

## **SONDERKURS "NICHT-TRADITIONELLE METHODEN EINES GESUNDEN LEBENSSTILS" ALS MITTEL ZUR GESUNDEN LEBENSSTIL- UND KÖRPERLICHEN AKTIVITÄTSBILDUNG VON SCHÜLERN**

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**Anmerkung.** Der Artikel schlägt eine vom Autor entwickelte Methodik für den Einsatz nicht-traditioneller Methoden eines gesunden Lebensstils in Kombination mit traditionellen Mitteln der Körperkultur an Universitäten vor. Die Anwendung der experimentellen Methodik im Sportunterricht an Universitäten trägt zur Bildung einer positiven Motivation der Studenten für den Sportunterricht bei, erhöht die körperliche Verfassung und bereitet auf zukünftige berufliche Aktivitäten vor.

**Schlüsselwörter:** Körperkultur, nicht-traditionelle Methoden, gesunder Lebensstil, Studenten, Universität, Methodik, Kaizen, Tabata, Zeitmanagement, digitaler Minimalismus, mobile Anwendungen, Training

## **SPECIAL COURSE "NON-TRADITIONAL METHODS OF A HEALTHY LIFESTYLE" AS A MEANS OF FORMING A HEALTHY LIFESTYLE AND PHYSICAL ACTIVITY OF STUDENTS**

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**Abstract:** The article proposes a methodology developed by the author for the use of non-traditional methods of a healthy lifestyle in combination with traditional means of physical culture in universities. The application of the experimental methodology in physical education classes at universities will contribute to the formation of positive motivation of students for physical education classes, increase the level of physical condition, and prepare for future professional activities.

**Keywords:** physical culture, non-traditional methods, healthy lifestyle, students, university, methodology, kaizen, tabata, time management, digital minimalism, mobile applications, workout.

**Introduction.** The emergence of the COVID-19 coronavirus pandemic in the world showed a low level of physical health and a healthy lifestyle of the population of Uzbekistan, as in a number of other countries [1]. In the modern world, as a result of scientific and technological progress, as well as the threat of the coronavirus pandemic, the role and place of a person in the system of modern production, the nature of labor have changed. In modern times, the ability of people to solve complex problems, to find the right options for organizational structures and technological processes, and not physical efforts, play an important role. Modern students, future leaders of the society, need to have the ability to predict the development of the situation according to various scenarios, to be able to quickly respond to changes in

the world around them, to carry out adequate actions in conditions of time pressure, to be able to make the right decisions and implement them in extreme conditions, to have emotional stability and working capacity at the limit of human capabilities [5].

In this regard, students should have different abilities and skills that will help to prepare comprehensively for professional activities. But in the subjects taught in universities, there is not enough motivating, inspiring and habit-forming component for leading a healthy lifestyle. The scope of the subjects taught in this area is limited only by theoretical knowledge. And for this reason, students are dissatisfied with the traditional means of exercise. The search and integration of new directions in this area to improve the physical condition of students and form their positive motivation for physical education classes, indicates the need for new physical education programs to form the professional qualities of students.

The specifics of Termez State University, the analysis of programs in physical culture, allow you to thoroughly diversify the curriculum in physical culture by introducing a methodology for applying non-traditional methods of a healthy lifestyle [2,7].

#### Organization of the study.

The pedagogical experiment was conducted on the basis of the Department of Theory of Physical Education and Sports at Termez State University from February to June 2021. According to the medical examination, there were no deviations in the state of health of the students participating in the pedagogical experiment. All of them were admitted to physical education classes. Students 1-2 of Termez State University took part in the experiment. For 4 months the students were engaged in physical culture classes according to the experimental method.

Research methods. Analysis of scientific and methodological literature, sociological survey, pedagogical observations, testing, pedagogical experiment.

Research results. Based on the analysis of scientific and methodological literature, the author's work experience in a university and a sociological survey, the following problems were identified [2, 6]:

- lack of physical culture of the personality of students;
- lack of necessary knowledge (theoretical and practical);
- lack of motivation for physical exercises and a healthy lifestyle (they do not see the point in introducing a healthy lifestyle);
- the presence of bad habits (smoking, overeating, alcohol);
- lack of opportunities (time, material and social problems, lack of social support).

To solve these problems, a program of a special course for students of 1-2 courses of the Termez State University "Non-traditional methods of a healthy lifestyle" is proposed.

The purpose of this course is to develop knowledge, skills and competencies of bachelors about non-traditional methods of maintaining a healthy lifestyle, aimed at strengthening and maintaining health, increasing efficiency, as well as increasing the level of physical culture of students' personalities.

The knowledge and skills provided by the program of this course are aimed at solving the following tasks:

- orientation of bachelors to a healthy lifestyle and physical activity;
- correction of violations in physical development, health status;
- improvement of value-motivational orientations in the field of physical culture;
- improvement of mental and physical performance;
- increasing the level of professional qualities.

The complex application of non-traditional and traditional methods and means in physical education classes at universities, the use of complexes and exercises for practical exercises that are included in Workout as well as special complexes "Alpamish" and "Barchina" is an original author's technique. Also, in practical classes, they use sets of intensive exercises according to the system of the Japanese doctor Izumi Tabata and the "principle of one minute" of the kaizen technique. Organization of the study.

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The experimental methodology was developed taking into account 2 sessions per week for 90 minutes and includes various combinations of non-traditional health-improving methods and traditional means of physical culture. The methodology is presented in practical as well as theoretical sections.

During lectures, students are introduced to:

- theoretical foundations of the concept of a healthy lifestyle;
- practical recommendations for maintaining a healthy lifestyle;
- the formation of positive motivation for a healthy lifestyle and the formation of meaning in a person's life based on knowledge of basic psychological needs;
- kaizen method - as a system of step-by-step improvement in all spheres of life, especially for maintaining a healthy lifestyle;
- tabata protocol - as a method of effective, high-intensity and low-cost training;
- using time management methods for maintaining a healthy lifestyle;
- digital minimalism as a way to optimize the online life of students, as well as the use of mobile applications for maintaining a healthy lifestyle;
- ways to get rid of bad habits based on knowledge of how they arise and the practice of mindfulness.

At practical lessons in physical culture, the study of practical recommendations on the methods of maintaining a healthy lifestyle considered in the program is carried out. Of particular note is the familiarization of students with non-traditional types of physical education, such as Workout, as well as special tests "Alpamish" and "Barchina".

In the preparatory part of the classes, students performed exercises for stretching and warming up the muscles.

The main part of the classes included a combination of track and field exercises and basic Workout street gymnastics exercises to maintain stable performance and counteract growing fatigue. As well as a combination of running exercises with complexes of gymnastic exercises from the special tests "Alpamish" and "Barchina".

For the development of general endurance, strength in the main part of the classes, intensive exercises were used according to the system of the Japanese doctor Izumi Tabata in combination with an active type of recreation like walking or jogging.

Complexes of breathing exercises were performed in the final part of the classes to enhance the relaxation effect and relieve muscle tension, as well as prevent colds and mobilize the body's defenses.

Seminars contribute to increasing the level of theoretical knowledge on the theoretical foundations of a healthy lifestyle and non-traditional methods of leading a healthy lifestyle. Methods of self-study are: independent development of topics with the help of the proposed literature; preparation of an abstract on topics; preparation for seminars and practical classes; preparation of scientific articles and abstracts; development of projects on topical issues of the course; application of theoretical knowledge in practice; preparation of abstracts of the main scientific literature on the topic under study, etc.

Below is an approximate educational and thematic plan for a special course for future specialists (60 hours).

№	Lesson Topics	Lectures	Seminars	Practical lessons
1	Creating meaning in your life	2	2	
2	Health and healthy lifestyle	4	4	
3	Kaizen - a system of continuous improvement in all aspects of life	2	2	
4	Protocol or Tabata technique	2	2	
5	Time management for a healthy lifestyle	2	2	
6	Digital Minimalism: How to Simplify Your Online Life	2	2	
7	Mobile applications for a healthy lifestyle	2	2	
8	Control and self-control during independent physical exercises	2	2	
9	Workout - street fitness	2	2	
10	Drawing up and implementing a Workout training program.			10
11	Complexes of basic Workout exercises			10
	<b>Total: 60</b>	<b>20</b>	<b>20</b>	<b>20</b>

Discussion. The conducted studies revealed that in order to prevent a low level of physical condition and theoretical knowledge in the field of maintaining a healthy lifestyle and physical culture of university students, it is necessary to develop and use new methods of applying non-traditional methods of maintaining a healthy lifestyle in combination with traditional means of the physical education system of Uzbekistan. The use of such methods in the framework of physical education classes or special courses at universities will help improve the level of health, physical fitness, form a positive motivation of bachelors for physical education classes, as well as comprehensively prepare for future professional activities [4,8].

Conclusions.

1. Formation of a positive attitude towards a healthy lifestyle as an important life value among bachelors, teaching them to lead a healthy lifestyle are the necessary tasks of a future specialist at the present stage of pedagogical education.
2. The introduction of new technologies, appropriate forms of organization of educational activities and its new content are of great practical importance for the formation of a healthy personality. This is possible with the help of a reasonable

combination of psychological-pedagogical and medical-biological approaches, and the main basis for the formation of a health culture among students should be physical culture in the educational process of the university [3].

3. The conducted pedagogical experiment demonstrated the advantages of the developed methodology for the comprehensive preparation of students for professional activities. The students included in the experimental group by the end of the experiment had a much more positive attitude towards maintaining a healthy lifestyle.

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