

USING HEALTH-SAVING TECHNOLOGIES IN EDUCATION

Saidova M*

*Student,
Faculty of Physical Culture,
Andijan State University,
UZBEKISTAN
Email id: saidovam@mail.ru

DOI: 10.5958/2249-7315.2022.00225.8

ABSTRACT

The proposed work is a general presentation of health-saving technology issues. Statistics are analyzed; problems that stand in the way of a healthy future are identified. The relevance of the topic under consideration is that the percentage of sick students is increasing every year. The problems considered in the work are of interest not only for parents, teachers, but also for the state. Several types of practices are outlined, in our opinion, necessary for a healthy lifestyle and improvement of factors that directly affect students and the educational process as a whole.

KEYWORDS: *Health, Health Saving, Education, Technology, Pedagogy.*

REFERENCES

1. Antonov, Yu. E. The main provisions of the program "Healthy preschooler" Hoop. - 1996. - No. 1. - P.5-6.
2. Alyamovskaya, V. G. Materials of the course "Modern approaches to the improvement of children in a preschool educational institution" 2005. - 80 p.
3. Beresneva, Z. I. Healthy baby: a program for the improvement of children in the preschool educational institution M.: Sfera, 2005. - 32 p.
4. Brovashova O.Yu., Klepikov I.G., Nescheret N.N., Independent physical training as a means of increasing the motor activity of students//In the collection: Innovative transformations in the field of physical culture, sports and tourism. Scientific works of the XIX International Scientific and Practical Congress Conference. Federal State Budgetary Educational Institution of Higher Education "Rostov State Economic University"; Scientific and Methodological Council for Physical Culture of the South of the Russian Federation. 2016. S. 144-148.
5. Doronova, T. "The right to health care" Preschool education. - 2001. - No. 9. - p.5-8
6. Runova, M. A. "Motor activity of a child in kindergarten"
7. Ryzhkin N.V., Motivation of students to health saving in the activities of a non-core university// Education: development resources. Bulletin of LOIRO. 2011. No. 4. P. 125-131
8. Pastukhova, I. O. "Structural model of health work in preschool educational institutions" Management of preschool educational institutions. - 2004. - No. 4. - P.33-35.