



TECHNOLOGY FOR INTRODUCING A HEALTHY LIFESTYLE INTO THE MINDS OF YOUNG PEOPLE

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Article history:	Abstract:
<p>Received: 26th January 2021 Accepted: 7th February 2021 Published: 21st February 2021</p>	<p>At the present stage, it is important to understand the fundamental laws of the regularities of the formation of the health of the younger generation, to direct the actions of higher educational institutions to change unfavorable trends, until the vital potential of the student youth has not suffered irreversibly. From these positions, the improvement of the process of forming a healthy lifestyle in higher educational institutions has two aspects, the first of which is associated with the lack of development of pedagogical theories, as well as with the lack of special literature, and the second is due to the need to organize educational work with students aimed at forming the value of health and a healthy lifestyle.</p>

Keywords: Personal education, health-saving activities, socialization of young people

These positions require changes in the existing forms of training, the creation of innovative training programs, the structuring of educational information, the creation of elective courses, the introduction of health-saving technologies, which involves the intensification of knowledge acquisition in order to preserve the health of students.

Therefore, the relevance of the study is due to the fact that the problem of forming a healthy lifestyle of students is not developed in the theory of education and practically has no scientific basis for implementation, the conditions and methods of personal education are not identified.

An important reason that contributes to the relevance of the dissertation research is review connect regularities of formation of stable a person's motivation for a healthy lifestyle, the lack of clear psychological and pedagogical recommendations, the lack of a mechanism to identify levels of readiness of students for maintaining a healthy lifestyle, etc.

* supplement the essence of the concept of "healthy lifestyle of student youth" with a set of social, psychological, pedagogical and individual-personal attitudes to life activities that ensure the preservation and promotion of health;

* identification of the typology (focused on maintaining a healthy lifestyle; poorly informed, showing interest in maintaining a healthy lifestyle; undirected, having bad habits, not understanding the value of "health", not coping with bad habits without the help of a specialist (teacher, doctor, psychologist);

* substantiation of pedagogical conditions for the formation of a healthy lifestyle of students, including educational space, educational environment, health-saving technology, etc., which together ensure the readiness of students to lead a healthy lifestyle;

* Development and scientific substantiation of a model for the formation of a healthy lifestyle of a student, ensuring readiness for a healthy lifestyle in the process of studying.

The theoretical significance of the research lies in the justification of pedagogical conditions, including the educational environment, health saving technology, etc., collectively ensuring the readiness of students to conduct a healthy way* of life; the development of models of formation of healthy lifestyle and health-preserving technologies, including forms and methods of organization of educational space; the allocation criteria of formation of healthy lifestyle, providing interrelation training readiness for health.

The practical significance of the research is in: the approbation of pedagogical conditions (educational space of the implementation of health education program of the student club "Healthy living" consists of the content management aimed at the formation of values related to health, improving health literacy and health and fitness, providing the formation of motor skills through physical therapy, national sports games, etc. work.

The validity and reliability of the results provided by the original theories; the validity of the methodological basis of the study, a complex of theoretical and empirical methods, adequate to the subject and objectives of the research; the consistency of the results with the requirements of modern pedagogical research with theoretical insights in practice and their positive performance; personal participation in experimental work.

From these positions, the modeling of a healthy lifestyle in the educational space of the university is considered by us as. Pedagogical condition' for the implementation of a health and educational program, which is a purposeful

pedagogical activity for the translation of value orientations; (thoughts, views, ideas, beliefs; attitudes, feelings, abilities, etc.) of a student; into a real state of significance in life.

The second pedagogical condition for the formation of a healthy lifestyle of the student provides for the enrichment of the experience of health-saving activities, the choice of appropriate pedagogical actions, methods; organization of the student's activities. ,

Enriching the experience of a student's healthy lifestyle is understood by us as a set of pedagogical actions to master it in various ways; forming and maintaining a healthy lifestyle, improving physical qualities and related abilities in unity with the education of spiritual and moral qualities, and including them in their way of life.

Developing the content of this pedagogical condition, we focused on the activation of the resources of the educational space. An important place in this block is given to club activities and sports and recreation work.

The next condition for the formation of a healthy lifestyle is a health-saving technology; it includes content, activity and evaluation blocks, where the content block implements the programs of the disciplines of the federal component, the club "Healthy Lifestyle" and the special course "Healthy lifestyle and its components". In the activity block, the preparatory, main and final stages were identified, focused on the formation of a belief in the need to lead a healthy lifestyle; the use of therapeutic and recreational physical education; analysis of the dynamics of the formation of a healthy lifestyle of the student youth. In the evaluation block, the analysis of changes in the value attitude to a healthy lifestyle, indicators of the physical and mental health of students was carried out.

Summarizing the theoretical material presented in this chapter, we consider it necessary to emphasize the following. The article analyzes the organization of the educational space of the university as a single activity system, based on the accumulation, integration and modernization of existing programs on the formation of a healthy lifestyle. Based on the conditional pedagogical model-the formation of a healthy lifestyle of a student, the description of the selected areas (cognition, value attitude, activity, etc.) and the theoretical justification of the conditions for their actualization are carried out.

This allowed us to make a choice of pedagogical conditions for the implementation of the process of forming a healthy lifestyle of students: first, providing information to the student about a healthy lifestyle; second, enriching the creative and activity experience of the student on the formation of a value attitude to a healthy lifestyle; third, including the student in health-saving activities.

The results obtained in the course of the study indicate a change in the lifestyle of students, according to which at the end of the experiment, almost 30.3% of students abandoned the bad habit of "smoking", recognized that their diet became more rational, 39.4% of respondents, etc. The presence of a conscious goal to lead a healthy lifestyle in the special group increased from 65.6% to 74.3%, while in the main group, the indicators practically did not change.

The indicators of the main components of a healthy lifestyle (the level of value logical culture, motor activity, culture of reproductive behavior, nutrition, etc.) also increased. Thus, the obtained data confirmed the effectiveness of the experimental model and technology of forming a healthy lifestyle of students modeled by us.

In the context of the changed economic situation, the preservation and strengthening of students' personal health requires improving the professional education environment, searching for effective forms of organization, and innovative methods of teaching students.

From these positions the educational process, it is advisable to focus on the creative potential of the individual through the introduction of the author's programs, innovative technologies and models, because the learning environment is seen as the inability of many students to adapt to new social conditions, that exacerbates low" level of mental and physical development of students and as a consequence may affect the professional readiness.

The educational space, representing an environment that sets the relations and connections carried out from the standpoint of professional training, creates certain conditions for the development of the individual, its formation as a subject of life activity, orientation to universal values, including a healthy lifestyle. At the same time, the space of the university includes the teaching staff, as well as the systems of interaction of subjects, etc. together, which have potential opportunities, the use of which contributes to the successful socialization of young people.

The analysis allows us to consider the educational space of the university as a factor that contains certain conditions and contributes to the implementation of pedagogical actions, processes, phenomena (in our context, the formation of a healthy lifestyle in a student).

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