

## REFERENCES

1. Ранд, Г. Хундертвассер / Гарри Ранд. – М.: Арт-Родник. – 2010. – С. 9 – 12.
2. дэ Аро, К. Вся Вена / Карлес дэ Аро // Editorialfisaescudodeoro,S.A. – 2008. – С. 81-82.
3. Хановски, Б. Дом Хундертвассера / Барбара Хановски // Гамбург: Байер, 2007. – С. 2.

UDC [378.172+378.178]=111

**HEALTH KEEPING TECHNOLOGIES ARE IN SYSTEM OF HIGHER EDUCATION**

**ANASTASIYA SEKIRASH, IRINA MARINA**

**Polotsk State University, Belarus**

*Keeping and strengthening of student's youth's health is one of the priority tasks, which are standing before society today. The decision of this task requires development and introduction of health saving's technologies, which are directed on realization of effective ways of prevention of students' diseases and rehabilitation by means of physical training.*

The presented health keeping technology of P.E allows to comprehend general strategy of forming of physical culture of student's personality newly. Athletic-health activity is the important factor of capture by certain professional and motive skills, forming the motivational setting on social, physical activity, involving and developing a health saving components of physical culture, athletic form of occupation. It is very important for society, because without health young people cannot achieve their goals and aims, as a result they have not future. It means that all people are doomed to death.

The aim of the work is to ground, work out and check in practice theoretic bases of health keeping technologies of P.E in the pedagogical system of higher professional education with an orientation on quality preparation of specialists.

Methods and organization of research. Theoretical ones are theoretical analysis of psychological and pedagogical literature, study of official records, regulating activity of higher school; empiric ones are supervision, pedagogical experiment, questionnaire.

Results and their discussion. Health keeping technologies in the educational sphere of higher school is the system of measures on a guard and strengthening of students' health, taking into account major descriptions of educational environment from the point of view of its affecting health of this group of people.

Today the problem of health keeping becomes especially actual and pressing. The analysis of factors assisting development of personality shows that a few healthy students come in our professional educational establishments. Thus, there are a lot of psychonosemas and lack of upbringing, because of physically bad health. The aim of any higher educational establishment is to give to society specialists, who do not only possess professional competence, but who are also healthy morally and physically.

Health keeping educational technology must be shown as a functional system of management's organizational methods by educational and cognitive and practical activity of students. This system scientifically and instrumentally provides maintenance and strengthening of their health. It must have scientifically reasonable conception, which would specify the method of construction of health keeping terms, facilities of educating and education on the basis of the integral understanding of psychological processes of their realization. We should provide understanding of necessity of technological and complex approach education and health, as to really humanely-moral activity.

Development of health keeping technologies at Polotsk State University comes true stage-by-stage and gradually.

We think that the most reliable definition is "Health is the state of complete physical, psychical and social prosperity, rather than just absence of illnesses.", bearing in mind conception of planning of health keeping technologies, from the great number of definitions of concept "health". We took for conceptual basis the study of physical, psychical and social components of a man's health, the development of health keeping technologies for the students of nonspecialized specialties, bearing in mind this definition.

The system of valueological education is understood as knowledge about the organism, reasons, requirements of healthy way of life, in the offered concept. A leading place here is given to the physical component of health and consideration of fundamental information about influence of optimal motive activity on

the state of health. Large physical activities, resulting in the overstrain of all systems of an organism, decline of their functional state, reduction of resistibility to the infections et cetera are harmful. Therefore forming necessary knowledge, abilities and skills for determination of the optimal motive modes, which increase the functional state and health of a man are one from the basic tasks of valueological education on reading with the students of secondary specialties.

Aspects of mental health and social components are examined similarly. The study of mental health is bound overcoming external manifestations of tension, resistance of mental and motor functions, as well as self-control in an emotional state of a student. Social components entirely depend on the culture of health and lifestyle, such as its level of quality, style and strength- fret. The second stage of the development of health-technology department is bounded with the development of a comprehensive program to promote a culture of health and healthy lifestyles.

A designed activity is realized by university management in two directions. They are planning a healthy way of life and organization of activity services, and carrying out activity is realized in three ones. They are the following: the way of life and states of student's health are analyzed, the setting for the healthy way of life is formed and health-prophylactic activity is held.

Among reasons of inattention to the state of the students' physical health are marked: shortage of time (18,5% women and 41% men); absence of necessary persistence will (17,5% women and 20,8% of men). It tests to insufficient organization and demand to students in their self-organization of vital functions, where the volitional beginning is organically present.

The received information was analyzed and the pedagogical model of health's forming is built, with the final stage of health keeping technologies development.

The offered model of health's forming allows to realize in complex educational, educator, developing and health improving focuses of educational and educator process.

Conclusion. The conceptual orientation of planning of health keeping technologies of process of P.E of students of nonspecialized specialties, oriented to preparation of specialists for a new labour-market, is definite; transition expediency is reasonable from health keeping technology of P.E of students to health keeping, methodological basis of that is a healthy way of life, forming the new vital paradigm of student and providing realization of organizational principle quality professional preparation of specialists.

Student's kind of life is produced In the process of practical realization of health keeping technologies. For example a lot of them stop smoking and drinking like a fish, pay attention to what they eat, control physical activity in the process of employment and continue watching the health, it means that young people conduct medical checkup. It helps to find illness, in the very beginning. All this factors testify to the positive options on the healthy way of life.

#### REFERENCES

1. Apanasenko, G.L. Medical valueology / G.L. Apanasenko, L.A. Popova. – Rostov-on-Don: Phoenix, 2000. – 248 p. (Ser. Hippocrates).
2. Vajner, E.N. Valueology is science dealing with health / E.N. Vajner. – 2 nd. edit., supplement and rework. – M.: FIS, 1990. – 208 p.
3. Vilenskij, M.Y. Bases of healthy way of life students: educational manual / M.Y. Vilenskij, A.G. Gorshkov. – M.: Publisher, 1995. – 96 p.

UDC 94(430)012(476):94(415)08=111

#### SOCIAL AND ECONOMIC PORTRAIT OF JEWISH FARMERS IN BELARUS IN THE SECOND HALF OF THE XIX CENTURY

**KATSIARYNA TALIARONAK, ULADZIMIR SOSNA**  
*National Institute for Higher Education, Belarus*

*The key goal of the issue is to give a social and economic characteristic to the particular part of Jewish farmers, who decided to create agricultural settlements on the Belarusian part of the Pale of Settlement. In the article the author analyses archive materials, which inspired the creation of historical portrait of the Jewish farmer in Belarusian agricultural colonies and settlements in the second half of the XIX century.*