



УДК 796.035

**IMPORTANCE OF PHYSICAL CULTURE IN THE SYSTEM OF
EDUCATION OF A HEALTHY LIFESTYLE
ЗНАЧЕНИЕ ФИЗИЧЕСКОЙ КУЛЬТУРЫ В СИСТЕМЕ ВОСПИТАНИЯ ЗДОРОВОГО
ОБРАЗА ЖИЗНИ**

Sharipova G.K./ Шарипова Г.К.*Senior Lecturer/ Ст. Преподаватель***Makarova E.A./ Макарова Е.А.***Senior Lecturer /Ст. преподаватель***Kassymov S.B./ КАСЫМОВ С.Б.***as.prof. /доц**Taraz State University named after M. Kh. Dulaty**Таразский государственный университет им. М. Х. Дулати*

Abstract: *This article examines the factors of a healthy lifestyle, the concept of a healthy lifestyle, the preconditions for a normal level of physical fitness and a healthy lifestyle of students, the role of physical exercises in the formation of a healthy lifestyle and strengthening the health of schoolchildren. The problem of forming a healthy lifestyle and strengthening the health of students is becoming a priority direction in the development of the educational system of a modern school, the strategic goal of which is the upbringing and development of a free, life-loving personality, enriched with scientific knowledge about nature and man, ready for creative activity and moral behavior. The leading tasks at the present time are: the development of intelligence, the formation of moral feelings, taking care of the health of children. All this is consistent with the main directions of the project for the reform of the general education school, in which the health of schoolchildren is one of the first places.*

Ключевые слова: *physical culture, healthy lifestyle, lifestyle, health promotion*

In the message of the President N.A. Nazarbayev to the people of Kazakhstan "Kazakhstan - 2030" among the main priorities, the issues of improving the population through the establishment of a healthy lifestyle are highlighted. This policy is addressed to all strata of society, but the effectiveness of its implementation depends on how much the choice of the population regarding healthy lifestyle will be changed and, accordingly, those needs will be formed, the satisfaction of which contributes to the preservation and improvement of moral and psychosomatic health. The latter is extremely important if we take into account the fact that according to the WHO, human health in 50% of cases depends on the lifestyle and lifestyle, in another 20% on heredity factors and only 8.5% on the activities of health authorities. At the same time, traditional medicine solves the problem of healing by treating already developed diseases, and not preventing them. Such outstanding minds as Francis Bacon, M.V. Lomonosov, M. Ya. Mudrov and others, in their works have repeatedly emphasized that the priority in relation to health should be given precisely to health and disease prevention. In recent decades, the situation has changed: the growth of human well-being, the development of highly effective industrial technologies, disturbed ecology and other objective factors have led to the fact that the lifestyle of a modern person increasingly began to provoke hypodynamia, overeating, mental overstrain, etc. This has put forward on one of the first places in the causes of mortality of the disease associated precisely with the person's lifestyle. It is the lack



of personal motives in maintaining health that has led to the fact that at the present time all over the world specialists are increasingly concerned about the trend towards its deterioration.

The health of children is especially alarming. During the period of schooling, the number of healthy children decreases 4-5 times, especially in grades 5-6, when the increased academic load coincides with the critical changes in the body of children associated with puberty. Lack of knowledge of the culture of health and neglect of health lead to this that 40% of schoolchildren do not know what a healthy lifestyle is, 85% do not go in for physical culture and sports, about 50% (mainly teenagers of high school students) have already tried drugs. The rate of increase in mortality in adolescence is comparable to that for the 65–70 age group. It is known that an individual lifestyle is actively formed in adolescence. This is due to the development in adolescents of such important mental neoplasms as self-control, an internal plan of action, abstract logical thinking, reflection, self-awareness, and self-esteem. Therefore, it is at this stage of growing up that it is important to encourage adolescents to form useful habits, teach them to manage their behavior and thus actualize subjectivity in saving and strengthening health. The problem of forming a healthy lifestyle and strengthening the health of students is becoming a priority direction in the development of the educational system of a modern school, the strategic goal of which is the upbringing and development of a free, life-loving personality, enriched with scientific knowledge about nature and man, ready for creative activity and moral behavior. The main tasks of the school at the present time are: the development of intelligence, the formation of moral feelings, care for the health of children. All this is consistent with the main directions of the project for the reform of the general education school, in which the health of schoolchildren is at the forefront. At present, various educational and health programs are widely introduced into the practice of the school, contributing to the formation of valeological literacy, the organization of a healthy lifestyle, and the strengthening of the health of students in the field of both general educational activities and physical culture and educational work focused on a healthy lifestyle. A healthy lifestyle is a behavior, a style that contributes to the preservation, strengthening and restoration of human health. Components of a healthy lifestyle: sufficient physical activity; hardening; balanced diet; adherence to the daily routine; personal hygiene; rejection of bad habits. With regard to adolescents, it is necessary to constantly keep in mind that not always the adolescent himself can provide an appropriate way of life. Much depends on parents, educational organizers, teachers. In this sense, a teenager is passive, but his future behavior will largely depend on how his life is organized. A healthy lifestyle is incompatible with bad habits. The use of alcohol, other intoxicants and narcotic substances, smoking tobacco impede the approval of any aspect of a healthy lifestyle. Bad habits are among the most important risk factors for many diseases, significantly affect the health of children and adolescents, the population as a whole.

Pedagogical observation and questioning allowed us to identify ideas about a healthy lifestyle and motivation for its implementation among students. The questionnaire was conducted in an individual form, anonymously, in order to



determine the individual lifestyle of students and their attitude to the formation and acquisition of the foundations of a healthy lifestyle on the basis of secondary school No. 13, Taraz, in the third academic quarter, during the period of teaching practice. The study involved students in grades 9-11. The experiment was carried out in February 2019. It involved 65 practically healthy subjects (38 boys and 27 girls). In a preliminary conversation with the participants in the experiment, their voluntary consent was obtained. An anonymous survey was carried out to identify the individual lifestyle of students and their attitude to their health. Thus, when analyzing the data obtained, we found that 57% of the subjects had an average level of assessment of a healthy lifestyle. This indicates that this group of schoolchildren is familiar with the basics of a healthy lifestyle, but does not always adhere to them in their life. A low level of assessment of a healthy lifestyle was observed in 31% of the subjects, and only 12% of schoolchildren adhere to the basics of a healthy lifestyle in the process. its development. This circumstance may indicate that the subjects have stereotypes of behavior of an unhealthy lifestyle and an insufficiently serious attitude towards their health, to its preservation and strengthening. At the same time, despite the fact that 65% of the surveyed schoolchildren regularly go in for sports and attend sports sections, only 28% are constantly doing exercises. Despite the low percentage of chronic diseases of 7% (about 5 people), 77% of the surveyed students regularly see a doctor. At the same time, 18% of high school students find it difficult to answer the question of whether or not they suffer from chronic diseases. It should be noted that 39% of grade 10 students drink alcohol and 58% smoke tobacco products. These data indicate that among grade 10 students there is a large percentage of schoolchildren lead an unhealthy lifestyle. In addition, it was found that a tendency towards a healthy lifestyle in schoolchildren of older age secondary school No. 13 begins to grow. (28% - do exercises, 63% - sometimes do exercises, 19% go in for sports, sometimes - 47%).

Most likely, this is due to the fact that all the media regularly promote a healthy lifestyle, various fitness clubs and gyms, sports complexes are opening in large numbers. The fashion for health is starting to return again. More than half of the respondents try to use weekends for outdoor activities and sports. At the same time, there is a certain disproportion between an increase in the mental load that a teenager receives as a result of a large flow of information, and insufficient motor activity of schoolchildren. Therefore, the primary task facing physical education teachers and educators is to provide as many children as possible, and ideally all, opportunities for health promotion by means of physical education. As noted by most researchers, the most effective method for assessing and monitoring health, the physical qualities of adolescents, is testing their physical abilities. For this purpose, as noted above, we used certain aspects of the E.N. Weiner on teaching and promoting a healthy lifestyle After determining the level of health, it is imperative to draw the attention of each student to the weakest link, suggest ways to improve and note that health testing should be repeated regularly 2 times a year so that students can check whether they are successful Organize their lifestyle. During the testing, the following facts were revealed: the physiological indicators of high school students (94.3%) are in a normal state, i.e. physiological processes (HR) proceed without deviations. Only 5.7% of



100% of subjects for medical reasons (chronic diseases) have limitations in physical education. Motor qualities (87.6%) remain at the proper level. Particular attention should be paid to the lifestyle of high school students (73.3%). Commenting on the data obtained from 9-11th grade students, we can note a positive trend in the question that most of the children nevertheless attend classes with desire and interest, but some of them work only to get a good grade, try to “get a certificate”, thoughts about the connection between physical culture and health do not arise. The rest of the respondents (30.4%) are those who, due to medical reasons, cannot practice at full capacity, and special correctional groups for such children are not organized within the walls of the school. They feel their failures in ordinary lessons, conflicts with physical education teachers are frequent; 30.4% also included those who suffer from bad habits, mostly children from socially disadvantaged families. Analyzing all the data obtained, we state that the times have passed when adolescents were drawn to sports sections and sports grounds, considering sports as the most preferable form of leisure, but with a skillful, correct, methodically correct organization of physical education lessons, extra-curricular mass sports events, perhaps attract more adolescents, thereby increasing the healthy gene pool of our country. One of the leading places in the formation of a healthy lifestyle of older schoolchildren is played by the need-motivational sphere, which allows them to be involved in the process of cognition and formation of health, for which it is necessary to create certain conditions (qualified specialists in the field of pedagogy and sports, innovative approaches to teaching physical culture with an indispensable consideration of the physiological and mental qualities of each student, with an emphasis on health-saving technologies, cooperation with psychological services, medical workers, equipped gyms, a variety of sports sections, including for children with disabilities). physical exercises have a beneficial effect on the adolescent body, preserve and strengthen not only physical health, but also balance the psycho-emotional background of the adolescent, which can be disturbed due to hormonal changes in the body.

The facts revealed in the course of the research allow us to give the following recommendation for practicing teachers and people working with children in the sports field: in order to successfully solve the problem of involving children in sports, the goal in their work should be not the achievement of maximum sports results by children, but their harmonious development and the formation of their stable interest in classes, since most of our teachers, coaches are focused on maximum success in sports with a general inattention to personal development. In addition, you should diversify the lesson program as much as possible, noting which aspect will most interest each of the children, and in the future try to stimulate their individual interests, more often use in the lessons those forms and means of communication that cause the least number of negative reactions from students, which is valuable to ours. glance remark is as follows: use more speech means of communication, and among them - the verbal method (dialogue), and not just identification signals (whistles). With all the significance of the lesson as the basis of the process of physical education at school, the leading role in familiarizing students with daily physical exercises, of course, belongs to extracurricular health-improving and sports-mass work. The future belongs to her, since even an individually differentiated approach



will not give such a positive result, which is achieved by correctly planned sports and mass work, the main goal of which is to introduce physical culture and sports into the everyday life of a schoolchild.

References:

1. Abaskalova N.P. Theory and practice of the formation of a healthy lifestyle of pupils and students in the "school-university" system: Author's abstract. doct. dis. Barnaul, 2000 .-- 48 p.
2. Aizman R.I. et al. Valeology: curriculum for secondary schools. - Novosibirsk: NGPU, 1996 .-- 19 p.
3. Amosov N.M. Thinking about health. - М.: FiS, 1987 .- 63p.
4. Andreychenko L.A. Philosophy. Stavropol, 2000.
5. Antropova M.V. What you need to know about physical activity and hardening of children. // Physical culture at school. - 1993, No. 3. - 28 - 36s.

Аннотация. В данной статье рассматриваются факторы здорового образа жизни, понятие о здоровом образе жизни, предпосылки к нормальному уровню физической подготовленности и здорового образа жизни учащихся, роль физических упражнений в формировании ЗОЖ и укреплении здоровья школьников. Проблема формирования ЗОЖ и укрепления здоровья учащихся становится приоритетным направлением развития образовательной системы современной школы, стратегическая цель которой - воспитание и развитие свободной жизнелюбивой личности, обогащенной научными знаниями о природе и человеке, готовой к созидательной творческой деятельности и нравственному поведению.

Ключевые слова: физическая культура, здоровый образ жизни, стиль жизни, укрепление здоровья