

Achievements of the Altai State Medical University in the All-Russian Competition “University of a Healthy Lifestyle”

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Abstract: The article discusses the theoretical and practical issues of the formation of a healthy lifestyle (HLS) among the student youth, drawing on the example of Altai State Medical University (ASMU). It is shown that in the historical aspect, the scientific problem of a healthy lifestyle was posed recently (a little more than half a century ago) in the West, although the problems of human health have always been of great importance, both for individuals and for society, since the inception of man. Since the second half of the twentieth century, this scientific and practical problem has become urgent abroad and investigated in connection with the exacerbation of global environmental problems, as well as a general decrease in the potential of human health in rapidly changing natural and social conditions. In our country, the problem of people’s health was important in the system of public health and the development of mass sport and physical culture among the population, but a different conceptual and categorical apparatus was used. Only at the end of the 20th century, the term “healthy lifestyle” had begun to be widely used in Russia. In the country’s universities, especially in medical and pharmaceutical universities, the problem of healthy lifestyle has been specially developed in the scientific, theoretical and applied aspects (organizational, medical, humanitarian-pedagogical, physical-sports, health-improving). The article presents the results of physical culture, teaching, cultural, and recreational and sports-mass work in the Altai State Medical University in the field of activity related to the constant participation in the annual All-Russian competitions of educational institutions of higher education of the Ministry of Health of the Russian Federation for the title “University of Healthy Lifestyle.” In recent years, in accordance with the comprehensive program adopted by the university on organizing healthy lifestyle at the university, various types of activities for the formation of a healthy lifestyle for students of ASMU are shown.

1. Introduction

A healthy lifestyle (HLS) of a person is the basis that shapes his health, starting from early childhood, during his development, adulthood and creates the potential for human health for the rest of their life. A number of specialists (P. G. Wegner, K. E. Polotnyanko and others) note that according to historical studies of the emergence of a healthy lifestyle problem, this problem has become the subject of special scientific and applied research recently, it began to develop in the second half of the twentieth century. Although, the emergence of the concept of “healthy lifestyle” has very long historical roots. Studies of the history of the issue showed that this concept in science was formed a little more than half a century ago, which is associated with the beginning of its scientific substantiation and special study [3; 8]. “Medical care for the population, at whatever level it may be, has a negligible effect on the state of health, which mainly depends on a person’s lifestyle. Therefore, a healthy lifestyle is recognized as a more significant factor for maintaining health” [8]. In our country, this term began to be widely used only from the end of the twentieth century. Prior to this, other similar terms associated with programs for the development of human health and

the diverse development of personality were widespread. These are terms such as: “human health,” “public health,” “national health,” “public health,” “comprehensive development of the individual.”

2. Materials and Methods

This article summarizes the experience of the Altai State Medical University in organizing a healthy lifestyle at the university, based on the materials of educational, cultural, mass sports and athletic work of the university teaching staff with students. In the article, in the conceptual and applied aspects, the following methods were used: historical and logical analysis of the problem under consideration, comparison, psychological and pedagogical analysis of organizational work with youth, methods of scientific and theoretical generalization and integration of the materials obtained.

3. Results and its Discussion

First, we turn to the general theoretical significance of the problem of a healthy lifestyle with respect to students, the degree of its conceptual development in this aspect [2; 5; 7; 11], and then, we turn to practical results on the formation of a healthy lifestyle in the Altai State Medical University [1; 4; 6; 9; 12].

Youth health is not only the personal most important quality of many young people but also the potential of society now and in the future. In this regard, students are in a special position. Student youth are future top-level specialists in all social structures and relations in the country. Therefore, both present and future social, demographic, higher professional, and intellectual potentials of the country are largely dependent on the health of contemporary students. Young student age is that period of a person's development when he consciously moves from predominantly external management of his activity to self-government, including self-management by his own way of life, his own health, in particular. It is important that young people have the correct guidelines for their existence. Namely, right life goals have been developed; there are both awareness and ability to set private achievable tasks as part of the common goal and solve them successively. A healthy lifestyle is especially important for medical students. The skills and abilities they acquired in this regard are necessary not only for them personally. They are extremely important for them in future medical practice for transferring the personal experience of healing, self-development, and self-perfection to patients, for whom the doctor is not only a medical specialist but also an example to follow.

A healthy lifestyle (HLS), in the broad sense, represents such attitudes of the existence of individuals and their communities that generally correspond to the noospheric strategies of civilization, which are associated with constant bodily and psycho-spiritual improvement of a person, communities of people that exist in balance with the world around. On the contrary, an unhealthy, pathogenic way of life represents such an existence, a way of life of people that destroys the physical, mental and spiritual-moral health of a person, destroys the healthy social and natural environment of its existence, upsets the balance of relations between the individual and society, man and nature. In the society of the 21st century, an increasing number of people on the planet are seriously considering the issues of lifestyle, the meaning of life, and the prospects for human existence in personal and social terms.

A healthy lifestyle of an individual is characterized by a focus on the attitudes and activities of the subject. It is expressed in the fact that a well-educated and educated person consciously, selectively accepts and develops the values necessary for the development of his/her personality. The content of a healthy lifestyle reflects the result of the spread of an individual or group style of behavior, communication, organization of life, fixed in the form of samples to the level of traditional [2; 6; 7].

The following components are the main components of healthy lifestyle: a conscious regime of work and rest, nutrition, sleep, compliance with hygiene requirements, the organization of individual purposeful physical activity, abandonment of bad habits, a culture of interpersonal communication, a learning of family relations and reproductive behavior, meaningful leisure as a developing influence on the personality. Many factors provide health; among them, a special place belongs to regular physical exercises, sports, and also healing forms of personality behavior. As noted, the conscious abandonment of bad habits occupies an important place in the life of a young man. The latter includes physical inactivity as a way of life, various pathogenic mania (smoking, alcoholism, drug addiction, gambling, gourmet, anorexia, dependence on computers, gadgets, disproportionate consumerism as a way of life, etc.).

Accordingly, in the formation of healthy lifestyles among students, positive goals and forms of activity should be predominant, aimed at a comprehensive improvement of the body (bodily and psycho-spiritual aspects of human existence). The content of medical education, educational disciplines of special professional and humanitarian cycles plays an important role in the formation of the intellectual and ethically oriented spiritual development of students of a medical university. Physical culture as a discipline and physical education and sports work of physical education teachers in organizing various extracurricular activities with students, constant work with young people in various sports sections, well-organized sports and mass work at the university are of paramount importance in the formation of bodily development and perfection.

In connection, a healthy lifestyle can be defined as a rationally organized active, working lifestyle, with active, healthy rest, based on the principles of morality, protecting from adverse environmental influences, allowing maintaining moral, mental, and physical health until old age. One of the essential factors and elements of a healthy lifestyle is the systematic use of physical activity corresponding to gender, age, and state of health. They are a combination of a variety of motor actions performed in everyday life, in the form of organized or independent physical exercises and sports. All this is denoted by the term "motor activity." The basis of the optimal motor regime is systematic exercises that effectively solve the problems of developing physical abilities and motor skills, as well as strengthening health and strengthening the prevention of adverse changes with age [6]. In other words, an important component of a healthy lifestyle is sports and recreational practices used at the university in working with students throughout their entire period of study at the university. In the first courses of study, experienced teachers, using an individual group approach, help the student choose the most optimal forms of physical fitness that correspond to the level of fitness and health of the student. Further, on the basis of the acquired knowledge, skills, and abilities, students themselves consciously choose the most suitable types of physical-health-improving practices and forms of strengthening their health, including taking into account the future professional activities of the doctor.

In recent years, this problem has been updated in connection with the annual All-Russian competition "University of Healthy Lifestyle" and the restoration of RLD standards [1; 9; 10; 12]. The initiative of the Federal Agency for Education with the support of the All-Russian Political Party "Yedinaya Rossiya" to hold (in connection with World Health Day April 7, 2009) the annual All-Russian competition among universities on the healthy lifestyle was a significant incentive in the development of healthy student lifestyles. As a result, starting in 2009, All-Russian competitions among Russian universities under the name "University of Healthy Lifestyle" are held where Russian universities (medical, pedagogical, polytechnic, humanitarian, etc.) participate. In 2018-2019, the X All-Russian competition was held [10].

In the Regulation and other materials of the All-Russian competition, the main ideas and the procedure for its implementation are spelled out. In this competition, special attention is paid to medical and pharmaceutical universities in Russia. It is indicated that the open public All-Russian competition of educational organizations of higher education of the Ministry of Health of the Russian Federation for the title "University of Healthy Lifestyle" is held in order to contribute to improving the health of participants in the educational process. Improving the health-preserving and health-forming activities of higher education institutions is of paramount importance. The holding of this competition contributes to the following: the formation among students and faculty of values of a healthy lifestyle; stimulates the creation and implementation of innovative programs and projects in educational institutions of higher education aimed at promoting a healthy lifestyle, improves the quality of physical education, develops the scale of physical education and health and sports work in universities, entails the rejection of bad habits among students and faculty [10].

The Altai State Medical University has been participating in this All-Russian review competition since the 2009-2010 academic year. At the same time, the specifics of medical education must be taken into account. It lies in the fact that in his future profession, the doctor should be responsible for the health of the population, individuals at the site of the district activity, or according to the profile of the disease [1]. Over the past three years, starting from the 2016-2017 school year, the following results have been achieved. So, in 2016, the AGMU received the honorary title of the University "Healthy Lifestyle." At that time, in the ASMU sports club, 24 sports sections were working, in which 450 students were engaged. Weekly, the

Department of Physical Culture and Healthy Lifestyle held classes with 4000 future doctors in all courses. At the regional stage of the Sports Festival among students of medical and pharmaceutical universities, the sports teams of ASMU ultimately scored the maximum number of points for the entire history of the Festival, namely 99 points for 9 types of programs. And they reached the finals of the competition. The ASMU won the All-Russian competition "University of Healthy Lifestyle" in the nomination for the creation of health-saving conditions in the field of physical education and sports. In April 2017, at the third final stage of the VI final competition at the Festival of Sports among medical and pharmaceutical universities "Physical Culture and Sports – the second profession of a doctor," which was held in Kazan, the national sports team of the ASMU won again among 35 universities. The team of our university won the prize both in the individual championship and in all nominations, namely, "For the mass participation," "For sports excellence," "Team competition" [1; 3].

Unfortunately, in the 2018-2019 academic year, our university did not take a prize in the All-Russian competition "University of Healthy Lifestyle" in all three categories. This year, the Volgograd State Medical University won a well-deserved victory, gaining 700 points in the team championship. Such achievements direct the leadership of the University, faculty, and the Department of Physical Education and a healthy lifestyle to more serious work in the direction of improving the overall indicators for the organization of a healthy lifestyle at the ASMU.

However, it should be noted that according to a number of indicators in this All-Russian competition, our university also had decent results [12]. For example, positive results include the undoubted achievements of the national team of the ASMU in a number of sports. The results of the performance of the teams of the ASMU in the competitions of the II stage of the 2018 All-Russian Festival of students of medical and pharmaceutical universities "Physical Culture and Sports – the Second Medical Profession" (by type of sport) were as follows. Table Tennis – 1st place; women's volleyball – 1st place; weight-lifting – 1st place; darts – 1st place; badminton – 2nd place; men's volleyball – 2nd place; chess – 2nd place; RLD summer all-around – 3rd place; women's basketball – 3rd place; men's basketball – 3rd place (total: 21 points). The results of the performance of the university teams in the competitions of the III stage of the All-Russian Festival of Medical and Pharmaceutical University Students were distributed as follows. Izhevsk: women's volleyball – 1st place; weight-lifting – 1st place; men's volleyball – 3rd place; darts – 2nd place; table tennis – 5th place; badminton – 6th place; chess – 8th place (65 points are total).

The development of physical culture and sports among the faculty should also be noted at the State Medical University. As an example, we can point to a friendly football match, on World Health Day (April 7), between the teams of the Ministry of Health of the Altai Territory and Altai State Medical University, held this spring. In this regard, the rector of the ASMU I. P. Saldan noted that holding football matches with colleagues from practical health care could become a good tradition for the ASMU. The main thing in such tournaments is not so much a victory as an opportunity to show the residents of the region with their example of how important it is to engage in physical education and lead a healthy lifestyle.

4. Conclusion

Summarizing the theoretical analysis and review of the practical results of the problem of organizing a healthy lifestyle for young people and the achievements of the team of the Altai State Medical University in working with medical students, we can say the following. In conceptual terms, there is no doubt the strategy of creating a healthy lifestyle among the population of our country, especially among students. In this regard, the development of the scientific foundations of a healthy human lifestyle by representatives of physical culture and sports, medicine, pedagogy and psychology, and specialists in the humanities is important. At the same time, systematic, targeted actions to create a healthy lifestyle for young people not only in the family, public organizations but also in the country's universities are absolutely necessary. In this regard, medical schools occupy a special position, since future doctors are obliged not only to monitor their health and well-organized lifestyle, taking into account the special high potential of their own professional knowledge, but also be vivid examples for their patients. The multifaceted effective practical work organized by the State Medical University in this direction [9] indicates the seriousness and long-term nature of the implemented program for the formation of a healthy lifestyle in a university.

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