

## **FORMATION OF VALEOLOGICAL COMPETENCE IN STUDENTS OF NON-MEDICAL SPECIALTIES ON THE BASIS OF THE ACADEMIC DISCIPLINE "HEALTH PEDAGOGY"**

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Valeological competence in students of non-medical specialties is traditionally formed during the study of disciplines "Valeology", "Fundamentals of Life Safety", "Health Philosophy", "Health Psychology", "Fundamentals of Medical Knowledge". "Health Pedagogy" is a new academic discipline that is also designed to create safe behaviors, knowledge and skills for students to lead healthy lifestyles, build a health-friendly educational environment [1; 2]. The accents of "Health Pedagogy" educational program are put on understanding of etiology, epidemiology, pathogenesis, clinical, treatment and prevention of socially significant diseases (cardiovascular, pulmonary, oncological, infectious, others). The discipline program covers topics of sex education and family planning, including issues of anatomy and physiology of the human genital system, safe and unsafe sex, normal and pathological pregnancy, childbirth, contraception, abortion, sexually transmitted diseases. An important part of academic discipline is the prevention of particularly dangerous harmful habits, namely the use of addictive psychoactive substances. The legality of the use of alcohol, tobacco, narcotic and toxic substances, social and medical consequences of use, methods of prevention (from complete ban to moderate use), the possibility of getting rid of addictions, effectiveness of various preventive programs are covered. An important section of the curriculum is emergency care in critical conditions, restoration of vital functions, resuscitation in clinical death.

The choice of diseases to study in the course is due to their prevalence in the world and in Ukraine, the social and medical consequences of epidemics and pandemics, the possibility of preventing them or reducing the severity of clinical manifestations by means of preventive vaccinations and other anti-epidemic measures. Much attention is paid to the "diseases of civilization": obesity, diabetes, hypertension, strokes, heart attacks, depression. Students are encouraged to study their own risk factors for these diseases and to plan for minimizing them. Controlling the acquisition of knowledge by discipline is combined with the study of student behavior patterns, which corresponds to the modern competence approach of pedagogical education. In our opinion, the formation of valeological competence within the above mentioned disciplines should be a compulsory goal in obtaining secondary and higher education, regardless of specialty. This competence will allow to create a health-saving space, both for each student and for the learning process.

### **References:**

1. Health Pedagogy: a lecture book for students of baccalaureate full-time and extramural studies for educational specialty 011 Educational, pedagogical sciences (ukr.) / L.V. Shtefan, A.S. Shevchenko. - Kharkiv: Ukrainian Engineering Pedagogical Academy, 2019. – 52 p.
2. Health pedagogy: A curriculum of educational discipline for ... bachelors (ukr.) / L.V. Shtefan, A.S. Shevchenko. - Kharkiv: UEPA, 2019. - 17 p.