

THE CONTENT AND STRUCTURE OF THE PREPARATION OF THE PRESCHOOLER FOR ACTIVITIES ON THE PHYSIOLOGY OF CHILDREN

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ABSTRACT: - Scientific and technological progress, on the one hand, relieves our pain and provides material well-being, allows us to maintain and strengthen our health, and on the other hand, represents an obvious and hidden risk to health. These risks are more associated with the following manifestations of scientific and technological progress:

KEYWORDS: New power and equipment, a high level of noise and vibration, nervous-mental excitations.

INTRODUCTION

- with a change in working conditions (new power and equipment, a high level of noise and vibration, nervous-mental excitations and the negative impact of others on workers);
- the intense progress of the urbanization process leads to a deterioration in the sanitary condition in cities; the growing pollution of atmospheric air with industrial and motor vehicle emissions, noise and damage on the streets, the effects of radioactive rays, electromagnetic amulets, the dense population of the population, the lack of livelihoods, the resurrection of greenery, weight gain, the growth of;
- with the use of chemicals in industry, agriculture and living; due to the use of synthetic products for clothing, building materials and in addition to food, as well as artificial food products (the newly synthesized chemical can have harmful allergens, carcinogens, mutagens and other harmful properties);
- all water bodies, from the habitat, land, water, air, seas and oceans, emissions of industrial gases and lactic acid waste (including radioactive waste) of food products, multiple enrichment of running water with pesticides and other harmful chemical compounds used in large quantities in

rural enemas. In order to prevent the influence of the above negative factors on the body, the decree in the law on hygiene and sanitation, the law and a number of sanitary rules and norms recommended for practice, found their expression in the relevant chapters of the textbook[1].

Health is one of the most important components of human adulthood, and the right of the individual, without which no one can do, is a guarantee of self-development, active participation in personal and public life. As you know, in our society, human health, physical perfection, possession of a healthy lifestyle culture are extremely important social values. Ensuring the health of the nation, preserving the fluffy gene pool of the people is solved in a rather positive way thanks to a healthy lifestyle. All social institutions of society; Family, educational institutions, neighborhood and independent education make it possible to convey to the citizens of our society the meaning and essence of a healthy lifestyle, to educate young people as a sober and knowledgeable, competent person.

A healthy lifestyle is the process of forming a comprehensively developed personality that is able to light up with active work, living in the throes of creativity, strong physical and mental stress, extremely dangerous and harmful influencing factors.

In the literature on pedagogy and social hygiene, much attention has recently been paid to the problems of forming a healthy lifestyle. The socio-psychological, medical-hygienic, economic, personal-motivational aspects of this issue are investigated. However, methodological problems and socio-hygienic criteria of a healthy lifestyle have not been sufficiently studied due to the peculiarities of individual regions, climatic and geographical conditions, ethnic characteristics of the lifestyle culture of the population.

The standard model of the National Concept of Healthy Lifestyle Formation allows to carry out the process of forming a healthy lifestyle among the population of the republic in a certain order and on a scientific basis, increasing its effectiveness. At the same time, the model model of a healthy lifestyle regulates and accelerates the process of forming healthy relationships between people. People will have the opportunity to compare their existing lifestyle, hygienic behavior in society, as well as medical culture and activities with the model and make appropriate changes to it.

If we talk about the role of the motivational factor in the formation of a healthy lifestyle, then first of all the term motivation is an attempt, justification and implication of its importance in order

for a person to begin to carry out a certain activity in accordance with its content. In particular, the motivation factor in the problem of forming a healthy lifestyle is aimed at making people understand why they need to lead a healthy lifestyle, and for what reason they need to choose an unhealthy lifestyle.

When assessing the position of the motivation factor in the process of forming a healthy lifestyle among the population, attention should be paid to the presence in each individual of the three main elements necessary for the evacuation of his daily life activities. In each person [2]:

- availability of knowledge about a healthy lifestyle;
- the presence of a firm belief that living a healthy lifestyle can make a person healthier and prolong his life;
- to live a healthy lifestyle includes vs. the existence of a diligent effort. In the daily life of people when taken theoretically, this triangle may have been formed in different variants. The inner need of each individual to strengthen his own health determines his practical action on this path.

Accordingly, all factors:

- to those who live a hygienically correct and based lifestyle, that is, a healthy lifestyle;
- Medical is not hygienically justified, that is, it can be divided into those who live an unhealthy lifestyle.

At the present time, when the social and economic development of the Republic of Uzbekistan is growing and developing, the importance of clearly defining socio – hygienic criteria for a healthy lifestyle is very great.

The ideology of a healthy lifestyle in our country isn't a set of laws and knowledge of human health, but a system of views on improving human health. Ideology of a healthy lifestyle, R.U.Arzikulov believes that the philosophy of the lifestyle, the policy pursued by the state on the formation of a healthy lifestyle, the legal, moral foundations of a healthy lifestyle, the pedagogy, psychology, sociological culture, ethics and syllabic nature of a healthy lifestyle should be embodied in him.

It is known that a meson is such a size that in its help we will be able to compare the processes that need to be measured for us with the formed reference(standard), which we can evaluate. When measuring such complex social processes as a healthy lifestyle, the formation of its optimal and necessary dimensions for us is of fundamental practical importance.

Among such sermons that can be used in the measurement of a healthy lifestyle are the individual's:

- to engage in productive creative activities, showing activity in the public and labor processes;
 - exemplary living in the family and in everyday life;
 - striving for the realization of physical and spiritual abilities in oneself;
 - living in proportion to the natural and social environment;
 - the desire to gradually develop his personality in order to form a healthy and harmonious person;
 - to live an unhealthy lifestyle, striving to protect one's life from becoming a slave to harmful habits and falling into the vicious whirlpool of the flow of life;
 - the desire to live with pleasure, generating satisfaction not only because he lives long, but also because he lives life correctly;
 - it is possible to include such valuable qualities and peculiarities of a healthy lifestyle as accompanying it for a lifetime.
 - In order for each person to increase the Reserve capabilities of their body organs, it is necessary to regularly temper them. To create health reserves, it is recommended to follow the following rules of a healthy lifestyle:
 - regularly engage in physical education and physical labor. Giving the body at least 6 hours of physical load per week;
 - work with normative mental and physical load, active rest after intense mental work.
- Alternating and meaningful Organization of rest with work;
- Rational and content-equalized nutrition, getting rid of excess weight, limiting the consumption of animal fats, sugars and sweets;
 - Turning away from harmful habits;
 - Tempering the organism;
 - Staying in the fresh air for at least 2-3 hours every day
 - Strictly following the daily routine, sleeping at least 8 hours a night;
 - Changing lifestyle and work when the need arises;
 - Living satisfied with life, study and work.

It is necessary to increase the reserve capabilities of the body by increasing them, and not by cascading.

Including: forcing the muscles of the heart and body to work with the help of various physical activities, performing such actions at a specified time and observing a certain order in this, developing the habit of performing mental and physical labor alternately, etc.

It is known that since we are fighting for the future of our generation – a healthy generation, we will have to train the nation to lead a healthy lifestyle in order to achieve our goal. By a healthy generation, we should understand not only physically strong children, but also a spiritually rich and healthy generation. After all, it is impossible to be physically healthy without being spiritually healthy. Both concepts correspond to each other, and one dictates the other. And a nation with a healthy generation, both physically and spiritually, cannot be broken. We must teach him to lead a healthy lifestyle, as we strive to form a physically healthy, highly spiritual and cohesive nation based on a single national idea.

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