



METHODOLOGICAL FOUNDATIONS OF RAISING A HEALTHY GENERATION AND ORGANIZING PHYSICAL EDUCATION

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Social conditions only allow people to engage in physical culture or sports, the rest depends on the wishes and interests of the individual. Therefore, before offering any form of exercise or health care to people, it is necessary to study and develop their interests and preferences. Today's person is not the person who lived in the last century, in those times there were few sports and recreation complexes, facilities, and clubs, and nowadays a person has the opportunity to choose the one he likes. Of course, socio-economic factors affect people's minds and interests, but strengthening health, engaging in physical education, and acquiring the necessary skills in this regard always depend on the interests and aspirations of a person.

"I know for sure that - writes G.N. Sitin, a well-known psychotherapist and the author and founder of self-healing methodology, - a person inspired by the idea of improving health surpasses all elements of nature, all opposing forces and maintains a healthy lifestyle despite all the adverse effects. A person inspired by the desire and idea to be healthy overcomes all diseases with his own strength and becomes a truly invincible, strong, healthy person" [1]. Health, organization of a healthy lifestyle can be linked to socio-cultural conditions. Physical education, sports science, and the methodology of forming a healthy lifestyle are closely related to legal mechanisms and legal documents. First of all, this is expressed in the international normative documents on human rights and the Constitutions of the states.

The Universal Declaration of Human Rights states that "everyone has the right to a standard of living, including food, clothing, housing, medical care and necessary social services necessary for the health and well-being of himself and his family. Education should be directed to the full development of the human personality and increasing respect for human rights and fundamental freedoms" [2]. All constitutions support this and guarantee the creation of necessary conditions for ensuring the necessary standard of living, social security and health of citizens. Such legal norms are very necessary for the transition to a new, modernized stage of society's development.

For example, at the first stage of the transition to market relations, cultural and sports institutions, stadiums and swimming pools were sold to entrepreneurs. Sportsmen get involved in criminal gangs or become personal bodyguards of lawbreakers. There have also been cases where criminal groups

relied on the support of famous athletes and threatened the authorities with their help. This sad experience shows that the

state, while helping to develop physical education and culture, cannot forget to direct this factor to the development of the society and to ensure the health of the population. For this, a certain legal-normative base should be created.

The methodological foundations of physical culture were created and revealed, based on the characteristics and laws of science, effective means, methods and mechanisms for strengthening the health of the population and promoting a healthy lifestyle were developed. Analyzing the scientific and methodological foundations of physical culture, observing the scientific researches and experiments on the formation of skills for organizing a healthy lifestyle show that today scientific thought is facing a new, unusual reality. This is primarily due to the conditions of the pandemic that began in 2020. In addition, scientists say that today there are no clear organizational and technological mechanisms and methods of strengthening the health of the population and individuals in the use of socio-pedagogical tools, and there are no professional standards for pedagogues in the field of health protection. The motivation of teachers to protect and strengthen health is very low [3]. Therefore, scientists come to the fundamental conclusion that the formation of health should be considered as a purposeful and systematic pedagogical effect, an interaction between the subject and the object, a process of creative cooperation. The essence of this process is organization according to the didactic and axiological foundations of health and healthy lifestyle. This approach encourages to consider the phenomenon of health, the formation of a healthy lifestyle as an integral part of the spiritual development of a person, the processes of ontogenesis and phylogenesis [4].

Knowledge of personal psychology, motivations, interests and desires plays an important role in strengthening and ensuring health. Medical psychology studies them based on the morphofunctional characteristics of the human organism [5]. In this approach, attention is paid to socio-philosophical problems that often require experiments, such as the morphofunctional characteristics of the organism, the response of each organ to one or another load, suitability or not for physical activity. The fact is that these socio-medical and medical-psychological observations consider the phenomenon of health as a necessary attribute of the formation of a person, the result of the performance of one or another action function of each organ, an



expression. Such scientific experimental research in the theory of physical culture helps to understand how important and necessary health is for every organ, every muscle, bone, and vein. It is a pity that there are no studies on such urgent socio-philosophical problems in Uzbekistan.

Social-pedagogical and philosophical-medical sciences dealing with issues of health promotion often focus on methodological aspects. In this regard, they cooperate with the methodology of physical culture. However, they are distinguished by their rise from the level of methodology to general theoretical generalization. Although this is not yet a socio-philosophical research, it is a focused attempt to determine the socio-philosophical issues of health.

Socio-pedagogy includes the study of healthy lifestyle skills, methods of physical culture. At the same time, he focuses on strengthening the role of the educator by activating the individual. The participation of the individual in physical training is a criterion of the effectiveness of the methodological foundations of the organization of physical education. These indicators are the product of the influence of biomedical, biosocial, social axiological, psychological, therapeutic and cultural factors. Social pedagogy cannot ignore these factors. Each of these factors helps to understand that health is a necessary and structural part of human existence. But social pedagogy and theoretical concepts related to it focus on turning the individual himself into a subject of physical education, that is, on activating the psychophysiological capabilities of the individual. For him, it is important that a person organizes himself and strives to reveal his psychophysiological reserves, that is, self-activation. Solving this problem through new pedtechnology and innovative approaches is considered as a modern approach. Therefore, in social pedagogical practice, health is often interpreted as the formation of positive attitudes (motives) to a healthy lifestyle, health culture, and health as a value. Interpretations such as "Culture of health", "Formation of a healthy lifestyle" are often used in social pedagogy, and they are mentioned as scientific problems [6]. This is not for nothing, because no matter how much the phenomenon of health is related to the methodology, it needs theoretical generalizations and certain ideological concepts from the point of view of science.

In recent years, the problems of raising a healthy generation have been extensively researched in the scientific and pedagogical literature, because the changes in the educational process, the introduction of distance learning technology, and the widening scope of using the Internet and interactive mechanisms encourage new solutions to the problems. Distance education and interactive mechanisms raise social pedagogy methodology to a new level. Audiovisual devices make the educational process more interesting, reliable and effective, help to determine the general direction of health promotion. At the same time, they require clarification of internal components of health promotion, development of concepts corresponding to each component. It is observed that the study of socio-educational, psychological and cognitive aspects of the problem is becoming an interesting direction in modern research.

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