



# TECHNOLOGIES FOR IMPROVING HEALTHY LIFESTYLES AND CULTURAL AND HYGIENIC SKILLS IN FUTURE EDUCATORS

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## ABSTRACT

*The process of forming a healthy lifestyle in future educators needs to be integrated into the educational process on the basis of special curricula. To this end, the article offers plans, forms, methods and tools for extracurricular activities to form a culture of healthy living in future educators, developed lesson plans for optional classes.*

**KEY WORDS:** *healthy lifestyle, cultural and hygienic skills, future educators, physical education and sports, rules of personal hygiene.*

## DISCUSSION

Human health is the greatest social wealth. The health of the nation is naturally addressed through a culture of healthy living. Ensuring interdisciplinary integration is of great importance in shaping the culture of healthy living of future educators. Biology, physical education, geography, chemistry, computer science, mathematics, language and literature, the idea of national independence, history, ethics, aesthetics, philosophy, the basics of constitutional law, etc. it is expedient to assimilate the relevant knowledge. It is advisable to provide students with an understanding of the culture of healthy living in extracurricular activities, in particular, in the hours of communication, parent meetings, club activities, public events, Saturdays, etc.

According to the sources, the organization of the educational process in a differentiated group form facilitates the work of teachers and allows students to understand and comprehend theoretical knowledge.

In accordance with the requirements of the National Program of Personnel Training, to raise the level of educational work in the system of continuing education to the level of modern requirements, to increase the efficiency of educational work, along with the leading specialists in higher education. One of the main tasks of the higher education system is to bring up morally mature people.

During the years of independence, to improve the spiritual and moral qualities of students studying

in higher educational institutions of the republic, to further enhance the culture of daily life and strengthen discipline among them, in particular, to raise awareness of their own health and the health of others. The main attention is paid to the formation of a responsible attitude, the formation and improvement of a culture of healthy living among students with the participation of school leaders, teachers and coaches.

In this regard, the adoption of a number of other orders of the Ministry of Higher and Secondary Special Education of the Republic of Uzbekistan "On the tasks of strengthening discipline in the educational institution and improving the culture of everyday life of students" is proof of our opinion.

Higher education institutions have a great responsibility to form a culture of healthy living in the process of training future educators. Because a large part of the country's youth is students. In addition to gaining scientific and theoretical knowledge, practical skills and abilities in the chosen areas of higher education, students strive for spiritual and moral education and perfection. Along with the intellectual, moral, aesthetic, physical, economic, religious, medical, environmental, civic, pedagogical and other aspects of spiritual culture, they need to form a culture of healthy living. After all, it is impossible to form a professional culture in future educators without forming a culture of healthy living.

The formation of a culture of healthy living in the training of future educators is an important



component of the pedagogical process in pedagogical higher education. The following tasks are envisaged in the preparation of students for the profession on the basis of the formation of a culture of healthy living:

- To provide future educators with scientific, theoretical knowledge, practical skills and competencies about the culture of healthy living;

- To inculcate in future educators the belief in national and universal traditions and the desire to live a healthy life;

- To study the interpretation of the culture of healthy living in religious sources (Avesto, Qur'an, Hadith) and to determine its role in the formation of a culture of healthy living;

- To study the way of life, family traditions, customs and traditions of the peoples of the East and the West, their place in modern life;

- The study of the primary sources and writings that provide information about the history of the people's way of life, the rules and regulations of the future dreams, to determine its importance in the formation of a culture of healthy living;

- Achieving the use of folk pedagogy, folk crafts, applied arts, music and theater in the formation of a culture of healthy living in future educators;

- Identification of effective forms, methods and tools for the formation of a culture of healthy living in the preparation of students for the profession in higher education;

- The formation of a culture of healthy living and professional development of future educators through classroom activities and extracurricular activities;

- Strengthening the activities of public organizations in higher education in the formation of a culture of healthy living in the training of future educators;

- Ensuring the cooperation of family, community and community in the formation of a healthy mindset, a culture of healthy living in future educators, increasing the responsibility of state and public organizations.

The use of the following forms of education in ensuring the implementation of these tasks leads to effective results:

- To provide scientific and theoretical knowledge about the culture of healthy living through classroom classes taught at the university;

- Additional subjects included in the curriculum on the basis of state programs: ensuring quality teaching of valeology and health;

- Organization of special courses, special seminars and optional classes on the basics of a healthy lifestyle;

- Achieve the establishment of societies, associations, centers, clubs and circles for the

formation of a culture of healthy living in future educators;

- To use the opportunities of various events, meetings, conferences, seminars, discussions, seminars-trainings, round tables, debates, independent work, role-playing games outside the classroom in the formation of a culture of healthy living in future educators;

- The effective use of pedagogical and information technologies in the formation of a culture of healthy living in future educators in the educational process;

- Strengthening the role of physical culture and sports in the formation of a culture of healthy living in future educators in higher education;

- Strengthening the cooperation of the educational institution with families, communities and public organizations in the formation of a culture of healthy living in future educators.

The role of the humanities and socio-economic, mathematical and natural sciences, general professional, specialty disciplines taught at the university is of special importance in the formation of a culture of healthy living in future educators.

The formation of a culture of healthy living in future educators creates the basis for the following:

- have theoretical knowledge about the factors that negatively affect the life and health of the individual;

- Achieving theoretical knowledge and practical skills to eliminate the factors that negatively affect the life and health of the individual;

- fight against bad habits (smoking, drug and alcohol abuse);

- adherence to the agenda;

- organization of regular physical activity and achieving regular participation in sports;

- mastering detailed information about the essence and importance of the rules of proper nutrition and their use in practice;

- establishing responsibility for the protection and maintenance of personal health;

- Carrying out public awareness campaigns on health care and protection;

- ability to prevent various injuries;

- Proper sex education, awareness of the rules of personal hygiene and adherence to them;

- organization of theoretical and practical activities for the development of high moral qualities, strong will, as well as the ability to fight for the formation of immunity against beliefs that contradict the idea of national independence and ideological principles. are prepared to promote. They form a culture of healthy living in the process of preparation for the profession. The teaching of these disciplines requires the use of effective forms



and methods of education, revision of the content of science programs, the development of technology for the formation of a culture of healthy living in the preparation of students for the profession.

In the educational process, the principles of systematization, purposefulness, consistency should be followed in the formation of a culture of healthy living in future educators. The knowledge of healthy living in the classroom helps them to consciously integrate the culture of healthy living.

In the process of teaching in pedagogical universities, future educators will have the following:

- Students are equipped with in-depth knowledge, skills and competencies in the culture of healthy living;
- A healthy relationship is established between students;
- A healthy spiritual environment is created in the community;
- Students learn to incorporate a culture of healthy living into their lifestyle, to apply it in everyday life;
- Future educators will be able to follow the rules of personal hygiene;
- On the basis of folk pedagogy and national values, a culture of healthy living is formed in future educators;
- have scientific and theoretical knowledge of the medical and biological foundations of a culture of healthy living;
- On the basis of the idea of national independence, a culture of healthy living will be formed in future educators;
- Understand the role and importance of physical culture and sports in the formation of a culture of healthy living.

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