

Innovative Technologies of Students' Health Care

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Abstract. *Until now, the Republic of Uzbekistan has established innovative technologies for the health care of students, and one of its main goals and tasks is to educate our youth in a healthy way. In this article, information on methods based on innovative technologies for maintaining and strengthening the health of students is given. Also, students were given a number of instructions on the process of explaining healthy lifestyle and how to follow it. Also, in this article, it is explained that students should follow the rules of proper nutrition and not be indifferent to their health. One of the main goals and tasks of this article is to develop programs of innovative technologies for the health care of students.*

Keywords: *Health, healthy lifestyle, physical education, health methods, proper nutrition, build immunity.*

Introduction

In the last two years in the Republic of Uzbekistan, the continuous increase in the level of health needs of the population around the world, health problems have caused a change in people's attitude to health. is dying. In the last two years, nurses and doctors have been trained in universities faced with the need to change and adapt teaching methods. Health care teachers continue to rely on traditional teaching methods, but understand the need introducing innovative ways of responding to lifestyle, education and human changes shows the need to pay attention to health. Many universities around the world are forced to introduce innovative teaching innovative technologies for the health care of students have been established based on strategies and technologies that respond to current problems. Quality improvement process in the Republic of Uzbekistan for the last two years through the educational process of students in the field of health introduction of innovative interactive methods: web-based teaching, simulation learning innovative health care systems based on the environment, videos, serious games, online digital resources, etc. are widely used. In the process of teaching, teachers may face a number of difficulties the possibility of applying for the purpose of developing students' abilities is very high. In the same educational methods, students learn the material presented in different ways depending on their unique individuality and learns the characteristics. At the same time, it was also determined that the use of innovative teaching methods leads to an increase in the mastery of the taught material by all students. Research shows that the average retention rate of information learned is 8% 24 hours, which is a very small percentage. When using alternative methods, many more information is constantly requested, for example: Hearing and visual aids (30%); Demonstration activities (30%); Discussion groups (40%); The purpose of this article is to study organizational-pedagogical and health care of students based on innovative technologies conditions in which interactive technologies in education have an optimal effect on students studies on health promotion have been carried out. Health education means the formation of innovative practical skills of health care of students through the use of theory and provides students with opportunities to gain concepts aimed at maintaining health. Formed by health care skills organizing a "health minute" in physical education classes, teaching how to perform practical

exercises After the lesson, we will be able to strengthen the health of the students by performing the tasks in the "Health Corner". This process allows effective use of didactic tools: textbooks, training manuals, scientific should be done using articles, medical journals, multimedia resources and medical information. Educational technologies that develop sanogenic thinking are aimed at correcting behaviors that are contrary to it rules of etiquette, protection of students from drugs, moral and educational activities related to a healthy lifestyle, healthy sports, will allow you to apply. It is necessary to form concepts about a healthy lifestyle in students throughout their lives. It teaches the student to take care of his health and cares about his own health and that of others. These technologies are closely related to each other and are recommended for use in all forms. National orientation of the process of formation of students healthy lifestyle skills require universal attention when choosing the content of this process and spiritual masterpieces of national values, hadiths, wise words and stories can be used. The development of healthy lifestyle skills is an inextricable link between education and training. This is necessary to expand the scientific outlook of students, to form a mature person in all respects means that it is suitable for a person with an active social position. Therefore, it is covered on a didactic basis factors. Vitagen - information selected by the teacher (based on life experience) can be cited. This is a learning material intended to be used for the didactic purposes of a new subject in the process of studying the subject, students should be given information about their health. Students should be given understanding about the rules of morning physical education and proper nutrition, eating food in moderation. Vitagen was chosen to create the training material Vitagen is the cornerstone of the student experience and the content of a healthy lifestyle to follow should be performed based on the requirements of the subject's behavioral patterns. Didactic factor is vital information the teacher communicates with students about the content, means and content of education teaching methods. Based on these factors, health education is appropriate use of the following innovative technologies related to the formation of a healthy lifestyle helps in building concepts for students. The analysis of scientific-methodical literature and the results of research on improving the health of students showed that promotion public health, scientific approaches that develop sanogenic thinking based on our national values, customs and traditions, pedagogical conditions for the formation of a healthy lifestyle out-of-school education and upbringing process, cooperation of public organizations we will be able to advance the analysis that it will consist of forming a healthy lifestyle among young people. Students in protecting their health, health and knowledge of themselves and others protection from factors that threaten the continuity of life, i.e., addictive behaviors, allows for the development of immunity to fight aggressive forces. Promotion of a healthy lifestyle should be carried out in different directions. this, on the one hand, to provide students and adults with certain medical and hygienic knowledge about a healthy lifestyle, to teach them that a healthy lifestyle is important for the development of the organism the second is aimed at awakening imaginations of how it affects on the other hand, the skills of following hygienic rules in education and making it a daily habit to take care of oneself and the health of those around depending on the formation. In this regard, a healthy lifestyle is public information means, in solidarity with all educational centers should be implemented. Physical training affects a group of muscles in the human body, as a whole has its effect on the calculated organism. Especially continuously physical activity has a good effect on human health. Substances metabolism improves, body tissues better absorb nutrients, and decomposed substances are removed from the body faster. The heart heals and will be more durable. Therefore, people who are physically active are mentally active will be fresh, energetic, cheerful and light-hearted. Performing physical exercises as a result, the body's defenses are well developed. Childhood and adolescence training sessions starting from the period are especially useful. In everyone it is necessary to cultivate the habit of following a solid regime. With physical education exercising, walking in the fresh air, participating in sports, longevity is one of the factors that ensure vision and health. Every person is regular Physically, corresponding to a certain level of physical ability should get used to performing actions. In addition, our hot climate in our conditions, the body with non-traditional methods than traditional methods training is appropriate. That is, various foot baths, with salt and walking on cobblestone paths, as well as open before and after bedtime exercising methods, such as walking in the air, of the body's immune system strengthens its activity.

Conclusion

This study used mixed methods in innovative technologies for student health care conducted to address research questions. Mixed methods refers to a research project involving research both quantitative and qualitative data can be collected and analyzed within a single study. This methodology helps to understand the research more holistically request by combining the advantages of both quantities and based on qualitative methodologies. The investigation involved implementing a quantitative pretest/posttest design with participants randomly assigned to control or experimental we came to the conclusion that it is necessary to form a survey among the groups. The purpose of this phase was to evaluate the effectiveness of technology-based interventions that promote physical activity among students. It was an experimental group administered, control group, technology-based physical activity intervention to improve student health. Participants' physical activity levels were assessed before and after the intervention using a validated questionnaire. The collected data were analyzed using both descriptive and inferential statistics for evaluation effectiveness of interventions in promoting higher levels the results of physical activity increase by a certain amount.

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