

## PEDAGOGICAL TECHNOLOGIES BASED ON THE EFFECTIVE MANAGEMENT OF MEANS FOR THE FORMATION OF HEALTH AND HEALTHY LIFESTYLES OF HIGH SCHOOL STUDENT GIRLS IN PHYSICAL CULTURE TRAINING

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**Annotation:** *This article will talk about the fact that physical education activities in educational institutions consist in preparing students and students for physical development, wellness and life activities, the educational institution successfully conducts mass Physical Culture and sports activities.*

**Keywords:** *physical education, student, student, sport, healthy lifestyle, formation, efficiency, attention, Health.*

## JISMONIY MADANIYAT MASHG'ULOTLARIDA OLIYGOH TALABA QIZLARINI SALOMATLIGI VA SOG'LOM TURMUSH TARZINI SHAKLLANTIRISH VOSITALARINI SAMARALI BOSHQARISH ASOSIDAGI PEDAGOGIK TEXNOLOGIYALAR

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**Annotatsiya:** *Ushbu maqolada Ta'lim muassasalarida jismoniy tarbiya tadbirlari o'quvchi va talabalarni jismoniy rivojlantirish, sog'lomlashtirish va hayot faoliyatiga tayyorlashdan iborat bo'lishi, Ta'lim muassasasi ommaviy jismoniy madaniyat va sport ishlarini muvaffaqiyatli olib borish haqida so'z boradi.*

**Kalit so'zlar:** *jismoniy tarbiya, o'quvchi, talaba, sport, sog'lom turmush tarzi, shakllantirish, samaradorlik, e'tibor, sog'lik.*

There is no doubt that a healthy and long life was a long-standing dream of mankind. From this point of view, the main task facing any society is to make this dream of mankind come true, that is, to create conditions for people to be healthy and long-lived. In all periods, a healthy lifestyle was considered one of the main health requirements.

There are more and more non-traditional thinkers, naturalists in the field of health, among whom there are devotees and scientists who have done world-class work in the field of healthy living.

By healthy generation we mean not only our physically strong children, but also the spiritually rich generation. Because, a people who have a healthy generation on all sides can never be overcome. It is imperative that we all realize this well.

Yana also stated that " the culture of taking care of one's health in person must be instilled from youth with the support of Family, School, neighborhood, health care system physical education and 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.

Of particular note is the study of the legacy of the qomuschi scholar Abu Ali ibn Sina, who influenced the development of many disciplines with his scientific views.

Ibn Sina's works, dedicated to the issues of Medicine and education, set out thoughts, reflections and instructions on the problems of physical education and strengthening human health.

It is known that at present, great works are being carried out in our republic to improve the well-being of the population, strengthen health, popularize physical education and sports among the population, and educate the younger generation mentally healthy and physically competent .

And the large-scale development of public and personal transport reduces the physical activity of a person. As a result of this, there are more and more diseases of the cardiovascular, digestive organs.

Naturally, these scientists do not even have an impact on the health of children and adolescents, who make up about 40% of the population of the Republic.

The researchers noted that 60% of Primary School students had qaddi-qomat disorder, 50% of all graduates had visual impairment-30-40% of all students had cardiovascular activity disorders, 20-30% had nervous-mental irritability, and 45% had various chronic diseases .

D. From Researchers.U.Nistryan claims that human health depends on 60 percent lifestyle, 20 percent on the environment, 12 percent on a person's heredity and only 8 percent on the level of medical care.

From these, it can be seen that the problem of the formation of a healthy lifestyle is one of the issues that are currently important to solve for our society.

The issues of forming a healthy lifestyle, which are now becoming relevant for our society, are close to each other in terms of content and means with Ibn Sina's views on health care.

Research by researchers has extensively focused on Ibn Sina's views. However, there has been little comment on their use in practice. Only some authors have briefly mentioned this . They proposed the use of Ibn Sina's inheritance in the process of physical education, but did not comment on the ways of use.

Thus, having studied the literature dedicated to Ibn Sina's views in the fields of physical education, as well as the formation of a healthy lifestyle, it can be said. Ibn Sina's legacy in Physical Education has been studied in depth for a long time, noting that they can still be used today, adapted to their modern students.

And in the works devoted to the problems of a healthy lifestyle, today it is argued that in the formation of a healthy lifestyle in the younger generation, the use of spiritual values from national traditions and traditions from their national heritage can further improve the efficiency of work carried out in this area.

Our great compatriot Abu Ali ibn Sino, fully supporting the Hippocratic views, included in the above such requirements as internal cleansing and spiritual tranquility, maintaining the proportions of the figure, hygiene of dress, cleanliness of the air and ensuring moderate sleep and wakefulness. For example, in Paul Bregg's programs and ideas, which say that a healthy

lifestyle consists of the correct use of sunlight, pure air, clean drinking water, natural foods, occasional rest, ensuring the RASM of the figure and being conscious, thoughtful, Kenneth Cooper suggests that it consists of dance exercises, departing to music painted to a certain rhythm. Cooper calls the move “aerobics”. The word “aerobics” in Uzbek is the aeration of the body, that is, the supply of oxygen to its internal organs. The aerobics movement is also common as a healthy lifestyle.

In research by researchers, American Scientists Belloc as well as Breslow suggest the following as a health-enhancing event:

- 7-8 hours of sleep every day;
- 3 meals a day at a specific time;
- Breakfast every morning;
- Maintaining weight in moderation;
- Not consuming too much alcohol;
- \* Exercise every day;
- Complete abstinence from smoking.

Russian scientist V.P.Petrenko's thoughts on a healthy lifestyle include:

- \* Personal hygiene;
- \* Mode of work and rest;
- Physical activity and conditioning;
- Proper nutrition;
- \* Mental Hygiene, mental prevention;
- Environment and health;
- Self-treatment and its harm;
- Drinking and health;
- Addictive and toxicomania.

United Nations Development Project B. By Order of the ministries of science, culture and health.M.SHaripov, L.N.Bashmakova and G.U.The textbook-manual” healthy lifestyle”, aimed at schoolchildren by kurmanovas, defines the main topics as follows:

- Self-esteem;
- \* Agenda;
- Physical conditioning;
- \* Healthy relationships;
- Harmful habits (tobacco, alcoholism, cannabis);
- Fetal, family planning.

In the “criterion (standard)of knowledge that the population should know about disease prevention and health promotion (these are the main directions of a healthy lifestyle) proposed by the Ministry of health of the Republic of Kazakhstan and the National Center for the problems of the formation of a healthy lifestyle, the population should have knowledge in the following areas:

- \* Prevention of drug use;
- \* Prevention of sexually transmitted infections;
- \* Reproductive health, family planning;
- \* Tuberculosis prevention;



- \* Prevention of acute infectious viral diseases of the respiratory tract;
- \* Prevention of viral hepatitis;
- \* Prevention of acute infectious intestinal diseases;
- Healthy eating;
- \* Prevention of injury.

When determining the directions of a healthy lifestyle, we are determined not by diseases, but by the factors that ensure the functioning of its organism and certain systems, taking into account the evolution progress of mankind. The reason is that studying the path of human progress will help us to properly organize our marriage this day.

Many scientists admit that 4.5-7 billion years ago, Earth appeared from the accumulation of objects in the solar system, such as dust, steam and these, in one center. Initially, its temperature was very high. In the process of gradual cooling, heavy elements began to settle in the center of the planet, and light ones in its surroundings. CHunonchi, dust - earth, water, vapors - sea, oceans appeared.

Thus, as a result of millions of years of changes, chemicals gradually became more complex. At all stages of the evolution process, it lies in the fact that each individual adapts and improves to the factors of the external environment.

Human evolution. The most unique and invaluable product of the Million - year-old evolution process was a man of Reason, who later became the main force that determined and moved the progress of society. It is known that one of the main factors in the evolution of organisms is time. Judging by many archaeological data, the African man was born 4-4.5 million years ago. 1.5-2 million to the birth of an Indonesian man. the year was 700-800 thousand years since the emergence of our past generation - the Turonian man. But it is assumed that this man came from Africa to Central Asia.

The first progressive-minded representatives of the human society were 3300-2500 years since the passage of Moses, Zoroastrian, Luqman, Hippocrates, Phales.

With primitive man, there was practically no change in the anatomical structure, physiological, biological laws of the body of a modern man. CHunonchi, German scientist Friedhard Kliks says that "there is no difference between the brain of a man who built a land mine with Stone weapons and the brain structure and size of a man who hunted, later drew a mud of samolets and machites, calculated the dimensions of the land by mathematical methods and built the current material and spiritual culture."

A healthy lifestyle is a similar holistic concept. So what is a healthy lifestyle? answering the question "How to do it?" is not such an easy task.

And for this, first of all, we need to know the main factors that make up our daily routine, ensure its viability and place them in a certain order. In the composition of a healthy lifestyle, a huge number of factors lie, namely the nutritional factor, action factors, biorhythmic factors, sexual, hereditary and family factors, reciprocal factors, factors of established harmful habits, factors related to environmental pollution, factors of technology and life development, factors of unconsciousness, illiteracy and maladaptation in health matters.

To date, however, it has been scientifically proven that malnutrition is the main cause of diseases that occur between individuals, such as stomach and intestines, heart and blood

vessels, glands of internal secretion and joints, impaired metabolism, as well as cancer. Even experts from the World Health Organization P.CH of Revel.Revels put forward the idea that "80% of cases are from malnutrition". That is why the correct Organization of nutrition today is one of the most basic requirements of human daily life, and this must be taken into account in the organization of a healthy lifestyle.

The need for primitive man to find food and saturate the stomach made him move, walk long, run, go over the edges with water, get along with animals. Not only to find food, but also to avoid predators, to keep alive, he tried to run a lot. His action was later exchanged for Labor. For Humanity, the need arose to consciously introduce the movement and its species into its daily life. At the same time, the conclusions of the science of hygiene are that the body needs regular care, and proper care of it is directly related to prolonging life.

In this context, movement and badantabria are important factors in the path to health and are one of the main requirements for a healthy lifestyle. Biorhythmic factors. Another main factor that led to the improvement of a person's body in the process of evolution, ensuring its viability is the periodicity in nature, the law of bottleneck. Judging by the claims of scientists, such biorhythmic phenomena in the body of a person are more than 300. Biorhythms are the result of an extremely complex protective process that arises from ensuring the survival of the human body and its organs and tissues in accordance with natural phenomena. That is why the organization of our lifestyle in accordance with rhythmic changes in nature is considered another important requirement of a healthy lifestyle.

Relationship factors. In the era of its development, humanity is formed not only as a biological entity, but also as a social product.

Relationships can be conditionally divided into two parts that are inextricably linked with each other. These are family relations that are formed as a result of the formation and improvement of the family, and social relations that are formed as a result of the formation and improvement of society. Both of these are the biggest and strongest factors affecting human health. And the psyche is directly related to health. The mood will be good, the performance will be high. On the contrary, during Depression, vital processes in the internal organs and cells subside. A person will be in a mood, indifferent to events and events, unable to go to work. Chronic continuation of such a condition leads to diseases.

Factors of acquired harmful habits. Historical data indicate harmful habits that humanity has long been a long companion of humanity. As the Society of man developed, these harmful habits also began to take over from his marriage. The corchalones, who have longed for money, wealth, wealth and wealth, who have fallen into the footsteps of Satan, are leading society towards an addictive, dangerous ravine.

And the consequences of this are social problems associated with the complication of interaction with diseases and disorders of the pedigree. Therefore, nowadays, the movement towards health should be aimed at eliminating these harmful habits from our marriage intact, fighting them. This is the first Gal requirement of a healthy lifestyle.

Education consists of 4 stages, such as the perception of educational material (a process based on intuition, perception, imagination), that is, the task of familiarizing and knowing the content of education; understanding the content of educational material and the formation of new knowledge (based on analysis, synthesis, conclusion extraction); new knowledge (through

exercise, independent work and additional comments); application of acquired knowledge in The design of educational processes ensures the effective organization of students' cognitive processes and continuity between the purpose, content, method, form and means of Education, which are components of Education. While the goals of educational activity are to acquire knowledge, bring knowledge to the level of skills and qualifications, cognitive activity is wider and richer in content than educational activity, implies that the student also performs new maxims, such as understanding his place in society, striving to think with others (peers), preparing for positive human qualities and habits, choosing one among The process of cognition will depend on the acquisition of educational content-on problems, on the solution of these problems and on educational methods or on the characteristics of students' mutual learning. The student's cognitive activity will consist of 3 stages, such as the collection of all information on the topic under study, the processing of collected information, the application of the studied information. If any of these stages are not performed enough, knowledge in cognitive activity is superficial in nature or knowledge is not generated.

Obtaining mental knowledge includes obtaining information, working with information. This is the basis of cognitive activity, which includes obtaining information, working with information, working with text, finding the most important information, defining key points, searching for the necessary information, analyzing information, generalizing, drawing conclusions, working with each material that provides information. The acquisition of mental knowledge is carried out using methods of mental activity (analysis, synthesis, comparison, abstraction, generalization, inductive and deductive inference). Creative methods are said to be methods that can apply the knowledge and skills of students in different situations, look for different ways to solve the issue (the teacher did not indicate, did not say). Creative methods fall into the mystery of problematic methods. Obtaining creative knowledge is, first of all, the creation of ideas, for which students are required to have knowledge in various fields, to be able to find solutions in several options, not one, in solving problems, and to predict the results arising from this solution, as well as its consequences.

Communicative (mutual exchange of ideas) ability is understood as the ability of students, first of all, to be able to communicate, pay attention to the opinion of the interlocutor and listen to him, to be able to justify their point of view, views, to prove, to come to a decision with the interlocutor. Modern education requires the development of creative, mental, communicative activities of students.

Pedagogical technology is based on a programmed educational method. "The programmed learning method relies on the study of the content of each teaching material subject in small pieces (steps, parts, episodes) based on the base phrase and basic concepts, in accordance with which the most sluggish student can learn. Each small piece is checked and evaluated by the student at what level it is. It is then required that the student's holistic mastery of the subject's content be checked and evaluated (as far as possible using the test) through specially prepared control tasks based on taxonomies (educational objectives)".

Knowledge activity is divided into components consisting of a target motive, a tool, a result. In a study based on programmed learning methodology, each small piece will have its own purpose, motive, tools and result. The goal (a pre-realized, planned outcome) requires the student to engage in (goal-oriented) activities aimed at achieving a conscious goal. The goal



(the appropriation of a piece) realized in the educational process becomes the result. This result obtained is involved in the task of the goal of mastering the next piece, that is, the means of achieving the goals set anew. Therefore, education based on pedagogical technologies will consist in solving a specific problem, which is a link to the assimilation of each fragment, ensuring the reproductive level of assimilation. Programmed educational methodology justification provides the reproductive levels of initial recall and memory recovery of acquisition. But achieving the next level of productive (productive) and creative mastering requires building on problematic educational methods. The student's acquisition of ready-made knowledge (in a reproductive way) is manifested as the result of Education, which is the product of educational activities. The result (knowledge) obtained by analyzing the facts about the subject of study and drawing conclusions is the product of knowledge activities. Adapting educational content to a programmed educational method (though with too much time, opportunity, power demand) provides students with a wide range of opportunities for collaborative learning. The consequence of this is the acquisition of expected results in education. Thus, the study of a topic assumes the solution of a chain of problems that are interdependent.

As a result of the lack of a mechanism for the effective use of a programmed method in a traditional teaching experiment, the dynamics of knowledge acquisition, that is, the rule "from knowledge to skill, and from it to competence" (dynamics of mental development), does not give the expected result. It seems that there is not enough use of advanced (novatorical ruins) experiments from our teaching experiments. The traditional teaching methodology is not able to get into the innovation of Education. Innovation - innovation in education, renewal, special attention to educational processes, the creation of new knowledge through the means of synthesis and integralization of Sciences, relying on the basis of Sciences, is understood as the innovation of education, the foundation of education on the development of scientific knowledge, scientific methodology and innovation. Pedagogical and information technology based on the technological approach is also an innovation in education. Modern education is based on a technological approach. At the time of technology lies the problem (or the chain of problems that are interconnected). The educational process based on the method of problem Education has as many as 4 stages of problem situation formation, such as the formation of problems and the assumption of their solution, the verification of the alleged solution, its application in issues of a practical and theoretical nature, their regulation and systematization. As the student solves the problem, he "makes a discovery" that is very important to him. This creates self-confidence in the student. The advantage of a problematic method over a teaching method in education is clearly noticeable. "It is promising that the design of modern educational processes relies on a problematic teaching method. It is known that the design of educational processes is based on modern information and pedagogical technologies (relying on experimental psychology), and problem education is based on traditional teaching methodology (relying on classical psychology and pedagogy)." Creative and design techniques also fall into problematic educational methods. It has been confirmed that the design of educational processes leads directly to the application of problematic education, and vice versa, to the blurring of problematic education, education. As a result,

there is a mutual penetration of traditional teaching methods and modern pedagogical technologies in education.

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