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PEDAGOGICAL NEED FOR DEVELOPMENT OF VALEOLOGICAL CULTURE IN FUTURE PHYSICAL CULTURE TEACHERS

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ABSTRACT

In this article, there is a detailed discussion of the pedagogical necessity and conditions for the development of valeological culture in future physical culture teachers and the principles of teaching in the educational process aimed at the development of valeological culture.

KEYWORDS

Valeology, culture, physical culture, valeological culture, physical education, lifestyle, hygienic education, health care.

INTRODUCTION

In our republic, the system of training modern specialists in the field of physical culture is perfectly organized. The State Institute of Physical Education of Uzbekistan, which is considered the leading and central higher educational institution in the field, trains many highly educated physical culture specialists and sports coaches. The leading scientists and sports coaches of our country teach future specialists at this higher education institution. In addition, the existing faculties of physical education at the universities and pedagogical institutes of the republic's regions provide the educational system with many highly educated

physical education teachers. Also, in addition to the training of athletes, sports coaches with secondary special education are also trained in the Olympic reserve colleges established in the following years. The scientific-methodical support for the training of specialists in the field of physical culture in the system of secondary special vocational education and higher education in the republic is fully organized based on modern requirements. That is, educational institutions are equipped with well-developed DTS and educational programs, textbooks, and various training manuals.

METHODOLOGY

In order to find a positive solution to this problem, it is important to create the following objective and subjective conditions in the formation of a healthy culture of students of higher educational institutions:

A) subjective condition - conditions; that the problem of formation of valeological culture in society has risen to the level of state policy;

the involvement of the public in the process of developing valeological culture among students;

that persons responsible for promoting valeological culture among students - parents, pedagogues and representatives of public organizations have certain knowledge in this regard;

that future physical culture teachers have acquired knowledge about valeological culture and its essence;

the presence of interest and inner desire to develop valeological culture skills in them;

that the problem of forming a healthy lifestyle culture in society is covered consistently and effectively on the pages of mass media, etc.;

B) objective condition - conditions;

availability of resources (scientific) scientific - popular, popular and methodical literature, textbooks, manuals, recommendations and visual aids created on topics related to the establishment of valeological culture in society;

sufficient provision of information and technical means of the activity process aimed at developing valeological culture in future physical culture teachers, etc.

Development of valeological culture among students of higher educational institutions is a complex process, as mentioned above. The fact that social, medical, psychological and pedagogical aspects are manifested as a whole in the content of Valeological culture is the proof of this complexity. There is no doubt that the activity carried out by the teachers of higher educational institutions in this regard is one-sided. Therefore, there is a need to prepare personnel for this process who are responsible for the development of valeological culture among students, and at the same time are fully aware of medical, psychological and pedagogical knowledge.

DISCUSSION AND RESULTS

It is known that the Republican "Student" sports association gained its competence at the traditional conferences held in our republic on the topic of physical education and sports development. In this, the formation and improvement of a healthy lifestyle of pupils and students, raising the prestige of national games and sports, children's sports and women's physical education took the main place. Attention was paid to wide-ranging problematic topics of expanding the results of scientific research of young scientists, talented researchers, masters and even students, applying the obtained results in practice, and increasing the position and responsibilities of talented specialist scientists.

On the basis of the development of valeological culture in future physical culture teachers, equipping pedagogues with health-related skills, training them in valeology in students - young people based on conducting trainings that are now widespread among the public in combination with a number of traditional teaching methods. the improvement of pedagogical

preparation for the development of culture gave the expected effect.

In the process of extracurricular education and training, the following pedagogical and organizational activities are carried out in the development of valeological culture among students of higher educational institutions. According to it, the content of pedagogical conditions is explained as follows:

Methods:

1) the oral method is reflected in the following forms expressing its content: lecture, theoretical seminar; conference (with the involvement of specialists responsible for environmental protection, human health, as well as personal development);

2) forms representing the content of the demonstration method - a collection of slides, booklets, posters and other didactic materials representing the content of the culture of healthy living; video - plot (sports, infectious diseases and ecology) and so on.

3) in forms representing the content of practical methods: audio and video training sessions; selection of pictures, exercises from small elements of physical labor in the process of education; "If you think it's difficult to develop a valeological culture, then think about how much an unhealthy culture costs?!" parties and competitions organized on the basis of the principle; meeting (with the participation of medical workers, psychologists, pedagogues, representatives of the youth union, members of social organizations, community gatherings, specialists of fire and traffic safety departments, etc.); the expedition will be in the areas where there are elements (manifestations) of environmental hazards, to enrich the theoretical

knowledge of future physical culture teachers about the causes and consequences of environmental changes;

Tools:

live speech; personal role modeling (parents, science teachers, medical workers, neighborhood activists, accomplished athletes, leaders and leaders of children's social organizations; fiction, scientific, scientific - popular and popular works, educational resources (textbook, educational program and manuals); illustrative materials - pictures, booklets, plots, slides, etc.; natural raw materials (soil samples) that serve to highlight the nature of environmental hazards, sports equipment, etc.; articles, TV and radio broadcasts, technical (overhead) and information technology (computer) tools, educational materials for distance learning, etc.

The development of valeological culture in future physical culture teachers with the help of specific forms, methods and means of education requires the following actions:

improving the readiness of pedagogical personnel; increase the cooperation of family, institute, neighborhood, social organizations, health care, fire protection, law enforcement agencies, youth organizations;

development of content and knowledge of valeological culture (educational and supplementary materials, etc.);

creation of training manuals and visual teaching tools armed with modern information technologies regarding valeological culture and providing students.

The following teaching principles were used in the educational process aimed at the development of valeological culture in future physical culture teachers:

from simple to complex - the concept of valeological culture itself is a comprehensive phrase and consists of several factors. As a result of developing students' skills regarding each criterion, a pyramid of valeological culture is created in their mind about valeological culture, that is, they have a certain systematic and integrated image based on acquired theoretical knowledge, starting with simple concepts of valeological culture;

coherence and consistency between subjects - the intended goal can be achieved only if the principle of coherence and continuity is observed when instilling valeological culture into the minds of students;

- consciousness in personality formation - the main goal of our research work is to inculcate the concepts of valeological culture into the minds of future physical culture teachers. After all, as long as students cannot consciously choose their own culture, the problem keeps looking for its own solution;

- interdisciplinarity - if the factors that express the concept of valeological culture are conditionally connected with medicine, physical education, psychology, ecology, hygiene, labor, ethics, aesthetics and other disciplines, students are formed skills, first of all, a holistic vision is formed in them secondly, it encourages students to take a comprehensive approach to the learning process;

- activity in teaching - conducting training during the teaching process encourages students to be active in a group, think freely and express their views;

- the unity of education - upbringing - this principle is an inseparable pedagogical law, and our activity in inculcating the culture of healthy life in the minds of students based on this law is discussed in detail in the above paragraph of the dissertation;

- scientific in teaching - to work with world-class information networks, to strengthen their motivation by writing abstracts used in the process of developing valeological culture in future physical culture teachers, working on the catalog, providing materials on this topic on websites, etc. , helps to expand the scientific outlook with the help of some methods used;

- demonstrability - the effect of using the demonstrative method in teaching is great. As we mentioned above, in the course of our research work, we achieved the development of the "Valeological culture" block visual instrument, as well as small exhibition materials;

- stratification in education - education aimed at the development of valeological culture according to the opportunities, abilities, levels of knowledge assimilation, wishes of future physical culture teachers - providing them with knowledge from this field based on a differentiated approach in the process of education gives the expected results. This action increases the activity of future physical culture teachers to study, and on the other hand, ensures their personal freedom. This, in turn, allows the student to fully express his own point of view and knowledge;

- orientation to mental thinking in teaching is an education-training process aimed at forming a culture of healthy life based on this principle.

- develops the logical thinking of future physical culture teachers. Our experience-test materials

prepared in the course of our pedagogical activity were selected based on this principle. The fact that the expected efficiency has been achieved in this area is justified in the last paragraph of the work;

- application of information technologies in education - if it is possible to strengthen the motivation of future physical culture teachers to acquire theoretical knowledge in the field of valeological culture, on the other hand, to create new modern educational literature in the continuous education system, or creation of a multimedia electronic manual for the development of valeological culture is the demand of the times;

- strengthening the self-confidence of future physical culture teachers - following this principle is an important factor in achieving any desired goal. Therefore, we will focus on the factor of valeological culture, for example, in terms of active - movement, giving an example of the achievements of our mature athletes in our Republic, encouraging them to realize their identity, and instilling the self-confidence of future physical culture teachers. we will try to strengthen. After all, this trust will be the basis for him to become a mature athlete or a professional, in short, a healthy person.

It was found appropriate for the employees of the educational institution to pay attention to the following in order to effectively solve the above-mentioned tasks:

- ensuring consistent and complete activity;
- compliance with disciplinary requirements in the course of activity;

- spiritual and methodical support of experimental teachers;
- to properly establish cooperation with parents during the testing process;
- work based on world experience in developing valeological culture in future physical culture teachers;
- future teachers of physical culture should use the heritage left by thinkers in the development of valeological culture - the views and advices expressed in great sources regarding the culture of healthy living;
- effective use of media services in the development of valeological culture in future physical culture teachers;
- extensive use of technical means.

CONCLUSION

Visual aids are the main teaching tool for inculcating valeological culture in the minds of future physical culture teachers. Therefore, in the process of conducting scientific research, we paid special attention to visual aids. below, we describe the ideas about the essence of this tool. The content of the valeological culture, signs of an unhealthy lifestyle and the necessary requirements for a healthy lifestyle are reflected in the visual instrument. The main purpose of visual aids in this form is to attract students' attention;

to achieve full mastery of the essence of valeological culture by future physical culture teachers;

to arouse interest in science in future physical culture teachers;

to enrich the imagination of future physical culture teachers, to strengthen their imagination;

is to motivate future physical culture teachers to apply theoretical knowledge acquired by them in practice.

The most impressive aspect of the visual medium is that each piece is individually painted. During the explanation of each factor, the teacher can separate the part that belongs to him and show it to the students. Equipping future physical culture teachers with theoretical knowledge of valeological culture will further increase their level of spiritual education.

It is worth noting that one of the main factors for the further development of physical culture and sports in our country is the potential of specialist personnel in this field. Therefore, the requirements set by the personnel training system in the field of physical culture and sports must be noted. It should be noted that one of the most important factors for the further development of physical culture and sports in our country is the potential of specialist personnel in this field. Therefore, it is necessary to fully fulfill the requirements set by the personnel training system in the field of physical culture and sports. Also, it is considered appropriate to enrich this system with new requirements to a certain extent on the basis of the above proposals. Also, it is appropriate to enrich this system with new requirements to a certain extent based on the above suggestions.

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