

## **VALEOLOGICAL EDUCATION IN THE PRESCHOOL AGE PERIOD**

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In the preschool period, the foundation of health, comprehensive motor readiness, and harmonious physical development is laid. Properly organized physical education during this period contributes to the formation of good posture, strengthening of the organism, and improvement of the functioning of internal organs and the child's body.

To ensure the healthy and comprehensive development of children, it is essential for the educator-teacher to be prepared to implement valeological education for children, establish personality-oriented collaboration between adults and children, and involve parents actively in the educational process. Valeology is the science of health, its education, formation, and preservation. As a teaching discipline, it encompasses a body of knowledge about health and a healthy lifestyle [3]. Valeology explains how to approach individual health, nurture culture during the process of personal development, enhance the body's reserves, increase its compensatory capabilities, and lead a healthy lifestyle.

The most important task of society is to nurture a healthy and complete individual. Implementing valeological education in kindergartens through well-prepared activities will help protect the future child's health and prevent life-threatening situations. The goal of valeological education and training is to expand children's understanding of their bodies, health, and dangerous situations, develop personal hygiene skills, and acquire oral communication and leisure culture.

Protecting and strengthening children's health involves ensuring sanitary-hygienic care, implementing health-improving measures – such as the extensive use of air, sunlight, and water – rational nutrition, gymnastics, proper daily routines (sleep, leisure, learning process), and promoting motor activity, all of which support a healthy lifestyle for children.

As the ancient Latin proverb states, "A healthy mind resides in a healthy body." Health is a necessary condition for effective mental activity, as it enhances the child's mental strength, relieves fatigue, and restores working capacity. A child's good health positively influences their moral and volitional

development, fostering qualities like determination, endurance, discipline, collectivism, camaraderie, and friendship.

Valeology can help address these issues by re-evaluating the entire educational process from the perspective of health creation. To achieve this, all educators must master the technologies for managing the processes of preserving, enhancing, and maintaining health.

An analysis of local and international experiences suggests that it is reasonable to partially regulate the routine in preschool institutions using valeological methods. Implementing valeological monitoring as part of the optimization of the educational process helps reduce children's psychophysiological stress and nervousness. Valeological awareness, promoting a healthy lifestyle, and integrating physical culture into this work yield positive outcomes for children's health [1].

Valeology teaches individuals to establish relationships with themselves (their body, soul, and mind), with other people, and with the environment as a whole. It approaches human health from a self-oriented perspective – self-awareness, self-improvement, self-healing, and self-development. Hence, the subject of valeology encompasses the laws of human health, knowledge of one's bodily features and capabilities, and the skills and techniques necessary for maintaining, supporting, and improving personal health [4].

Researchers define valeology as the organizational process of realizing the health potential inherent in every individual. In the context of kindergarten, the goals of valeological education are as follows:

- To introduce children to the concepts of “healthy lifestyle” and “foundations of safe living”;
- To develop cultural relationships and emotional communication between boys and girls;
- To introduce physical education and sports;
- To foster personal hygiene skills;
- To cultivate respect for human health.

The tasks of valeological education, like its objectives, are the same for different age groups. To facilitate the assimilation of valeological knowledge, educational directions are divided into structural blocks.

In order to successfully preserve and strengthen the health of children in preschool educational institutions and to achieve high efficiency in this process, it is essential to influence the child's body in a scientifically grounded, planned, and comprehensive manner.

These measures are grouped as follows:

- Hygienic Factors: Adherence to the daily routine, balanced nutrition, and the formation of cultural-hygienic skills and habits.

- Utilization of Natural Factors: Including the use of water, air, sunbathing, and similar activities.

- Physical Exercises: Promoting physical activity and motor development.

Based on this classification, the following methods of physical health maintenance are utilized in preschool educational institutions:

- Daily routine;

- Balanced nutrition;

- Formation of cultural-hygienic skills and habits;

- Water, air, and sunbaths;

- Gymnastics and active games.

Balanced nutrition holds significant importance in strengthening and protecting children's health, as well as enhancing their physiological and mental functions through proper daily routines [2].

Thus, one of the priority tasks facing educators today is to preserve children's health throughout the teaching and educational process. The formation of a healthy lifestyle begins primarily within the family and subsequently in preschool educational institutions. To ensure the physical strength and health of the new generation, preschool institutions must provide the optimal conditions, including health-improving hygienic measures.

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