



RAZTEZANJE V RAČUNALNIŠKI UČILNICI

STRECHING IN COMPUTER CLASSROOM

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POVZETEK

Informacijsko-komunikacijska tehnologija je v naša življenja vnesla veliko pozitivnih sprememb, hkrati pa je nastavila tudi pasti za naše zdravje. Naši učenci sodijo v generacijo, ki še posebej veliko časa preživi ob računalniku. Zato je nujno, da jih opozorimo na vse negativne posledice, ki jih lahko prinese večurno mirovanje. Posebej pomembno pa je učencem predstaviti preventivne ukrepe, med katere sodi tudi raztezanje, ki mora biti izvedeno pravilno, upoštevajoč obe fazi raztezanja (lahkotno in okrepljeno raztezanje).

Na plakatu so predstavljeni primeri vaj in splošna navodila za pravilno raztezanje, zato je podoben plakat primeren za vsako računalniško učilnico.

ABSTRACT

Information communication technology has brought many positive changes into our lives but at the same time also set some traps for our health. Our students belong to the generation who spends a lot of time behind the computer. Also the teachers contribute to this by encouraging them to use the e-materials as well as writing seminar papers. Therefore it is necessary to warn them of all the negative consequences hours-long sitting can bring. It is especially important to introduce them to the prevention measures like stretching, which must be carried out correctly, keeping in mind both its phases (relaxed and pronounced stretching).

The poster shows the examples of exercises and general instructions for correct stretching which makes alike poster suitable for every computer classroom.