

Postural Defects Prevention Programme as the Exemplification of Actions in the Scope of Health Promotion in Early School Education – an Action Research Perspective

Abstract

Aiming at health promotion actions, the authors present their own curriculum, “I take care of my spine,” which refers to the postural defects prevention and is based on the system of particular actions directed at shaping pro-health attitudes and behaviours in early school education pupils. The concept of the research is included in a paradigm for the quality research carried out as action research which assumes quality and efficiency improvement of health education in Polish schools. The value of the programme will be possible to actually assess over a period of several years after introducing it in educational institutions. The project was approved by The Bioethical Commission of the Medical University of Silesia (resolution no. KNW/0022/KB1/162/10).

Key words: *pro-health education, health promotion, postural defects prophylaxis, action research.*

Introduction

Experts of international organizations: WHO, UNESCO or UNICEF emphasize that elements of health education realized in schools should be acknowledged as the most efficient and long-term investment in society health (Syrek, Borzucka-Sitkiewicz, 2009). “Health starts at home” as the motto of WHO completed with an aspect of school influence became a crucial question of theoretical discussions