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### PEDAGOGICAL CONDITIONS FOR THE FORMATION OF SANITARY AND HYGIENIC CULTURE OF FUTURE PHYSICAL EDUCATION TEACHERS

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*New demands are placed on the educational system by the operation of modern society to ensure the possibility of successful action. Growing societal demands for hygienic and sanitary standards necessitate raising the bar for professional training in this area of education. The subject of this study is the education process of future teachers of physical culture. The purpose is to develop and implement pedagogical conditions for the formation of sanitary and hygienic culture among future physical culture teachers. The following techniques were employed to achieve the predetermined goal: theoretical analysis of the scientific literature; modeling; pedagogical observation; expert evaluation; questionnaires; and statistical methods. As a result of the conducted theoretical analysis and modeling, pedagogical conditions were designed that contribute to the formation of a sanitary and hygienic culture in future physical culture teachers, which were applied during the study of the subjects "Age physiology and school hygiene", "Healthy lifestyle and prevention of HIV/AIDS", "Basics of medical knowledge".*

*The article substantiates the pedagogical conditions, namely: the formation of students' motivational and valuable attitude to personal sanitary and hygienic culture and understanding of the need for pupils' education; interconnection of all areas of professional training of future specialists; educational and methodological support for the formation of a sanitary and hygienic culture of future physical culture teachers; technology for interactive modeling and design. The majority of the students who participated in the educational experiment (50.53%) developed a high degree of sanitary and hygienic culture as a result of the implementation of these pedagogical conditions. The existence of a strong correlation between evaluations of the development of a sanitary and hygienic culture and academic ability was examined, which suggests that the development of a sanitary and hygienic culture has an impact on a future physical culture teacher's career and reputation. The findings can be applied to the process of enhancing the credentials of practicing physical culture instructors and to the preparation of aspiring teachers of other subjects.*

**Key words:** education, physical culture, students, hygiene, students, teachers.

**Connection of the publication with planned research works.** The study of the selected problem was carried out in accordance with the main directions and tasks of the scientific topic of the Department of Medical and Biological Foundations of Physical Culture of Uman State Pedagogical University named after Pavel Tychyna "Formation of the personality of a physical culture teacher as an organizer and educator of a healthy lifestyle" (state registration number OIIIU007529)

**Introduction.** Preservation of human life and health is the greatest value at various stages of society's development. The foundations of health preservation are laid during the period of obtaining education at various levels. One of the main tasks of national education programs is the preservation and formation of skills and abilities to preserve health in the younger generation. Today, the health problems of schoolchildren depend not only on medical care, but also on the formation of their personal culture, one of the aspects of which is the culture of health preservation [1]. The formation of a teacher's personality with a high level of work culture (including sanitary and hygienic culture) is one of the main tasks of the effective functioning of the educational system [2, 3].

The future teacher of physical culture should learn how to form a sanitary and hygienic culture, organize a place for classes in compliance with sanitary and hygienic norms, and form appropriate knowledge in the students he will teach. Knowledge of sanitary and hygienic standards of activity is mandatory for employees who are subject to mandatory medical examinations and work

with children [2, 3]. And at the same time, not all students lead a lifestyle that promotes health [4]

Therefore, modern teachers must work to preserve the health of schoolchildren, and for this, high-quality training of future teachers, in particular physical culture teachers, is necessary. Teachers must be ready to perform their work qualitatively [5]. The quality of education of future physical culture teachers is influenced by several factors, one of which is sanitary and hygienic [6].

Many sources of media information often have a negative impact on modern schoolchildren, pursuing different goals (of a commercial nature). Teachers, including physical culture teachers, should prevent negative effects and teach the basics of health preservation. Schoolchildren are often quite loyal to physical culture teachers because of their impartiality, the opportunity to receive high marks and praise not only for theoretical knowledge, and mostly positive emotional state in physical culture lessons. In order to form a culture of health preservation in schoolchildren, physical culture teachers need to have knowledge about health preservation and have a high level of personal culture themselves, one aspect of which is sanitary and hygienic culture.

The issue of training physical culture teachers to solve schoolchildren's health problems is considered an important aspect of a teacher's professional activity and an indicator of his professional competence and quality of work. Physical culture teachers should, in addition to teaching different types of sports, allocate the necessary physical load for students with different levels of physical

fitness and health, teach students sanitary and hygienic culture during classes, and have a high level of knowledge on this issue themselves. The space of the school should ensure the comprehensive formation of the student's personality, the development of his intellectual and spiritual potential, and form correct ideas about the basics of sanitary and hygienic culture. The successful functioning of society today largely depends on the effectiveness of the educational system. Therefore, the training of future teachers in physical culture is necessary, which will contribute to the full development of the teachers themselves and the students they will teach. After all, in order to teach schoolchildren, it is necessary to perfectly possess theoretical knowledge and psychological and pedagogical skills, which play a fundamental role in the formation and development of the professional competence of a physical culture teacher [6].

The issue of forming a sanitary and hygienic culture among physical culture teachers is mostly limited to compliance with sanitary standards and conditions during lessons at school, compliance with the requirements of a medical opinion on permission to work with children. However, the issue of the sanitary and hygienic culture of a physical culture teacher in modern conditions (quarantine restrictions, training in conditions of an increase in the number of seasonal diseases, teaching physical culture in a remote format), and the personal sanitary and hygienic culture of a physical culture teacher has many more aspects that are planned to consider in this study.

Formation of students' knowledge about hygienic norms and the ability to analyze the conformity of the condition of educational buildings and premises of the educational institution, the availability and equipment of a medical office, a first-aid kit.

The health-preserving competence of a physical culture teacher presupposes his readiness to comply with the conditions of life safety and occupational health, hygiene and preservation of his own health and the health of others [7, 8]. The system of hygienic education of school-aged students includes the following elements: familiarization with the basic hygienic requirements and the formation of skills in accordance with the school curriculum, and awareness of the need and importance of observing sanitary and hygienic norms at school and at home in order to preserve one's own health. Therefore, one of the components of the professional training of a physical culture teacher is the formation of professional sanitary and hygienic competence. Professional sanitary-hygienic competence is an integrated characteristic of the professional and personal qualities of a physical culture teacher, reflecting the level of knowledge about sanitary-hygienic culture, knowledge, skills and practical skills that make it possible to successfully perform their activity [9].

According to experts [10], the process of preparation for sanitary and hygienic education should be planned with the implementation of ideas of a healthy lifestyle, increasing relevance of sanitary and hygienic education. Mastering sanitary and hygienic culture will therefore allow to carry out pedagogical activities among school youth.

Formulation of the problem in general.

Changes in the format of schoolchildren's education (distance and mixed learning), quarantine requirements present physical culture teachers with new tasks – to

form in students the skills of sanitary and hygienic culture for studying and living in modern conditions.

According to the results of the research, it was found that the full implementation of the content of the physical culture curriculum does not have a significant impact on the formation of a conscious position regarding health-preserving technologies, and does not affect their active life position. The modern curriculum does not provide for positive changes in the motivational and value attitude towards activities in the field of health care technologies [11]. According to experts, teachers do not have a sufficient level of knowledge and skills to preserve their health and those around them [12].

For the formation of knowledge about health-preserving technologies and, in particular, sanitary-hygienic culture of future teachers, specialists have selected medical-hygienic teaching technologies. For this, the joint activities of teachers and medical workers are necessary, namely the implementation of sanitary and hygienic education events for students and teaching staff, the organization of preventive measures during periods of the spread of respiratory and epidemic diseases, control and assistance in the organization of proper sanitary and hygienic conditions for students.

In the works of specialists [1, 9], the components of the formation of the sanitary and hygienic culture of future physical culture teachers are described. Regarding the formation of the sanitary and hygienic culture of future teachers of physical culture, new approaches to preserving the health of students were developed, as a result of which students began to take more responsibility for their health [9]. Other specialists have developed a program for the formation of health-saving competence for future teachers of junior high school, in which, among others, the ability of future teachers to perform creative tasks on the topics studied was highly evaluated [10]. Interesting are the results of research [11] on the formation of students by the time they complete their studies at a higher educational institution of their own potential for solving problems related to risk (in various aspects), localization, minimization and elimination of risk. The components of sanitary and hygienic culture should also include knowledge and skills in taking medicines, awareness of the risks of their uncontrolled intake and consequences [12]. In the studied sources of scientific literature, the aspects of sanitary and hygienic culture regarding the conduct of lessons are presented – preparation and analysis of the hall and equipment, but the problem of integral formation of sanitary and hygienic culture of future physical culture teachers remains unresolved.

The **purpose of the study** are pedagogical conditions for the formation of a sanitary and hygienic culture among future physical culture teachers. Objectives of the study:

1. Investigate the aspects of the sanitary and hygienic culture of the physical culture teacher in the modern conditions of the functioning of society;

2. Develop and implement pedagogical conditions for the formation of sanitary and hygienic culture for future physical culture teachers (updated lecture material for the disciplines "Age physiology and school hygiene", "Healthy lifestyle and prevention of HIV/AIDS", "Basics of medical knowledge");

3. Check the effectiveness of the implementation of pedagogical conditions for the formation of a sanitary and hygienic culture of future physical culture teachers.

**Object and research methods.** The object of research is the educational process of future teachers of physical culture.

Students of the faculty of Physical Education of Pavlo Tychyna Uman State Pedagogical University (n=35), Bogomolets Educational and Scientific Institute of Physical Culture and Sports of NMU (n=32), Mykhailo Kotsiubynsky Vinnitsa State Pedagogical University (n=28) took part in the study.

Students were selected for the experiment with their written consent. Compliance with ethical principles. The students gave their written consent to the publication of the research results under conditions of anonymity.

**Data Processing.** The students' answers were processed and some results were graphically displayed in MS Excel spreadsheets. The obtained data were calculated in MS Excel, the arithmetic mean value of indicators in groups, percentage ratio of indicators in groups, Student's t test were determined.

**Research results and their discussion.** As a result of the analysis of data in the scientific literature, the levels of sanitary and hygienic culture for future teachers of physical culture were formed. The levels of formation of sanitary and hygienic culture of future physical culture teachers are as follows:

Level 1 – formation of concepts about the personal sanitary and hygienic culture of the physical culture teacher. At this stage, it is advisable to apply such pedagogical conditions as lecture classes on the topics: "Personality of a physical culture teacher, aspects of appearance, behavior, self-monitoring of health", seminar classes, videos, conversations about the need for a physical culture teacher to have no harmful habits

Level 2 – teaching the basics of sanitary and hygienic norms for physical culture lessons, holidays and mass sports events. This stage involves listening to lectures, performing creative tasks regarding the requirements for the sanitary and hygienic condition of the equipment,

sports hall, stadium, observing sanitary standards during physical culture lessons.

Level 3 – study of teaching schoolchildren of different ages the basics of sanitary and hygienic culture during physical culture classes and in everyday life in different formats of education (face-to-face, remote, mixed). At this stage, pedagogical conditions should consist not only in listening to lectures, but also in performing creative tasks, designing multimedia presentations, creating videos for future students, etc.

Modern conditions of education, conducting lessons in the format of distance learning provide for the study of sanitary and hygienic standards for conducting lessons in such a format by future teachers of physical culture, as well as updated requirements for other aspects of sanitary and hygienic culture. In light of this, the following elements must be considered when developing the hygienic and sanitary culture of future physical education teachers (**figure 1**).

Topics related to the formation of a sanitary and hygienic culture of future physical culture teachers, which are included in the educational process of the subjects "Age physiology and school hygiene", "Healthy lifestyle and prevention of HIV/AIDS", "Basics of medical knowledge", are recommended to be studied using such means as lectures (in different formats – video lectures, oral lectures with presentations, videos, using active teaching methods – discussions, method cases, creation of presentations by students on the subject of teaching students sanitary and hygienic culture).

In order to form a sanitary and hygienic culture of future physical culture teachers, formation pedagogical conditions have been developed and implemented, namely:

1. Formation of students' motivational and value attitude towards personal sanitary and hygienic culture and understanding of the necessity of student training. This condition was implemented by updating the content of lectures on the subjects "Age physiology and school hygiene", "Healthy lifestyle and prevention of HIV/AIDS", "Basics of medical knowledge.

Updating the content of the lecture material on the subject "Healthy Lifestyle and HIV/AIDS Prevention" consisted in introducing the following topics:

- "Sanitary and hygienic requirements for the personality of a physical culture teacher";
- "The importance of the sanitary and hygienic culture of the physical culture teacher in periods of exacerbation of the spread of viral and respiratory infections";
- "Basics of sanitary and hygienic culture during periods of exacerbation of viral and respiratory diseases for teachers and students";
- "Peculiarities of sanitary and hygienic hygiene during physical culture classes in the distance learning format" (in particular, studying the norms of the time of conducting classes in a remote format on a computer for children of different ages, hygiene of computer education", compliance with sanitary and hygienic culture by schoolchildren during distance learning periods);
- "Sanitary and hygienic culture of schoolchildren in everyday life" (observance of the norms of work and studying on the computer, personal hygiene and hygiene of premises).

The sanitary and hygienic features of conducting physical culture classes in from the subject "Healthy

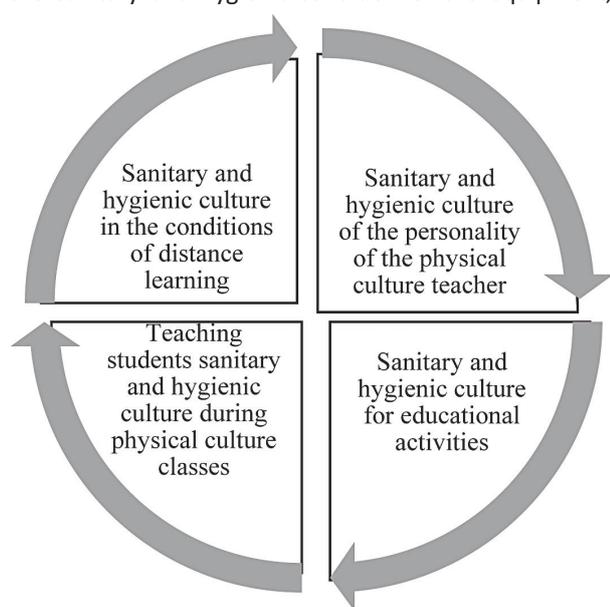


Figure – 1 Aspects of sanitary and hygienic culture of future physical culture teachers.

lifestyle and HIV prevention, AIDS”, “Basics of medical knowledge” are elaborated with the following theoretical material:

- peculiarities of the hygiene of the sports hall and equipment during periods of growth of viral and respiratory diseases

- peculiarities of teaching sanitary and hygienic norms (use of equipment, preparation for the lesson and hygiene after the lesson) in physical culture lessons for children of different ages;

- peculiarities of sanitary and hygienic hygiene after physical culture lessons and in everyday life;

2. Interrelationship of all directions of professional training of future specialists (theoretical, methodical, practical), regarding the formation of a sanitary and hygienic culture – study of lecture material, practice in classes on the study of sports, seminar and other classes for control. Students also performed the tasks of preparing presentations on the topic of sanitary and hygienic culture of the personality of a physical culture teacher, conducting physical culture classes in compliance with sanitary and hygienic norms, and teaching students about sanitary and hygienic culture. Mutual assessment of students (projects, answers, discussions, additions) was conducted during practical and seminar classes. Joint discussions with the medical staff of higher educational institutions were held regarding the observance of sanitary and hygienic culture during periods of increased cases of respiratory and viral diseases.

3. Educational and methodological support for the formation of sanitary and hygienic culture of future physical culture teachers – multimedia presentations, online materials for self-study and improvement of knowledge, online forums, chats, with the help of which the issue of observing sanitary and hygienic culture was studied and discussed;

4. Interactive modeling and design technologies – creating mental maps (using Mind Map), searching for information on the Internet on the topic of sanitary and hygienic culture (requirements for conducting classes, regulations, responsibilities of a physical culture teacher, job description of a physical culture teacher education in various educational institutions, etc.), watching videos about the profession, creating video lessons for students of various ages regarding compliance with sanitary and hygienic standards in everyday life and during physical culture classes, peculiarities of using equipment for physical culture and sports, etc.

These pedagogical conditions were implemented during the two semesters of the 2021-2022 academic year during the study of the subject “Healthy Lifestyle and HIV/AIDS Prevention”.

After that, separate from the semester control, writing of tests by students was carried out in order to determine the formation of sanitary and hygienic culture of future physical culture teachers and hygienic culture in them and the opportunity to teach students of different ages the basics of sanitary and hygienic culture.

The tests were conducted in written form, the level of formation of sanitary and hygienic culture was assessed by the number of correct answers to the questions.

The testing includes questions from the blocks “Personal sanitary and hygienic culture of a physical culture teacher”, “Sanitary and hygienic culture for students of

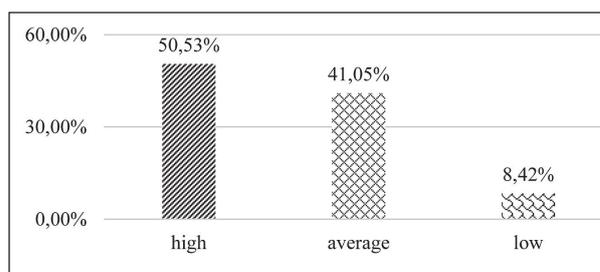


Figure 2 – Levels of formation of sanitary and hygienic culture among future teachers of physical culture.

different ages”, “Sanitary and hygienic culture of physical culture classes in the format of distance learning”.

According to the results of the conducted testing, the following results were obtained (figure 2).

Students in the majority (50.53%, 48 out of 95 students) had a high level of formation of sanitary and hygienic culture of future physical culture teachers, and to study the influence of the level of formation of sanitary and hygienic culture, a study of the presence of a relationship with academic success was conducted. A strong correlation was found between indicators of the formation of sanitary and hygienic culture and indicators of general academic success among students ( $r = 0.68$ ). This shows that the sanitary and hygienic culture of a physical culture teacher reflects his professional readiness to work as a physical culture teacher, and is one of the criteria of professionalism.

**Conclusions.** As a result of the conducted research, the block of lecture material on the disciplines “Age physiology and school hygiene”, “Healthy lifestyle and prevention of HIV/AIDS”, “Basics of medical knowledge” was significantly updated and supplemented, as well as on the disciplines that involve practical classes in various sports or physical exercises, taking into account the increased requirements for sanitary and hygienic culture in society as a whole and implementation of classes in the format of distance and mixed learning.

Pedagogical conditions for the formation of sanitary and hygienic culture of future physical culture teachers have been developed and implemented. Their effectiveness was evaluated with the help of control classes with answers to the questions asked, as well as a survey of students regarding the effectiveness of pedagogical conditions for the formation of their sanitary and hygienic culture.

The students as a whole received high marks when writing the test, which allows them to evaluate their knowledge about sanitary and hygienic culture and shows the effectiveness of the implementation of pedagogical conditions for the formation of sanitary and hygienic culture for them.

The obtained results are recommended to be used in the training of future physical culture teachers, during the training of physical culture teachers, to be modified and used in training and during the training of teachers in other subjects, which are designed to contribute to the formation of health-preserving competence of students.

**Prospects for further research.** In further research, physical culture teachers plan to develop a survey of students of different ages regarding sanitary and hygienic culture during physical culture lessons.

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#### ПЕДАГОГІЧНІ УМОВИ ФОРМУВАННЯ САНІТАРНО-ГІГІЄНИЧНОЇ КУЛЬТУРИ МАЙБУТНІХ УЧИТЕЛІВ ФІЗИЧНОЇ КУЛЬТУРИ

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**Резюме.** Сучасні умови функціонування суспільства ставлять нові вимоги перед системою освіти для забезпечення можливості успішної діяльності. Зростання вимог до санітарно-гігієнічних норм у суспільстві вимагає підвищення рівня підготовленості фахівців у сфері освіти з цього питання. Предмет роботи – процес навчання майбутніх учителів фізичної культури. Мета даного дослідження – розробити та впровадити педагогічні умови, які сприятимуть формуванню санітарно-гігієнічної культури у майбутніх учителів фізичної культури. Для вирішення поставленої мети застосовано методи: теоретичний аналіз наукової літератури, моделювання; педагогічне спостереження, експертне оцінювання, анкетування, статистичні методи. В результаті проведеного теоретичного аналізу та моделювання спроектовано педагогічні умови, які сприяють формуванню санітарно-гігієнічної культури у майбутніх учителів фізичної культури, які було застосовано протягом вивчення предметів «Вікова фізіологія та шкільна гігієна», «Здоровий спосіб життя та профілактика ВІЛ/СНІДУ», «Основи медичних знань».

У статті обґрунтовано педагогічні умови, а саме: формування мотиваційно-ціннісного ставлення студентів до особистої санітарно-гігієнічної культури та розуміння необхідності навчання учнів; взаємозв'язок усіх напрямів професійної підготовки майбутніх спеціалістів; навчально-методичне забезпечення формування санітарно-гігієнічної культури майбутніх учителів фізичної культури; інтерактивні технології моделювання, дизайну. Застосування цих педагогічних умов сприяло формуванню високого рівня санітарно гігієнічної культури у більшій половині студентів, які взяли участь у педагогічному експерименті (50,53%). Між показниками формування санітарно-гігієнічної культури та академічною успішністю досліджено наявність високого рівня кореляційного взаємозв'язку, що свідчить про вплив сформованості санітарно-гігієнічної культури на професійний рівень майбутнього учителя фізичної культури. Отримані результати можна застосовувати у процесі підвищення кваліфікації працюючих учителів фізичної культури та у підготовці майбутніх учителів з інших предметів.

**Ключові слова:** освіта, фізична культура, студенти, гігієна, студенти, викладачі.

#### PEDAGOGICAL CONDITIONS FOR THE FORMATION OF SANITARY AND HYGIENIC CULTURE OF FUTURE PHYSICAL CULTURE TEACHERS

Boiko Ju. S., Sokolenko L. S., Tanasiichuk Ju. M.

**Abstract.** Modern conditions of society's functioning place new demands on the education system to ensure the possibility of successful activity. Growing requirements for sanitary and hygienic standards in society requires an increase in the level of training of specialists in the field of education on this issue.

The subject of this study is the process of training future teachers of physical culture. The purpose of this study is to develop and implement pedagogical conditions that will contribute to the formation of sanitary and hygienic culture among future physical culture teachers. To solve the set goal, the following methods were used: theoretical analysis of scientific literature, modeling; pedagogical observation, expert assessment, questionnaires, statistical methods. As a result of the conducted theoretical analysis and modeling, pedagogical conditions were designed

that contribute to the formation of a sanitary and hygienic culture in future physical culture teachers, which were applied during the study of the subjects «Age physiology and school hygiene», «Healthy lifestyle and prevention of HIV/AIDS», « Basics of medical knowledge».

The article substantiates the pedagogical conditions, namely: the formation of students' motivational and valuable attitude to personal sanitary and hygienic culture and understanding of the need for students' education; interconnection of all areas of professional training of future specialists; educational and methodological support for the formation of a sanitary and hygienic culture of future physical culture teachers; interactive modeling and design technologies. The application of these pedagogical conditions contributed to the formation of a high level of sanitary and hygienic culture in the majority of students who took part in the pedagogical experiment (50.53%). The existence of a high level of correlation between indicators of the formation of a sanitary and hygienic culture and academic success was investigated, which indicates the influence of the formation of a sanitary and hygienic culture on the professional level of a future physical culture teacher. The obtained results can be used in the process of improving the qualifications of working physical culture teachers and in the training of future teachers in other subjects.

**Key words:** education, physical culture, students, hygiene, students, teachers.

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Conflict of interest:

The Authors declare no conflict of interest.

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**Kaminska M. V.**

### PECULIARITIES OF THE FORMATION OF THE BASIC PRINCIPLES ON MEDICAL ETHICS AND DEONTOLOGY OVER THE EDUCATIONAL PROCESS IN A HIGHER MEDICAL INSTITUTION

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*Today, the problems of forming medical ethics and the deontological culture of future doctors in the educational process of a higher medical, educational institution are not sufficiently disclosed. The professional training system of future doctors is characterized by the lack of a comprehensive approach to solving the problem of forming ethical and deontological principles in future doctors. The theoretical and methodological foundations of the formation of medical ethics and deontology in the professional training system of intern doctors are insufficiently developed. Applying the principles of medical ethics and deontology in the realities of modern times remains relevant both for the formation of the personality of the future doctor and for the education of the interns' desire to correspond to the level of a highly qualified specialist.*

*The article reveals the priority areas of educational work with intern doctors during practical classes at the department of dentistry of postgraduate education of IFNMU.*

*Attention is focused on creating optimal conditions for a systematic, comprehensive approach to implementing the educational process to form a comprehensively developed personality through various forms of professional activity. The need for practical integration of educational work into the educational process has been established, ensuring the formation of a highly qualified specialist.*

**Key words:** educational process, medical ethics, deontology.