

## CURRENT TRENDS IN MODERN EDUCATION

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**ABSTRACT.** 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. The following are tracked: scientific status in teaching methodology for physical education and sports in the system of modern Bulgarian education and educational trends. Presentation of guidelines for school health policies. 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 PES training. 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.

**KEY WORDS:** sports load, motor activity, motor potential, Wellness culture, Wellbeing, health policies.

## ҚАЗІРГІ БІЛІМ БЕРУДІҢ ӨЗЕКТІ ҮРДІСТЕРІ

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**АҢДАТПА.** Мақалада өмір бойы дене белсенділігін дамыту мен пайдаланудың денсаулыққа пайдасы, денсаулық мәдениетін дамытудың заманауи тенденцияларын енгізу, болгар мектептерінде дене шынықтыруды ұйымдастыру және оны жақсартудың стратегияларын дайындау, денсаулық мәдениетін қалыптастыру. Мақалада қазіргі болгар білім беру жүйесінде дене шынықтыру мен спортты оқыту әдістемесінің ғылыми жағдайы және білім беру бағыттары талданады. Мектеп денсаулық сақтау саясатының жетекші принциптері берілген. Мақаланың мақсаты – «Дене шынықтыру және спорт» пәні бойынша оқитын студенттердің қозғалыс қабілеттерін жақсарту үшін салауатты өмір салтын – денсаулық сақтау мәдениетін қолдана отырып, Болгарияның білім беру жүйесінде денсаулық мәдениетінің әсерін орнату. Мақаланың пәндік саласы заманауи білім берудегі қазіргі тенденцияларды қадағалау - денсаулық мәдениетін дамыту және салауатты өмір салты мәдениетін қалыптастыру пәндері - денсаулық сақтау мәдениеті.

**ТҮЙІН СӨЗДЕР:** спорт жүктемесі, қозғалыс белсенділігі, қозғалыс потенциалы, денсаулық мәдениеті, салауатты өмір салты, денсаулық саясаты.

## АКТУАЛЬНЫЕ ТЕНДЕНЦИИ СОВРЕМЕННОГО ОБРАЗОВАНИЯ

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**АННОТАЦИЯ.** В статье излагаются теоретические основы с акцентом на предоставление информации о пользе для здоровья от развития и применения физической активности на протяжении всей жизни, реализации современных тенденций в развитии культуры здоровья, организации физической активности в болгарских школах и подготовке стратегий ее улучшения, формирование культуры здравоохранения. В статье анализируется научный статус методики преподавания физической культуры и спорта в системе современного болгарского образования и образовательные направления. Представлены руководящие принципы школьной политики в области здравоохранения. Цель статьи состоит в том, чтобы установить влияние культуры здоровья в болгарской образовательной системе, применяя здоровый образ жизни - культуру заботы о здоровье для повышения двигательных способностей студентов, обучающихся по дисциплине «Физическая культура и спорт». Предметной областью статьи является отслеживание актуальных тенденций современного образования - развитие культуры здоровья и дисциплин формирования культуры здорового образа жизни - культуры здравоохранения.

**КЛЮЧЕВЫЕ СЛОВА:** спортивная нагрузка, двигательная активность, двигательный потенциал, культура здоровья, здоровый образ жизни, политика здравоохранения.

**INTRODUCTION.** In this article, 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. Considering that "sacrificing" physical education for classroom learning activity does not improve academic performance. Rather, the opposite effect was observed. There is rarely an opportunity to promote physical activity and the physical education discipline.

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. Normative requirements traditionally have a dynamic nature, allowing change according to social conditions, and current needs and are harmonized with legislative changes and normative documents in the field of physical culture (Momchilova, 2011; Ilchev, 2015). The educator has the opportunity to select the tests for establishing the level of motor capacity and for an optimal assessment of the students' motor activity (Veselinov, 2021). Leading factors in the selection of instrumentation are the conditions of the environment, the possibility of operational evaluation, comparability of the results, and ontogenetic selection of the intervals in the motor load (Popivanova, 2006). The received information for control and assessment is an objective guide for the dynamics of the indicators in the educational system, regarding motor activity in establishing the motor potential and effectiveness of the Wellness culture. Many leading authors conduct research in this area to prove the effectiveness of Recreational and Wellness programs, products, and innovative disciplines for the formation of Well-being - a health care culture (Trendafilov et al., 2013; Dimitrova, 2018; 2019; Ivanova, 2019; 2019a; Ignatova & Iliev, 2022; 2020). Among all of them, programs and Wellness impacts ensure the sustainability of health has the highest social impact (Dimitrova, 2019a; Ignatova, 2021). Recreational and Wellness innovative methods, motor programs, and complexes of motor exercises aimed at balancing the motor po-

tential, effective motivation, and motor activity of young people around the world are analyzed (Dimitrova, 2018; 2020;). Modern needs imply personal motivation to activate Wellness culture and sports for health (Dimitrova, 2018a; Ignatova&Iliev, 2022; 2020).

### **MATERIAL AND METHODS OF RESEARCH.**

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.

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.

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.

**RESULTS AND THEIR DISCUSSION.** *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:

- Physical education - with the main purpose - of promotion and formation of motor training of students,
- Ecological education - represents: establishing and building an ecological culture among adolescents,
- Spiritual, moral, and cultural education,

- Valeological education<sup>1</sup> - health care, hygiene, biological education, and training - foundations of valeological culture.

Fundamental to the health-educational culture is the building of active, hardworking, and creative individuals, while at the same time it is aimed at establishing a healthy lifestyle through the development of a Wellness Culture<sup>2</sup>, successful self-development of both creative and motor potential - based on teamwork and altruism<sup>3</sup>, especially characteristic of adolescents.

The basis for the formation of the human personality is moral education. With an emphasis on - the formation of civic skills, intellectual and patriotic values based on the prosperity and well-being of the nation, health and happiness of each individual.

These are all important components of the general culture of a young specialist in a teaching profession. The teaching profession is formed in the process of training students in an academic - university environment. The academic pedagogical trend consists in placing the thematic units laid down in the learning strategy in the relevant sections of the educational programs.

*The reform of the education system includes:*

- Professional training of the teacher, ready to deal with the new social and cultural goals set,
- Encouraging students in their development,
- improving the health status of the developing person.

Preparation of future teachers formed in the foundations of a pedagogical university, representing a long and complex valeological process. This necessitates deeper methodological and pedagogical directions of research. This process also requires practical performance testing. Accordingly, implementation and overcoming significant difficulties in the course of teacher training in university pedagogy.

Among the most important valeological aspects in the learning process, emphasis is placed on:

- The problem of forming a motivation of commitment to the ideals of health and a healthy lifestyle through the formation of a Well-being - health care culture;

- Formation of a professional psycho-educational environment, based on an approach oriented to the education and training of students and pupils with care for their mental health<sup>4</sup>. It influences our

1 Valeology - Science of health - the direction in alternative medicine and pedagogy, the main task of which is a comprehensive study of individual human health (socio-economic, medical, environmental, and other aspects thereof)

2 Wellness Culture - knowledge, intellectual and practical skills, creating relationships in the process of education, and developing the personality to achieve a healthy lifestyle.

3 Altruism - the principle or practice of concern for the welfare of someone else

4 Mental health includes our emotional, psychological, and social well-being.

thinking, feelings, and actions, and determines how we deal with stress, how we communicate, and what choices we make. Mental health is important at every stage of life, from childhood and adolescence to adulthood.

### 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 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.

At the basis of educational work is fundamentally the desire to express an active civic position, good health, and finding expression in the desire for a healthy and active lifestyle through Well-being<sup>5</sup>.

Health culture is a multifaceted concept consisting of several components. Along with physical education and the formation of movement culture, through which, in the first place, the Wellness Culture<sup>6</sup> is connected, finding expression in health promotion.

**CONCLUSION.** 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 a healthy lifestyle shared by communities or professional groups. Wellness culture has several directions and develops through collective efforts.

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

- Psychological;
- Hygienic;

5 Well-being - Achieving and leading a healthy lifestyle

6 Wellness Culture - knowledge, intellectual and practical skills, creating relationships in the process of education, and developing the personality to achieve a healthy lifestyle.

- 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

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