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Key words: physical inactivity, innovative pedagogical technologies, sociological research, physical culture, questioning, health-saving technologies.

Annotation: The article presents the results of a stating pedagogical experiment to identify the need for a healthy lifestyle of student youth, their relationship and knowledge, compliance with the rules and their practical application.

Substantiation of the research topic: at the present stage of development of society in the context of the active introduction in the life of young people of the process of automation of production and their release from physical activity, there is a need to eliminate the factor of physical inactivity, which increases the role of specialists with high physical and moral culture of the individual with sufficient theoretical knowledge and practical skills and skills of their application in profiled professional activities in the field of physical culture and sports. In this regard, it is of great actual interest in revealing theoretical knowledge about a healthy lifestyle and related physical activity among future specialists - graduates of the Faculty of Physical Education.

The purpose of the study is to study the level of theoretical knowledge of students of a higher educational institution about a healthy lifestyle and physical activity, skills and abilities to observe and apply them in the process of professional activity [1,2,3,4,5,6,7,8,9,10,11,12,13].

During the experiment, the method of questioning was used. Organization of the study. To achieve this goal, a pedagogical experiment was conducted, consisting of two stages. During the first stage of the pedagogical experiment, a questionnaire was developed, the answers to the questions made it possible to study the possibility of studying the level of theoretical knowledge about a healthy lifestyle of students. The second stage of the experiment was devoted to the collection of experimental data, statistical processing and analysis of the information received.

Experiment results. In the course of the pedagogical experiment, 615 students of 1-4 courses studying at the faculties of FerSU were interviewed by the method of questioning.

The level of knowledge of a healthy lifestyle and hygiene of students was assessed according to the developed questionnaire containing 24 questions. The results of the student survey are presented in Table 1.

The level of knowledge about a healthy lifestyle of students of the Ferghana State University [14,15,16,17,18,19,20,21,22,23,24].

№	Questionnaire sections	Number of students	Number of students in %
1.	Healthy lifestyle	168	27,32
2.	Partial healthy lifestyle	79	12,85
3.	Unhealthy Lifestyle	458	74,47
4.	Irrational nutrition	584	94,96
5.	Excessive study loads	199	32,36
6.	stress	269	43,74
7.	Insufficient physical activity	582	94,63
8.	Irrational organization of the daily routine	162	26,34

9.	Bad habits	512	83,25
10.	Lack of knowledge about healthy lifestyle	553	89,92
11.	Poor material and living conditions	213	34,63

Monitoring obtained during the research revealed that among the factors that do not allow calling their lifestyle healthy, 94.96% put irrational nutrition, insufficient physical activity 94.63%, insufficient knowledge about a healthy lifestyle 89.92%, bad habits 83.25%. Among the main reasons for malnutrition were named: lack of time, poor catering in a higher educational institution. During this period, many students experience negative emotions, self-doubt, excessive excitement, fear, etc. A characteristic feature of a healthy lifestyle of modern students is the desire and desire for regular physical education and sports, which contribute to an increase in the level of physical activity. According to the data of the conducted experimental studies, the factor of lack of physical activity of students was revealed, about which 582 respondents (94.63%) of the respondents expressed their opinion [25,26,27,28,29,30,31,32,33,34,35,36,37].

Analytical monitoring revealed that one of the main reasons for the low physical activity of students is the lack of need and motivation for regular physical exercises formed during the period of study in educational institutions. Sociological studies have shown that among the students who took part in sports sections 20.16%, the factor of self-exercising was revealed 11.22%, they do not systematically engage in physical culture 36.91% and do not engage in physical culture at all - 36.26% (Fig. 1)

The research revealed a high need for students to receive information on personal hygiene and knowledge about a healthy lifestyle. Sources of obtaining information about the personal hygiene of students, and the results are shown in Figure-2. The analysis revealed that when asked what forms of obtaining information on personal hygiene are the most accessible to students: from educational and other scientific and methodological literature 20.16%, from parents 18.37%, friends 13.33%, doctors 6.50%, faculty 12.70% , from the media 15.93% and physical education 13.01%

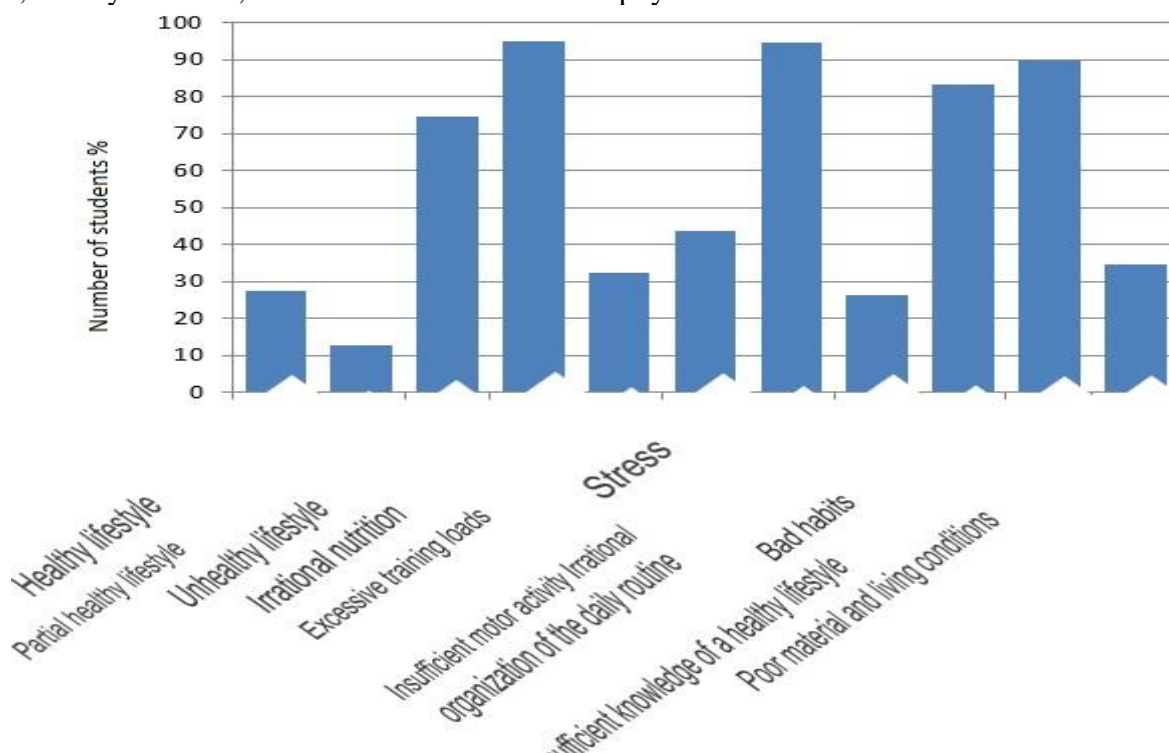


Fig. 1. Characteristics of the regularity of physical education classes of pedagogical University students

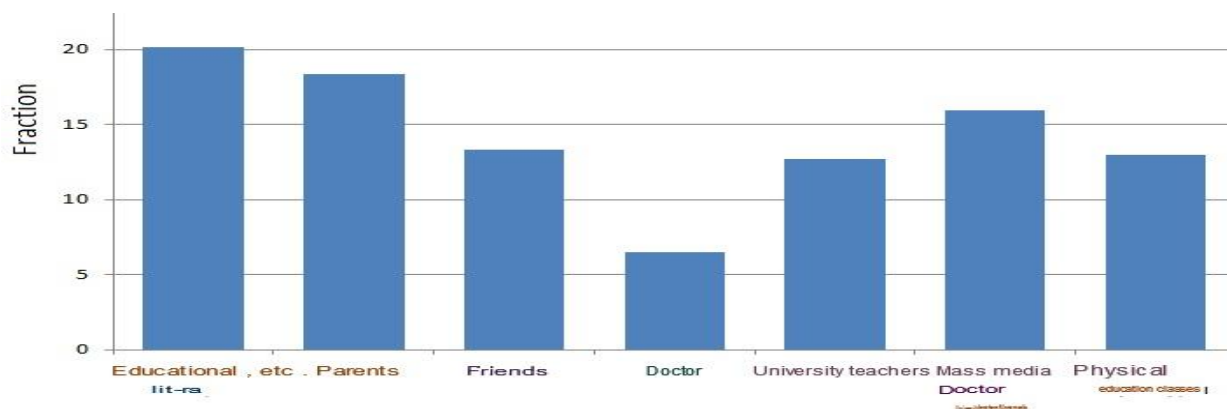


Fig.2. Sources of information about personal hygiene of students

It is well known that the Teacher is the main link in teaching students the basics of a healthy lifestyle and hygienic factors, as a source of scientific and reliable information in the field of health care. The level of theoretical literacy on issues of hygienic culture, the introduction of innovative health-saving pedagogical technologies in the educational process contributes to improving the quality of the pedagogical process in a higher educational institution [38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61].

In order to assess the competence of the teaching staff on the basics of a healthy lifestyle and hygiene of vital activity, a sociological survey was conducted in which 53 teachers of the Department of Physical Education of Fergana State University took part, of which 4.76% were doctors of sciences, 16.67% were candidates of science, PhD, 78.57% of teachers without a degree (Fig. 3).

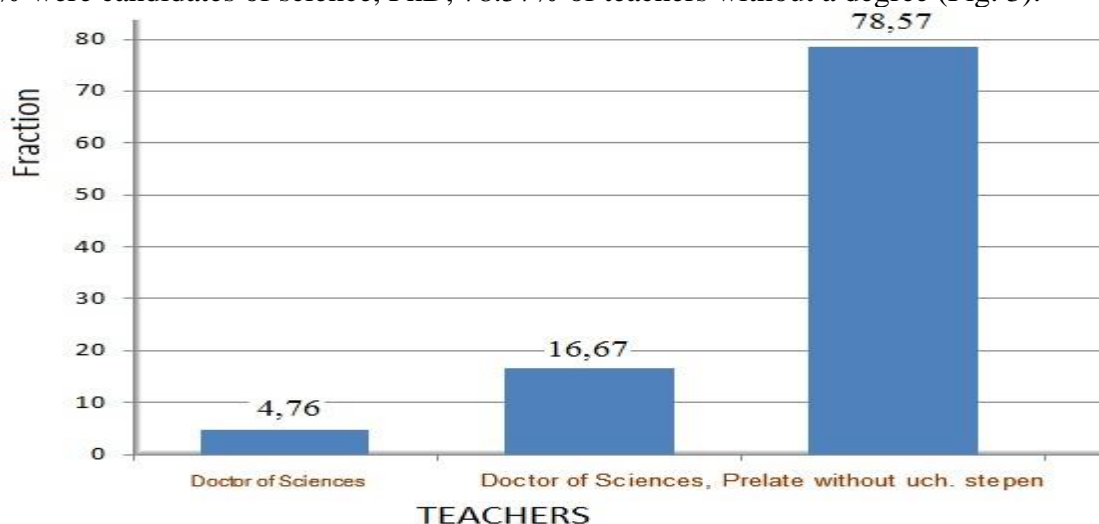


Fig.3. Monitoring analysis of the teaching staff who participated in sociological research

The results of the survey conducted by the questionnaire method revealed that 73.81% of the interviewed teachers of the higher school constantly observe sanitary and hygienic standards in the organization of the educational and pedagogical process, 22.62% sometimes adhere to hygiene rules, and 3.57% do not comply with them at all (Fig. 4) [62,63,64,65,67,68,69,70,71,72,73].

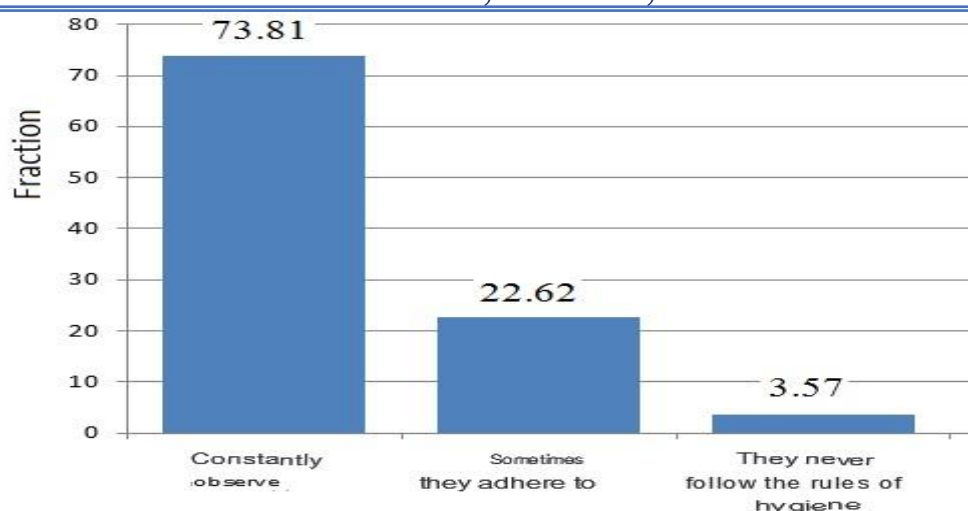


Fig.4. Compliance with sanitary and hygienic requirements by university teachers in the organization of the educational and pedagogical process [74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95].

It is revealed that in the process of implementing the content of the curriculum in physical culture, it does not have a significant impact on the consciousness of students on the formation of beliefs, attitudes and value orientations aimed at health-saving pedagogical technologies and does not affect the formation of a healthy lifestyle. The current curriculum for physical education does not provide a positive change in the motivational and value attitude to practical activities in the field of health-saving technologies and requires a serious correction in the educational process in order to increase the health potential of students.

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