

ANALYSIS OF THE PROGRAM FOR DEVELOPING ENVIRONMENTAL CULTURE AMONG HIGH SCHOOL STUDENTS IN PHYSICAL EDUCATION

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Abstract

The article provides theoretical justification for the importance of physical exercise for human life and health, the personal routine of schoolchildren, hygienic rules for engaging in physical exercise, the rules and requirements for performing gymnastic exercises before classes in the morning, and procedures for preventing injuries when performing physical exercises in the subject "Physical Education". It also covers the principles of proper nutrition, homework and physical education minutes, requirements for independent performance of URM exercises, and the negative impact of harmful habits on human health.

Keywords: Program, developing environmental culture, high school students, physical education, exercises, human health.

Introduction

The development of technical elements of acrobatic exercises, correct breathing, exhalation while running, phases of running and long jump exercises are shown in gymnastics lessons. The history of the origin of sports games such as basketball, volleyball, handball, football, their introduction to Uzbekistan, the rules for ensuring safety during training, and the comprehensive physical preparation of young players are presented. The history of the origin of wrestling, the ability to distinguish between types of wrestling, national wrestling clothing, and the requirements for it are also studied. The importance of movement games in raising physically fit, mentally and morally mature students, games performed with moderate movements, the Olympic Games, and "Umid nihollari" are also analyzed.

Literature Review

The State Educational Standard requires the development of environmental culture in senior students to be embedded in the content of various educational materials of physical education. Of particular importance is the expansion of the scope of methodological work to ensure the quality of environmental knowledge, the enrichment of the curriculum and textbooks with information on ecology, the preparation of scientific works, the widespread implementation of methodological developments and recommendations for teachers in this area.

According to the analysis of the curriculum in the subject "Physical Education" in accordance with the State Educational Standard, the curriculum for the subject "Physical Education" for senior students of general secondary and secondary specialized educational organizations was developed to develop physical knowledge skills, but insufficient attention was paid to the development of the environmental culture of senior students.

Analysis of textbooks on the content of the development of environmental culture. The content of the materials in the subject programs is not fully reflected in the textbooks. The state educational standard, curriculum, textbooks and study guides for general secondary and secondary specialized schools do not contain enough materials on the development of the ecological culture of senior students:

Enrich the state educational standard and program with the content of ecological knowledge; Instill, define and determine the sequence of the content of ecological materials in textbooks; The content of knowledge of senior students should be enriched, taking into account their age and living environment.

Analysis of methodological guides on the development of ecological culture. Dozens of educational and scientific-methodological guides on the ecological and hygienic education of senior students have been published by scientists from our republic and abroad.

The content of environmental education and ways to implement it in the educational process are discussed in detail in the methodological manual by E.O. Turdiqulov entitled "Formation of a universal ecological worldview in senior schoolchildren". This manual serves as the main source for senior school teachers.

In grades 2-3 of primary education, the teacher touches on the topic of environmental protection and explains the preservation of beautiful nature in the textbook "Let's raise a healthy generation" by M. Mahkamov, Q. Sodikov.

Attention is paid to the uniform organization, management, and development of the protection of mother nature, as well as ideas related to the growth and development of human ecological consciousness, which are reflected in the book "Ecological Education" by B. Ismoilov, R. Ahadov.

Topics such as the ecological situation in Uzbekistan and ways to improve it, the external environment and ecological factors, and the adaptation of living organisms to the external environment at various levels are covered in A.S. Tokhtayev's textbook "Ecology." This textbook is intended for university students.

Research Results

Gymnastics is allocated 14 hours in grades 5-7, 10, 12 hours in grades 8-9, 11. Athletics is given 14 hours in grade 5, 16 hours in grades 6-11. Sports games are given 22 hours in grades 5, 11, 20 hours in grades 6-10. Football is given 12 hours in grades 5-9, 11, 10 hours in grade 10. Wrestling is given 4 hours in grades 5-7, 6 hours in grades 8-10. Chess is given 2 hours in grades 5-11. There is no separate hour allocated for control work, it is taken twice a quarter during the lesson (see Table 1.1):

Table 1.1. Physical education classes by grade level

№	Department names	Hours							Total
		5-sinf	6-sinf	7-sinf	8-sinf	9-sinf	10-sinf	11-sinf	
1.	Gymnastics	14	14	14	12	12	14	12	92
2.	Athletics	14	16	16	16	16	16	16	110
3.	Sports games	22	20	20	20	20	20	22	144
4.	Football	12	12	12	12	12	10	12	82
5.	Wrestling	4	4	4	6	6	6	4	34
6.	Chess	2	2	2	2	2	2	2	14
Total		68	68	68	68	68	68	68	476

Among the state requirements for the knowledge, skills and qualifications that senior students must acquire, special attention is paid to personal hygiene, daily routine, and nutritional hygiene in the subject “Physical Education”. In this, attention is also paid to the development of environmental knowledge along with the physical fitness of the individual. However, this subject program does not provide instructions on the development of the ecological culture of senior students, their attitude to the environment, and the harm that they can cause to nature and their surroundings during their physical work.

Discussion

The impact of humans on the environment, the influence of external factors on the functioning of the body, the negative consequences of non-compliance with hygienic requirements during physical education and sports, personal hygiene, hygiene of sports equipment and washing, the ecology of various types of sports are covered in the book “Ecology of Physical Culture and Sports” by foreign scientists V.I. Dubrovsky, Y.A. Rakhmanin, A.N. Razumov. This manual is enriched with ecological rules and modern recommendations that are relevant today. The manual is intended for sports coaches and doctors [5]; [6].

Analysis of journals on the development of ecological culture. From the analysis of scientific and methodological journals on the development of ecological and hygienic knowledge of high school students, it is known that scientists are paying attention to providing ecological and hygienic education to high school students of different ages. The article entitled “Providing ecological education” states that it is necessary to gradually master ecological concepts of senior students, focusing on developing their ecological culture, that circles play a key role in providing ecological information to senior students starting from primary school, and that it is important to organize various circles. The article entitled “Ecology of urban schools” places greater responsibility on the shoulders of biology, geography, and other subject teachers. The article entitled “Physical problems related to local ecology” suggests that using problems of ecological content in physics lessons can increase the effectiveness of the lesson and familiarize senior students with local materials related to local history. However, it would be appropriate to express the idea of closely introducing senior students to local materials related to ecology. The article “Legal Foundations of Environmental Education” focuses on the legal issues of

nature protection, teaching materials of the Constitution of the Republic of Uzbekistan, as well as other legislative acts related to ecology and nature protection.

In the sources of Karakalpak folklore, qualities such as glorification of labor, preservation of nature, love of the Motherland, attention to one's health, care, kindness, humanity, generosity, purity, as well as many meaningful thoughts about natural phenomena and lifestyle are described in the article by P. Berdanova "Environmental Culture in Folklore". They are reflected not only in the sources of Karakalpak folklore [4], but also in the oral literature of the peoples of Central Asia.

The importance of studying and restoring national values, the fact that our ancestors have long followed the laws of nature, the relevance of the wisdom of our ancestors to today's environmental problems, and the application of such wisdom in the process of continuing education in the article "Continuous Education and the Environmental Problem" were discussed. An analysis of magazines published in the republic revealed that although there are articles on providing environmental education to senior students, there are no articles on developing the environmental culture of senior students. There are no articles on the problem of providing environmental knowledge to senior students of general education schools. Analysis of dissertations on the development of ecological culture. An analysis of defended dissertations on the problem showed that in recent years, many research works on ecology have been carried out.

Scientific ideas about educating students in the spirit of ecological values in the process of extracurricular educational work in primary education are presented in the research work of M.B. Rahimkulova on the topic "Educating primary school students in the spirit of ecological values in the process of extracurricular activities". P.U. Berdanova's ideas about the development of ecological culture in Karakalpak children were considered in the research work on the topic "Pedagogical foundations of the formation of children's ecological culture in Karakalpak families (on the example of adolescents)" [4].

Detailed ideas about the moral and ecological education of students of pedagogical colleges are given in the work of N.M. Egamberdieva [2]; [6] on the topic "Scientific and pedagogical foundations of moral education of students under the influence of the environment (on the example of pedagogical colleges)". The basis of human health, along with hereditary factors, environmental conditions, ecology, the activities of the health care system, the dependence of a person on himself, a healthy lifestyle, as well as the unity of education and development, and the importance of education and upbringing, were sufficiently considered in the Russian Federation by O.N. Golovko in his dissertation entitled "Study of scientific and pedagogical foundations of the ecologization of the school educational process".

Foreign scientists have also paid attention to the problems of environmental education for senior students of general secondary and secondary specialized educational organizations. The ways of forming hygienic knowledge and skills of primary school students and strengthening the health of senior students through these processes are covered in A. Kuchkinov's candidate dissertation entitled "Technologies of environmental education of primary school students" [2]; [5].

Conclusion

The hygienic condition of educational institutions and its negative impact on the health of senior students, instructions and recommendations for conducting explanatory work among senior students on the rules of personal hygiene and public hygiene are given in the dissertation work of A.E. Isimova entitled "Pedagogical conditions for the formation of a healthy lifestyle in senior students in the process of extracurricular education" (on the example of senior students).

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