

Problems of Valeological Education in the School System of Education

Nurmatov Farxat Abdualimovich

Associate Professor, Head of the Department of Theory of Physical Culture, Chirchik State Pedagogical University

ANNOTATION

In this article it is presented the results of the theoretical substantiation of health-related technologies in the educational process of school contingents of general secondary education institutions in the school education system.

KEYWORDS: health, technology, educational process, hypokinesia, valeology, healthy lifestyle, monitoring.

After the independence of the Republic of Uzbekistan, many changes were made in the education system. The system of personnel training and retraining has been improved. Conditions for applying innovative pedagogical technologies to the educational process have been created.

As a result of the application of new pedagogical processes to the school education system, health care technologies left the scope of medical sciences and found their place in the sphere of education. Pedagogical valeology determined its main direction in the educational process and began its creative activity in strengthening the health of the growing young generation based on the traditions of "healing physical culture" and "hygienic education". A healthy lifestyle is of great importance in the theory and practice of modern physical education. But in this pedagogical process, the field, which is relatively young, proves the wide range of many unexplored problems.

Pedagogical problems of the Faculty of Physical Culture have been carrying out scientific and practical activities for many years, taking responsibility for the health of contingents of schoolchildren. The "Physical Culture Theory and Methodology" department has been conducting scientific research for many years on the problems of healthy lifestyle of schoolchildren.

In the process of fulfilling the grant assignments of the Ministry of Education of the Republic of Uzbekistan, the conditions of a healthy lifestyle (STT) of schoolchildren and the ways of its formation were discussed many times, the physical development and movement readiness of schoolchildren, as well as the conditions of the influence of regional factors on it, were determined. Physical culture plays a leading role in the formation of STT of schoolchildren. Based on the above considerations, the school recommends to find effective methods of innovative pedagogical technologies using physical culture tools to further activate public sports. Test-research processes show that the old systems and methods of revitalizing physical health in school-age students in age and gender categories do not give the expected results. The problem raised by us shows that the lack of pedagogical process showed that the physical culture of schoolchildren was directed to the fulfillment of the requirements and norms set in the curriculum. According to many researchers, the evaluation criteria cannot

serve as a factor of interest for a long time. Because it does not justify itself as a means of improving the health of the student. It does not arouse the feeling of conscious care and approach in the student about his health. A social survey conducted among schoolchildren showed that more than 60% indicated the need to reconsider the introduction of STT, while only 4% of respondents considered themselves to be in a good state of health. It is known that the main negative condition of the development factor of the organism in the period of modern scientific technology progress is the hypodynamism of the organism by 53%. The reason for the lack of movement activity of the school contingents is that they are not sufficiently engaged in physical culture, because two hours per week are set in the school curriculum, and this is not enough to solve the problems of hypokinesia in young students.

During the analysis of the topics of the practical parts of the physical culture classes, it became clear that there is no section that promotes and explains the importance of healthy lifestyle and mass sports to the students.

Naturally, it raises the issue of the certification of the pedagogical team of teachers, which gives them the right to work with the growing young generation in the courses of teaching health technologies through the means of physical culture. It is necessary to model the pedagogical process in the school education system, gradually apply health technologies to make it a daily way of life, to increase the place of the foundations of valeological education in the school education system, to increase the effectiveness of scientific research in the field of physical education of schoolchildren, and to revive the work being carried out on the solution of their problems.

The main direction of valeological education is the formation of knowledge, the strengthening and improvement of human health, the enrichment of knowledge and skills. The listed functions of valeology should be studied sequentially in the school environment in the context of the entire educational process.

Valeological principles of organization of life activities of schoolchildren can be defined as follows.

1. STT systematic formation of a person - a person is a whole object.
2. General and valeological-ecological education unity of education and proportionality with general education.
3. The social-active position of the person and the fact that the goal is self-desired.
4. Mastering the received information and being able to apply valeological knowledge and skills.

It is possible to find a solution to the main tasks of valeological education of students by following the principles of valeological education by providing health conditions, expanding and deepening it in the pedagogical process.

1. Cultivating passion for health.
2. Scientific understanding of STT.
3. Continuously developing physical fitness and inculcating the desire to develop it.
4. Learning to self-control and evaluate physical development in physical fitness classes.

5. Formation of valeological culture of the person.

The model of valeological education of schoolchildren should include 4 basic conditions.

1. Adherence to sanitary and hygienic requirements and rules when organizing the pedagogical process at school.
2. Organization of physical health activities at the school for all students and teachers.
3. Conducting preventive medical examination and consultation.
4. To create a database of students' physical development and movement readiness, to monitor them every year and to compare them and conduct a study of the dynamics of change during the academic year.
5. Correct and healthy organization of rest.

In the educational process, valeological education should be carried out in an integral connection with pedagogical activities and educational methods.

The student will improve the level of health of young people and the tasks set before them will be carried out through their health potentials. In this:

- To study special literature on issues of organization of physical rehabilitation.
- to know how to properly organize a complex of health-giving physical exercises;
- aiming to promote a healthy lifestyle among the public in the organization of public sports events;
- it is necessary to pay attention to regular monitoring of schoolchildren's mobility and functional status, as well as their physical development and health.

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