

### Health-saving orientation of the activities of teachers of biological sciences

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One of the greatest values for a person is health, in connection with which the preservation and strengthening of the health of the population is one of the priorities of the social policy of Uzbekistan. The protection of the health of the younger generation underlies the activities of each member of our society and, first of all, teachers, who are called upon not only to protect their own health and the health of others, but also to give students knowledge, teach skills and develop readiness for health conservation, health creation and health creativity, which should be the basis of the professional competence of the teacher [1,2].

As is known, the concise medical encyclopedia interprets the concept of "health" as a state of the human body, when the functions of all its organs and systems are balanced with the external environment and there are no painful changes [3].

Researchers D. Siries and V. Gavyadiya, having conducted extensive sociological surveys, identified 4 trends in the definition of the concept of "health":

- health is the absence of disease and the possession of an ideal state of well-being and dependence on good heredity and living in a favorable environment; all causes of health do not depend on the person, the emphasis is on physical health;
- health is the absence of disease and the possession of an ideal state of well-being, but the reasons for its change depend on the person himself; the person himself is responsible for the state of his health; mental and spiritual and moral components of health are taken into account;
- health is a dynamic process of adaptation, maintaining harmony with the environment; health resources are determined by heredity to the environment - climatic, environmental conditions, culture and lifestyle of the society in which a person lives;
- health - the ability to develop, health resources are developed and depend on a person's lifestyle; health is defined as a dynamic process of self-realization in which physical and mental components are closely interrelated [4].

In the context of the foregoing, researchers consider health saving (health preservation) as maintaining health at a given level, in particular, at the one with which the student came to an educational organization designed to create an appropriate health-saving environment - a set of managerial, organizational, training and recreational conditions aimed at forming, strengthening and maintaining the social, physical, mental health of students and teachers on the basis of psychological and pedagogical and medical and physiological means and methods of supporting the educational process, prevention of risk factors, implementation of a set of interdepartmental measures to create a socially adapted educational environment [5].

In the context of the foregoing, the health-oriented activity of teachers of biological sciences should be considered as the focus of the teacher's work, primarily on maintaining one's own health, caused by the need for self-improvement of individual health; care for the health of those he teaches on the basis of relevant principles, means and methods that provide an opportunity to preserve and strengthen the health of students, enriching the content of educational subjects with health-preserving values, knowledge, skills and abilities aimed at forming a culture of health.

At the same time, the successful implementation of this type of activity of educators is achieved by implementing a very important condition - the purposeful, systematic and creative use of health-saving technologies, which are now becoming an important component of health-saving pedagogy - the field of medical, psychological and pedagogical knowledge about the implementation of the educational process and the content of educational -educational programs taking into account the interests of the health of students and teachers.

In our many years of practical work in the process of teaching Age Anatomy, Physiology and Hygiene and Fundamentals of Pediatrics and Hygiene of Children, health-saving technologies are actively used in accordance with the topic being studied.

Health-saving technologies are a set of measures to protect and improve the health of children in an educational institution. These include pedagogical, psychological, medical programs and approaches that provide a safe educational process for teachers and students.

At the same time, we use recommendations for the implementation of health-saving technologies in preschools and elementary schools, divided into the following areas: technologies for stimulating and maintaining health (physical games, relaxation, dynamic pause, gymnastics for the eyes, fingers, breathing exercises, games using sand or water) [6].

When using health-saving technologies, the following interactive methods were used: frontal, group, practical, cognitive game; situational method, game method, competitive [7].

As a result of the research, future teachers learned how to ensure that children value, protect and strengthen their health from an early age, form the skills to lead a healthy lifestyle and develop personally, intellectually, spiritually and physically.

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