



HEALTH IMPROVEMENT, TRAINING AND PHYSICAL DEVELOPMENT OF FUTURE DOCTORS: THE EXAMPLE OF TEACHING PHYSICAL EDUCATION AND SPORTS SCIENCE .

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Annotation . This article explores the importance of health improvement, training, and physical development for future doctors, with a focus on teaching physical education and sports science. It examines how physical training and wellness programs contribute to the overall well-being of medical students, enhancing their physical endurance, mental resilience, and professional capabilities. The article highlights the role of physical education in shaping future healthcare professionals who not only promote health in their practice but also serve as role models for a healthy lifestyle. Additionally, it discusses effective methodologies for integrating physical education into medical curricula, with an emphasis on developing movement skills and fostering physical fitness.

Key words : health improvement, training, physical development, future doctors, physical education, sports science, medical education, physical fitness, wellness programs, professional development, movement skills.

The physical well-being of healthcare professionals is just as important as their medical knowledge and clinical expertise. For future doctors, developing a strong foundation in health improvement, physical training, and movement skills is crucial not only for their personal well-being but also for their ability to effectively advocate for and promote health among their patients. As the healthcare landscape continues to emphasize preventive care and overall wellness, it is vital for medical education to integrate physical education and sports science into its curriculum.

Medical students face significant mental and physical challenges during their studies, often leading to high stress and burnout. Therefore, incorporating structured physical training programs can help them build the resilience needed to navigate the

demands of the medical profession. Physical education also provides opportunities to develop essential movement skills, improve physical fitness, and enhance mental clarity, all of which contribute to their success as future healthcare providers.

The main tasks of Physical Education and Sports Science in improving the health, fitness, physical development, and formation of movement skills and abilities of future doctors are as follows:

1. Strengthening health, assisting in the proper physical development and training of medical students. This task is the most important of all physical culture and sports work in higher medical education. It should be the focus of attention of every teacher, pedagogical team. The student period is a period of rapid growth and physical development of students. Therefore, it is necessary to make as much effort as possible for the normal physical development of students of higher medical education institutions. Physique is of particular importance in the harmonious development of medical students. The proper development and normal functioning of all internal organs are related to physique. Therefore, natural factors of nature are widely used in strengthening health and training the body.

2. Providing special knowledge about physical exercises and sports in medicine, instilling in them hygienic knowledge and skills. This task is to provide medical students with the necessary knowledge about the benefits of physical exercises, compliance with hygienic rules, as well as "the rules for the correct performance of all physical exercises provided for in the program. All this is directly related to strengthening the health of students, their knowledge of hygiene rules and their observance, and this is achieved through the joint efforts of higher medical education, family, society and the students themselves. Physical exercises and sports exercises are taught in physical education classes, daily activities and club classes. As a result, the physical development of students is ensured." Also, medical students are interested in sports and are attracted to sports.

3. Formation and improvement of motor skills and abilities, training in new types of movement and motor activities. The content of the physical culture program

of higher medical education is structured in such a way that medical students systematically master such vital motor skills as walking, running, throwing, climbing, maintaining balance, regularly engaging in physical culture classes, at home, in physical culture circles and sports circles. All of the above activities contribute to the comprehensive physical development of students, preparing them for work. In the formation of motor skills and abilities in medical students, it is necessary to approach them based on their gender, age, physical fitness, and personal abilities.

4. Improving physical qualities. Speed, strength, agility and endurance, as well as flexibility, are qualities necessary for every person. They are inextricably linked with the formation of movement skills in students. Performing physical exercises for a short or long period of time at different speeds and with different levels of complexity helps to develop the above qualities. Developing physical qualities in harmony with each other. Organizing training sessions in accordance with the personal abilities of the participants and attracting medical students to sports.

5. To cultivate moral and aesthetic qualities. To cultivate courage, determination, discipline, a sense of community, friendship and camaraderie, cultural behavioral skills, an attitude to labor and public property. The entire process of physical education helps to cultivate such valuable moral and volitional qualities. Many physical exercises, game movements help to cultivate the feelings of courage and friendship. Also, to form and cultivate in students love for the homeland, patriotism, feelings.

6. Formation of correct posture. Formation of the skills of correct posture when standing and walking. Correct posture formation is a complex and long-term process. Therefore, in order to achieve positive results in this area, it is necessary to take care of the child's correct posture when sitting, standing, and walking; physical exercises should be widely used; the content of physical education classes should necessarily include exercises to improve posture, pre-workout gymnastics, physical

education periods, and physical education, and medical students should be given homework.

7. Involvement in physical education and sports. The task of physical education in higher medical education is to accustom students to systematically perform physical exercises not only in higher medical education, but also at home. To implement this important task, it is necessary to make all classes with students lively, the content and form of the studied material interesting, exciting, held under the sincere treatment of the instructor, and create conditions for friendly cooperation between the participants. Involve medical students in sports activities according to their personal interests and physical abilities. Also, to carry out general physical training and sports classes in places of residence, higher medical education, sports clubs.

8. To educate medical students in organizational skills, prepare them for physical culture activities. In order to successfully conduct mass physical culture and sports activities in medical higher education, to fully conduct physical culture lessons and extracurricular activities in the auditorium, constant assistance to the teacher of physical culture activities of medical students is necessary. In groups, physical culture organizers are elected from among medical students, team captains, and group leaders in sports clubs. They are selected from among active sports medical students. They closely assist the physical culture team in organizing and managing sports events in medical higher education. They also play a major role in attracting medical students to sports and increasing their interest in physical education.

Incorporating health improvement, physical training, and the development of movement skills into the education of future doctors is essential for fostering well-rounded healthcare professionals. Physical education and sports science play a critical role in enhancing medical students' physical and mental resilience, promoting stress management, and improving overall well-being. By integrating these practices into medical curricula, educational institutions can ensure that

students not only acquire the necessary medical knowledge but also develop the strength, endurance, and emotional resilience required to thrive in the demanding healthcare field.

Additionally, medical students who engage in physical activities and wellness programs are better equipped to lead by example, advocating for healthy lifestyles among their patients. The benefits of physical training extend beyond personal health, contributing to improved professional performance, greater teamwork, and a more holistic approach to patient care.

In conclusion, health improvement and physical development should be considered integral components of medical education. By emphasizing the importance of physical fitness and wellness, medical institutions can prepare future doctors to not only excel in their professional roles but also to serve as advocates for a healthier, more active society.

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