

Russian Federation



Vladimir Filippov

Minister of Education

Mr. Vladimir Filippov holds the post of Minister of Education of the Russian Federation from September 1998 up to date. He was previously appointed as Rector of the Russian People's Friendship University.

Education and building healthy way of life for youth

Education for everybody – is not only acquisition of knowledge but it is also a possibility to maintain health for all students.

Starting a large scale Reform of Education and reasoning from the definition of health, given in the Charter of the World Health Organization as “a condition of complete physical, spiritual and social well-being, and not only lack of illnesses and physical disabilities”, Russia has chosen among other priorities a goal to keep health of the growing generation.

Russia's experience shows that programmes aimed at building healthy way of life for children and youth from the point of view of education opportunities should be oriented primarily towards development of mass physical training among pupils and students, psychological support to learners, building attitude of high moral standards to nature and to those people around us, the ability to take care of individual's health and health of the society and also measures to prevent pernicious habits. It is a question of introducing “health-protecting” technologies in the operations of educational institutions.

General education is a basis for working-out useful behavioral skills. Nowadays so-called “Health schools” movement became spread in Russia. It reflects healthy life-style in the mode of the school day, in the compulsory physical training lessons, in the teaching and learning methods that spare children's health and in the teaching special disciplines, aimed at training children on how to keep their own health and health of those people around them.

However, as practice shows, mass school alone is not capable of providing adequately deep knowledge, skills and abilities in the field of health. Russian specifics lie in the system of complementary education for children, which is an alternative to general education in building healthy nation. This system is represented institutionally as a network of educational institutions of supplementary education for children and also in the form of mass informal participation of children themselves in their way to health.

In the framework of concrete initiatives taking place in the Russian higher educational institutions on keeping student's health, centers for assistance in strengthening health are being founded, courses of lectures on health training are introduced in the curricula, system of physical training classes is kept, programme for preventing alcoholism, drug addiction, AIDS and smoking is running. Underscoring the responsibility of the state for the health of the growing generation this domain in spite of hardships in the national economy is under its protection.

However all these issues are of global nature and it's impossible to solve them only with the efforts of one country, one education system. We would like to propose to the world education community cooperation in the following fields:

- exchange of information, experience and best practices of cooperation in the field of utilization of education opportunities for building healthy way of life;
- organization of scientific research in building healthy way of life in the sphere of education;
- organization of cooperation of governments, civil society, international organizations aimed at fulfilling goal to build healthy life of children and youth;
- support of networking among educational institutions of different countries on the issues of healthy way of life;

- carrying out joint integrated health and education camps at the premises of the leading Russian health resorts;

- conducting joint international sports competitions.

According to the data of the numerous scientific researches the health of the nation depends on the way of life by more than 50%. It's a debt of pedagogues and all those people employed in the sphere of education to put all possible efforts to find adequate place in the implementation of "education for everybody" ideas for the technologies of keeping health of all youth in the world. *ℒ*