

## TECHNOLOGIES FOR THE FORMATION OF HEALTHY LIFESTYLE SKILLS IN STUDENTS

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### ANNOTATION

The provision of environmental education to students, the formation of the foundations of a healthy lifestyle, as well as the development of a program for the formation of an ecological culture, a healthy and safe lifestyle, as well as the organization of all work on its implementation are based on scientific justification, consistency, age and socio-cultural compliance, information security and practical. Their quality is one of the important components that will help to maintain and strengthen their physical, psychological and social health, the cognitive and emotional development of the child, the planned results of the mastering of the initial training program. It is necessary to formulate the need to consult a doctor without fear, in connection with any problems with the health of the limbs, including the features of growth and development. In this article, students will have an idea of the technologies for the formation of healthy lifestyle skills.

**Keywords:** healthy lifestyle, Jimenez activity, healthy eating, sports nutrition, adequate sleep, vitamin-rich foods, health courses, environmental and hygienic culture, adherence to cleanliness.

### INTRODUCTION

It is required that the condition and maintenance of the university buildings and premises comply with environmental requirements, sanitary and hygienic standards, fire safety standards, students' health and safety requirements. In addition, catering for students is also provided by the availability of premises and necessary equipment for the storage and preparation of food. It is also possible to arrange a hot breakfast, including a high-quality hot dish, which is useful for their health. Also in the university building, of course, it is considered that the gym should be equipped with sports facilities, sports equipment and inventory. Especially one of the most necessary rooms is the availability of premises for these medical personnel. Specialists (speech therapists, physical education teachers, psychologists, medical workers) who carry out health-improving work with students at the University are necessary (depending on the number of students), and the presence of qualified employees is determined to have a positive impact on their health. It is aimed at improving the effectiveness of the educational process with the organization of educational and extracurricular work of students, the exchange of learning process and rest. In this requires compliance with hygienic norms and requirements laid down in the organization and size of educational and extracurricular loads of students (in the performance of household tasks, in clubs and sports sections) at all stages of training.

Educational, educational work aimed at the formation of a healthy and safe lifestyle of students includes the following:

- Introduction of additional training courses to the work system aimed at shaping the ecological culture of students, the value of Health and a healthy lifestyle and can be applied in extracurricular activities or introduced into the educational process;
- Lectures, conversations, tips on the problems of maintaining and strengthening the health of students, prevention of bad habits;
- Conducting health days, competitions, environmental trails, holidays and other active activities aimed at promoting a healthy lifestyle;
- Drawing up a public council for the implementation of the program, consisting of representatives of the administration, secondary school students, parents (legal representatives), representatives of children's health and fitness clubs, specialists in Environmental Protection.
- Formation of ideas on the basis of ecological culture on the example of safe environmental behavior for people and the environment in everyday life and in nature;
- Create an idea of the impact on health of positive and negative factors that affect health, including communication with the computer, television viewing, positive and negative emotions received as a result of participation in gambling;
- Given the principle of Information Security, to give an understanding of the presence and causes of adverse risk factors for children's health (decline in physical activity, infectious diseases, overwork, etc.), dependence on tobacco, alcohol, drugs, etc. Psychoactive substances, about their harmful effects on health;
- To give an idea of the correct (healthy) diet, its regime, structure, useful products;
- Formation of the imagination about the rational organization of daily routine, reading and rest, physical activity, teaching the child to formulate, analyze and control his daily work;
- It is an expression from the formation of any problems of student health, including the need to consult a doctor without fear, in connection with the features of growth and development.

The emergence of valeology, according to a number of leading scientists, is a breakthrough of the mind in the field of Health Sciences. The main problems of valeology are: health as a Biosocial category; Health formation mechanism; methods of determining the constitutional features of an individual; methods of assessing the individual characteristics of individual health and lifestyle; practical methods of maintaining and strengthening health; The theory and methodology of valeological education. The subject of valeology is individual health and reserves of human health, as well as a healthy lifestyle. The purpose of valeology is to arm a person with scientific and theoretical knowledge about the formation, maintenance and strengthening of Health; practical knowledge about the improvement of the body. The main tasks of valeology: the development and implementation of ideas about the essence of Individual health, its study models search, evaluation and forecast. To develop a system of monitoring and monitoring of the health of the population on the basis of quantitative assessment of the health of the individual. Research and quantitative assessment of the state of Health and human health reserves.

It is the preservation and strengthening of human health and Health reserves by forming an attitude to a healthy lifestyle and introducing them to a healthy lifestyle. It will examine the

health status of the requirements and the Health reserves and determine their quantity. The attitude to a healthy lifestyle is formed. The concept of a healthy lifestyle is one of the categories of ethnopedagogues; the formation of a healthy person is one of the main ethnomadanic traditions of the people. Health is a component of culture. The concept of Health is one of the most important universal values.

The first step is the analysis of the state and planning of work in this area, including the organization of the daily routine of students, their loads, Nutrition, Physical Education and wellness work, the formation of basic skills in hygiene, rational nutrition and the Prevention of bad habits and the organization of permanent and necessary work for the implementation of an educational work program with The second stage is determined by the organization of educational, educational and methodical work of the educational institution in this regard. The most effective way to form an ecological culture, health values, a healthy lifestyle is the independent work of these students, they are guided by adults: teachers, teachers, psychologists.

Independent work contributes to the active and successful socialization of students, develops the ability to understand their condition, knows the ways and options for the rational organization of the daily regime and physical activity, nutrition, rules of personal hygiene. Types of educational activities used in the lesson and extracurricular activities: role-playing, problematic and leisure communication, project activities, socially creative and socially useful practice. Forms of educational activities used in the implementation of the program: activities of a class or school newspaper on the problems of walking, museum, health or environment, mini-projects, Discussion Club, role-playing games, practical classes, sports games, health days. It is aimed at the organization of Health and fitness work, the rational organization of the motor regime, ensuring normal physical development and readiness for movement, increasing the ability of the body to adapt, maintaining and strengthening the health of pupils, the formation of a health culture.

The introduction of additional training courses is aimed at improving the knowledge and practical skills of students in the field of environmental culture and health protection, providing the following:

- Introduction of additional training courses into the work system aimed at the formation of an ecological culture, a healthy and safe lifestyle as separate training modules or components to the educational system;
- Organization of mugs, sections, competitions on selected topics;
- Conducting thematic health days, annual competitions, competitions, holidays, etc.
- To promote a healthy lifestyle, develop healthy lifestyle skills, hygiene and personal safety, conduct health classes, classroom hours and school-wide activities.

The Future Man is a comprehensively developed person who lives in harmony with the surrounding world and himself. This or that level of ecological culture is the result of education, the main task of which is to prepare the younger generation for life in this world, and for this, he must know this, to master the system of moral norms in relation to him, including nature. Without changing the culture of nature management, it is impossible to believe in positive

changes in ecology, this culture is able to harmonize human activity with the biosphere and the social laws of life.

Educating students' environmental culture is now becoming one of the most important tasks in society and education. Modern man must have a deep understanding of the dialectics of the relationship between society and the natural environment. In our century, when the activities of nature did not have enough information about the possible consequences of this activity, an unacceptable situation arose. Consequently, the solution of environmental problems requires, first of all, the restructuring of the minds of people's minds. These qualities are formed from the first years of the child's life, develop and strengthen in all educational institutions in which he studies. The introduction of the foundations of environmental knowledge into the upbringing of a teenager, its ecological upbringing - the training of highly moral and educated people as modern science and social tasks - depends on the level of modern development. Those who are able to think environmentally literate and solve complex problems that arise as a result of the interaction of man with the natural environment.

The most important factors for solving environmental problems are the psychological readiness of these people to introduce existing environmentally friendly technologies, conscious compliance with environmental restrictions, as well as the desire to take personal part in environmental activities. Environmental education simply means to change the system of values, to correct the worldview, to rebuild the consciousness of people, i.e. it is required to form a new ecological culture of the individual.

Ecological culture this is the ability of people to practice their environmental knowledge and skills. Without an appropriate level of culture, people can acquire the necessary knowledge, but they do not have it. The ecological culture of Man includes his environmental consciousness and environmental behavior. Under environmental awareness, students will be able to understand the concepts of Ecology and nature conservation, worldview positions in relation to nature, practical activity strategies aimed at natural objects. Environmental behavior is understood as the influence of people on the natural environment, a set of concrete actions and actions that are directly or indirectly related to the use of Natural Resources.

A healthy lifestyle is a way of life that contributes to the effective performance of professional, social, family and household tasks by people in optimal conditions for health and determines the direction of an individual's actions in maintaining and strengthening personal and public health.

Valological culture of the personality of students is a component of shaxsiyat culture, the level of formation of a healthy lifestyle, the need for rational physical activity as the basis of mental activity, in the knowledge of means of maintaining and improving one's own health and the other's health, physical form. The requirements are known in the formation of moral, aesthetic development, skills and storage skills, strengthening health, skills in personal hygiene. As the basis of a healthy lifestyle is the formation of the ecological culture of students and the main goal of environmental education is the development of students' willingness to successfully realize themselves. A certain way of evolution of the functional positions of its participants in the research activities of students is determined.

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