

**O‘ZBEKISTON RESPUBLIKASI  
OLIY TA’LIM, FAN VA INNOVATSIYALAR VAZIRLIGI  
URGANCH DAVLAT UNIVERSITETI**



**“JISMONIY MADANIYAT SOHASIDA TA’LIM VA  
O‘QITISH SIFATINI TAKOMILLASHTIRISH:  
MUAMMO VA YECHIMLAR”**

Xalqaro ilmiy-amaliy konferensiya materiallari

**«СОВЕРШЕНСТВОВАНИЕ КАЧЕСТВА  
ОБРАЗОВАНИЯ И ПРЕПОДАВАНИЯ В  
СФЕРЕ ФИЗИЧЕСКОЙ КУЛЬТУРЫ  
И СПОРТА: ПРОБЛЕМЫ И РЕШЕНИЯ»**

Материалы международной научно-практической конференции

**“IMPROVING THE QUALITY OF EDUCATION  
AND TEACHING IN THE FIELD OF PHYSICAL  
EDUCATION AND SPORTS: PROBLEMS AND SOLUTIONS”**

Materials of the International scientific and practical conferences

**Urganch, 24-25 may 2024 yil**

***Urganch-2024***

**O‘ZBEKISTON RESPUBLIKASI OLIY TA’LIM, FAN VA  
INNOVATSIYALAR VAZIRLIGI**

**URGANCH DAVLAT UNIVERSITETI**

---



**“JISMONIY MADANIYAT SOHASIDA TA’LIM VA  
O‘QITISH SIFATINI TAKOMILLASHTIRISH:  
MUAMMO VA YECHIMLAR”**

**Xalqaro ilmiy-amaliy konferensiyasi**

**M A T E R I A L L A R I**

**Urganch, 24-25 may 2024 yil**

**Urganch – 2024**

# **PEDAGOGICAL VALEOLOGY AS A BASIS FOR IMPROVING STUDENTS' HEALTH**

**PhD, Doctor Tulenova Kholidin Bekturganovna**  
[k.sayram@mail.ru](mailto:k.sayram@mail.ru)

**Senior teacher, Osmanbekova Nurjamol Maxsuthanovna**  
**State University of Urgench**

**Senior teacher, Alimboeva Roziya Dauylbaevna**  
**A. Nauai Tashkent State University of Uzbek Language and Literature**

**Annotation** The general meaning of the valeological direction is to optimize the process of physical education with the aim of improving the health of college students. Activities with a valeological content should include the following directions: development of literacy to strengthen and maintain one's health; way of maintaining health in the educational process; use of effective means of rehabilitation in the process of separate training of female students in the I-II courses.

**Keywords:** physical training programs, development of literacy to strengthen and maintain health, study of physical development and motility, parameters of physical development, values of physical education.

Today's young people are not only physically and mentally healthy, but also comprehensively and harmoniously developed, have the most up-to-date intellectual knowledge, and are growing up as individuals who fully meet the requirements of the 21st century in which they live and work [1].

The general meaning of the valeological direction is to optimize the process of physical education with the aim of improving the health of college students. Activities with a valeological content should include the following directions: development of literacy to strengthen and maintain one's health; way of maintaining health in the educational process; use of effective means of rehabilitation in the process of separate training of female students in the I-II courses.

For this purpose, it is necessary to create and implement innovative technologies, the basis of which was the study of physical development and motility of first and third year students, correlation analysis between the above indicators was conducted, scientific support was provided. Validation of valeology tools and control of physical education of college students during two-year study cycle.

The lack of scientifically based recommendations on the use of innovative

pedagogical methods of the valeological orientation of physical education of students does not allow to effectively solve the problems of strengthening and maintaining the health of students, which determines the relevance of the chosen direction of this research.

**Degree of knowledge of the problem.** The concept of the educational process of students' rehabilitation was developed by the well-known specialist E. A. Seytalilov (2000), authors D. D. Sharipova, O. Sodikov, G. A. Shakhmudova, G.L. Arbuzova, N.R. Makhkamova (2009), D. Safarova (2007), I.A. Koshbakhtiev, E.A. Kerimov, M.S. Akhmatov (2005) prepared textbooks and teaching-methodical tools on the basics of valeology for students of higher educational institutions of physical education, higher educational institutions of pedagogy, and students studying in faculties of physical education [1].

Taking into account the course of study, the problem of valeological-oriented physical education among college students was not a special research object at the candidate's thesis level.

The purpose of the work: to develop and substantiate the methodology of valeological-oriented physical education among I-III year college students based on the use of physical education programs.

**Research object and subject:** educational process of valeological-oriented physical education among I-III year college students.

**Research hypothesis:** Targeted use of valeologically based science-based physical training methods among first- and third-year college students: motivation for practical exercises, parameters of physical development, movement readiness and general health were assumed to improve [2].

Basic rules of scientific innovation:

1. The parameters of physical development and readiness for motor skills of female college students were analyzed and their interdependence was determined.
2. The indicators of physical development and movement readiness, which are the scientific basis for the search for effective means of valeology and monitoring, were studied for students of each course, and their interrelationships were determined.
3. Health and fitness programs for students were developed during the three-year

study cycle.

4. Reliable control tests and evaluation tables for I-III year students have been determined.

5. The methodology of the learning process of physical education of female students of the I-III year was scientifically based and put into practice.

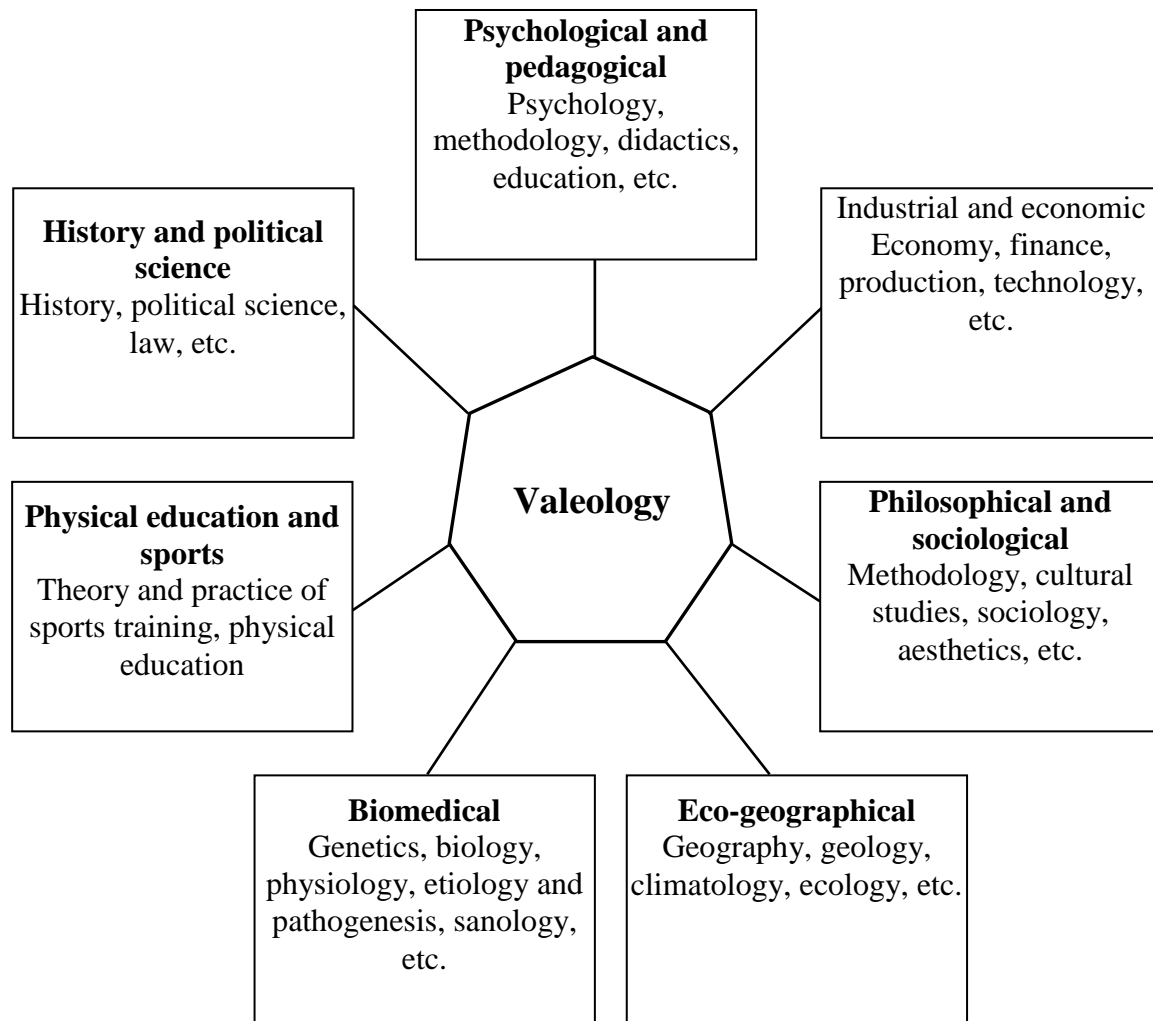
The scientific and practical importance of the research results lies in the inability to fully implement the main directions of health promotion in the traditional system of physical education. The research results complement the theory and methodology of physical education focused on valeology.

Physical education programs based on the general physical fitness of first-year girls, using aerobic exercises for second- and third-year students, use of scientifically based methods of physical education - health tools aimed at developing functional and movement readiness and musculoskeletal system were used.

In a three-year cycle based on the physical education program for each course, the valeologically oriented physical education methodology of female students allows to significantly improve physical development, movement readiness, general health indicators according to their readiness.

**Implementation of results.** For the physical training of female students in the medical college, an experimentally based and practiced method of valeological-oriented physical education was used, which increases the effectiveness of the educational process.

Figure 1. Connection of valeology with other sciences



Physical education and physical training, as integral signs of health, determine the laws of maintaining and improving physical development and physical fitness of a person. Psychology studies the laws of human mental development, the state of the psyche in various life situations, and the psychological aspects of health care.

Pedagogy develops the goals, tasks, content and technologies of valeological education and upbringing aimed at forming a healthy lifestyle and teaching a person to a healthy lifestyle [2,3].

The authors [4, 5, 6, 7] come to the conclusion that pedagogical valeology studies the issues of education and upbringing of a person with a strong life attitude to health and a healthy lifestyle at different age stages of development. Currently, this field of valeology is developing most dynamically, which is due to at least the following two conditions: 1) society's need for urgent measures to improve human

health with the possibility to return it as quickly as possible; 2) the relative cheapness of implementation and introduction of valeological programs into the educational process for a state in a difficult financial and economic situation.

The principles of pedagogical valeology are generally recognized principles of pedagogy. In addition, when applying them to valeology, it will be necessary to supplement them with humanistic, anthropological and health principles.

Tasks of pedagogical valeology:

1. Formation of a strong motivation for health and a healthy lifestyle based on the priority of youth health and the acquisition of knowledge about the mechanisms of life activity of the human body.

2. To teach young people the tools and methods of assessing their physical condition and to use the body's functional capabilities and natural remedies to maintain their health.

3. Valeological evaluation and dynamic monitoring of the level of somatic health of college students, and organization of work to improve their health through a system of physical exercises, psychocorrective, psychological-pedagogical consultations.

4. Valeological assessment of the organization and content of the educational process in the educational institution and its appropriate correction.

5. Work with parents to create favorable conditions for the health of students in the family.

6. To work with the pedagogical team of the educational institution in two directions: to create a team of like-minded teachers to comprehensively conduct valeological education and training of students.

## **LIST OF REFERENCES**

1. Alexandrova L.I., Moskovchenko O.N., Zakharova L.V., Ivanitsky V.V., Linkevich O.N., Sobolev S.V. Optimization of physical activity of female students and athletes living in Siberia based on assessment of their physical condition. // Theory and practice of physical education, 2011. -#7. - P. 20-25.

2. Ayrapetyants L.R., Masharipova F.T. Experimental justification of the