

UDK: 37.07:373.01 <https://orcid.org/0009-0009-7542-9542>

PEDAGOGICAL CONDITIONS OF DEVELOPING HEALTHY LIFESTYLE  
CULTURE IN FUTURE TEACHERS

Ubaydullayev Rakhimjon Murodilovich

*Physical education theory teacher Fergana State University Email:*

*ubaydullayevrahimjon259@gmail.com*

**Annotation:** *Of the structure and components of the development of the healthy lifestyle culture of the future physical education teacher ; to determine the pedagogical methods of forming the healthy lifestyle pedagogical competence of the future physical education teacher, the tasks of checking the effectiveness of the ways of forming the pedagogical competence of the future physical education teacher through practice, and applying the scientific and practical recommendations to practice are defined.*

**Key Word:** *Healthy lifestyle, pedagogical competence, pedagogical skill, professional activity , level of intellectual development , professional thinking , manners, image, communication skills , communication culture.*

## INTRODUCTION

Our short-term history, the period of formation of our people, our nation and its state system, knowledgeable, enlightened, no less than others in terms of craft and profession, working hard not at the tip of the hand, but earnestly, giving the heart, demonstrated the need for children who do it with courage and perseverance.

From time immemorial, our ancestors have been able to protect their homeland, motherland and people from the evil eye, calamities, if necessary, "...sons of azamat who are ready to sacrifice their lives in this way..." who lived with the dream of adulthood. They were taught to act based on the invaluable experience of their respected grandfathers, who lived with their own opinions in relation to threats and aggressions of various forms. For their spiritual formation, education and training have great, bright goals. The high qualities of our people, such as kindness, kindness, and diligence, were brought up on the basis of the values of overcoming the difficulties faced by one's family and country as a shoulder to shoulder.

Our achievements in science, culture, art, and other social, economic, and spiritual fields, which have been achieved and are considered a necessity, have been proven to be related to the level of maturity and physical maturity of the body of our young men and women.

The highest stage of maturity of the human body is the perfection of his body, which is an eternal concept. The height, stature, weight, appropriateness of movements, body appearance, strength, speed, endurance, agility, mobility of joints and trained and trained muscles are the leaders of the movement qualities of the representative of the nation. Is prominent and manifest through its elasticity. Physical fitness is related to the theoretical knowledge and practical skills of the long-term process of continuous, constant work,

training, introducing mass sports into the lifestyle routine and following it, knowing the rules of health and systematically following them.

The concept of "lifestyle" has been widely interpreted in social and philosophical sciences since the second half of the last century, and its evolution in the form of the concept was first expressed in the content of the socio-philosophical, moral and aesthetic thoughts of Eastern countries, and later -the basis of the concept is ancient. It is no secret that there are many ideas in the philosophy of the time as evidence .

The phenomenon of healthy lifestyle was first studied by Hippocrates, the father of medical science, from a medical point of view in his Treatise on Healthy Lifestyle. In the treatise, he connected the health of the human body -with the factors of the external environment - climate, soil, water, the way of life of people, the laws of society, and the necessary conditions for a healthy lifestyle (O'rinboev N. 2009).

Democritus put forward the idea that the material needs of the members of the society can be the root cause of all the changes in the development of the society, not only the way of life.

In Greece, the status of the body is strictly discussed in accordance with the requirements of the culture of the human body within the framework of the state laws, the pursuit of physical perfection is considered one of the main directions of personal development, the more beautiful the body and stature of the ancestors are, the more beautiful they are. the idea that it will become so perfect -was the priority.

Relying on the invaluable experiences of respected grandfathers, -they taught their children to live and work with their own thoughts in relation to various forms of threats and aggression. For their spiritual formation, education and training have great, bright goals. The high qualities of our people, such as kindness, kindness, and diligence, were brought up on the basis of the values of overcoming the difficulties faced by one's family and country as a shoulder to shoulder.

"The etiquette of physical culture of a healthy lifestyle is such that it will not become unnecessary, it will not disappear if you do not use it, and it will help you when you need it," writes one of the authors of this pamphlet, professors Sh.Kh.Khankeldiev and A.Abdullayevlar in one of his scientific articles.

That the body of active people -produces a lot of endorphins and energizing substances, and these substances help a person to quickly overcome negative emotions and to be resistant to external mental influences. A person who wants to -enjoy his life and devotes every minute of his time to exercises -, physical activities that increase mood-carrying substances, activity at work is a sign of having a culture of -physical education .

Researchers believe there are 4 things you need to get used to in order to live longer and live a fuller life.

The first habit is to undergo systematic (at least 2 times a year) medical examinations for the purpose of prevention.

The second habit is to stop binge eating and switch to foods with less fat, sugar, and salt, which can allow you to maintain the same body weight and increase connective tissue. The third habit is a systematic practice of moderate intensity aerobic exercises.

The number of people who are looking for the answer to the question of whether there is a correlation between smoking and physical exercise is not small even now.

Doing physical exercises is the main sign of physical culture. We will dwell on the research of A. Sinyakov (1990) about the reasons for prolonging youth and prolonging this period. We will focus on the experiments conducted in a group that is quite similar in composition and level of physical fitness. Those in the first group with an average age of 22 years (7 months since the start of exercise) and those in the second group - groups that did not exercise at all. After 7 years, the results of the tests showed the following:

Only a little thickening of the pelvis and abdomen was noticed in those who were systematically exercising in group I.

In group II, their weight increased by 5%, pelvis, abdomen significantly increased (abdomen by 14%) and pelvis (by 10%). The skin and subcutaneous fat layer increased by 15%. Flexibility is significantly reduced. In this group, the function of the vestibular apparatus (property of maintaining balance) decreased, and the index of movement reaction time worsened. This is a sign that the body of those who have health training or STT physical culture is more able to resist negative changes.

The great scientist, the ancient physician Hippocrates (born in 460 BC) spoke about STT. He talked about doing physical exercises, training, rational nutrition (Nsvobodin, 1990). His opinion has not lost its importance until now. It is known that the "Father of Medicine" himself liked to fight, ride a horse, and take long trips on foot. All these people have achieved longevity by being conscious of rest and work, setting a daily routine in their maoromi and following it.

For sedentary people, Hippocrates recommended long walks, slow jogging with increasing speed and distance, and gymnastics. He gave ideas about the benefits of walking faster for those who are fat and slower for those who are thin. Fast in winter, slow in summer, revealed the downsides of driving in the sun.

He said about exercise: "Whoever spends too much time in the heat, the following will happen: muscles will age prematurely, mental abilities will weaken, the mind will weaken, bleeding, loss of appetite will occur. He recommended not to be afraid of catching cold, not to exercise only after eating, to exercise until the body is warmed up, not to strain the body too much, not to spend more energy than normal, but to exercise at the level of feeling good.

Hippocrates recommended a bath for recovery and health: "Taking a hot bath in the morning makes the body thin and invigorates, the main thing is that the body gets moisture through drinking, and if the muscles get rid of moisture, the body relaxes. He advises that if the bath is useful in some diseases, it will be useless in some diseases because it is permanent; in some cases, it should be used less, especially if people are not prepared for it.

He expresses his thoughts about rational nutrition: "Don't overeat. It is not good to be open, neither is good, not to go beyond the standard (boundary) set by nature.

Hippocrates' advice to those who want to lose weight: "...do all physical exercises during meals or when you are slightly hungry, without indulging in eating or drinking." "They should exercise with fast runs, dehydrate the body, and take a walk after dinner," he writes.

Already at that time, he warned those who tried to increase the "strength" and "size" of their muscles beyond the norm, especially young people: "It is dangerous to make the body too beautiful by doing gymnastics, it cannot remain in that position after reaching its limits, and this cannot catch (maintain) the perfected balance with; not being able to hold the balance or to improve further, he will turn to the bad side depending on the situation he needs." At the same time, "if the body rests more than usual, it cannot be strengthened quickly."

What Hippocrates said in that most ancient time is just as it is said today: "calmness and laziness increase cowardice, and training and work - fearlessness!"

We hope that the words of the wise Hippocrates will increase the need of our youth to drastically change their attitude towards their health and arm themselves with the knowledge of physical culture.

Long life is the eternal dream of mankind. To realize it, to try to find the elixir of eternal life is the eternal theme and problem of the unceasing search, research of sages and great scholars.

Our grandfather, Abu Ali Ibn Sina, said that "... a person who does moderate physical exercises at the right time will not need any treatment to cure the disease", the lifestyle he practiced is a legacy for our ancestors as has arrived to date. He wrote not only about the benefits of exercise, but his ideas about the sequence of exercises have not lost their importance. In addition, materials related to fatigue, boredom and its types are given in specialized literature and textbooks (A.Abdullayev, Sh.Khonkeldiyev, 2005).

Lack of movement, laziness, dislike of walking, slows down oxidation in the body and causes fat layer to thicken or form. Overeating it, excessive, unsystematic nutrition and neglecting its composition is the leading cause of shortening of life and premature death.

If children are prone to obesity, they do not do it once in a while with physical exercises, but if they set a goal, direct it and incorporate it into their lifestyle throughout their life, if they do not get rid of it by exercising in winter, summer, if they are good at any kind of sport, first of all, their body is deformed, their appearance is ugly, especially for them, the monand cardiovascular, systemic, movement support apparatus (joints, tendons, excess salt) and other organs does not complain about various diseases, does not feel the need for treatment.

He said that "a person who does moderate physical exercises will not need any treatment to correct the condition" and the lifestyle he practiced has reached to this day as a legacy for our ancestors. He wrote not only about the benefits of exercise, but also about the sequence of exercises that have not lost their importance. In addition, materials related to exhaustion, fatigue and its types are given in specialized literature and textbooks (A.Abdullayev, Sh.Kh.Khonkeldiyev, 2005).

Lack of movement, laziness, dislike of walking, slows down oxidation in the body and causes the fat layer to thicken and form. Overeating, excessive, unsystematic nutrition and neglecting its composition is the leading cause of shortening of life and premature death.

Those who have a tendency to get fat can "let the boss see" with physical exercises, if they do not do it once in a while, but set a goal, direct it, and incorporate it into their lifestyle throughout their life, if they do not get rid of exercise in winter, summer, , if he is

familiar with any type of sport, first of all, his body is clumsy, his appearance is ugly, especially for them, the monand cardiovascular system, the supporting apparatus of movement (joints, tendons, excess salt) and other organs does not complain about various diseases, does not feel the need for treatment.

It is no secret nowadays that having a healthy lifestyle and physical culture is a guarantee of health and longevity throughout life.

NG Chernyshevsky, in one of his definitions of the concepts of "beauty" and "beauty" in a series of his works on aesthetics, touched upon the beauty of the figure of human dignity and wrote that it is "the best of the total beauty on earth." .

Our grandfather taught us to observe the following as a healthy way of life for a long life, and they have not lost their importance to this day. It basically analyzes the balance of seven factors in our body. Their meaning: 1. Balancing the character (nature), 2. Choosing food. 3. to cleanse the body of excess waste. 4. maintaining the correctness (agreement) of stature. 5. improve nasal discharge. 6. clothes to match the head. 7. coordination of body and soul to action. 8. sleep and wakefulness.

It refers to a rational eating pattern, if the food is in your liking, the pulse should not increase after eating, and the breathing rhythm should not accelerate. Recommends eating little and fast. Leaving the table when you are hungry suggests that you leave room for some more food. Feeling a little unsatisfied. It emphasizes the importance of choosing a suitable activity, not the same for everyone.

Longevity is an age-old problem. Academician A.A. Bogomolski writes in his work "Prodleniye jizni" that the first researches began in ancient Rome, that medieval medical workers, alchemists were involved in the search for ways to prolong human life, and they searched for "philosophical body", "elixir of life" and other means.

After the development of theoretical knowledge of human physiology and hygiene sciences, attempts to scientifically solve the problem begin. At the end of the 19th century, the French scientist Brown-Sekor conducted experiments with injecting a special extract of the gonads into the blood for the purpose of rejuvenation. After some time passed, the news about Voronov's rejuvenation experiments on transplanting young men and a piece of monkey's gonad cells in order to rejuvenate the elderly spread to the world. But all this did not give the expected result. Most importantly, after the experiments, a short-term increase in strength occurred, and the aging was further accelerated. It was observed that during the strengthening of the sun's vital forces, the organism would undergo a short burst of energy or "explosion" and then die.

Rejuvenation is contrary to the law of nature, but it has been scientifically proven that it is possible to prolong the period of youth, prevent resistance, and restore the functional state of our body organs to normality through physical culture.

Our scientists put forward a number of ideas through their attempts to scientifically justify the mechanism of the organism. Such theoretical opinions are different. First of all, it is believed that aging is associated with a decrease in the amount of water in the cells of our organs (70% water in the cells of a nursing child, 65% in adults, and even less in the elderly).

I.I.Mechnikov's opinion that the bacilli are formed from toxic products produced in the large intestine, they poison the body for a long time has not lost its essence.

Academician A.A.Bogomolen associated the acceleration of aging with "sclerotic" changes and aging of connective cells. Sclerosis, that is, hardening of the tissue, becoming like wood, is associated with a decrease in its protective function, a decrease in the process of nutrition.

I.P.Pavlov's physiology proved that the main cause of aging is related to higher nervous activity, the main cause of aging is related to excessive mental and physical tension, excitation and inhibition process. We need to distinguish between normal physiological aging or premature aging and pathological aging.

When the biographies and lifestyles of those who lived long were studied, it became clear that most of them strictly followed the regime of work and labor, made extensive use of the healing powers of nature, ate simple healthy food, had strong mental and psychological those who were away from impactful events, were more engaged in various types of muscle activity.