

PEDAGOGICAL VALEOLOGY IN THE EDUCATIONAL PROCESS OF STUDENTS SECONDARY SPECIALIZED EDUCATIONAL INSTITUTION

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ABSTRACT

The article presents the results of a sociological survey of female students studying in a secondary specialized educational institution (secondary vocational education institution) of a medical profile, where low theoretical knowledge in the field of a healthy lifestyle and an insufficient level of physical fitness were revealed.

Keywords: Pedagogical technology, monitoring, innovation, methodology, valeology.

RELEVANCE

In his monograph, I. Brekhman wrote, "It is people's health that should serve as the main hallmark of a prosperous state."

As an educational discipline, "Valeology is currently gaining wider application, due to the fact that in the modern educational system this subject is classified as pedagogical valueology.

Introduction to the pedagogical process secondary vocational education institution disciplines aimed at the formation of health-saving technologies go beyond the scope of medical science and move to the educational field, where pedagogical valeology has determined the main direction of the educational process, inheriting the traditions of "physiotherapy exercises" and "hygienic education" actualized the creative principle in promoting the health of students.

(2)

In the Republic of Uzbekistan, structural changes have occurred in the system of educational institutions, favorable conditions have been created for innovative pedagogical technologies that are being introduced into the system of training national personnel, based on the created National Model and the rich intellectual heritage of the people.

The Decree of the President of the Republic of Uzbekistan UP-5368 dated March 5, 2018 “On measures to radically improve the public administration system in the field of physical education and sports” clearly defines the priority areas for the development of the social sphere, measures are envisaged to improve the quality and effective activity of educational institutions based on the introduction in the educational process of international standards of training and quality assessment of training. (1)

The World Health Organization (WHO) has officially recognized that the lack of motor activity of modern youth (physical inactivity) is an unfavorable factor.

Long-term monitoring of the health status of students, recent studies conducted on a contingent of female students of secondary vocational education institution of a medical profile have revealed that they have hypodynamia factor in 17% of cases and tend to subsequent progress. (3)

In the modern theory and practice of physical education of the middle link of professional medical education, the problem of forming a healthy lifestyle in modern youth is a priority.

Purpose of the study

The system of secondary specialized education aimed at training medical personnel for work in the system of medical institutions requires improving the

educational process at the pedagogical valueology course, where professional knowledge of the laws of health-saving technologies that contribute to the preservation and strengthening of the health of students is required in the process of teaching the basics of the medical specialty.

Research methods

The questionnaire method was used to study the level of knowledge of female students on this issue; their physical development and physical fitness were determined, as well as the influence of regional factors on the formation of their knowledge of a healthy lifestyle.

The scientific and technological revolution, freeing people from hard physical labor, entailed physical inactivity as a factor in limiting the motor activity of youth. The well-known role of physical culture and mass sport as a leading factor in the formation of the healthy lifestyle of students.

The study of this problem revealed significant shortcomings in the pedagogical process of the studied contingent of secondary education, physical education of female students was focused on solving problems associated with the implementation of credit standards for physical fitness. The normative gradations of physical fitness envisaged by the curriculum for physical education, as an estimated credit criterion, do not have a long-term stimulating factor for physical improvement.

The results of the study

Our sociological studies among female students studying in secondary vocational education institution in the medical field showed that most of them do not have a healthy lifestyle, where more than 60% need to rebuild their lifestyles and only

4% of respondents considered their health to be good. It is noted that 57% of girls violate the diet, sleep and only 9% are satisfied with their life. (3)

The scientific and technological revolution, freeing people from hard physical labor, was the result of a student's limitation of the motor activity of young people. It should be noted that the role of physical education and engaging in selected types of mass sports is a leading factor in the process of creating healthy lifestyles for students.

Long-term monitoring associated with the study of this urgent problem revealed significant shortcomings in the pedagogical process. Physical education of female students was aimed at solving problems associated with the implementation of credit standards for physical fitness, and taken as a basis for their physical fitness as an estimated credit criterion, does not have a long-term stimulating factor for physical improvement.

Studies have shown that the lack of motor activity of students is associated with a limited number of classes provided for in physical education curricula.

The annual monitoring of the health status of female students, according to medical supervision, revealed the negative dynamics of subjective complaints and objectively confirmed changes in one or more functional systems of the body. The results of testing physical fitness, determined by health tests "Barchina" showed their low level.

Pedagogical modeling of the educational process with the introduction of health-saving technologies requires the fulfillment of the basic pedagogical conditions for their interaction and scientific justification.

Valeological functions should be considered sequentially throughout the entire period of their training, where the role of the teaching staff conducting physical education classes should be responsible for their health.

We consider it appropriate to indicate that the valueological principles of the organization of student life include:

1. Consistency in the formation of a healthy lifestyle.
2. The unity and synchronization of general and value-ecological education of students.
3. Germanization, focused on the development of a socially active personality position.
4. Monitoring the results with the assimilation of health-saving skills and techniques.

Having ensured a healthy lifestyle, observing the valeological principles in teaching, expanding and deepening the knowledge system through the substantive component of the pedagogical process, it is possible to solve the main tasks of valeological education for students of secondary specialized educational institutions:

1. Nurturing health needs.
2. The formation of a scientific understanding of the essence of a healthy lifestyle.
3. The development of the need for continuous improvement of physical self-improvement.
4. Mastering the methods of assessing physical development, self-control in the process of physical culture and health classes.
5. The formation of the valueological culture of personality.

The model of valeology in the system of teacher education should include four basic conditions:

1. Compliance with sanitary standards and rules when organizing the pedagogical process in the school.
2. Organization of physical education and health work for all students and teaching staff.
3. Regular preventive medical examinations and consultations.
4. Creation of a databank of physical development and physical fitness based on annual monitoring of the health status of female students.
5. Organization of a healthy holiday with elements of physical culture and sports events

Valueologization of the content of education involves deepening and expanding special knowledge with the implementation of the following conditions:

1. Compliance with the principles of valeological education.
2. Inter-subject communication in the formation of valueological knowledge, skills.
3. The transition to continuous valeological education and self-improvement.

The need has ripened for the introduction in specialized secondary educational institutions of a special course “Theory and Methods of Forming Health-Improving Activity Skills”, which will help increase the efficiency of developing physical abilities and generate theoretical knowledge on self-organization of a healthy lifestyle.

It is recommended that the special curriculum include topics that will attract the greatest interest from female students: rational nutrition, hardening of the body, wellness systems, methods for developing physical qualities, bodybuilding correction methods using physical culture and sports, a healthy lifestyle as an element of general culture, etc.

The introduction of a special subject will solve the following problems:

- the formation in students of the necessary health-saving knowledge that allows them to independently select physical exercises of a health-improving orientation and to monitor the functional state of the body in the process of classes;
- the development of health-improving skills to respond adequately to emerging stressful situations;
- update and implement a system of measures aimed at increasing the prestige of maintaining a healthy lifestyle.

Improving the health of students is solved through:

- the study of scientific, methodological and specialized literature on the self-organization of physical education and health activities;
- conducting trainings and master classes on self-analysis of the functional systems of the body;
- mastery of the technique of simple motor actions and the ability to form complexes of physical exercises that contribute to recovery;
- The organization of sports events to promote a healthy lifestyle;
- Monitoring the health, physical development, functional status and physical fitness of female students.

As a result of the implementation of health-saving measures, a significant improvement (from 17.4% to 10.9%) of the level of physical fitness and health of students was revealed.

CONCLUSIONS

1. A sociological survey and studies of the motor qualities of female students studying in secondary vocational education institution The medical profile before the experiment showed low theoretical knowledge in the field of a healthy lifestyle and an insufficient level of physical fitness.
2. Introduction to the educational process health saving technology teaching girls secondary vocational education institution in physical culture, they determined the formation of theoretical knowledge in them in the field of a healthy lifestyle, an increase in the level of their physical activity and the positive dynamics of the development of physical qualities.

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