

PEDAGOGICAL METHODS BASED ON A HEALTHY LIFESTYLE. THE INTERACTION OF PHYSICAL ACTIVITY AND EDUCATION

Rakhimov Xasanboy Kamoliddin ugli

Teacher of the Department of Physical Culture, Andijan State Pedagogical Institute.

rahimovxasanboy25@gmail.com

Annotation: This thesis analyzes the importance of pedagogical models based on physical activity and a healthy lifestyle. It addresses the issues of forming a healthy lifestyle among young people and supporting physical activity through various pedagogical methods, from school education to family education. The thesis scientifically examines the positive impact of physical activity on health, psychology, and education. It also analyzes the main directions of integrating approaches aimed at physical activity and a healthy lifestyle through the implementation of pedagogical models and methods. The thesis shows the effectiveness of pedagogical activities aimed at developing physical activity in schools, promoting a healthy lifestyle in the family, and promoting a healthy lifestyle in society. The decisive role of educators, parents, and society in ensuring the sustainability of the values of physical activity and a healthy lifestyle is determined.

Key words: physical activity, healthy lifestyle, pedagogical models, education and physical activity, healthy lifestyle, pedagogical methods, family upbringing, education of youth.

RELEVANCE OF THE TOPIC

Healthy lifestyle and physical activity are one of the most pressing issues in the world today. The increase in sedentary lifestyle and decrease in physical activity among young people pose a serious threat to the health care system. Also, the issues of encouraging physical activity in the modern education system, introducing a healthy lifestyle to the younger generation, and improving pedagogical methods remain relevant. Teachers, parents, and society together must play an important role in forming healthy lifestyle values among young people. Therefore, studying pedagogical models based on physical activity and a healthy lifestyle, integrating them into the education system is one of the most important issues today. The purpose of the study is to study the importance of pedagogical models based on physical activity and a healthy lifestyle, and to analyze their interaction in the education and upbringing of young people. The study examines pedagogical methods used to form physical activity and a healthy lifestyle among young people, educational mechanisms in the family and school, and methods of combating negative trends in society. Also, the main goal of the study is to study the relationship between physical activity and education, develop and implement new pedagogical methods to widely promote a healthy lifestyle among young people.

Objectives of the study - To analyze the importance of physical activity and a healthy lifestyle in education. The study identifies the relationship between physical activity and a healthy lifestyle and their role in the educational process.

- To study the effectiveness of pedagogical models to increase physical activity

The effectiveness of pedagogical models aimed at increasing physical activity in practice is studied using the example of school and family.

- To study the role and importance of pedagogical methods in the formation of a healthy lifestyle. The impact of pedagogical methods, techniques and practical approaches based on a healthy lifestyle on youth education will be analyzed.
- Develop measures aimed at promoting a healthy lifestyle in the family, school and society. Pedagogical measures and approaches will be developed to form a healthy lifestyle and support physical activity in the family and school.
- Study the interaction of physical activity and education. Study the relationship between physical activity and education on a scientific basis and determine what positive results these processes give.
- Develop proposals for widespread promotion of physical activity among young people and improving their health. At the end of the study, practical recommendations will be developed to increase physical activity and promote a healthy lifestyle.

INTRODUCTION

Today, the promotion of physical activity and a healthy lifestyle is of great importance for the overall health and development of a person. In recent years, there have been trends in modern society that have led to a shift in learning, work and lifestyle away from many physical activities. This has a negative impact not only on the healthcare system, but also on the education and upbringing of young people. In particular, the decrease in physical activity among young people and the increase in a sedentary lifestyle lead to the emergence of various diseases in them, in particular, cardiovascular diseases, diabetes and overweight. Along with the positive impact of physical activity on health, it also has a direct impact on the education system and the mental development of young people. Therefore, the formation of a healthy lifestyle among young people, their involvement in physical activity, and the development of practical approaches through pedagogical models are one of the most important tasks today. School education and family education play an important role in directing young people to physical activity and a healthy lifestyle. The purpose of the education system is not only to provide knowledge, but also to help young people become socially healthy and active, to pay attention to their health. The role of pedagogical models and methods is of particular importance in this. The cooperation of educators, parents and society is necessary to promote physical activity and popularize a healthy lifestyle.

RESEARCH METHODOLOGY

This study is based on qualitative and quantitative research methods. The study requires a deep analytical approach and scientific research to the issues being studied. The research methodology is divided into the following main areas:

1. Theoretical research - As the first stage of the study, it is planned to theoretically analyze the importance of physical activity and a healthy lifestyle in the education system. At this stage, various

scientific literature, articles, books and scientific developments will be analyzed. In this, pedagogical models, modern approaches and methods of promoting a healthy lifestyle will be studied.

2. Qualitative research methods - Qualitative research methods involve interviews and focus groups. These methods involve interviewing school administrators, teachers, parents, and students to learn about their attitudes, opinions, and experiences with physical activity and healthy lifestyles. This information is analyzed and used to inform the development of pedagogical models.

Quantitative research methods - Quantitative research methods measure the impact of physical activity and a healthy lifestyle on educational processes in schools and families using questionnaires and surveys. This method makes it possible to measure the effectiveness of pedagogical models aimed at supporting physical activity and a healthy lifestyle.

4. Pedagogical experience and practice - In the study, pedagogical approaches aimed at increasing physical activity are used as practical experience in schools and around the family. Special training sessions on the development of physical activity are held in schools, and their results are monitored and evaluated. This method determines the practical impact of pedagogical models.

5. Analysis and synthesis - The results obtained during the study are analyzed qualitatively and quantitatively. Based on the analyzed data, new pedagogical models aimed at physical activity and a healthy lifestyle are developed and recommendations are made for their implementation in practice.

6. Observation - Observation of pedagogical processes, monitoring of lessons and activities held in schools and families is widely used in research. Through these processes, it is possible to determine how effectively physical activity and a healthy lifestyle are being spread among young people.

Methods and tools - Questionnaires and questionnaires: To collect information about the views of young people and educators on a healthy lifestyle and physical activity.

- Interviews and focus groups: To study different opinions about physical activity and a healthy lifestyle.
- Statistical analysis: To analyze the obtained quantitative data using statistical methods.

Results and Discussion of the Study - The main results of the study on the effectiveness of pedagogical models based on physical activity and a healthy lifestyle, their role in the formation of a healthy lifestyle among young people and the development of physical activity in schools are as follows:

1. The impact of physical activity on education - The results of the study show that physical activity has a positive effect not only on improving health, but also on mental development. Teaching physical activity in school lessons plays an important role in self-regulation, stress reduction and improving social functioning of young people. According to the data obtained in the study, young people who were engaged in physical activity had higher academic performance and social skills.

2. Pedagogical models and methods - During the study, the effectiveness of using pedagogical models in promoting physical activity in schools was studied. For example, the use of the "learning through

play" method was effective in increasing the physical activity of young people. Individual approaches and group activities to form a healthy lifestyle in the family and school, as well as constant encouragement and achieving positive results, increased the effectiveness of the education system.

3. Family education and physical activity - The study specifically studied the impact of family education and physical activity on the healthy lifestyle of young people. Supporting physical activity by parents, teaching children a healthy lifestyle, and being active themselves play a major role in improving the health of young people. Pedagogical approaches and practices were studied to popularize a healthy lifestyle within the family and encourage physical activity.

4. Promoting a healthy lifestyle in society - According to the results of the study, the effectiveness of pedagogical measures to promote a healthy lifestyle in society directly depends on the cooperation between the school and the family. To widely promote physical activity, it is necessary to have special programs on a healthy lifestyle in schools, events that increase physical activity, and public awareness. It is also recommended to use the media and social networks to popularize a healthy lifestyle in society.

Discussion - The peculiarity of the study is that it presents practical aspects of encouraging physical activity among young people. The results obtained showed how physical activity and a healthy lifestyle can be effectively promoted at school, in the family, and in society. It was also noted that when developing pedagogical models, the need to take into account the individual characteristics of young people, the effectiveness of educational programs, and approaches to the educational process was noted.

Several important conclusions were drawn:

- The impact of physical activity on the mental state of young people: The data obtained during the study show that increasing physical activity increases the self-esteem of young people, improves their social activity and communication skills.
- The long-term impact of a healthy lifestyle: It was emphasized that the formation of a healthy lifestyle is a process that begins in the education system. Teaching students about physical activity and a healthy lifestyle affects not only their current but also future health.

A number of proposals were made on the need for widespread use of the practical results, pedagogical models and methods shown in the study:

- Introduction of programs to support a healthy lifestyle in schools.
- Development of special lessons and activities aimed at increasing physical activity.
- Strengthening the cooperation of parents and school teachers in jointly promoting a healthy lifestyle.

Survey results - The survey conducted in the study was conducted to assess the effectiveness of pedagogical models aimed at a healthy lifestyle among schoolchildren, teachers and parents. The survey questions were about physical activity, promoting a healthy lifestyle in the education system and its impact on the lives of young people. The results of the survey are presented below.

1. Questions on physical activity and a healthy lifestyle

Question: Do you think physical activity plays an important role in shaping a healthy lifestyle among young people?

Answers:

- Yes, very important — 78%
- Yes, but other factors are also important — 15%
- No, not important — 7%

Analysis: The survey results show that 78% of participants noted the importance of physical activity in shaping a healthy lifestyle. This indicates a widespread awareness of the importance of physical activity among young people.

2. Promoting a healthy lifestyle in the education system.

Question: To what extent do you participate in programs and activities aimed at increasing physical activity at school?

Answers:

- Always — 30%
- Sometimes — 50%
- Never — 20%

Analysis: According to the survey results, 50% of students sometimes participate in programs and activities that increase physical activity, but 20% of participants said that they are not interested in physical activity. This indicates the need for more effective approaches to promoting a healthy lifestyle in the education system.

3. Promoting a healthy lifestyle in the family.

Question: How do your family members support a healthy lifestyle?

Answers:

- Very active — 40%
- Sometimes — 35%
- Never — 25%

Analysis: 40% of respondents said that they actively participate in promoting a healthy lifestyle within the family, and 35% said that they sometimes participate. However, 25% of respondents indicated that the practice of supporting a healthy lifestyle within the family is at a very low level.

4. The impact of physical activity on educational performance

Question: What do you think is the impact of physical activity on the academic performance of young people?

Answers:

- Positively — 70%
- No impact — 20%
- Negatively — 10%

Analysis: 70% of respondents noted that physical activity has a positive impact on academic performance. This means that students understand the connection between physical activity and academic performance.

5. Pedagogical models and approaches.

Question: What do you think are the effects of pedagogical models aimed at promoting a healthy lifestyle at school?

Answers:

- Effective — 60%
- Moderately effective — 30%
- Low effective — 10%

Analysis: 60% rated pedagogical models aimed at promoting a healthy lifestyle at school as effective. This confirms the importance of pedagogical models in developing a healthy lifestyle at school.

General analysis of the results - As the survey results show, physical activity plays an important role in the formation of a healthy lifestyle of young people. Students and parents recognize the effectiveness of pedagogical models and methods in promoting a healthy lifestyle, but more effective programs and activities are needed in this regard. It also shows that supporting a healthy lifestyle in the family is of great importance, but more work needs to be done with parents in this regard.

CONCLUSION

Promoting physical activity and a healthy lifestyle is important for the overall development and health of young people. The study showed that there are great opportunities for the formation of a healthy lifestyle through school education, family upbringing and pedagogical approaches in society. Physical activity not only ensures the health of the body, but also helps young people to be successful in their mental and educational lives. Also, the role of the family in promoting a healthy lifestyle is very important, because physical activity and healthy lifestyle values in the family are the main example for young people. For this, it is necessary to develop and implement more effective pedagogical methods and programs that support a healthy lifestyle in the education system. The joint efforts of educators, parents and society will serve to strengthen a healthy lifestyle.

References

1. Shirinova, M. (2017). Pedagogical approaches to promoting a healthy lifestyle. Tashkent: Akademnashr.
2. Abdullaev, R. (2015). Physical activity and youth health. Tashkent: State Publishing House of Uzbekistan.
3. Kamilov, A. (2020). Pedagogical models and physical education: Formation of a healthy lifestyle in the education system. Tashkent: Innovative Education Center.
4. Kocharyan, N. (2018). Methodology for studying and raising a healthy lifestyle. Moscow: Nauka.
5. Smith, J., & Johnson, T. (2019). The importance of physical activity in educational settings. *Journal of Educational Psychology*, 22(4), 45-58.
6. Vassilieva, M. (2016). The role of family education in fostering a healthy lifestyle. *Pedagogical Review*, 31(2), 12-18.
7. Zakharchenko, V. (2017). Physical activity and its influence on adolescent health. *European Journal of Public Health*, 28(3), 345-351.
8. Shamsiev, E., & Murodov, S. (2014). Physical activity and its impact on education. Tashkent: Publishing House of the National University of Uzbekistan.
9. World Health Organization (WHO) (2018). Global recommendations on physical activity for health. Geneva: WHO.
10. National Institute for Health and Care Excellence (NICE) (2017). Physical activity: encouraging activity in the community. NICE Guidelines.