

The Content of the Development of Health Culture in Future Physical Education Teachers

*Davronov Nurzod Ismoilovich*¹

Abstract: This article is devoted to the current problems of developing health culture in future physical education teachers. In this study, the theoretical and methodological foundations of the formation of a healthy lifestyle in the professional training of future teachers, effective teaching methods and practical recommendations are described. The article discusses the components of health culture, pedagogical methods of their formation, and issues related to the formation of a responsible attitude of future specialists to their health. The results of the research are aimed at increasing the professional competence of future physical education teachers and forming a healthy lifestyle in their students.

Keywords: Health culture, students, healthy lifestyle, physical activity, wellness, physical education teachers.

Introduction

A physical education teacher plays an important role not only in teaching physical exercises, but also in forming a healthy lifestyle for his students. It is very important that they themselves adhere to a healthy lifestyle and become an example for students. Therefore, in the process of training future physical education teachers, special attention should be paid to the development of their health culture. This article discusses the theoretical and methodological foundations of developing a health culture in future physical education teachers, effective teaching methods and practical recommendations. The purpose of the study is to identify and propose the most effective ways to develop a health culture in the professional training of future teachers. The article analyzes in detail the components of a healthy lifestyle, pedagogical methods of their formation, and issues related to the formation of a responsible attitude of future specialists to their own health.

The Main Part

In accordance with the goal, the following theoretical foundations are used to form an effective health culture:

- philosophical and pedagogical foundations of a healthy lifestyle: Deep understanding of the biological, psychological, social and pedagogical aspects of health. Pedagogical principles of forming a healthy lifestyle (consciousness, consistency, individual approach, systematic approach, etc.).
- physiological and psychological effects of physical activity: in-depth knowledge of the effects of physical exercise on the body, optimal physical loads for people of different ages, the anti-stress effect of physical activity, the effect on mental health.
- fundamentals of proper nutrition: extensive knowledge of the physiological foundations of proper nutrition, the composition of food products and their effects on the body, the principles of healthy nutrition, the composition of the diet and the choice of the diet.

¹ Associate Professor of the Department of Theory and Methodology of Physical Culture, Bukhara State Pedagogical Institute, Uzbekistan
nurzoddavronov@buxdpi.uz



- modern methods of maintaining health: yoga, meditation, hardening and other modern methods of maintaining and strengthening health, their effectiveness.
- protection from harmful habits: a deep understanding of the negative consequences of smoking, alcohol and drug use, methods of preventing and abandoning harmful habits.

The following methodological approaches are effective in developing a health culture in future teachers:

- an integrative approach: forming a health culture by combining knowledge from various disciplines (physiology, psychology, pedagogy, social sciences, etc.);
- a competent approach: developing the competence of future teachers to organize, teach and promote a healthy lifestyle;
- practical exercises: practical exercises on performing various physical exercises, applying the basics of healthy eating, studying practical methods of maintaining health;
- interactive teaching methods: active participation of students through discussions, games, projects, presentations and other interactive methods;
- self-assessment and self-development: developing skills to assess one's own health status, identify deficiencies, and address them;
- role modeling: teachers themselves model a healthy lifestyle;
- ongoing monitoring and evaluation: regularly monitoring and evaluating the development of students' health literacy skills;

Developing a health culture in future physical education teachers is an important part of their professional training. This goal can be achieved by combining theoretical knowledge with practical skills, using interactive teaching methods and constant monitoring. This will positively contribute to raising a healthy generation in the future and improving the health of society. The personal example of teachers also has a strong influence on students. Therefore, it is very important for teachers themselves to strictly adhere to a healthy lifestyle.

Conclusion

Developing a health culture in the professional training of future physical education teachers is very important for strengthening their personal health and forming a healthy lifestyle for their future students. This process should be based on combining theoretical knowledge with practical skills, an individual approach, motivation and constant monitoring. It is also important for teachers themselves to adhere to a healthy lifestyle and set themselves as an example. Through an effective educational process, future teachers should act as competent professionals who are able to maintain their own health, work effectively with students, and form a healthy lifestyle in them. As a result, they are considered to have contributed to the creation of a healthy society.

References:

1. Арзиқулов Р.У. Соғлом турмуш тарзи асослари. –Т.:Т.И–боб, 2009. 246 б
2. Ахмедов А.Т., Юлдашева З.И. Экологик маданият ва соғлом турмуш тарзини шакллантиришда оиланинг роли. Соғлом турмуш тарзини шакллантиришда ахлоқий кадрятларнинг ўрни. Илмий–амалий конференция материаллари. Тошкент – Ангрэн 2009. 62–65б
3. Davronov N.I. Bo‘lajak jismoniy tarbiya o‘qituvchilarida salomatlik madaniyati ko‘nikmasini rivojlantirishning nazariy metodologik asoslari. // Inter education & global study. 2024. №9(1). B.180– 188.



4. Маҳмудова М.М. Талаба-ёшларнинг соғлом турмуш тарзини ташкил этиш масаллари. // «Соғлом турмуш тарзини шакллантиришнинг илмий услубий асослари» тўпламда. – Т.: Фалсафа ва ҳуқуқ институти нашриёти, 2007 й., стр. 70.

