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## THE UTILIZATION OF SCIENCE AND METHODOLOGY TO PROVIDE WELLNESS PROTECTION MEASURES FOR VARIOUS SOCIAL GROUPS WITHIN THE POPULATION

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**Director of the school – Natalia Bielikova**, Ph. D., Doctor of Pedagogy, Full Professor, Head of the LUEENU Department of Physical Education Theory, Fitness and Recreation. Dr. Bielikova is a recipient of the Certificate of Distinction for Excellence in Education. She was awarded the Mykhailo Dragomanov National Pedagogical University gold medal “For Important Contributions to the Dissemination of the Concept of European Unity”. Certificates and Letters of Appreciation were presented to her by the mayor of Lutsk and by the Council of Education and Science of the Volyn Regional State Administration. Ms. Bielikova was the Laureate of the Volyn Regional Prize for Achievements in the Sphere of Science and Education (2013), and is a member of the Scientific and Methodological Commission in the higher-education sector of the Scientific and Methodological Council of the Ministry of Education and Science of Ukraine in

physical culture and sport.

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**Areas of scientific research:** planning and implementation of wellness-maintaining measures for pupils, students and people of working age, designed to develop healthy living patterns, to facilitate physical and intellectual working functionality, and to increase the quality of life and the maintenance of active longevity.

**Scientific output of N. Bielikova.** More than 126 research works have been published, including two monographs, seven textbooks, and six patents.

**Research supervision of the following Ph. D. theses:**

*Khomik O.* Shaping the Administrative Culture of Future Economists by the Use of Multimedia Technologies (2015).

*Dyshko O.* Developing Preparedness in Bachelors of Tourism for Professional Interaction with Consumers of Tourism Services (2016).

**Summary.** The provision of a theoretical and methodological foundation for wellness programs targeting different social groups within the population is intended to enhance wellness culture, disease prevention, and to promote an increase in overall life expectancy and active longevity; to

develop an algorithm for the creation of health improvement programs which can maintain or ameliorate the health of different sex/age segments of the population; to introduce a system of proactive public education promoting a dynamic orientation of society towards a healthy lifestyle through the development of electronic, scientific and pedagogical support systems for fostering health protection initiatives. The results of this study make it possible to develop the science-based maintenance of systemic wellness-maintaining processes, taking into account the economic, social, medical, pedagogical, and psychological aspects of this problem, among others.

**Scientific activity of the school.** An exhaustive scientific analysis was carried out in connection with the problem of training physical rehabilitation professionals in wellness-oriented undertakings as a component of their professional education. Patterns were formulated for developing and checking the effectiveness of the program of differentially applying physical rehabilitation methods for elderly individuals during the period subsequent to a myocardial infarction. Members of the school have published over 150 scientific works, and have presented their

scientific works at various international, pan-Ukrainian and regional conferences and seminars.

### Members of the School

**Svitlana Indyka**, Ph. D. in Physical Education and Sport, Senior Lecturer in the Department of the Theory of Physical Education, Fitness and Recreation at LUEENU.

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**Area of scientific research:** the development of programs of differentiated application of methods for the physical rehabilitation of individuals with cardiovascular diseases.

**Oksana Khomik**, Ph. D. in Pedagogical Sciences, Associate Professor in the Department of Finance and Credit in the Academy of Recreational Technologies and Law Private Higher Educational Establishment.

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**Areas of scientific research:** modeling of the process of shaping the managerial culture of future economists by means of multimedia technologies; utilization of modern education-related information technologies to encourage student cognitive activity.

**Olesia Dyshko**, Senior Lecturer in the Department of Tourism at the Academy of Recreational Technologies and Law Private Higher Educational Establishment.

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**Area of scientific research:** formulating a theoretical and methodological foundation for developing preparedness in students within the Bachelor of Tourism program for professional interaction with consumers of tourism services.

**Tetyana Zubekhina**, Senior Lecturer in the Department of Tourism at the Academy of Recreational Technologies and Law Private Higher Educational Establishment.

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**Area of scientific research:** the organizational and pedagogical background involved in providing an informational grounding for students in the Bachelor of Tourism program during the course of specialized instruction.

**Nataliya Pavlyshyna**, Senior Lecturer in the Department of Tourism at the Academy of Recreational Technologies and Law Private Higher Educational Establishment.

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**Area of scientific research:** the pedagogical background for future social workers, designed to develop preparedness for professional activity in social service establishments for individuals at an advanced age.

**Nazar Buhaichuk**, post-graduate student in the Department of the Theory of Physical Education, Fitness and Recreation at LUEENU.

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**Area of scientific research:** the methodology of using sports- and recreation-related technologies in the process of the physical education practice of pedagogical college students.

**Yulia Nasonova**, post-graduate student in the Department of the Theory of Physical Education, Fitness and Recreation at LUEENU.

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**Area of scientific research:** methodology of physical movement training for girls of junior-school age in the course of rhythmic gymnastics practice classes.

