

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



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<http://mentaljournal-jspu.uz/index.php/mesmj/index>



VALEOLOGY - METHODS OF TEACHING STUDENTS ABOUT HEALTH AND HEALTHY LIFESTYLE

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ABOUT ARTICLE

Key words: health, healthy living, wellness, psychological, health volunteers, physical development, nutrition, recreation, AIDS, level determination, tools, competition training.

Received: 10.11.25

Accepted: 11.11.25

Published: 13.12.25

Abstract: This article provides research information on the knowledge of health and healthy lifestyle of students of higher educational institutions through the science of valeology, basic concepts of valeology, assessment and research of health status, goal formation for healthy lifestyle, health maintenance and strengthening. The article discusses the close connection of the science of valeology with anatomy, physiology, psychology, sociology, philosophy, mathematics, cybernetics and other sciences, and the connection of valeology with the above-mentioned sciences, which will be discussed later in the specific tasks. We also considered it appropriate to touch on some general issues of this problem.

Introduction. The most important task of education in higher educational institutions is to train highly qualified specialists capable of organizational and socio-political work, with leadership and mentoring skills. The educational process in a higher educational institution is multifaceted and includes ideological-political, spiritual, professional, labor, aesthetic, legal and valeological directions.

Physical education, as a component of valeology, is aimed at strengthening health, increasing the productivity of the educational process, and forming elements of physical culture.

The level of fulfillment of socio-professional tasks of graduates-specialists, their physical maturity, body structure, physical fitness, state of health, and employability determine their professional skills.

Good health is the result of regular physical activity, a healthy lifestyle, and is the basis for the productivity of educational and labor activities.

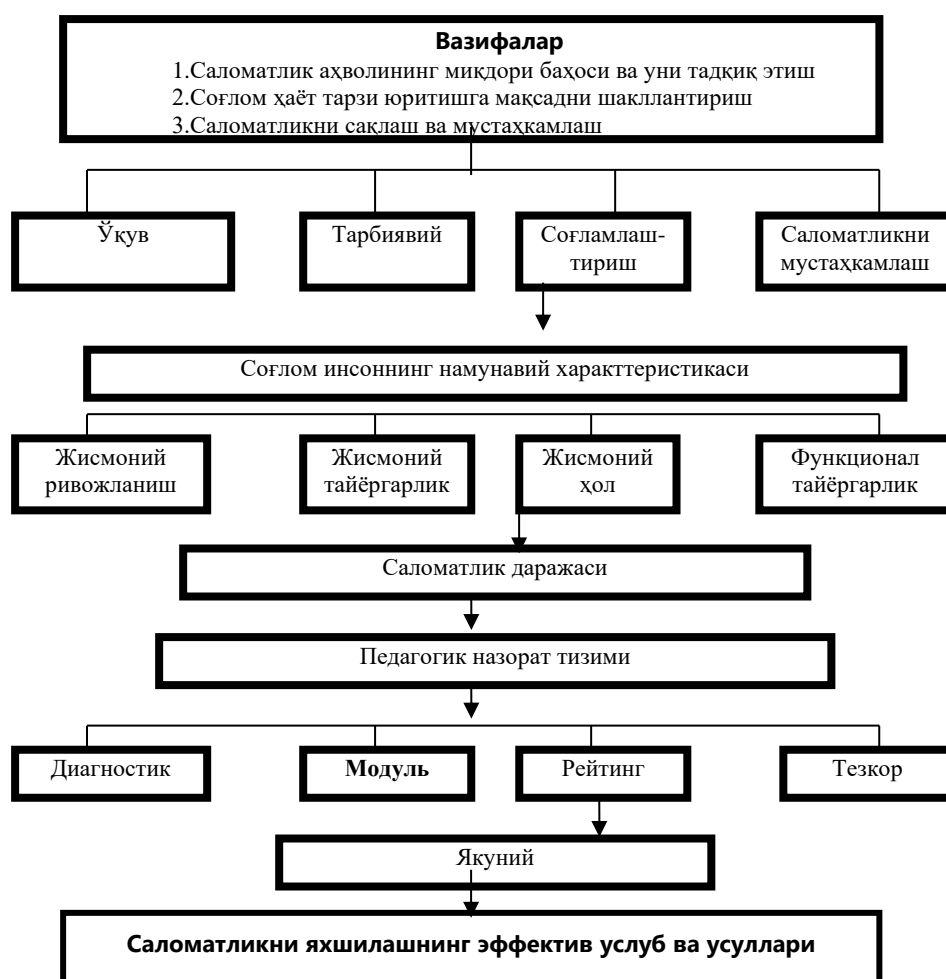
“Valeology” is a Latin word, valuee-meaning “health”, “to be healthy”. This term was first introduced by K.I. Brekhman (1987). Valeology is gaining wide attention as a science and subject of study.

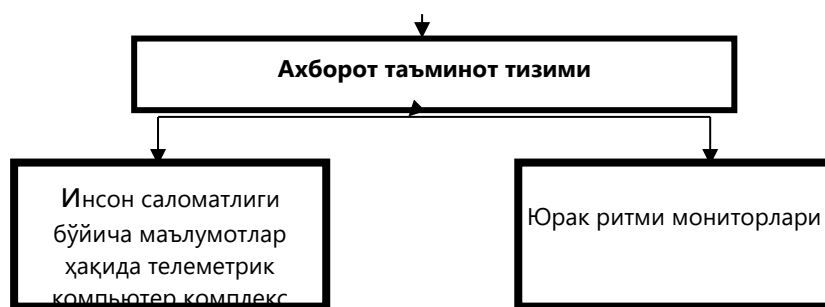
According to one of the authors of the textbook, V.N. Vainer (2001), “Valeology” has its place in higher education institutions.[1]

Valeology is an interdisciplinary area of knowledge about human health, ways to strengthen it, the formation and maintenance of human vital activity in specific conditions. As an academic discipline, it constitutes a complex of knowledge about human health and a healthy lifestyle.

The central problem of valeology is the attitude to individual health and the upbringing of a culture of health in the process of individual development of the personality.

Table of structure of the science of valeology





The subject of valeology is individual health and human health reserves, as well as a healthy lifestyle. This is the main difference between valeology and preventive medicine, which recommends the prevention of various diseases.

(V.N. Vayner, 2001) [2].

Valeology is considered an activity aimed at studying the structure and functions of the organism, its movement capabilities, improving physical condition, maintaining and improving health, studying a system of knowledge and skills for a healthy lifestyle, and strengthening the need for regular physical exercise.

In this regard, the study of pedagogical laws regarding the physical development of a person, and on this basis, the determination of the theory and methodology of the process of special pedagogical education to form a comprehensively developed person, is the subject of valeology.

The object of valeology is the pedagogical activity of teachers aimed at forming healthy lifestyle skills in undergraduates, equipping them with knowledge and skills to preserve and improve health and physical fitness.

The pursuit of physical maturity is understood as a pedagogical process that ensures optimal adaptation of a person to various life conditions and improves his physical condition, physical and functional readiness, body structure, and physical development, which are the source of an active creative life, educational and future work activities, and his place in life.

Valeology is closely related to anatomy, physiology, psychology, sociology, philosophy, mathematics, cybernetics and other sciences. The connection of valeology with the above-mentioned sciences will be discussed later when describing its specific tasks. Now it is appropriate to dwell on some general issues of this problem.

The main task of physical education is to preserve and improve human health. In this regard, human health should be the object of medical and pedagogical research. It is important to note here that physical development, body structure, functioning of the cardiovascular system, physical fitness and physical condition are structural elements of health. Therefore, in order to manage a person and achieve his physical maturity, it is necessary to comprehensively

assess physical fitness according to a number of indicators (physical development and body structure, physical and functional fitness).

Based on the complete data obtained, it is possible to determine the level of human health. It should be noted that in order to individualize the process of achieving physical perfection, it is necessary to know the personal characteristics of a person. For this, various psychological tests can be used (Kettol, Eysenck, Strelyau, Peysakhov, Gabdreeva tests). A comprehensive consideration of the data of medical, pedagogical and psychological studies allows obtaining objective information about the physical condition and determining the types and methods of health-improving physical education.

The author of the article came to the following conclusions. The complex data, using pedagogical research, medical examinations and information support methods, helps to solve the following problems:

- the physical condition was determined.
- the criteria for assessing physical development, physical and functional training were determined.
- the dynamics of a person's physical maturity were determined.
- the identification of effective methods of health improvement was established.
- the system of planning the process of achieving maturity was studied.
- the achievement of physical maturity was individualized.
- the need for independent, regular, practical engagement in physical exercises was developed.
- the methods of self-control were taught, etc.

Information about a person's physical maturity should be considered in conjunction with pedagogical, medical-biological and psychological indicators, which allows for objective control of the physical condition.

The mathematical statistical method was used to analyze pedagogical manifestations in a quantitative manner.

Mathematical statistics is one of the effective methods for studying the objective laws of physical maturity and physical education.

To identify effective health-improving means of achieving physical maturity, it is necessary to determine the correlation between indicators of physical development, body structure, and physical and functional readiness.

Such an approach to identifying scientifically based means of achieving physical maturity in young people allows for effective planning of health-improving preventive work and the correct selection of exercises.

In this article, we have defined the main tasks of valeology as follows:

- researched human health and health reserves and developed a quantitative assessment criterion.

- gave guidance on guiding students towards a healthy lifestyle.

- recommended the preservation and strengthening of human health and health reserves by guiding them towards a healthy lifestyle.

Achieving physical maturity is the preservation and strengthening of health, so health promotion solves educational and upbringing issues.

The formation of high moral and political qualities in people, the formation of strong disciplinary skills and habits are among the educational tasks of valeology. Physical education as a pedagogical process has a comprehensive educational and upbringing effect.

The specific task of physical education is to cultivate such qualities as strength, speed, endurance, flexibility, agility. This task is closely related to the upbringing of a well-rounded individual. Health-improving preventive education is a systematized complex of special knowledge and skills that prevent the spread of various diseases.

The educational tasks that must be solved in the process of health-improving physical education include teaching vital, professional sports practical movements and cultivating healthy lifestyle skills. Also, one of the educational tasks is to study the basics of the theory and methodology of health-improving physical education. Based on the knowledge consolidated in practice, confidence is formed in the benefits and necessity of regular engagement in health-improving physical exercises.

Strengthening health, strengthening the body, increasing its resistance to various diseases are the health-improving tasks of this pedagogical process. The success of health-improving tasks depends on compliance with the requirements of health-improving pedagogical principles of physical education. Practical exercises on health-improving physical education solve an important issue related to the physical development of students.

Physical development is understood as the pedagogical process of maturation of the form and functions of the organism. Physical development includes qualitative changes that occur during the maturation of human strength, as well as in his health under the influence of specially organized upbringing. In this sense, it is considered as a result of physical education.

Physical maturity is the result of a pedagogical process that shapes a person through the use of physical education. Education is the education of young people with the knowledge and skills necessary to develop high performance skills, maintain and strengthen health, and lead a healthy lifestyle.

We conducted pedagogical research using various methods.

These include: pedagogical observation, pedagogical experiment, study and mastery of advanced pedagogical practices, social methods of research (questionnaire, rating), mathematical statistical methods, methods of theoretical analysis of pedagogical ideas, and methods of assessing physical development.

It should be noted that physical education is mainly aimed at the physical development of a person. "Physical development" means the qualitative changes that occur in the process of maintaining and strengthening human health under the influence of specially organized education. Therefore, physical maturity is determined not only by indicators of physical fitness, but also by data on physical development, functional and physical condition of the organism. To fully characterize the educational and health-improving process, each educator should use medical and biological examinations.

Supervision allows you to identify the strengths and weaknesses of the participant; find the advantages and disadvantages of the physical exercises used; and create a plan for practical training.

Control work was carried out using various exercises or tests. A specific system for applying control exercises is called testing. Control exercises are standardized actions in terms of content, form and conditions of execution, used to determine certain physical qualities (strength, endurance, agility, flexibility, etc.) or physical fitness. Control exercises were used as simple physical exercises.

In the study of body composition, the Quetelet weight-height index, body composition maturity, obesity, body fat and active mass indicators are used.

The functional state of the cardiovascular system is studied using dosed physical exertion (20 sit-ups in 30 seconds), the Querg index, the Rufe test, etc.

The study of physical condition was carried out using a telemetric computer complex, a heart rate monitor, L. Ivashenko tests, the methodology of Ye.A. Petrova, G.A. Apanesenko, L.A. Kalinina and indicators of the level of human health.[3]

A comprehensive study of the personality of the master using a comprehensive assessment of preparation is the basis for managing the process of achieving physical maturity

and educating young people, determining the level of health, and the basis of the science of valeology.

Conclusion and suggestions. 1. Health and a healthy lifestyle 40-50% of the population's health depends on lifestyle. Bad habits, unhealthy diet, excessive alcohol and tobacco consumption, excessive sitting, stress, and environmental pollution can lead to various diseases (cardiovascular and respiratory diseases, gastrointestinal disorders, etc.).

2. Constantly monitor the level of health by measuring body weight, vital capacity of the lungs, heart rate, blood pressure, time taken for the heart to recover after a standard test, and other simple indicators. Maintaining and strengthening health is understood as physical development, body composition, and improving physical and functional readiness. Improving health is achieved through regular physical training.

3. To develop and strengthen the body, regardless of age, gender, health status, and physical development of a person.

3.1. To physically prepare young people for work and defense of the Motherland.

3.2. To satisfy the needs of young people for active recreation and productive use of free time.

3.3. To strengthen the will, physical abilities, and movement capabilities of young people:

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