

IMPROVING TECHNOLOGIES FOR PREPARING FUTURE TEACHERS FOR THE FORMATION OF A HEALTHY LIFESTYLE IN STUDENTS

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Abstract:

This article is devoted to the formation of a healthy lifestyle culture among future physical education teachers, the development of physical qualities, the formation of skills of biological, mental, physical condition and work activity, compliance with hygienic rules in education and upbringing.

Keywords: Healthy, biological, spiritual, physical, life, healthy, development, hygienic, physiological, qualities, medicine, health.

BO'LAJAK O'QITUVCHILARNI O'QUVCHILARDA SOG'LOM TURMUSH TARZINI SHAKLLANTIRISHGA TAYYORLASH TEXNOLOGIYALARINI TAKOMILLASHTIRISH

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Annotatsiya

Mazkur maqola bo' lajak jismoniy madaniyat o'qituvchilarida sog'lom turmush-tarzi madaniyatini shakllantirish, jismoniy sifatlarini rivojlantirish, biologik, ruhiy, jismoniy holatlari va mehnat faoliyati ko' nikmalarini shakllantirish, ta'lim-tarbiyada gigienik qoidalarga amal qilishdan iborat.

Kalit so'zlar: Sog'lom, biologik, ruhiy, jismoniy, turmush, barkamol, rivojlanish, gigiyenik, fiziologik, sifatlar, tibbiyot, salomatlik.

СОВЕРШЕНСТВОВАНИЕ ТЕХНОЛОГИЙ ПОДГОТОВКИ БУДУЩИХ ПЕДАГОГОВ К ФОРМИРОВАНИЮ ЗДОРОВОГО ОБРАЗА ЖИЗНИ У СТУДЕНТОВ

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Аннотация

Данная статья посвящена формированию у будущих учителей физической культуры культуры здорового образа жизни, развитию физических качеств, формированию навыков



биологического, психического, физического состояния и трудовой деятельности, соблюдению гигиенических правил в образовании и воспитании.

Ключевые слова: здоровый, биологический, духовный, физический жизнь, здоровый, развитие, гигиенический, физиологический, качества, медицина, здоровье.

Introduction

One of the main principles of state policy in the field of education in the Republic of Uzbekistan. The activities of the continuing education system should be carried out on the basis of state educational standards, on the basis of the consistency of educational programs at different levels, promoting a healthy lifestyle should be carried out in different directions. It is aimed, on the one hand, at giving students and adults a certain medical and hygienic knowledge of healthy marriage, at awakening visions of how a healthy lifestyle affects the development of the body, and on the other hand, at the educational institution, at the hygienic regulation form the skills to make it an everyday habit to preserve the health of It is a priority area providing socio - economic development of the Republic of Uzbekistan, meeting the economic, social, scientific and technical and cultural needs of society and the state. Health is the greatest value of a person. Obviously, good health is the main condition for the implementation of the biological and social functions of a person, the basis of a person's self-realization. It is also clear that illness and illness are limited in life in their own freedom. Accordingly, wellness technologies are primarily aimed at ensuring the preservation and strengthening of human health through physical culture. Decrees of the president of our country on March 5, 2018 PF-5368 "on measures to radically improve the system of Public Administration in the field of Physical Education and sports", on September 4, 2019 "additional tasks for the development of Physical Education and sports", on January 24, 2020 PF5924 "concept for the development of Physical Education and mass sports", on October 30, 2020 pf6099 "further development of mass sports measure - decree" on measures", the most important of which is Pq5148 of June 20, 2021, the presidential decision on "introduction of a system for assessing the level of physical fitness of the population" the problem we raised is that the student "serves to a certain extent to develop a healthy lifestyle of future teachers and control physical status indicators, as well as to solve The physical culture of a healthy lifestyle (STT) dictates a rational agenda. The agenda, which is correctly structured and strictly adhered to the creation of optimal conditions for the functioning of organs and the restoration of their own energy, creates in the body, a certain rhythm of activity. The result is the possibility of doing all of the different things efficiently. If this rhythm is coordinated with the biological rhythm of the day (which you will read in the following chapters) life, the way of life becomes a holiday.

LITERATURE ANALYSIS AND METHODS

In some literature (I.A.Arkhangel'sky, P.V.Voronsov-1971 and others) consider post-20-21 training to be besamar in general. Because in the human body, more than 40 physiological processes are taken into account, which are strongly associated with time in one night. Many of these occur at the expense of exchanges that occur at night. Therefore, planning to perform movement activity at night on the agenda besamar in relation to daytime activity. The performance of a particular work at the same time at all times leads to the formation of a dynamic stereotype, a



habit in the body. While this stereotype improves throughout life activity, mental tension, tension, decrease more and more. In turn, this prevents the organism from working hard, spending its reserves, aging, aging. The agenda allows you to maintain a high level of working capacity, make good use of each moment of life, plan and conduct it in a meaningful way. Rapid modification of the stereotype negatively affects the potential of the organism. We wrote about the fact that we do not intend to recommend everyone the same, uniform agenda, since the living and working conditions, household and individual characteristics are different in everyone, and this is also impossible. It is extremely difficult to start and do something for those who are used to living a life corresponding to the phrase "the tray does not vibrate". They do not imagine that the human body will dry, fade, fail if it is not in motion flowing like a vibrant River. A puddle that is not used to Labor, does not actively move, stops flowing, breaks like water, turns into dead water. Exercise should be specific and appropriate for everyone. Not every person is found to be the same "world", the same as each other. From this, the conclusion is that a uniformly organized workout and exercises in it have a health-improving, tempering effect on one, while holding the second person in a ring of stagnation, while negatively affecting the third person. It is recommended to perform exercises of moderate complexity and volume, depending on the purpose and opportunity of the person involved. The best measurement criterion is the mood of the practitioner, it is according to this criterion that the effect of the exercise can be controlled. Thanks to the fact that someone's body is good in the hands of those involved, the norm of exercise can be increased rapidly in training. And the latter, due to the fact that some member of the body is weak, will not be able to quickly persuade to the exercises, the norm of which is being increased. Bring to your eyes a rusty old heating pipe in your house, such pipes will crack when hot water is supplied with high pressure in the winter season.

Results and Discussion

The human body is so miraculous that it heals, strengthens, develops its weak limbs through gradual exercise. The House does not warm unless the old gutter is replaced with a new one. A weak member of the human body is strengthened as a result of exercises, being able to perform a greater amount of work than its initial capabilities, not only restoring its natural strength. We recommended the approximate daily action content below. In order to study the standard of movement activity in the "agenda", the optimal norm for each student, the time spent on it, the degree of theoretical training in the field of physical culture of STT, we studied the agenda of more than 470 graduating students - youth at the initiative of the activists of the "Sport" department and Sports Club of Fergana State University. Daily mode of action (mode) for the future physical culture teacher



1. Wake up from sleep-600-630.
2. Hygienic Gymnastics, prosedures with water (wipe with a towel, pouring water from the shower or head, etc.)- 25-30 minutes.
3. Diet
4. Walking to study (work)
5. On a large break - physical education pauses-7-10 minutes.
6. Back home on foot.
7. Lunch (not lying down after lunch, not sleeping, preferably in the fresh air 10-15minute walk).
8. Independent exercise - 18-19 minutes.
9. Dinner - At 20-21
10. Evening ride - 20-30 minutes
11. Sleep - From 23-2330

The results of the sociological survey conducted in quizzes, spirituality and Information hours did not give the result we expected. Only 3.7% of them strictly adhere to the established agenda; and 41.2% do not have a specific, targeted, physical activity planned agenda; 21.4% do not adhere to the agenda at all, and actions are not planned in it; 30.2% do not know how to make an agenda; 3.5% of students do not feel the need to make an agenda - that is Of those surveyed, 67.1% were students, 30% of them were young men, 37.1% of girls were able to demonstrate their knowledge for a "satisfactory" grade, 29% student-youth, a "good" grade, only 4.9% of students, an "excellent" grade (all of them skilled high athletes) on the content of STT Physical Culture. A study of the response to health-affecting factors on the agenda showed that more than 27% of students living in their homes in the morning go into training without having breakfast. This in turn means that the effectiveness of work skills in the lesson is only 9-21%, while 38% of students drink hot food 1 time during the day. As long as the sleepover goes past the 1 a.m. deadline, it would occur in more than 87% of those surveyed. As a result, the consequences of malnutrition occur, naturally, decreased activity of movement, lethargy, mental depression, etc... This means that during the training day, performance is 7-18%. 34% stated that the student can sleep during the day from 1-3 O'clock in the morning due to malnutrition. Only 2% recognized the use of various conditioning factors as part of the student's lifestyle. This in turn creates conditions for the rapid onset of influenza and other diseases. Do not hesitate to act, do not melt, do not run away. The more different haze your torso positions (poses), the more flexible your chest will be. This in turn improves gas exchange. Try not to stay in a static position for too long. In a calm state, try to fill the chest and exhale. Whoever breathes out of his mouth becomes a slave to colds. Normal breathing with the nose improves blood circulation, prevents rapid failure of the pulmonary heart vessels. Improved gas exchange has been shown to be the floor of STT. On the agenda, we found out through our requests that the reserve of theoretical knowledge regarding when, at what pace, in what sequence, with how much energy (energy) to do physical exercises, knowing its age, anatomical-physiological characteristics, how to prepare to perform it before performing any action is extremely scarce in student youth. During separate conversations, the agenda includes actions, exercises of their liking in different ways, placing games, finding the optimal norm for them, being able to choose specific exercises for themselves, learning to determine the rhythm of performance, pace, number of returns, the transition from the state program of preschool



educational institutions to the training of foreigners on the basis of innovative projects in The educational material of the existing physical education programs needs to be improved. The time has passed for dry slogans, calls in the content of Physical Culture, physical education education ("pledge of Health to play sports", "sports vitality", etc.). It's time to strengthen "motivation" in physical education, improve the content and quality of practical recommendations and referrals on how to engage, and replace calls and slogans. Only then will I ask the higher education student "how, when and how much do I run to reduce weight?", with which there is no place left for questions that prove the level of physical literacy to be extremely low. For all, it has long been known that the same exercise is wrong, especially to put the same task and demand to perform it. Ignorance of the essence of actions (physical exercises), ignorance of the technique of their execution forms a negative attitude towards the activity of movement in the practitioner. Therefore, it is advisable to initially include the simplest exercises in the daily movement ration. The easiest of them is walking and running exercises, and we have given complete information in the following chapters about its role in STT culture and its impact on the body. When the place of training, the environment, the conditions are at the required level, the emotional state of the practitioner is high, the mood is good, there is redness on the face, "joy" in the muscles, which makes it a habit to engage in the exercise of the practitioner, consciously moving himself voluntarily with the aim of giving his muscles a refreshment. As a result, the body gets used to physical loads after a systematic performance of physical exercises, and then gets used to the action of the same dose. Movement-an organism that is used to exercise requires (on its own) that it performs daily, the same dose of Harkats that are used to. This is the first step towards having a STT Physical Culture. We want to dwell on the theoretical knowledge of students regarding the time allotted to the actions included in the agenda, which is considered a factor in the physical culture of STT, and the sequence in their implementation. Our special literature writes that morning hygienic Gymnastics mainly serves to awaken the body from sleep. Then the training or working day begins. Morning Gymnastics, on the other hand, is thought to accelerate the body's awakening. In fact, it was not reported that the day should begin in the morning, in the place of lying down, not yet getting up, performing movements, various massages and exercises, and then switch to hygienic Gymnastics.

Jumping from sleep and without preparation, raising the head from the pillow is the rape of some of our organs. Exercises performed in the morning are necessarily without strong stresses, without excessive energy expenditure, large loads for the respiratory, cardiovascular system. Athletes ' morning Gymnastics is an exception. In some cases, they can practice these exercises as training exercises. Movements after morning hygienic Gymnastics, which are included in the agenda of STT physical culture, are more effective after eating or 2-2.5 hours before, between 9-13 a.m., the second time between 16-18 a.m. We have witnessed about 20% of young people do more productive work in the first cycle, about 30% show activity in the second half of the day. The remaining about 50% were counted as arrhythmic individs and found that they could display movement activity at any time of the day. There are also many who are engaged at night or at least 2.5-3 hours before sleep. But it has been scientifically proven that the effectiveness of such training is low. Studies have shown that muscles that work from the effects of exercise are better supplied with blood. In comparison with capillaries in similar muscles, which are at rest without work in these muscles, 80-100 times more open capillaries (blood-carrying doves) open, thereby



increasing the strength and speed of contraction of the muscles, their endurance and the ability to work tirelessly for a long time. In muscles that are constantly trained, there is an increase in energy reserves in the state of starch-glycogen, which is formed in the living soul. It is easy to carry out heavy work on the muscles, oxidation-reduction and other processes are rapid.

Conclusion

On the agenda, we found out through our requests that the reserve of theoretical knowledge regarding when, at what pace, in what sequence, with how much energy (energy) to do physical exercises, knowing its age, anatomical-physiological characteristics, how to prepare to perform it before performing any action is extremely scarce in student youth. During separate conversations, the agenda includes actions, exercises of their liking in different ways, placing games, finding the optimal norm for them, being able to choose specific exercises for themselves, learning to determine the rhythm of performance, pace, number of returns, the transition from the state program of preschool educational institutions to the training of foreigners on the basis of innovative projects in The educational material of the existing physical education programs needs to be improved.

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