



Improving Health Care Competence of Future Teachers Based on Digital Educational Technologies

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ABSTRACT

In this article, there are thoughts and opinions about improving the health care competence of future teachers based on digital technologies. In today's world, teachers play a crucial role in shaping the minds and lives of young learners. While their primary focus is on academic development, it is equally important for teachers to possess a certain level of healthcare competence. By equipping future teachers with the necessary knowledge and skills in healthcare, we can ensure the well-being and safety of students, creating a conducive learning environment.

Keywords:

Health, digital learning technologies, future teachers, competence, improvement, health literacy, safe education, mental well-being

Introduction. Understanding Common Health Issues: Future teachers should be educated about common health issues that students may encounter in the classroom. This includes allergies, asthma, diabetes, and mental health conditions. By knowing the signs and symptoms, teachers can promptly identify and respond to any health concerns, ensuring timely assistance and support for students.

Improving the healthcare competence of future teachers is essential for creating a safe and supportive learning environment. By equipping them with the necessary knowledge and skills, we can ensure the well-being and overall development of students. It is crucial for educational institutions and policymakers to prioritize the integration of healthcare training into teacher education programs. By doing so, we can empower future teachers to effectively address the healthcare needs of their students, contributing to their academic success and overall well-being.

Literature Analysis and Methods. The role of a teacher extends far beyond the boundaries of the classroom. As educators, they play a pivotal role in shaping the lives of their students, and part of this responsibility includes ensuring the physical and mental well-being of their pupils. To achieve this, future teachers must be equipped with healthcare competence, allowing them to recognize, respond to, and promote good health among students. Healthcare competence among teachers is crucial for several reasons:

- **First Responders:** Teachers are often the first responders to medical emergencies that occur within school premises. Having the skills to provide immediate assistance can be life-saving.
- **Health Education:** Teachers have a unique opportunity to educate students about health and well-being. A strong foundation in healthcare competence enables them to impart essential

knowledge about nutrition, physical activity, and mental health.

- **Early Detection:** Teachers who are trained to recognize signs of physical or mental health issues can identify problems early, facilitating timely intervention and support for students in need.
- **Promoting a Healthy Environment:** Educators with healthcare competence can create a classroom environment that promotes overall health and well-being, which can positively impact students' academic performance and life outcomes.
- **Incorporate Healthcare Education into Teacher Training Programs:**
- Develop specialized courses or modules focused on healthcare competence within teacher education programs.
- Ensure that these modules cover first aid, nutrition, physical activity, mental health awareness, and basic healthcare knowledge.
- **Evaluation and Assessment:**
- Assess healthcare competence through written examinations, practical assessments, and classroom observations to ensure future teachers are well-prepared.
- Implement feedback mechanisms to continually improve the healthcare competence curriculum.

Results. Improving healthcare competence among future teachers is essential for creating safe, nurturing, and supportive learning environments. Teachers are pivotal figures in the lives of students, and their knowledge and skills in healthcare competence can make a profound difference. By integrating healthcare education into teacher training programs, providing practical training, fostering collaborations, and promoting ongoing learning, we can ensure that future teachers are well-equipped to meet the diverse healthcare needs of their students, ultimately contributing to healthier and more successful educational outcomes. Continuing Education:

- Promote lifelong learning by encouraging teachers to participate in ongoing professional development related to healthcare competence.
- Provide access to resources such as books, articles, and online courses to help educators stay updated on health-related topics.
- **Simulation and Role-Playing:**
- Create scenarios or simulations that mimic real-life health-related situations, allowing future teachers to practice their skills in a controlled environment.
- Role-playing exercises can help teachers develop effective communication skills when dealing with students, parents, and healthcare providers.
- The role of educators extends beyond the classroom, as teachers often find themselves in positions where they must address health-related issues among their students. From first aid emergencies to fostering a healthy classroom environment, teachers need to be equipped with the necessary healthcare competence to ensure the well-being of their students. In an era dominated by digital technology, integrating digital learning technologies into teacher education programs can significantly enhance future teachers' healthcare competence. Teachers play a vital role in the holistic development of students. Apart from imparting knowledge, they are often the first point of contact for students in times of need. Teachers need to be equipped with the skills and knowledge to:
- **Respond to Emergencies:** Accidents and medical emergencies can happen in school settings. Teachers must be prepared to provide immediate assistance until medical professionals arrive.
- **Promote Health and Well-being:** Teachers can influence students' habits and behaviors. Educators who understand the principles of nutrition, physical activity, and mental health can

create a healthier classroom environment.

- **Recognize Signs of Health Issues:** Identifying signs of physical or mental health issues among students can be challenging but essential. Teachers who are well-versed in recognizing these signs can provide timely support.
- **Navigate Health Resources:** Teachers should know how to access local healthcare resources and communicate with healthcare providers, parents, and school nurses effectively.

Discussion. Digital learning technologies offer numerous advantages when it comes to improving the healthcare competence of future teachers:

- **Interactive Learning Modules:** Digital platforms can host interactive modules that simulate real-life scenarios, such as first aid situations or mental health discussions. Future teachers can practice their skills in a safe and controlled environment.
- **Accessible Resources:** Online databases and e-libraries provide access to a wealth of healthcare-related materials. Teachers can stay updated with the latest information on health and wellness topics.
- **Collaboration and Discussion:** Virtual classrooms and online forums enable future teachers to engage in discussions with peers and experts, sharing experiences and knowledge related to healthcare competence.
- **Self-paced Learning:** Digital learning technologies allow teachers to progress at their own pace, ensuring that they thoroughly understand and master healthcare concepts and skills before entering the classroom.
- **Remote Training:** In situations where in-person training is not possible, digital platforms facilitate remote learning, making healthcare competence accessible to future teachers worldwide.

- **Gamification and Engagement:** Gamified learning modules can make healthcare education more engaging and enjoyable, increasing retention and understanding of crucial concepts.
- **To effectively integrate digital learning technologies into teacher education programs, several key steps are necessary:**
 - **Curriculum Integration:** Healthcare competence modules should be integrated into teacher training programs, ensuring that future educators receive comprehensive instruction in health-related topics.
 - **Faculty Training:** Educators responsible for teaching healthcare competence modules should be trained in utilizing digital learning technologies effectively.
 - **Assessment Methods:** Develop assessment methods that evaluate not only theoretical knowledge but also practical skills and the ability to apply healthcare competence in real-life classroom situations.
 - **Challenges may arise during implementation, including access to technology, ensuring digital literacy among educators, and addressing privacy concerns. These challenges can be overcome through proper planning, resources, and support.**

Conclusion. The healthcare competence of future teachers is a critical aspect of their role in nurturing the well-being of students. By integrating digital learning technologies into teacher education programs, we can ensure that educators are well-prepared to handle health-related issues in the classroom. These technologies provide interactive, accessible, and engaging learning experiences that can significantly enhance the healthcare competence of future teachers. With the right strategies and commitment, we can equip educators with the skills and knowledge necessary to create healthier and safer learning environments for students, both now and in the future.

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