



WELLNESS CULTURE AND ACADEMIC DISCIPLINES FOR THE FORMATION OF WELL BEING - CURRENT TRENDS IN MODERN EDUCATION

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Applied research

- This material brings out theoretical foundations with an emphasis on providing information about the health benefits of developing and applying physical activity throughout life, implementing current trends in the development of Wellness Culture, establishing the state of physical activity in the Bulgarian school, and preparing strategies for its improvement, building a culture of healthcare

Purpose and tasks

The purpose of the material is to establish the influence of the Wellness Culture in the Bulgarian educational system by applying Well-being - a health care culture to increase the motor capacity of students in the physical education and sports training

Tasks

- The subject area of the material is tracking current trends in modern education - development of Wellness Culture and disciplines for the formation of Wellbeing - health care culture
- Well-being - achieving and leading a healthy lifestyle
- The development of motor culture in the discipline of Physical Education and Sport - interceded in the program in the Bulgarian education system

Presentation of guidelines for school health policies

- We will provide an informative overview of current trends in the development of the Wellness culture, disciplines for the formation of Wellbeing, and forming a culture of health care. Presentation of guidelines and resources related to creating a Culture of Wellness.

Concepts of Well-being

- Well-being is a positive outcome that matters to people and many sectors of society, it indicates people's perceptions of how their lives are going. Living conditions are fundamental to well-being.
- Tracking these conditions is important for public policies. However, many indicators that measure living conditions fail to measure what people think and feel about their lives. Including the quality of relationships, emotions, the realization of their potential, and, last but not least, their overall satisfaction with life.
- Well-being always includes global ratings of life satisfaction and feelings ranging from depression to joy.in a School aimed at implementing school health policies.

School wellness and academic learning go hand in hand

- Motor activity combined with proper nutrition is a prerequisite for optimal training and prevention of chronic diseases, based on methods for creating a culture of wellness.
- The impact on health influenced by a wellness culture is expressed in improving academic success by achieving a healthy learning environment.
- In order to establish the development of a wellness culture through modern methods, the selection of an up-to-date toolkit for control and assessment of the dynamics of tracking indicators for motor capacity and motor activity is decisive. It must be objective and allow the presentation of a standard.

Methodology

- Specialist - the profession of a teacher, in accordance with the professional name, is intended to generate a high level of general culture in the new generation. It primarily applies to young professionals - graduates of pedagogical universities, who are of fundamental importance for systematic, comprehensive professional pedagogical education
- Education represents systematic, purposeful actions in which intellectual influence is exerted on the person carrying out training and development of a person, his personal formation - building an image in perspective, as well as forming specific knowledge and building skills

Educational policy

- The educational policy, forming an influence, is especially productive at an early age - in this particular period of dynamic development of the organism and formation of a personal view of the world.
- Through culture, a system of knowledge, values, achievements, attitudes, and priorities is formed in the existing hierarchy of needs, as well as a wide variety of motives for human activity and forms for their implementation, built on the experience of previous generations and their contribution to the development of values judgments, formation of personal socialization, formation of tastes, formation of beliefs, decision making, actions, and social behavior

Medical aspect

- In the medical aspect, culture includes accumulation and transformation of social behavior, adapted medical knowledge formed on the basis of the historical experience of development, construction of ethnic culture, and achievements in medical science and practice, which are aimed at preventing and eliminating various forms of diseases, injuries, abnormalities, as well as unwanted effects

Introducing disciplines for the formation of a culture of healthcare is an important task of state educational institutions

- Building a highly ecological culture of the population forms adequate decisions and actions directly affecting the environment
- Building and forming a health culture has a significant impact on the direction of the educational process through educational disciplines such as:
 1. Physical education - with the main purpose - of promotion and formation of motor training of students
 2. Ecological education - represents: establishing and building an ecological culture among adolescents
 3. Spiritual, moral, and cultural education
 4. Valeological education - health care, hygiene, biological education, and training - foundations of valeological culture

Relationship - Mental Health - Wellness

Positive mental health enables:

- Realization of the full potential
- Coping with stress
- Productivity, expressed in realization with a significant social contribution

Ways to maintain positive mental health include:

- Professional help /if needed/
- Communicability
- Positivity
- Motor activity
- Empathy
- Getting enough sleep
- Building coping skills in stressful /critical/ situations

Valeological training

- Valeological training will allow confident confrontation of different values.
- The intensive implementation in the mass consciousness and especially the distribution among young people.
- Encouraging the development of true human values, morality, spirituality, beauty and harmony, citizenship and patriotism, persistence, discipline, and responsibility - *learning activities* of extreme importance in the formation of the adolescent individual.

Health culture is a multifaceted concept

- Along with physical education and the formation of movement culture, through which, in the first place, the Wellness Culture is connected, finding expression in health promotion.
- Wellness Culture - knowledge, intellectual and practical skills, creating relationships in the process of education, and developing the personality to achieve a healthy lifestyle.
- Wellness and Culture Together carries a wide range of knowledge related to the specific Wellness field.
- One can talk about personal culture in a personal plan and approach, as well as a collective approach of a group of organizations with a targeted subject area for developing or achieving a Wellness culture.

Wellness culture is an idea relating to the globality of values

Of great importance in the formation of a healthy culture are:

- Psychological
- Hygienic
- Medical culture

The training must be carried out in the breadth of the teachers' horizons at all *educational levels*. Simultaneously deploy in:

- Natural Science
- Formation of an interested and active position in the world
- Prioritizing the values in life for the young person
- Formation of moral values

Basic concepts

- Health culture – its formation at all educational levels
- Pedagogical university
- Civil culture - forming and building an active, personal position
- Common culture-building at all educational levels
- Physical education - expressed in health care of students
- The health culture of students, including nutrition culture as well as socio-behavioral culture
- General medical culture of the future teacher and its formation
- Spiritual culture, a culture of health, models of civil education, and behavioral models - formation
- Wellness culture - raising the general level



THANK YOU FOR YOUR ATTENTION