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«БЕЛОРУССКИЙ ГОСУДАРСТВЕННЫЙ ПЕДАГОГИЧЕСКИЙ
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ГРИНКЕВИЧ ГЛЕБ АНДРЕЕВИЧ

ПЕДАГОГИЧЕСКИЕ ОСНОВАНИЯ УПРАВЛЕНИЯ ПРОЦЕССОМ
ФОРМИРОВАНИЯ КУЛЬТУРЫ ЗДОРОВОГО ОБРАЗА ЖИЗНИ
СТУДЕНТОВ (НА ПРИМЕРЕ ФАКУЛЬТЕТА ФИЗИЧЕСКОГО
ВОСПИТАНИЯ БГПУ)

Диссертация на соискание академической степени
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Заведующий кафедрой

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Abstract

Master's thesis: 77 p., 2 tab., 1 fig., 46 sources, 6 adj.

HEALTHY LIFE-STYLE, THE CULTURE OF HEALTHY LIVING, FORMATION, STUDENTS.

The object of the research - healthy life-style of students.

The subject of the research is the culture of a healthy living among the students of the Physical Education Faculty.

Purpose of the research - to substantiate the necessity of a healthy life-style in a theoretic way and develop a program which will promote a culture of healthy living among the students of the Physical Education Faculty.

Research methods:

- psychological, pedagogical and methodological literature analysis in order to theoretically justify the problem of the present study;
- educational and ideological workplan analysis;
- realization of different sections' types (the diagnostic one and the final one);
- carrying out the survey of students of the Physical Education Faculty;
- pilot implementation of educational activities at the Physical Education Faculty;
- quantitative and qualitative result-analysis of the present pedagogical experiment.

Research and Development: The study was conducted at the Faculty of Physical Education; "Healthy Life-style" program was developed and implemented at the faculty.

The elements of scientific novelty of the research output:

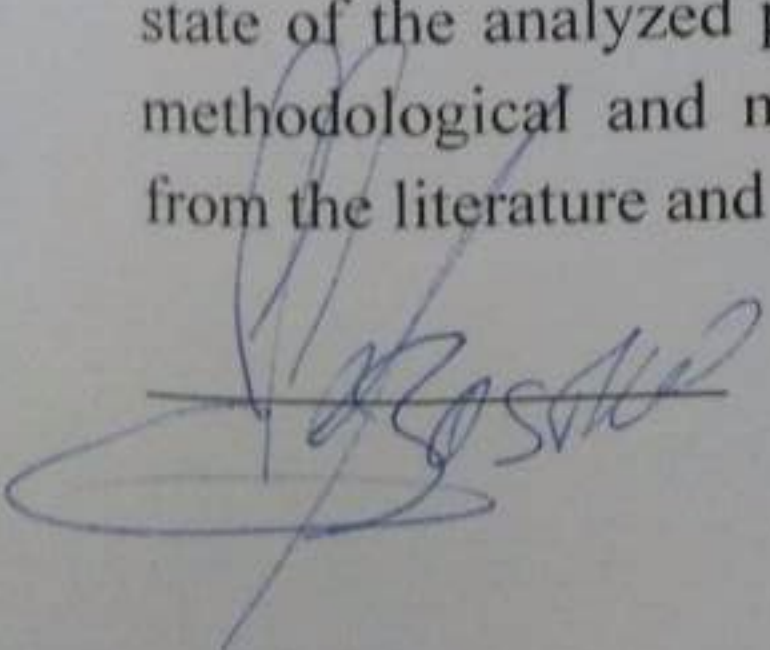
- The program of healthy living culture formation among the students of the Faculty of Physical Education *was theoretically proved and developed*;
- The main peculiarities of healthy living culture formation *were indicated* among future specialists - the students of Physical Education Faculty;
- During the course of pedagogical experiment the efficiency of the present program *was inspected*.

The area of possible practical application: *the results* of the present research can be used in the study guides' development, author's plans dedicated to educational and ideological work, different programs and educational trainings, and also in the curatorial work with students.

Approbation (adoption): The basic terms of scientific research are presented with the reports at the annual student scientific conferences which are held by the Faculty of Physical Education ("Actual Problems of Physical Culture, Sport and Tourism" (2014, 2015 yrs.)).

The author's program «healthy life-style» was **implemented** at the Faculty of Physical Education of Maxim Tank Belarusian State Pedagogical University which can be confirmed by the introduction of the *Implementation Act*.

The author of the work confirms that all the analytically rated material reflects the state of the analyzed process in a correct and objective way and all the theoretical, methodological and methodical positions and concepts which have been adopted from the literature and other sources are accompanied by the references to its authors.


Grikerich B.