

Developing Healthy Lifestyle Skills in Future Biology Teachers as An Important Problem

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Article History	Abstract
Received: 08 June 2023 Revised: 21 Sept 2023 Accepted: 08 Dec 2023	<i>Protection from negative vices that lead to the violation of moral education of young people, i.e., terrorism and religious extremism, separatism, drug addiction, drug addiction, violence and brutality. To reduce the consumption of doughy food and sweets, bread products, which contain a lot of salt, sugar and fat, and by giving up harmful habits, in particular, the consumption of alcohol and tobacco products reduction of disease, overweight conditions (obesity) and premature death.</i>
CC License CC-BY-NC-SA 4.0	Keywords: <i>To develop the healthy way of life of future pedagogues. There are specific components in the formation of a healthy lifestyle of the population, each of which is based on a specific psycho-physiological approach.</i>

1. Introduction

Prospective Decrees and Resolutions promoted in our republic are aimed at forming a healthy lifestyle culture among young people, and the development of the healthy lifestyle of future pedagogues is being implemented step by step. Use the creative and intellectual potential of the young generation in the tasks defined in paragraph 4.5 entitled "Improvement of the state policy regarding youth" of the Decree No. PF-49472 – of February 7, 2017 "On the Strategy of Actions for the Further Development of the Republic of Uzbekistan"² It is to support, to educate young people who conscientiously serve their country, to form a healthy lifestyle culture among them. In particular, protection of young people from negative evils that lead to violation of their moral education, i.e., terrorism and religious extremism, separatism, drug addiction, drug addiction, violence and brutality, formation of a culture of healthy lifestyle in them, as well as environmental and hygienic reforms are being made to promote culture, healthy eating and routines, and mass youth sports. At the core of these reforms, there is an opportunity to develop innovative educational technologies for the content of healthy lifestyle skills in the continuous education process. increases the level of adherence to it.

The decree of the President of the Republic of Uzbekistan No. PF-6099 dated 30.10.2020 defines the following as the main directions of further development of the wide implementation of a healthy lifestyle in life: that is, every family, neighborhood and district (city), creating conditions for physical education and mass sports in preschool, general secondary, secondary special, professional and higher educational institutions and other organizations;

creating conditions that ensure the satisfaction of the needs of different groups of the population for healthy nutrition, reducing the consumption of doughy food and sweets, bread products with a high content of salt, sugar and fat, and harmful habits, in particular, reducing the incidence of disease, overweight (obesity) and premature death by abstaining from alcohol and tobacco consumption;

wide promotion of healthy eating culture among the population, including giving up irregular and late night eating habits;

promote compliance with sanitary and hygienic rules as an integral part of a healthy lifestyle at the level of families, neighborhoods, preschools and general education institutions;

It is important to create a modern material and technical base for physical education and sports in preschool, general education, secondary special, professional and higher educational institutions, enterprises, organizations and all other types of institutions.

According to the draft of the Presidential Decree on the implementation of the development strategy of New Uzbekistan for 2022-2026 in the "year of attention to people and quality education", "Proper nutrition and a healthy lifestyle" is proposed to launch a nationwide movement, which includes products that are not recommended for children and young people in educational institutions, including food with a high content of sugar, salt, and trans fats. - approval of the list of food products, flavoring and coloring additives and reducing their consumption; based on the types of local products, develop recommendations aimed at a healthy diet for each risk group of the population and types of diseases; to create a set of proper nutrition, fitness exercises and hygiene rules for children, adults and the elderly based on their age, body structure, lifestyle and susceptibility to diseases; Tasks such as creating the necessary conditions for employees to engage in physical education and healthy eating at workplaces were defined. Promotional activities carried out on the basis of the decisions made, it is important to include the skills of a healthy lifestyle in education, which determines the relevance of this research work.

In the works of our great thinkers, such as Abu Ali ibn Sina, Abu Rayhan Beruni, Abu Nasr Farabi, Abu Bakr al-Razi, Mirza Ulugbek, Zahiriddin Muhammad Babur, who lived and worked in Central Asia, the moral qualities of a person are raised, which forms a healthy lifestyle. factors: national values, maintaining physical health through national sports games, national dishes, keeping the body clean, loving and protecting nature, avoiding marriage between close relatives, observing the harmony of mental and social work, active participation in greening The scientific and spiritual heritage that serves to provide educational and educational knowledge to the young generation through such concepts is important for us. Studying and applying the meaning and essence of the scientific heritage of our scholars that have come down to us gives us the opportunity to improve the lifestyle of the population and take practical actions to develop a culture of a healthy lifestyle among young people. Based on the teachings of Abu Ali Ibn Sina, development of healthy lifestyle culture of students in general biology classes and improvement of teaching technologies is one of the urgent problems in creating a continuous education system with a new content.

On additional measures of the Cabinet of Ministers of the Republic of Uzbekistan to support a healthy lifestyle and increase physical activity of the population, 11/19/2020. Decision N 735 was adopted. In this decision, within the parameters of the state order for the training of personnel "commentator of sports events", "organization of major sports events and development of mass sports and promotion of a healthy lifestyle" on the basis of undergraduate education in the field of physical education and sports. special attention was paid to issues such as the establishment of a memorandum of cooperation between each educational institution and at least one sports organization on the development of mass sports and the formation of a healthy lifestyle¹. The issue of developing healthy lifestyle skills among young people is characterized by their physical culture and attention to sports. Currently, measures related to the promotion of a healthy lifestyle in each field are widely implemented in various directions, and responsible tasks are carried out by specialists. In particular, to give certain hygienic knowledge about healthy life to the young generation, to awaken in them ideas about how a healthy lifestyle affects the development of the organism, to follow hygienic rules that protect health in education and training, to and depends on building the skills to make taking care of others' health a daily habit. There are specific components in the formation of a healthy lifestyle of the population, each of which is based on a specific psycho-physiological approach. In particular, at the root of our national values, traditions and national traditions, which have been preserved for centuries, there is an ideological immunity that is the basis for the formation of a healthy lifestyle and allows the population to grow and develop in a healthy environment. A healthy lifestyle is a social phenomenon that ensures the achievement of a high level of health and the establishment of vital activities based on the acquisition of skills that serve to ensure the safety of human life and health. As a way of actively mastering human living conditions, following the daily routine, exercising the body based on active movement, playing sports, eating quality food, observing the hygienic rules of eating, achieving communication and ecological culture, spiritual education based on universal and national cadres. includes such components as getting, self-protection from harmful habits.

The issue of developing a healthy lifestyle among young students of higher education institutions is considered a complementary link of the continuous education system, and young people of this period are at the level of making decisions as individuals who can think psychologically and intellectually. It requires working with data that allows for theoretical analysis of components based on the development of healthy lifestyle skills. The knowledge, skills and abilities that are the basis for the conscious organization of a healthy lifestyle are directly related to the factors that make up a healthy lifestyle.

From the analysis of the literature, it became clear that in the development of healthy lifestyle skills among young people, increasing attention to the development of physical culture, health promotion, a healthy diet, daily routine, consumption of alcohol products in the maintenance of health. A number of research studies have been conducted on the pedagogical and psychological foundations of preparing a family based on a healthy lifestyle, the role of national values and traditions in making a healthy marriage, measures to combat negative vices such as drug addiction, and our research work. serves as a resource.

In the course of our research, ways to improve the technologies of content acquisition of healthy lifestyle skills in future biology teachers are "Biology teaching methodology", "Professional guidance in general secondary schools", "Biology education. It was determined that it will be covered in the content of subjects such as "design in teaching" and "Adolescent physiology and health technology". Development of methodical instructions for forming the ability to analyze and evaluate one's own life activities in preparing students for professional activity is considered one of the urgent tasks. "Physiology of age and health technology" sciences are important to clarify the content of our research, in preparing future teachers for professional activities, age-specific characteristics of the human body, the influence of external environmental factors on the healthy growth and development of the body, healthy Adherence to the rules of a healthy lifestyle (hygiene of educational work, rules of personal and general hygiene, daily routine and diet, hygiene of physical and mental activity, positive factors that apply national sports and their role in body health, and unhealthy negative factors that create a lifestyle (drugs that create a pathogenic organism, alcohol consumption, etc.) in professional activities, in the context of biological education, technologies designed to create knowledge, skills and competencies based on the factors of "hygiene + health" will be the basis for selection and confirmation of the educational process.

In the course of the research, the content of healthy lifestyle skills in the content of biological education among future biology teachers was revealed based on didactic functions such as updating knowledge, correcting, applying knowledge, and predicting (Table 1.1).

Table 1.1 Didactic functions of developing healthy lifestyle skills in the content of biological education

Updating knowledge about a healthy lifestyle	Correcting knowledge about a healthy lifestyle	Follow the knowledge of healthy lifestyle	Predicting knowledge about a healthy lifestyle
Collecting and sorting new information on the content of healthy lifestyle skills in teaching biology; application of health care knowledge in new unexpected situations	Determination of educational motivation and knowledge level of students to acquire healthy lifestyle skills (on the basis of non-standard test, didactic assignments), elimination of shortcomings	A healthy lifestyle for students	

The ability to collect and sort educational materials that allow future biology teachers to acquire healthy lifestyle skills, to be able to apply the acquired new knowledge in a favorable situation is highly moral in the correction of existing problems, preparation for pedagogical activity. , creates a foundation for meeting the need for an educated and capable, well-rounded person.

The introduction of healthy lifestyle skills into the pedagogical system in preparing students for professional activity combines the following factors.

1. Vitagen factor is information based on life experience, a collection of information methodically processed by the teacher for the didactic purposes of a new subject, and is understood to be ready to be used in practice during the course of life.
2. Didactic factor - the use of information that makes up the skills of a healthy lifestyle in the content of education, the factor that develops educational education that makes up the skills of hygienic culture based on the protection of the human body from various infectious and chronic diseases lib, the student will have a positive impact on the emotions of young people, instill confidence in their own will and strength, take an active civic position, and help them imagine their future independent life.

3. Constructive factor. This is the use of additional literature on healthy lifestyle and vitagen experience and educational material on the integration of sciences (pedagogy, psychology, youth physiology and hygiene, valeology, biology) and enriched with content [Isabaeva M disser].

The pedagogical system of the future biology teacher determines the need to use the technologies of healthy lifestyle skills based on the principles of biology teaching methodology. The principles of teaching biology are the structural form of the educational system, its essence, its laws, as well as a complex of knowledge manifested in the management of educational activities.

In the course of our research, we explain the analysis of the didactic principles of developing healthy lifestyle skills in future biology teachers as follows:

the principle of scientificity - in the teaching of the science of biology teaching methodology, the formation of the skills and competence of students to apply the scientific theoretical knowledge, concepts, laws and evidence based on the content of healthy lifestyle skills in their lifestyle guarantees;

the principle of consciousness - highlighting the content of healthy lifestyle skills in the methodology of teaching biology on the basis of collaborative educational technologies (collaborative work) prepares the ground for students to consciously master the knowledge of sanogenic (healthy) thinking;

the principle of coherence in education - the inclusion of healthy lifestyle skills in the methodology of teaching biology implies that there will be a connection between students' previously acquired knowledge and knowledge on a new topic, which will make the student encourages logical, analytical and comparative thinking;

the principle of demonstrability in education - natural, pictorial, distributed, didactic and dynamic materials, information resource tools (multimedia, electronic manual, video lesson, animation lesson developments and x.zo.) defines the use;

the principle of humanization - creating a comfortable psychological environment for students to learn and educate, allows each student to develop creative abilities at the level of their ability;

the principle of the integration of education and training - determines the methodical organization of achieving efficiency in the management of the education and training process, solving students' problems based on spiritual, educational, ecological, aesthetic, moral, philosophical and physical education;

the principle of differentiation and individualization of teaching - in the methodology of teaching biology, each person should receive knowledge at the level of age and psychological characteristics, interests, abilities, development and capabilities, and create educational tasks related to a healthy lifestyle in order to approach them differently, and complete them aims to create conditions for achieving the intended result.

The principles of developing healthy lifestyle skills in the course of biology education determine the theoretical basis for developing healthy lifestyle skills in students.

In order to include healthy lifestyle skills in biological education, it is necessary to pay attention to the following tasks:

- creating special knowledge, skills and qualifications for healthy lifestyle in students based on the principle of humanitarianism and democratization;
- creating students' creative activities and motivations related to the formation of healthy lifestyle skills in all forms of biology education;
- ensuring mutual integration of components of a healthy lifestyle in the content of biological education;
- effective use of innovative and informational educational technologies that develop students' healthy lifestyle skills.

In the methodology of teaching biology, the following were implemented as the didactic goal of developing healthy lifestyle skills:

providing certain medical and hygienic knowledge about healthy living to students and young people in the context of biological education;

awakening imaginations of students and young people about the influence of a healthy lifestyle on the development of the organism;

to observe hygienic rules and ensure sanitary conditions in organizing the educational process for students and young people;

forming the skills of students and young people to make it a daily habit to take care of their health and those around them.

4. Conclusion

The goals and tasks defined above are in the content of the methodology of teaching biology, knowledge, skills and abilities related to a healthy lifestyle, solving educational problems that arise in unexpected situations, analyzing, comparing, summarizing, drawing conclusions, and solving situations such as logical thinking.

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