakow and Wrocław medical university are involved in the training [6 - 8].

THIRD MODULE „HEALTH AND QUALITY OF LIFE . MIDDLE-AGED PEOPLE”

The international project on a subject: „Quality of life of teachers of university”

Project’s purpose: use of certain criteria of quality of life for an assessment and comparison of physical and mental health of teachers with the higher education.

Professors from the Grodno university named after Janka Kupala and Jagiellonian University in the city of Krakow are involved in the training [9].

FOURTH MODULE „HEALTH AND QUALITY OF LIFE. PEOPLE 60+”

The international project on a subject: „Counteraction of marginalization of the elderly population”. The problem of aging and a standard of living of elderly people is a problem of the state level. Project’s purpose: to counteract marginalization’s of the elderly population in the country, according to the in-

ternational experience. Development of recommendations (hints) for reforms of medical and social services and training of students.

Participants of the project: universities of Krasnoyarsk, Grodno (Belarus), Suwalki (Poland) [10, 11].

All projects have different appointments. Their purpose is directed on informative (for studying of fundamentals of science) and the operating room (for formation of skills, abilities and ways of activity). Project training is connected with modeling of means and ways of the organization of educational activity.

Essentially important contents of educational information are stated in each module; the explanation to this information is made; problems (tasks) are formulated; the preliminary analysis of efficiency and difficulties in performance of professional tests; immersion conditions are defined (by means of certain references, methods of getting the information: e-mail, specially created contact groups in the Internet, software products for processing the analytical data, including Microsoft Office, Excel, statistics programs); theoretical tasks and recommendations are given to them; practical tasks are specified, including: preparation of scientific articles, participation in seminars, conferences, interdisciplinary projects; the system of independent and external control is given.

Modules of the program are extending now. Guest professors from universities Belarus and Poland are attracted to lecturing, holding master classes, joint design, discussions, grant activity.



2015. Guests with Valery A. Kovalevskiy, Rector of Krasnoyarsk State Pedagogical University named after V.P. Astafiev and university staff.

Visit-Professors: Ewa Kleszczewska (Doctor of Health Sciences, Institute of Health, the State Higher Vocational School, Suwalki, Poland), Beata Karakewicz (Doctor of Medical Sciences, Professor, the Dean of the Pomeranian University, Szczecin, Poland), Andrey I. Shpakou (Head of the department of sports medicine and physical therapy, Yanka Kupala State University Grodno, Belorussia) with Valery A. Kovalevskiy, rector KSPU and university employees.

CONCLUSION

Internationalization of education is carried out by active expansion of cooperation with leading universities of the USA, the European Union (Poland, Spain, Italy, Bulgaria, Great Britain, Germany), the Euroasian Economic Union (Belarus, Kazakhstan, Kyrgyzstan) and East Asia (Japan, the Republic of Korea, China, Mongolia).

Unlike former formal contracts on cooperation, the university switches to contracts with the concrete plan of the academic exchange, publishing of the joint monographs, manuals and scientific articles directed to maintenance of modern flexible educational programs. Such contracts, for example, are contracts with universities of Grodno (Belarus),

Suwalki and Szczecin (Poland), Missouri (USA), Institute of Eastern Languages (France). The important role in updating of organizational and substantial international cooperation of university is played by the International Institutes — the Institute of autism and Institute of monitoring of the achievements which are trained with considerable restrictions, created at university recently and annual scientific and educational conferences „A person, a family and society: history and prospects of development” with a large number of the invited foreign scientists.

The university consistently realizes the medium-term plan of transformation into the international educational center.

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