

ОЗДОРОВИТЕЛЬНАЯ ПРОГРАММА ПОЛИТЕХНИЧЕСКОГО УНИВЕРСИТЕТА В
ДЕЙСТВИИ.

THE USE OF HEALTH PROGRAMS BY THE STUDENTS OF SAINT-PETERSBURG
POLYTECHNIC UNIVERSITY

Работа посвящена исследованию использования студентами оздоровительных программ, предлагаемых студенческим профкомом. Актуальность рассматриваемого вопроса связана с тем, что проблемы здоровья являются основополагающими в жизни студентов. Основным результатом исследования являются два вывода: несовершенство оздоровительных программ и недостаточная реклама оздоровительных программ в студенческой среде.

The topic of my study is health programs of Saint-Petersburg Polytechnic University.

I am interested in this subject because my future profession will be connected with management in social system.

The choice of the topic depends on my own attitude to health and healthy way of life.

Students do not think about their health. A lot of lectures, seminars, studies, stressful situations leave negative impression on students' health. If a student shows concern about his health, it will help him to cope with difficulties and pressures.

Health programs of the students' trade union committee.

There are different types of health programs at the students trade union committee. The health programs are represented at the university as preventive clinic (students are given 60-80 vouchers for each shift). The students' trade union committee gives vouchers to rest homes, recreation centers ("Losevsky", "Blue Lake", "Wave", "Ushkovo"). For example, this year there have been 4 shifts consisting of 40 students each to Losevo. Besides, the students trade union committee gives the opportunity to go to the countryside in weekends (for example, to Seliger, to Ivangorod, to Karelia). The southern camp on the beach of the Black sea and the northern camp in Gory settlement are the main places of the students' rest. The students' trade union committee works together with the sports department:

It organizes the competitions in different kinds of sports.

It popularizes a healthy way of life.

I was interested in how many students know about the activity of the students' trade union committee. 50 students mainly from the second course of my faculty were surveyed by me.

I am going to present my questionnaire to the audience. There are 8 questions in my questionnaire. These are the following (Table 1).

After analyzing the answers on the last question I made the following conclusion:

- more accessible and detailed information is needed by the students;
 - more vouchers to health care centers are needed by the students (for example, there are around 10 vouchers for each faculty for the one shift to southern and northern camps);
 - higher level of medical service is required by the students;
 - there is a need in an extended, comprehensive and professional equipment for general diagnostics;
 - students think that the level of treatment should be raised;
- students who study on the contract basis do not get any medical treatment at all the health programs for highly allergic patients are needed by students.

Table 1. Questionnaire.

№	Question	Conclusion
1.	What time of the year do you get sick more often? a) winter b) spring c) summer d) autumn	_____ 30%(17) _____ 20%(11) _____ 4%(2) _____ 46%(24)
2.	Is your illness connected with studies? a) Yes b) No c) Studies is one of the reasons	_____ 24%(12) _____ 38%(19) _____ 40%(20)
3.	Have you ever been in the health centre (not necessarily of the Polytechnic university)? a) Yes b) No	_____ 28%(14) _____ 72%(36).
4.	Were you satisfied with your staying there? a) Yes b) No	_____ 64%(9) _____ 36%(5)
5.	Have you ever used health programs of the Polytechnic university? a) Yes b) No	_____ 20%(8) _____ 80%(42)
6.	What impression did they produce on you? a) Positive b) Negative	_____ 71%(10) _____ 29%(4).
7.	Do you want your university to give you more opportunities to visit health care centers? a) Yes b) No	_____ 58%(29) _____ 42%(21)
8.	What do you want to change in a health program of your university?	