

SHAPING OF THE HEALTHY LIFESTYLE CULTURE IN PHYSICAL EDUCATION FOR OUR FUTURE TEACHERS

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ABSTRACT

This article deals with the promotion of physical culture and sports, the shaping of healthy living culture among the population and the integration of educational, universal and national values in the training of future teachers and the harmonious application of environmental, hygienic and valeological knowledge and technology.

Keywords: Healthy lifestyle, shaping healthy lifestyle culture, physical education, physical culture and sports, future teachers.

INTRODUCTION

Today, there are crucial tasks and issues to be solved in the process of shaping of healthy lifestyles culture of young people around the world, such as taking into account their age and psychological characteristics, inculcating universal and national values in education and integration of ecological, hygienic, valeological knowledge and advanced achievements of science and technology into the educational process as well.

A good number of key issues are being effectively addressed in Uzbekistan, such as the promotion of physical culture and sports, the creation of the necessary conditions and infrastructure to promote a healthy lifestyle, especially among young people and ensuring the country's active participation in the international sports. These achievements are achieved through the implementation of consistent measures set out in the Law of the Republic of Uzbekistan "On Physical Culture and Sports" and the Decree of the President of the Republic of Uzbekistan "On increasing the effectiveness of state youth policy and support the activities of the Youth Union of Uzbekistan."

Materials and Methods

The Resolution of the President of the Republic of Uzbekistan on June 3, 2017 "On measures for further development of physical culture and sports" has brought a whole new spirit to this field. Within the framework of the implementation of this official document, instructions were given to increase the experience and skills of athletes, to thoroughly prepare for international competitions and to create favorable conditions for their active participation as well. And the strengthening of the nation's gene pool as a leading idea, the upbringing of children of the motherland as spiritually mature and physically strong were recognized as priorities.

The work carried out is also recognized by international organizations. In particular, "the socio-economic policy pursued by the Government and the President of the Republic of Uzbekistan attaches great importance to the radical development of all aspects of the country's life, especially the creation of all necessary conditions for healthy growth and development of the future generation". (World Health Organization, 2012)

Since the independence of Uzbekistan, our country has been paying great attention to the development of a healthy lifestyle in all spheres of the education system and within the family as well. The role of families, parents, public organizations, communities, charities and international foundations in educating young people spiritually, morally, intellectually and physically is invaluable.

At present, various sports competitions are being organized among young people. The formation of an integrated system of education, consisting of three stages, such as the Universiade, Barkamol Avlod and Umid Nihollari, show us the great results achieved in this area. Our healthy young people, who are open-minded and striving for the future, have won international competitions and raised the flag of Uzbekistan, which gives everyone a sense of pride. For this reason, the development of a culture of healthy living should be integral part of daily life and an important aspect of young people's lives as well.

In this regard, the concept of a healthy lifestyle has long been equated with promoting the fight against vices such as smoking, alcoholism, inactivity and healthy lifestyle models have a general recommendatory nature, not focusing on large-scale solutions to current health problems. Naturally, many young people do not fully understand the essence of the philosophy of a healthy lifestyle in such circumstances. In present situation, it is important to shape the concept of a healthy lifestyle culture in the minds of the population aimed at further improving living conditions, not only material well-being, but also education and culture and the formation of a responsible attitude to their health.

It is well known that one of the founders of a healthy lifestyle was the great scientist Abu Ali Ibn Sina, who wrote a pamphlet on health on this subject a thousand years ago. Most of his advice he inherited has not lost its relevance at the same time. When referring to these works, one can understand that special emphasis is stated on the importance of everyone developing their health in harmony with their lifestyle.

Results and Discussions

Indeed, strengthening healthy lifestyles among young people is crucial task today and we need to consider the following:

- To establish a psychologist's consultation in order to pay special attention to the upbringing of adolescents;
- To provide with qualified physical education teachers for pre-school, secondary and special schools and vocational education systems.
- To organize regular medical supervision in schools, lyceums and colleges;
- To conduct regular seminars and trainings in the mahallas (mahallas are autonomous social institutions built around familial ties in the neighborhoods) to ensure regular, qualified medical examinations of young men and women, pregnant women and young mothers, as well as to increase medical literacy.

The reforms on the basis of the principles of social rehabilitation of society are being carried out on the purpose of creating a socially healthy environment and harmoniously developed people, a culture of healthy living in our country. These activities will be done by strengthening the health of the people and further improving the quality of life. Indeed, ensuring public health is closely linked to the state of the natural environment as well as the social environment. In short, human health is the property of the state. Thus, striving to ensure the state of the social environment through the protection of human biosocial health is one of the key tasks of state importance. It should also be acknowledged that physical health might not be the key to success itself. If the body is healthy however, the soul and the mind are unhealthy, the one will

definitely lead to uncomfortable situations. This can have a negative impact on a healthy lifestyle in society. Improving the social environment in the physical health and spiritual and moral development of man remains one of the most crucial social tasks today.

What is lifestyle? In what ways is a healthy lifestyle different from an unhealthy lifestyle?

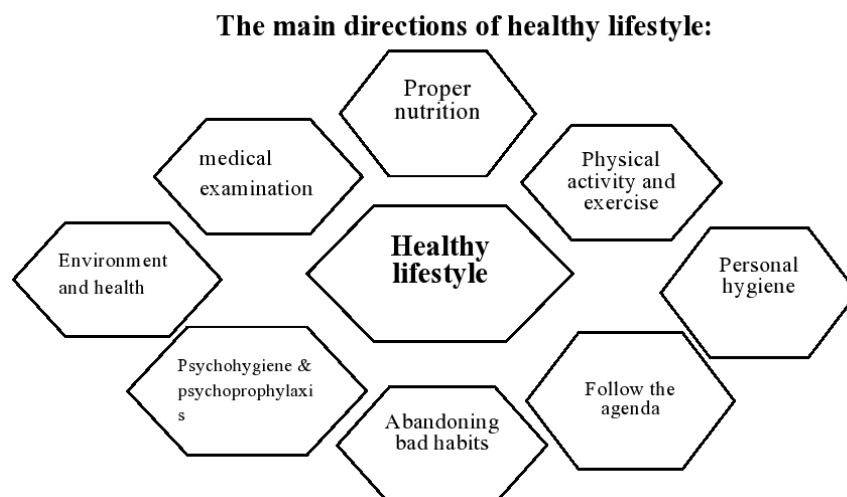
Lifestyle is a way for a person to assimilate the living conditions necessary for him to live a purposeful life.

Lifestyle can be divided into two groups as healthy and unhealthy lifestyle according to the way a person acquires certain habits, skills and abilities.

The following tasks should be taken into account when talking about a healthy lifestyle: active physical activity, training, physical culture and sports;

- Rational planning and adherence to the agenda; prevent physical and mental fatigue; proper planning of mental and physical labor on the basis of hygienic requirements;
- proper and quality nutrition;
- compliance with personal and general hygiene requirements;
- protection of the environment, achievement of ecological culture;
- prevention from infectious diseases, injuries and accidents;
- proper sexual education;
- observance of psycho-hygienic requirements (prevention of excessive nervousness and agitation);
- Avoid being accustomed to bad habits (not to consume tobacco products, not to drink alcohol and drugs, etc.)

Based on the above criteria, it can be concluded that “a healthy lifestyle is a social phenomenon that allows a person to conduct life activities and achieve a high level of health based on the skills that serve to ensure the safety of human life and health” [Rahmonov, 2012. p.48]. See the figure 1.



A healthy lifestyle is an integrative science network that encompasses a variety of disciplines, using the results of a variety of disciplines, including medicine, psychology, philosophy and other sciences.

CONCLUSION

In conclusion, we might confuse the category of "healthy lifestyle" with the category of "health" in many cases. Health was adopted by the World Health Organization in 1948, it is not only a state of freedom from diseases or physical disabilities, but also a state of complete physical, mental and social stability.

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