

TECHNOLOGY FOR THE DEVELOPMENT OF A HEALTHY LIFESTYLE IN STUDENTS OF TECHNICAL HIGHER EDUCATION INSTITUTIONS

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Annotation: This article analyzes the issues of formation and development of a healthy lifestyle among students of technical higher education institutions. A healthy lifestyle is seen as an important factor in maintaining and achieving human health. This article explores the attitudes of young people towards physical activity, proper nutrition, leading a lifestyle free from harmful habits, and highlights the importance of pedagogical technologies used in educational institutions. Special attention is also paid to the issues of innovative approaches to promoting a healthy lifestyle and the effective use of information and communication technologies.

Keywords: health, healthy lifestyle, hygiene, physical activity, healthy eating, higher education, student health, healthy environment.

The promotion of a healthy lifestyle in students of higher education institutions of the Republic of Uzbekistan is one of the current problems in the field of Education. The decree of the president of the Republic of Uzbekistan dated October 30, 2020 "on measures for the widespread implementation of a healthy lifestyle and the further development of mass sports" PF-6099 was issued. In the presidential decree, the broad implementation of a "healthy lifestyle" and the further development of mass sports were established as the main directions. According to the presidential decree, instructions and practical recommendations were given for the regular conduct of sports competitions between families, classes, labor teams and regions in each family, neighborhood and District (City), preschool, general secondary, secondary special, professional and higher educational institutions and other organizations for the development of physical education and mass sports.

Today, the formation and promotion of a healthy lifestyle in our society has become one of the priorities of state policy. Finding a healthy lifestyle, especially among the younger generation, including students of technical higher education institutions — not only provides physical and mental stability, but also directly affects their cognitive activity, professional training and future labor efficiency.

A healthy lifestyle includes factors such as a person's abandonment of negative habits in their vital activity, ensuring physical activity, proper nutrition, personal hygiene, and maintaining psychological stability. Due to the fact that students of technical higher education institutions are more exposed to physical and mental overload, special attention is required to form a healthy lifestyle among them.

The relevance, methods and effectiveness of the introduction of technologies for the development of a healthy lifestyle among students studying in these technical higher education institutions are considered. Also, the existing problems are analyzed and innovative approaches aimed at solving them are studied, as well as the possibility of using modern pedagogical technologies in the educational process.

In the development of a “healthy lifestyle” in students of Technical Higher Education Institutions, first of all, it is important for students to master theoretical and practical knowledge of Health-Health, Hygiene.

Adequate coverage has been provided in tutorials, textbooks, and other literature on promoting a healthy lifestyle. In a healthy lifestyle, we must first take into account health. Health is covered in many literature as follows: Health is not only the absence of illness or physical defects, but also a state of complete physical, mental, social calm. Health must first of all be strong in the psyche—that is, it will be necessary to give methodological instructions on how stress does not come out in students of higher educational institutions. The student must be able to control himself during the time of mental breakdown and engage in other activities to get out of that state.

As for the concept of a healthy lifestyle, a healthy lifestyle is an active action aimed at improving and protecting human health. Leading scientists of the field of "Physical Culture" of the Republic of Uzbekistan on a healthy lifestyle Sh.X. Khonkeldiyev, A.A. Abdullayev and others have released a textbook titled "Physical Culture of Healthy Living". The textbook provides useful information for students of youth, general secondary education school, academic lyceums and vocational colleges, higher education institutions covered in the educational sphere of the Republic of Uzbekistan.

In the textbook "physical culture of a healthy lifestyle", the daily activities of the movement of students are clearly outlined within the framework of regulation. That is, it is implied that each student independently draws up his agenda. The constant presence of the agenda greatly serves to develop the internal and external states of the organism of each student.

The role of a healthy diet in the formation of an agenda is also great, a healthy diet is a diet that ensures the life activity, normative growth and development of a person, strengthens his health and helps in the Prevention of diseases. In a healthy lifestyle, it is necessary to take into account the fact that a healthy diet is rich in nutritional content, and not to want a large amount of food at once. The composition of the food is provided for a sufficient level of minerals, proteins, fats. Each substance affects the negative or positive development of the student.

A large amount of istemolization of fats and carbohydrates leads to an increase in excess weight. Proteins have a positive effect on the growth of body muscles, and on the rapid completion of the injured area. Vitamins are considered the most necessary substance in the human body and serve as a source of energy (energy) in his life. In the development of a healthy lifestyle in students of higher education institutions, it will be necessary to follow the correct diet.

A diet of 3 or 4 times during the day is included in the normative composition. If there is a defect in the student's health, it will be necessary to eat 6 or 7 times less and more often to restore the internal reserves of his body.

Basically, in the process of eating, it is also necessary to consume food at the right time. It is recommended to eat breakfast, lunch, dinner not fast when given a normal time of 1 hour, it is recommended to chew each meal bite at least 15-20 times.

No gastrointestinal diseases are caused if the food is consumed in this order. We also knew that we should give theoretical and practical instructions on how students can move away from harmful habits in our development of a healthy lifestyle. In students, ways of developing a healthy lifestyle have been identified in the framework of a certain mechanism.

It is important for students of technical higher education institutions to form and develop a healthy lifestyle — to ensure their physical, spiritual and mental health, to achieve high efficiency in the educational process, and to act as a member of an active and healthy society in the future.

This article shows that in the development of a healthy lifestyle, it is important to effectively use innovative educational technologies, systematically introduce physical education and sports into the educational process, while at the same time forming a positive motivation and worldview in relation to a healthy life in students. Information and communication technologies, interactive methods, psychological trainings and practical training occupy a key place in this process.

Also, the cooperation of parents, educators and other members of society, the formation of skills and competencies related to a healthy lifestyle, strengthening preventive work, the implementation of work aimed at warning against bad habits, serves to improve the quality of life of students.

In conclusion, the development of a healthy lifestyle in technical higher education institutions is an important factor in ensuring a stable and healthy future not only for the health of students, but also for the whole society.

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