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## METHODS AND TOOLS OF DEVELOPMENT OF VALEOLOGICAL CULTURE IN FUTURE PHYSICAL CULTURE TEACHERS

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### ABSTRACT

In this article, the methods and means of developing valeological culture in future physical culture teachers are discussed in detail about the principles of teaching in the educational process aimed at developing valeological culture.

### KEYWORDS

Valeology, culture, valeological culture, lifestyle, hygienic education, health care.

### INTRODUCTION

To improve the medical and hygienic culture of students, to strengthen their activities in physical education and sports, and to improve the organizational and methodological approaches to increase the level of physical maturity. Determining these directions is proof that the problem of raising a healthy generation has risen to the level of state policy.

In order to find a positive solution to this problem, it is important to create the following objective and subjective conditions in the formation of a healthy culture of students of higher education institutions:

A) subjective condition - conditions; that the problem of formation of valeological culture in society has risen to the level of state policy;

the involvement of the public in the process of developing valeological culture among students;

that persons responsible for promoting valeological culture among students - parents, pedagogues and representatives of public organizations have certain knowledge in this regard;

that future physical culture teachers have acquired knowledge about valeological culture and its essence;

the presence of interest and inner desire to develop valeological culture skills in them;

the fact that the problem of creating a healthy lifestyle culture in society is covered consistently and effectively on the pages of mass media, etc.

B) objective condition - conditions;

availability of resources (scientific) scientific - popular, popular and methodical literature, textbooks, manuals, recommendations and visual aids created on topics related to the establishment of valeological culture in society;

sufficient provision of information and technical means of the activity process aimed at developing valeological culture in future physical culture teachers, etc.

## METHODS

The first founder of the creation of the science of valeology (1980) is the Russian scientist I.I. Brekhman [1], who suggested that the science be called "Valeology". Valeology is derived from the Greek word "valeo" - health, be healthy, and "logos" - education, science".

Development of valeological culture among students of higher educational institutions is a complex process, as mentioned above. The fact that social, medical, psychological and pedagogical aspects are manifested as a whole in the content of Valeological culture is the proof of this complexity. There is no doubt that the activity carried out by the teachers of higher educational institutions in this regard is one-sided. Therefore, there is a need to prepare personnel for this process, who are responsible for the development of valeological culture among students, and at the same

time are fully aware of medical, psychological and pedagogical knowledge.

On the basis of the development of valeological culture in future physical culture teachers, equipping pedagogues with health-related skills, in conjunction with a number of traditional teaching methods, on the basis of conducting trainings that are now widely spread among the public, make them valeological in students and young people. the improvement of pedagogical preparation for the development of culture gave the expected effect.

## RESULTS AND DISCUSSION

In the process of extracurricular education and training, the following pedagogical and organizational activities are carried out in the development of valeological culture among students of higher educational institutions. According to it, the content of pedagogical conditions is explained as follows:

Methods:

- 1) the oral method is reflected in the following forms expressing its content: lecture, theoretical seminar; conference (with the involvement of specialists responsible for environmental protection, human health, as well as personal development);
- 2) forms representing the content of the demonstration method - a set of slides, booklets, posters and other didactic materials representing the content of healthy lifestyle; video - plot (sports, infectious diseases and ecology) and so on.
- 3) in forms representing the content of practical methods: audio and video training sessions; selection of pictures, exercises from small elements of physical

labor in the process of education and training; "If you think it is difficult to develop a valeological culture, then think about how much an unhealthy culture costs?!" parties and competitions organized on the basis of the principle; meeting (with the participation of medical workers, psychologists, pedagogues, representatives of the youth union, members of social organizations, community meetings, specialists of fire and traffic safety departments, etc.);

4) the expedition will be in the regions where there are elements (appearances) of environmental hazards, to enrich the theoretical knowledge of future physical culture teachers about the causes and consequences of environmental changes.

Tools:

live speech; personal role modeling (parents, science teachers, medical workers, neighborhood activists, accomplished athletes, leaders and leaders of children's social organizations; fiction, scientific, scientific - popular and popular works, educational resources (textbook, educational program and manuals); illustrative materials - pictures, booklets, plots, slides, etc.; natural raw materials (soil samples) that serve to highlight the nature of environmental hazards, sports equipment, etc.; articles, TV and radio broadcasts, technical (overhead) and information technology (computer) tools, educational materials for distance learning, etc[2].

## CONCLUSION

The development of valeological culture in future physical culture teachers with the help of specific forms, methods and means of education requires the following actions:

improving the readiness of pedagogical personnel; increase the cooperation of family, institute, neighborhood, social organizations, health care, fire protection, law enforcement agencies, youth organizations;

development of content and knowledge of valeological culture (educational and supplementary materials, etc.);

creation of training manuals and visual teaching tools armed with modern information technologies regarding valeological culture and providing students.

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