



MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC
SOLUTIONS
PRINCIPLES, PROJECT METHODS AND PEDAGOGICAL
CONDITIONS FOR THE IMPLEMENTATION OF HEALTHCARE
TECHNOLOGY FOR PRIMARY SCHOOL STUDENTS

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Abstract: *This article highlights the role of healthcare technologies in protecting and strengthening the health of primary school students, the main principles of their implementation, the possibilities of forming a healthy lifestyle through project activities, as well as the pedagogical conditions necessary for the effective organization of this process. It is emphasized that the health-oriented educational process in primary school should not be limited to physical development, but should serve to ensure the psychological, social, and emotional well-being of children. The importance of healthcare technologies in the development of motivation, motor activity, and independent thinking in students is also shown.*

Keywords: *primary education, healthcare technologies, principles, project method, pedagogical conditions, healthy lifestyle, physical development, psychological health*

In recent years, there have been attempts to develop various programs in general education schools of Uzbekistan using health-improving physical culture in combination with various forms of physical and hygienic education. However, these programs are more focused on the formation of hygienic knowledge and the study of factors affecting human health. The principles and methods of developing a healthcare program for physically weakened and frequently ill primary school children, as well as methods of teaching healthy lifestyle skills and fostering a responsible attitude towards health, have not been sufficiently covered.

Currently, the development and implementation of health-improving programs and educational technologies for physical education with the integrated use of health-improving means of physical education and hardening is of great importance for the preservation, promotion, and prevention of diseases of primary school students.

The health-forming physical education program for primary school students consists of two interconnected parts: theoretical and practical. The theoretical part of the program is aimed at the formation of hygienic knowledge and the cultivation of cultural and hygienic skills necessary for the preservation and strengthening of physical and mental health and the prevention of diseases in primary school students. The practical part of the program provides for the comprehensive use of physical culture tools in order to improve the work activity of primary school students, strengthen their health, form a healthy lifestyle, and develop their physical and moral-volitional qualities.





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One of the important conditions for preserving, strengthening the health of primary school students and forming a healthy lifestyle is personal hygiene. The main components of personal hygiene are a rationally organized daily routine, body care, hygiene of clothing and footwear, and balanced nutrition. For the preservation, strengthening of the health of a young student and the formation of a healthy lifestyle, a rationally organized daily routine, ensuring the balance of various types of children's activities (mental, physical, play), is of particular importance.

In the health-improving physical culture program, great attention is paid to the formation of a healthy lifestyle, the development of hygienic knowledge, skills, and abilities necessary for strengthening and maintaining the health of primary school students. This ensures the use of a wide range of physical culture and health-improving activities that ensure the formation of a healthy lifestyle, strengthening health, and improving the performance of primary school students.

The main components that make up the content of the health program and physical education technology for primary school students are: personal and public hygiene, hardening, rational nutrition, physical education classes, an optimally organized regime of educational and physical culture and health-improving work in school and family conditions.

Cultivating cultural and hygienic skills and forming hygienic knowledge in primary school students is one of the main tasks of primary schools and families. The formation of cultural and hygienic skills and the development of hygienic knowledge plays an important role in maintaining and strengthening the health of primary school students and contributes to the correct behavior of children in everyday life and in public places.

Physical education and sports are of great importance not only for the preservation and strengthening of health, but also for the correction and restoration of the function of organs and systems of the body affected by diseases, as well as for the prevention of various diseases. Rational physical education is considered a great educational, health-improving, and developmental force.

The Program for the Formation of Health of Physical Education for Primary School Students with Health Problems is aimed at solving the following educational, upbringing, and health-improving tasks:

- Development of theoretical knowledge about the importance of physical exercises in maintaining and promoting the health of primary school students and forming a healthy lifestyle.
- Fostering a positive attitude towards physical education and a healthy lifestyle in children.
- Strengthening health, stimulating proper physical development, and hardening the body.
- Formation of a correct posture and elimination of existing deviations in the musculoskeletal system.
- Increasing the physiological activity of the organs and body systems of schoolchildren weakened by the disease.





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- Development of physical and moral-volitional qualities necessary in the life of a young student.
- Eliminating overload and physical inactivity in education and improving the physical and mental activity of young students.
- Mastering movement skills and abilities among those provided for in the physical education program for primary grades.
- Cultivating the need and ability to independently and consciously engage in physical exercises to ensure active rest, improve work performance, and strengthen health.

The health-forming physical education program, including various forms and methods of physical education and health improvement work, is aimed at strengthening health, developing healthy lifestyle skills, and fostering a positive attitude of children towards physical education and sports. Elementary school students should have knowledge in the field of physical education and sports and correctly understand their importance in maintaining and strengthening their health.

In conclusion, it can be said that physical education and health improvement work plays an important role in preserving, strengthening the health of primary school students and forming a healthy lifestyle. In the implementation of these programs and technologies, the joint efforts of teachers, parents, and medical workers are of great importance. Physical education and health improvement work serves as an effective tool for strengthening the physical and mental health of primary school students, forming a healthy lifestyle, and preventing diseases.

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