

**THE CONTENT OF STRUCTURING HEALTHY LIFESTYLE SKILLS IN FUTURE
BIOLOGY TEACHERS***M.S.Usmonova, S.R.Otajonova, S.X.Tojiboeva**Kokand State University*

Annotation: This article emphasizes the importance of valeological skills of a biology teacher, the application functions and modern pedagogical possibilities of biology teaching methods. Innovative teaching activities aim to increase biological knowledge and exchange of ideas.

Key words: didactic foundations of teaching biological subjects, forms of teaching, professional pedagogical activity, valeological competence, pedagogical capabilities.

The Cabinet of Ministers of the Republic of Uzbekistan has a mandate to ensure a healthy lifestyle for the population . support the style and to increase physical activity On additional measures on 19.11.2020. Resolution No. 735 was adopted. This resolution paid special attention to issues such as the organization of training personnel in the areas of "sports event commentator ", "organization of large-scale sports events and development of mass sports and promotion of a healthy lifestyle " within the parameters of the state order on the basis of undergraduate education in the field of physical education and sports, and the conclusion of a memorandum of cooperation between each educational institution and at least one sports organization on the development of mass sports and the formation of a healthy lifestyle . (**Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On additional measures to support a healthy lifestyle and increase physical activity of the population"**) [19.11.2020 No. 735] ¹. The development of healthy lifestyle skills among students allows them to prevent processes associated with the increase and change of problems and risks associated with the physical, intellectual and social development of the human body in the conditions of the complexity of external social life, the intensification of risks encountered during life activities. The formation of healthy lifestyle skills in future biology teachers helps to activate their cognitive activity, develop creative thinking, systematize and optimize health-promoting factors and their functional function.

In the course of our research, the following clarifications were made to the types of health concepts in the context of biological education.

1. Somatic health is a biological program of individual development of the organism , determining the state of active functioning of organ systems .
2. Physiological health is the process of active functioning of organ systems, determined by their morphological development and adaptation to the external environment.
3. Mental health is the mental maturity of the organism, which is considered its mental state in the manifestation of behavior in various situations.
4. Moral health - the needs of the organism that predict the independent life and future position in society, and creates the basis for the formation of a person's moral character. (**M. M. Isabayeva . System of instilling healthy lifestyle skills in students in biology teaching (on**

the example of grades 5-9). [2020, p. 85].

In biology teaching methodology, the didactic basis for developing healthy lifestyle skills is reflected in the connection with biological types of health.

considered to be the preservation and development of a person's mental, physical and biological abilities, his optimal working capacity, social activity with maximum positivity in life . It is considered to be the maximum productivity of the functions of organs, while maintaining their qualitative limits. In more detail, health is the ability to adapt to the environment and its own capabilities; to protect oneself, natural and artificial habitats from external and internal disturbances, diseases, other harm; to expand living conditions, the volume and diversity of the existing ecological, intellectual, moral environment; to increase the duration of full life activity; to improve the health-maintaining capabilities, properties and abilities of the body, the quality of life and the living environment. ('etlenko VI i Davidenko DN,2008. [htt ' s://www.bibliofond.ru/view.as ' x?id=518772#text](https://www.bibliofond.ru/view.aspx?id=518772#text) © Bibliofond).

Health is a psycho-physiological process that directly affects the growth and development indicators, ergonomic reserves in the body, as well as emotional motives and moral development. Health is consciously understood by the population as a set of factors that predict the healthy and active development of the functional state of the human body. Therefore, such aspects of health as genetic, biochemical, functional, psychological, socio-spiritual, clinical; public health indicators: fertility, morbidity, life expectancy, disability are considered. Attention to such diseases allows us to think about the level of health and methods for assessing it. (**NI Taylakov, MM Isabayeva, Socio-pedagogical means and technologies of educating students prone to crime and delinquency among minors. Volume III. Monograph / NI Taylakov et al. – Tashkent: “Ta'lim” publishing house) [2019. 320 p.]**

References:

1. J.O. Toli'ova, A.T. Ofurov “Biology Teaching Methodology” Methodological Guide) T. Bilim. -2004.
2. MMIsabayeva. System of formation of healthy lifestyle skills in students in biology teaching (on the example of grades 5-9). – 2020.
3. NI Taylakov, MM Isabayeva, Socio-pedagogical means and technologies of educating students prone to crime and delinquency among minors. Volume III. Monograph / NI Taylakov et al. – Tashkent: “Ta'lim” publishing house, 2019. 320 p.