

Application Of Health Technologies In The Lesson Process

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Annotation: This article discusses the increase in the effectiveness of health technologies in education only when teachers and students adhere to health technologies in the classroom. Thus, the didactic conditions for the activation of cognitive creative activity of students can be realized in the context of the process of acquisition of theoretical knowledge in the framework of pedagogical teaching technology, the creation and implementation of the project of educational science. Cognitive learning activities of students will be a means of achieving the goals of didactic conditions and technology. The student will have the technology to turn the knowledge and methods of all sections of the educational program into a means of solving professional tasks and, of course, taking into account their health.

Keywords: education system, health techniques and exercises in the classroom, the rules of proper sitting in a chair.

Introduction

Reasonable organization of educational work in the transformation of Uzbekistan into a great state, citizens modern science, culture, it is extremely important to be regularly acquainted with the techniques and technological advances. Because the fate of development is decided by spiritually mature people, possessing technical knowledge and complex technology, strong-willed, full of faith, modern thinking, high potential. The main factor that has a decisive impact on our future is the large-scale study and development of innovations and achievements in science and technology, culture, enlightenment, education, socio-economic relations, the experience of other countries. and introduction to life. Science, culture and enlightenment elevate any country and nation, ensure its development and predict its future. Science and enlightenment are respected, It is unthinkable to live in a country where education is of paramount importance. Because knowledge and enlightenment elevate a person. Giving priority to education and caring for it means thinking about the future of the country and the people [1].

Reforms after the adoption of the Law on Education and the National Training Program. It has not been long since we started working on the basis of the Law on Education and the National Training Program. What will be done to implement this law and program during this period? What has changed in the education of the Republic? We will try to analyze these issues. First of all, the main goal of the development of education is to organize the education of the younger generation of the Republic on the basis of the ideas and requirements of national independence; It is to ensure that the education of the XXI century, which our society is entering, is in the spirit of development, spiritual and cultural views, and, most importantly, to meet world standards.

Department of Methods

The urgency of the problem is related to the organization of the child's desk when doing homework, as well as the place at the desk during school.

If desks are common in the school where the child is studying and it is not possible to adjust them to the height and structure of the student, then you can at least organize a decent workplace at home. For example, this could be a table and chair transformers that can be adjusted as the child actively grows.

Conditions to be met:

1. The height of the work area should be about 2.5 inches above the elbow when sitting.
2. During classes, the child should have several support points: for the back, buttocks, upper and lower extremities.
3. The back and hips form a 90-degree angle.
4. The bent knees are at right angles with both elbows on the table.
5. The space between the chest and the table should not exceed two centimeters.
6. The head is slightly bent, and the distance between the eyes and the notebook is about 30 centimeters [2].

Figure-1



application of health technologies in the lesson process

In order for the student to sit correctly on the desk or desk, it is necessary to form a habit of automatically occupying the desired position in it.

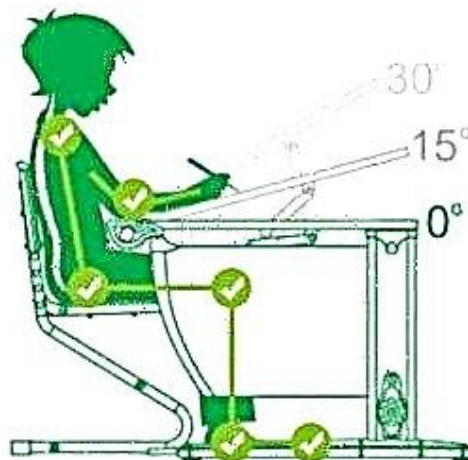
Here are some rules a child should learn:

1. You should sit while writing so that your body is in contact with the back of the chair.
2. Keep your shoulders straight.
3. The feet are placed on a stand or floor with the entire surface of the sole.
4. Both feet on the floor, parallel to each other. Crossing the legs is not allowed.
5. The hands are placed on the table and do not support the head.

If you ignore these rules, the baby's back will bend when you sit at the table, increasing stress on the lumbar spine. Because the child spends a lot of time sitting, the incorrect position becomes normal and leads to poor posture, scoliosis, skeletal deformity and other joint diseases [3].

Give your child a break every 45 minutes while reading. At the same time, it is beneficial to perform a variety of exercises that allow him to stretch and relax his muscles [4].

2- Picture



Consequences of incorrect position at the table

Failure to follow these rules and to fall on the table incorrectly can lead to various negative consequences, for example [5]:

- increased fatigue;
- low efficiency;
- instability of attention;

- circulatory disorders;
- respiratory problems;
- hernia intervertebral discs;
- adhesion of muscle tissue;
- headache and back pain;

Results section

Useful exercises

The best prevention of back pain is physical activity, daily walks and outdoor games. A set of exercises performed regularly will help to form the correct position and prevent the spine:

Exercises:

1. Keep your shoulder blades, buttocks, heels, and back of your head facing the wall so that it touches it. Hold the position for half a minute, then step back and stand in the same way, but do not support for another half minute.
2. Lean against the wall so that your feet are about 40-50 cm from the wall. The muscles of the shoulders and back should be tense, the back as straight as possible. The shoulder blades, the back of the head, and the waist area touch the wall surface. In this case, count to 4. Then loosen your back and count to 4 again.
3. Keep your hands on your hips. Tighten your back muscles, bring your shoulders together. The head is raised. Calculate 4.
4. Stand near the wall, spread your arms out to the sides. Raise and lower your arms by making sliding movements along the wall surface.
5. Take the starting position from the ground, leaning on the floor with your knees and palms. Raise your head, gird your back. Hold the position for 4 counts. Then lower your head, round your back. Hold the position for 4 more calculations.
6. Lie on your back, place your bent legs on the floor, raise your arms. Straighten your back and straighten it. Hold the position for 4 counts.
7. In a prone position, straighten the body, lift the legs and head, raise your arms to the belt. Breathe. Return to the starting position on exhalation.

The correctness of the formation of the body depends on the habits of the child, his upbringing, the correct placement of the desktop and his ability to play sports. In the process of active growth of the child, it should be remembered that the right position not only looks aesthetically attractive, but also contributes to the natural and healthy formation of internal organs [6].

Discussion section

In view of these problems, it is expedient to apply the norm adopted in the education system of the Russian Federation to ensure the health of students and young people in the classroom.

Depending on the growth group, the height of the floor at the front edge of the table opposite the student's face should have the following values: body length 1150-1300 mm - 750 mm, 1300-1450 mm - 850 mm and 1450-1600 mm - 950 mm. The angle of inclination of the bench is 15-17° [7].

For students of the I stage of education the duration of continuous work at the table should not exceed 7-10 minutes, for students of the P-III stage of education - 15 minutes.

5.4. It is color-coded to select study furniture as students grow, and it is applied in the form of circles or stripes to the visible lateral outer surface of the table and chair.

5.5. School desks (tables) are arranged in numbers in the classrooms: the smaller ones are closer to the board and the larger ones are longer. For children with hearing impairments, tables should be placed in the front row.

Often children with acute respiratory infections, tonsillitis, colds have to sit near the outer wall.

At least twice a school year, students sitting in rows 1 and 3 (with a three-row arrangement of tables) move furniture that does not fit their growth.

In order to prevent postural diseases, it is necessary to develop a proper working environment among students from the first days of attending classes in accordance with the recommendations in Annex 1 to these sanitary regulations.

5.6. When equipping classrooms, the following dimensions of walkways and distances in centimeters are observed in cm:

- between rows of double tables - at least 60;
- between a series of tables and the outer longitudinal wall - at least 50 - 70;
- between a row of tables and cabinets standing along the inner wall (section) or along this wall - at least 50;
- from the last tables to the wall (section) opposite the board - at least 70, from the back wall, from the outside - 100;
- from the demonstration table to the study table - at least 100;
- from the first table to the board - at least 240;
- the maximum distance of the student's last place from the board - 860;
- the height of the lower edge of the blackboard - 70 - 90;

The distance from the board to the first row of tables in rectangular or cross-configuration offices with four rows of furniture - at least 300;

From the edge of the board to the middle of the student's extreme seat under the desk in front of the desk, there should be at least 35 degrees for students in Phases II-III of education and at least 45 degrees for students in Phase I of education.

The farthest distance from the windows should not exceed 6.0 m.

In general education institutions of the first climatic zone, the distance of tables (desks) from the outer wall should be at least 1.0 m.

When installing the tables, in addition to the main student furniture, they are placed in the last row of tables or in the first row next to the wall opposite the light, according to the requirements of the dimensions of the corridor and the distance between appliances [8].

In the newly built buildings of educational institutions, classrooms and classrooms equipped with natural light along the windows and on the left side should be arranged in a rectangular shape.

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