

DEVELOPING HEALTH CULTURE SKILLS IN FUTURE PHYSICAL EDUCATION TEACHERS

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Abstract. *This article is devoted to current issues of developing health culture skills in students. The article analyzes the essence of health culture, its importance in student age, as well as theoretical and practical aspects of developing these skills. The advantages of using an integrated approach, active teaching methods, and the use of modern technologies in developing health culture in students are shown. The results of the study include practical recommendations aimed at developing a healthy lifestyle in students.*

Keywords: *Health culture, students, healthy lifestyle, physical activity, educational technologies, integrative approach, pedagogical methods*

In modern society, health culture is of great importance for every person, especially students. Students are active members of society, and their health and well-being affect not only their personal success, but also the general development of society. Student life is an important stage of life, during which health-related skills and habits are formed. Therefore, the development of health culture skills in students is an urgent pedagogical problem. This article discusses the theoretical and practical aspects of developing health culture skills in students, as well as effective approaches to this issue.

Health culture is a person's conscious attitude to his own health, knowledge and adherence to the principles of a healthy lifestyle, as well as the possession of skills to maintain and strengthen his own health. Health culture skills consist of the following main components:

- **Knowledge:** The basics of a healthy lifestyle, proper nutrition, the importance of physical activity, stress management methods, avoiding harmful habits, hygiene rules, etc.
- **Skills:** Performing physical exercises, planning proper nutrition, managing stress, assessing and monitoring one's own health, and other practical skills.
- **Values:** Being healthy, taking care of one's own health, choosing a healthy lifestyle, and feeling personal responsibility.

The Need to Develop a Health Culture in Students:

The student period has its own characteristics, and during this period, factors that negatively affect health, in particular, stress, lack of sleep, malnutrition, and low physical

activity, are often observed. Therefore, the development of a health culture in students is important in achieving the following goals:

- Strengthening health: Improving the physical and mental health of students, reducing the risk of chronic diseases.
- Increasing academic success: A healthy student studies well, concentrates well in classes, and is more resistant to stress.
- Improving the quality of life: Students who lead a healthy lifestyle will also live a healthy and happy life in the future.
- Benefiting society: Healthy students will be active and useful members of society.

Theoretical and methodological foundations of developing a health culture in students:

The following theoretical and methodological foundations should be used in developing health culture skills in students:

- Integrative approach: Combining knowledge from different disciplines (biology, physiology, psychology, pedagogy, social sciences).
- Individual approach: Taking into account the individual characteristics, needs, and interests of each student.
- Active teaching methods: Use of interactive games, discussions, projects, seminars and other active teaching methods.
- Use of modern technologies: Use of electronic educational resources, mobile applications, video materials and other modern technologies.
- Motivation and encouragement: Increase students' motivation to choose a healthy lifestyle and encourage them.
- Self-assessment and monitoring: Teach students the skills of assessing their own health and self-monitoring.

Practical Recommendations:

The following practical recommendations can be given to develop health culture skills in students:

Include health culture courses in the curriculum: Provide students with theoretical knowledge and develop practical skills in these courses.

- Conduct health promotion events: Sports competitions, health days, seminar-trainings, master classes, outdoor physical education.
- Creating a health-supporting environment: Establishing gyms and wellness centers equipped with educational materials at universities.
- Carrying out promotional activities: Preparing and distributing materials promoting a healthy lifestyle, conducting campaigns on social networks.
- Involving students in self-organization: Organizing and supporting the activities of student health clubs and public associations.

Developing health culture skills in students is important for their future life and success. By focusing on the theoretical and practical aspects presented in this article and implementing appropriate measures, it is possible to form a healthy lifestyle for students and raise a healthy generation in society. The cooperation of teachers, students and parents plays an important role in this process.

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