

The Role of a Future Physical Education Teacher with Medical Knowledge in Our Life

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ABSTRACT

The article provides detailed information about the various roles of future physical education teachers who have competently obtained medical knowledge, as well as their importance in life.

Improving the medical knowledge and culture of students in the field of physical education of a higher educational institution is one of the urgent issues. A healthy citizen makes the country strong. The medical culture of our youth is increasing day by day, but still we can see that some students and teachers do not have enough knowledge in the field of medicine. The aim of the article is to teach future teachers about the causes of diseases and their prevention and consequences, if necessary, to provide them with first aid before the arrival of emergency medical personnel or during hospitalization.

According to the Decree of the President of May 5, 2022, measures to improve the activity of the Republican sports medicine scientific-practical center under the National Olympic Committee of Uzbekistan, providing the necessary innovative equipments for sportsmen's training, attracting qualified medical personnel to the national sports teams is important for the development of medical knowledge of physical education teachers [1].

Medical knowledge serves as a field of scientific and practical activity of healthy people to maintain and strengthen human health, prevent and treat diseases.[2].

Various accidental situations can be observed in life, especially among future physical education teachers, as well as serious illnesses can be observed in physical education specialists and practitioners. For example, many people do not know how to provide first aid to a patient with shortness of breath, heart failure, or an injury. In these cases, lack of medical knowledge, fear of assistance or wrong actions can cause a number of complications in patients.

According to the practical experience of teachers, doctors and representatives of the social sphere, scientific and technical development and in connection with it, the increasing demands placed on modern youth will lead to an increasing load and mental stress.

It should also be mentioned that the level of activity of students not only in work, but also in physical activity in their daily life is decreasing.

Scientific observations show that about 50 percent of students do physical exercise 2-3 hours a week, and 45 percent do not do anything. This, in turn, leads to a weakening of the body of young people, a decrease in the level of health, physical development and physical fitness. According to the state of health the number of special medical group 's students are increasing.

Most of them are graduating from educational institutions the state of health of students does not meet the requirements of modern production, society and time. The main reason for this is the deterioration of the environment and ecological conditions, study, work, rest and food conditions, stress, workloads are getting heavier, and the lack of medical knowledge of students is evidenced.

As physical education undertakes the task of teaching physical education to students, it is required to realize its pedagogical essence and increasingly strengthen its role in raising the general cultural level of future specialists. Recognizing personal physical education as a value, it should become one of the influential factors of progressive trends in the development of public opinion and needs for mastering physical education as a tool. Of the person the process of forming physical education does not mean the development of individual physical aspects, but through them, the comprehensive and harmonious development of a person, along with leading to spiritual perfection [3].

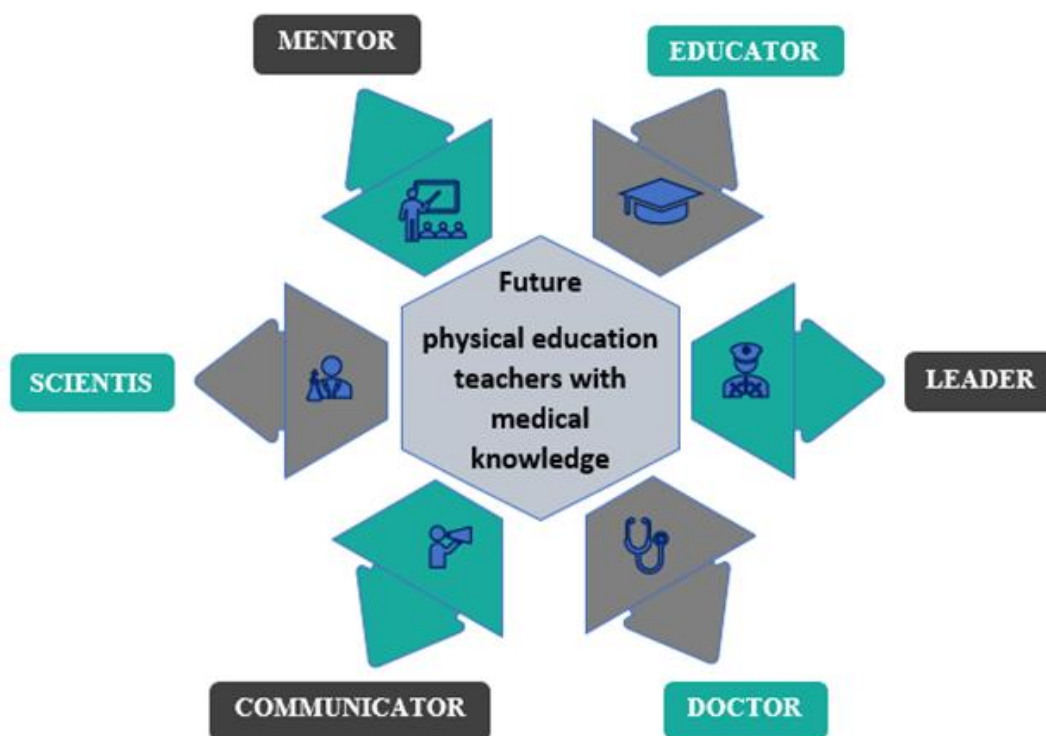
V. M. Vydrin, N. I. Ponomarev, A. V. Lotonenko and other authors, organize their theory for each type of physical education, tasks, tools and other types of methods they consider it necessary to develop relations with [4].

A young specialist who has been educated on the basis of innovative technologies and with the help of pedagogical interactive methods, as well as enriched with medical knowledge, can provide first aid in desperate situations without losing his temper.

The higher education system is aimed at training specialists and effective personnel, while it is desirable to actively use integrated knowledge to find solutions to situations arising in the professional process of highly qualified specialists. The combination of practical activity and theoretical knowledge, their correct application leads to the formation of professional skills.

In the higher education system, it is necessary to convey medical knowledge to students, increase and interest their higher motivation for medical knowledge. The next link behind the need to develop medical knowledge of future physical education teachers is interest. "Curiosity is the need to go through a stage of motivation that is painted with positive emotions and gives an exciting character to human activity" [5]. The motivating role of curiosity is that the activity based on it and the results achieved at the same time cause a feeling of joy, emotional uplift and satisfaction in the subject, which leads him to manifest the activity. Interest often moves a person in a certain direction, thereby acting as an activity motive.

The power of improving the medical knowledge and skills of the future physical education teacher is motivation. Ulap increases the individual's subjective response to the activity that is set in a conscious manner and is based on a justified goal. The origin of the motif was created by N. D. Levitov and K. K. Platonov at the beginning of the 1960s. K.K.Platonov argued that stimulation(motivating factor) - the stimulus of the activity of the motive by the influence of the external world, at the same time motive is an internal stimulus of human activity[6] (Look at pic.1).



Pic. 1 "Role-playing" performances of future physical education teachers with medical knowledge

As you can see in this picture, a student developed with medical knowledge will serve to become a mature professional in his profession. That is, a student who competently mastered all medical knowledge will definitely become a doctor, pedagogue, manager, communicator, scientist, trainer and qualified person in the future. The following professions are always needed and needed by everyone in life, especially in the education system they play an important role in producing qualified personnel.

In conclusion, all students and future physical education teachers must have medical knowledge, become well-rounded future mature specialists, and be qualified individuals as mentioned above.

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