

the role of university teachers in health saving students in the process of using innovative technologies

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## **The Role Of University Teachers In Health Saving Students In The Process Of Using Innovative Technologies**

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**ABSTRACT.** This article examines the role of university teachers in the health preservation of students in the process of using innovative technologies. Modern university education involves extensive communication of students with the Internet, television and radio broadcasting, the use of innovative technologies in lectures and seminars, laboratory and practical classes, which may be accompanied by a negative impact of these factors on health, dictating the need to use health-saving technologies.

**KEYWORDS:** university, student, teacher, health preservation, innovations, educational process, technologies, health preservation factors, physical culture.

The modern university educational policy provides for the construction of the educational process in universities with the active use of innovative technologies, which, to a certain extent, can affect the state of the physical, emotional and intellectual health of students.

As you know, innovation is the introduction of new forms, methods and skills in the field of training, education and science [1].

It has been established that the introduction of innovative technologies in the educational process of a university can lead to psychological stress, physiological and psychological stress. The latter, in turn, is subdivided into informational and emotional.

Currently, the cause of information stress can be communication with the Internet, television and radio broadcasting, lectures, seminars, laboratory and practical exercises, reading educational literature, books and magazines, talking on the phone and everyday communication with others, accompanied by additional expenditure of energy and effort. The additional loads that arise in a number of cases do not allow the student to overcome them in time, sometimes he does not have enough time to process the received material, and the information, as you know, is updated very quickly. In this regard, the teacher needs to use special techniques that provide the student with the

opportunity to overcome stress by rational organization of the daily routine, awareness of the need to maintain health, a more responsible attitude to learning and the ability to switch from one activity to another in time [2].

Based on the foregoing, at present, the problem of preserving the health of student youth is becoming very relevant, which covers a number of aspects, in particular, the introduction of health-preserving technologies into university education, an increase in the health-preserving preparedness of a teacher, the creation of a health-preserving environment, as well as the organization of teaching that does not have a negative impact on the health status of students.

According to the literature, effective health-preserving factors in the learning process are:

- interesting teaching and the formation of positive motivation for the studied subject;
- creative nature of assignments;
- lack of strict conditions of competition between students in the performance of tasks;
- free choice of task;
- teamwork;
- fiction and fantasy;
- the opportunity to refer to literary sources on problematic issues [3].

To implement the health saving process, a webquest technology can be used, which makes it possible to organize the educational process in a fundamentally new way, which is considered as a new didactic learning model, the application of which will make it possible to successfully use the Internet.

The term "webquest" (quest - an adventure on the Internet) was first proposed in 1995 by professor at the University of San Diego (USA) Bernie Dodge (BerneiDodge), who developed various Internet applications to integrate into the educational process when teaching various educational disciplines at different levels of education. In recent years, researchers have suggested using the "Web Quest" aimed at developing trainees' skills of analytical and creative thinking, in particular, when choosing a problem task with elements of a role-playing game, for which the information resources of the Internet are used [4].

According to the researchers, if the teacher offers students to solve several problematic tasks (in our opinion, related to the problem of health preservation) by giving them links to sources, and another part of the students finds information on their own using ordinary search engines, then the completion of the completed problem task is the selection of the most significant information (in our case, health-preserving nature) with the least energy consumption.

The health-preserving focus of this technology is possible by saturating the relevant content of information using the following types of tasks for web quests:

- retelling - the topic is presented with the help of health-saving information from various sources and the creation of a presentation, poster, story;
- planning and design - provides for the development of a plan or project based on the specified conditions for preserving health:

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- self-knowledge - the study of the development and health of a person;
- compilation-use of health-preserving information when creating a virtual exhibition, time capsule, culture capsule, health capsule;
- health-creative task-creative solution to the issue: creation of a play, poem, song, video on health topics;
- analytical task - search and systematization of information on health preservation;
- detective - puzzle, mysterious story-analysis of conflicting factors that positively and negatively affect health;
- reaching consensus - making a mutually convenient solution to an acute health problem;
- evaluation - the development of a point of view or position;
- journalistic investigation - an objective presentation of information about the facts related to the violation or loss of health;
- persuasion - with the help of compelling arguments, persuading opponents or neutral persons to their side;
- scientific research - the study of various phenomena, discoveries, facts based on unique online sources on health issues [5].

The student is given the opportunity to choose a task in accordance with his interest, strengths and abilities, which will allow him to preserve and maintain his health, and the teacher - to successfully fulfill his health-preserving mission.

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