



The Issue Of Shaping A Healthy Lifestyle In Future Becoming Teachers In The Process Of Professional Training

N.Q. Xudayberganova

Urgench Branch Of The Tashkent Medical Academy, Urgench, Uzbekistan

Copyright: Original content from this work may be used under the terms of the creative commons attributes 4.0 licence.

ABSTRACT

This article highlights the issue of healthy lifestyles for teachers in training. We calculate the given the contribution of teachers to the development of any society and the supply of professionals in all fields, we realize that we need to start a healthy lifestyle from the education system. Firstly, every professional is delivered to the society as a qualified specialist, and the contribution of educators, who provide the necessary professional staff to the society, is invaluable. In the professional training of specialists, of course, each specialty is mastered by qualified educators in the field.

KEYWORDS

Teacher, society, healthy lifestyle, teacher, vocational training, method, theory and practice, specialist, education system.

INTRODUCTION

If we glance at the world education system, in today's rapidly evolving and evolving world, we need completely new approaches to science. This intensive process requires further professional development of educators developing the field of education.

The Council of Europe's Education and Training Program aims to improve the quality of training and retraining of Council of Europe countries in the field of education and training by 2020. At the same time, UNESCO's Teacher Complex Development Program plays an important role

in preparing teachers for effective implementation.

In our country, as a priority of the reform of higher education, special attention is paid to the widespread introduction of new innovations in the teaching process, along with education, the rapid development of skills for a healthy lifestyle. This, in turn, creates the need for teachers to develop pedagogical mechanisms for the development of a healthy lifestyle.

The Action Strategy for the further development of the Republic of Uzbekistan identifies an important task as "improving the quality and efficiency of higher education institutions through the introduction of international standards for assessing the quality of education and training." These tasks show the importance of improving the content and practical improvement of this system in the educational process on the basis of modern approaches to the development of competence of teachers for a healthy lifestyle.

MATERIALS AND METHODS

As it is known that the pedagogical process, like any living process, is not rigid, but constant. In the course of social life and professional pedagogical activity, this subject develops and improves its content. In the process of vocational training, we can see that there are clear requirements for the concepts of science in teaching and teaching. Terms in consumption, which express the essence of the concepts of education, their new interpretation must meet certain requirements. Analysis of the scientific and methodological literature shows that the definition and expression of concepts related to the theoretical or practical process of professional education should be based on the pedagogical theme - the process of professional development of the future

teacher, based on the object, purpose, objectives, methods. It is known that in the process of professional training, a number of general concepts that reflect the essence of the science of pedagogy belong to the category, which play a leading role in shaping the whole system of scientific knowledge.

Therefore, it is expedient to reveal the essence of the content of vocational education, the processes of professional learning in future teachers, as well as the specifics of the formation of practical skills in the process of professional training based on the main categories of pedagogy. It is known that a healthy attitude to things and events in the environment and a broad and deep worldview, the process of forming a person on the basis of a healthy lifestyle based on the formation of behavior is called upbringing. Professional education means that the future teacher, as a result of the acquisition and mastery of social professional experience in society, has a logical and sound thinking in his chosen profession.

The future teacher prepares for professional activity in the form of professional knowledge, skills and qualifications. Vocational training is a process of transmission and acceptance of professional experience of future generations of specially trained future teachers, which includes two interrelated, interdependent components: vocational training and vocational training. Vocational training is a process of transferring professional knowledge and skills, as well as professional experience, which describes the activities of teachers of special subjects and production.

RESULT AND DISCUSSION

Vocational reading is the process of acquiring professional experience through perception, thinking, transformation, etc., thereby describing the activities of future teachers. Today's demand is that every future teacher

should be able to master his / her professional experience and create something new. Therefore, self-professional education, self-professional development, constant research, continuous improvement of professional knowledge are the healthy basis and important factors of a person's future professional activity. In identifying the content and structure of teaching in the process of vocational training, it is also necessary to rely on the above-mentioned specific categories related to vocational pedagogy. This includes the technological process, ie the scheme of a particular course, the process of obtaining new information, and so on. The teaching profession is also diverse. Profession is a type of activity in which a set of theoretical knowledge and practical skills is acquired as a result of special training and work experience to carry out professional activity in a particular field.

Specialization is a set of theoretical knowledge, practical skills and abilities necessary for the organization of labor activity in a particular profession. The profession can be occupied at different levels. The acquisition of a profession is associated with qualifications, qualifications - a person's level of preparation for a particular type of work, which can be performed at the level of skill, in other words, at a higher level. The main aspect of vocational education This process is also called "professional knowledge" in practice. "Professional mastery is ensured through professional knowledge in terms of student activities.

As a result, the personality of "professional knowledge and skills" is formed. The professional concepts acquired by future teachers can be divided into two main types: general professional concepts and special professional concepts. General professional concepts include a set of professional

knowledge, processes. They are sometimes also referred to as "professional terms". Such concepts are mainly explained in the context of special disciplines studied in the educational institution. For example, "lesson, technological map of the lesson and timing" and others are such concepts. Private professional concepts refer to only one professional object, event, or process and represent only its specificity.

Specific professional concepts reflect specific professional processes, such as 'technology', 'method', 'teaching process' and so on. Abstract professional concepts, on the other hand, express the signs and characteristics of events through thinking. For example, concepts such as "professional activity planning", "preparation for the implementation of the activity process", "implementation of the activity process". In the formation of professional concepts in future teachers, the use of methods of comparison, division of thought into parts, collection of ideas into parts, abstraction and generalization plays an important role. For example, in the context of the concept of "knowledge" in the concept of "skill" is formed "information".

CONCLUSION

The process of acquisition of professional knowledge and skills occurs under the influence of the existing social and professional environment in practice. Instead of a conclusion, a professional with a certain profession and qualification is formed as a result of this process, which means the essence of education through professional knowledge. Only a specialist with thorough knowledge and skills can make a worthy contribution to providing the necessary personnel to society.

This creates a healthy environment. A healthy environment teaches a healthy lifestyle. A healthy lifestyle paves the way for education,

hard work, and wise decision-making. In the process of professional training, future teachers will be able to make a worthy contribution to the development of society as a whole through the formation of a healthy lifestyle.

REFERENCES

1. Decree of the President of the Republic of Uzbekistan dated February 7, 2017 No PF-4947 "On the Action Strategy for further development of the Republic of Uzbekistan". - Collection of Legislation of the Republic of Uzbekistan, 2017, No. 6, Article 70.
2. Forming a healthy lifestyle in students. D.J.Sharipova, G.S.Fuzailova, M. Turkmenova, D. Zufarova, Fergana 2010
3. Physical culture of a healthy lifestyle Sh. Xonkeldiev, A. Abdullaev, Yu. M. Kasach, A. T. Xasanov, M. M. Yuldashev. Fergana 2010
4. Formation of a healthy lifestyle in students. D.J.Sharipova, G.S.Fuzailova, M. Turkmenova, D. Zufarova, Fergana 2010
5. Arzikulov R.U. Fundamentals of a healthy lifestyle 1-2 volumes, Tashkent, 2005
6. Mo'minov H.M. A healthy lifestyle is the science and practice of health. Tashkent, 2006.