



MODELING THE PREPARATION OF STUDENTS FOR A HEALTHY LIFE BASED ON THE DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS IN HIGHER EDUCATION INSTITUTIONS

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Abstract

In the formation of a healthy lifestyle in their students in higher educational institutions, an important role is played by mastering the skills of connecting theoretical knowledge with practical training, knowledge and experience in various fields of physical education, sports and training. The concept of a healthy lifestyle as a large-scale socio-cultural and educational process means the spiritual and physical perfection of each person or family, active participation in the labor community and neighborhood environment, as an example and role model for many. Aspects such as peaceful coexistence in a strong family, high efficiency in the process of Labor, constant participation in cultural, mass and sporting events are embodied in it.

When our country became independent, research related to a healthy lifestyle increased even more. On their basis, a number of educational and methodological manuals and popular books on the restoration of national values, the enrichment of our spiritual and educational culture on the basis of the requirements of the period are emerging.

It is known that human health is directly related to many areas. In this, medical and hygienic requirements, rest, nutrition, sleep, cultural recreation are priority. In their composition, practical realistic movement (swimming, running, jumping, lifting, breathing and similar natural movements) is the most important factor. In the quality, improvement of natural movements, physical exercises, Sports, Travel and folk National Games can fully serve. Together with the fact that the content of Physical Culture and sports is focused on certain goals, they are directed to the upbringing of the physical perfection of the population, especially –students. This develops a person in every way, both spiritually and physically. So, in the content of a healthy lifestyle, physical education, sports, travel and folk National Games have their own characteristics. In this place, our first president was I.A.Karimov stated in the brochure "Uzbekistan's own way of independence and development" "that " the culture of taking care of its health in person should be instilled from youth, with the support of Family, School, Neighborhood Health System, physical education sports. It is important that people, not in words, but in practice, reach the value of their health and avoid it as a national asset" [1].





Teachers, embodied in teaching methods, should prepare for training, effectively use various educational tools and reveal the methodology of the curriculum and programs. However, it should be remembered that the management of teaching and teaching processes, the effective use of existing teaching tools and ensuring that students are as beneficial as possible in the training session, and many other similar tasks are fully assigned to the teacher. In the teaching of subjects, the teacher is the person responsible for the use of new pedagogical technologies, teaching and teaching, as well as the productive use of existing opportunities and conditions. To complete this task, the teacher must have complete knowledge of the teaching process and the scientific and technical aspects of the subjects taught. The purpose of this is to make the teaching method so that students can fully master the subject being taught.

When determining whether teaching methods are consistent with student demand, it is necessary for the teacher to take into account the following six main components of his program [2].:

1. Planning;
2. Opportunities and conditions;
3. Styles;
4. Activities;
5. Feedback;
6. Control.

One of the ways to determine the teaching style is to make a list of questions that apply to each of the six factors listed above. It should be noted that ensuring the full fulfillment of the requirements of each component, as well as its observance, increases the effectiveness of the chosen teaching method. Planning, teaching style includes the following, namely:

– to explain the criterion for determining the established criteria for assessing the level of knowledge of students; - to determine the suitability of teaching methods for students. Methods and means of improving the effectiveness of the application of modern pedagogical technologies, embodied in the methods of teaching in physical education and sports lessons.

Nowadays, like all educators, physical education teachers require the use of advanced pedagogical technologies, such as organizing classes on the basis of modern pedagogical requirements, forming an innovative approach to the lesson, teaching students to independent thinking throughout the lesson.





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