

THE ROLE OF PHYSICAL CULTURE IN EDUCATION AND UPBRINGING

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Abstract: *This article scientifically and theoretically analyzes the socio-pedagogical significance of physical culture in the development of personality. The main components of physical culture — physical education, sports, and a healthy lifestyle — are revealed, and their role in the educational process is highlighted. The philosophical and pedagogical foundations of the concept of education are analyzed through the views of Humboldt, Hegel, and Pestalozzi, and the interrelation between physical education and the intellectual, moral, and volitional development of an individual is substantiated.*

Keywords: *Physical culture, physical education, educational process, personal development, upbringing, healthy lifestyle, sports pedagogy, national values.*

INTRODUCTION

Today, physical culture is recognized as one of the most important social and pedagogical factors in education, upbringing, and human development. The field of physical education and sports ensures not only the physical health of students but also their moral and ethical maturity. In this regard, physical culture occupies an important place in the national development strategy as an integral part of the education system.

The principle “A healthy generation is the future of the nation,” promoted by the President of the Republic of Uzbekistan, demonstrates the necessity of developing physical culture as a priority direction at every stage of education. Through physical culture, such volitional qualities as diligence, patience, self-control, and teamwork are formed in individuals.

1. Theoretical Foundations of Physical Culture. Physical culture is a socio-cultural sphere of human activity aimed at organizing a healthy lifestyle, ensuring physical development, maintaining psychological stability, increasing labor productivity, and promoting personal growth.

In scientific literature, physical culture is considered to consist of three main components:

1. Physical education – a pedagogical process that develops physical qualities such as strength, speed, endurance, and agility;
2. Sports – a means of demonstrating individual abilities in competitive activities;
3. Healthy lifestyle – a cultural phenomenon aimed at maintaining physical activity in daily life.

Thus, physical culture is not only a system of exercises but also an essential component of human life philosophy.

2. The Role of Physical Culture in the Educational Process. Education is one of the main tasks of a physical education teacher; therefore, the meaning and characteristics of this concept are analyzed in relation to physical exercises and physical education. The pedagogical interpretation of the concept of education was first given during the Enlightenment period and was associated with intelligence, responsibility, and self-education. Based on leading educational theories, its essential features were identified (V. Humboldt, E. Maynberg, and others).

1. Education is the highest goal of a person and a process of self-development through which an individual overcomes bodily nature and becomes stronger and more mature.

2. It aims to develop the full range of human capabilities, forming a harmonious personality.

3. Education represents a dynamic and endless interaction between the individual and the world.

4. Knowledge is structured into educational subjects that facilitate learning and development.

5. Education acts as a normative authority defining teaching principles and content.

6. The educational process requires effort, discipline, and perseverance, resembling labor.

7. Freedom is an essential condition for education; coercion and punishment hinder learning.

8. Education is a continuous path toward self-determination and personal growth.

9. The connection between education and practice manifests in responsible behavior toward others and oneself.

Modern understanding of physical education reflects the close relationship between education, physical exercises, and personal development. Johann Heinrich Pestalozzi played a significant role in shaping this concept through his work "On Physical Education" (1807). According to Pestalozzi, human development progresses from natural to social and then to moral stages.

He emphasized the unity of intellectual, physical, and moral education, stating that true upbringing excludes one-sidedness and requires harmonious development.

3. Educational Aspects and Influence on Personal Development. The educational value of physical culture lies in developing such qualities as willpower, determination, responsibility, honesty, and teamwork. Participation in sports competitions fosters diligence, discipline, and fairness among students.

Success in sports enhances self-confidence and a positive outlook on life, increasing social activity, national pride, and patriotism. Therefore, integrating physical culture with moral education is essential in every educational institution.

4. Harmonization of National Values and Global Experience. The people of Uzbekistan have long-standing traditions in physical education and sports. National wrestling, horse riding, archery, shooting sports, and gymnastics cultivate courage, bravery, and patriotism among youth.

Globally, physical culture is regarded as an integral part of education. For example, Japan's "Taiiku" system teaches the philosophical essence of physical culture, while Finland promotes the "Physical Literacy" concept to encourage lifelong physical activity.

Adopting such experiences in harmony with national values can enhance modern educational methodologies in Uzbekistan.

5. Prospects for the Development of Physical Culture. To further develop physical culture, the following measures are recommended:

- Establish innovative methodological centers for physical culture in educational institutions;
- Expand digital sports education systems;
- Regularly organize competitions in national sports among students;
- Strengthen international cooperation for teacher professional development.

Such approaches will transform physical culture into not only an academic subject but also a social institution shaping youth worldview.

Conclusion. Physical culture is a comprehensive system that ensures the physical, spiritual, intellectual, and moral development of the individual. It is an integral part of the educational and upbringing process and serves as a key factor in fostering a healthy generation. The scientific organization of physical culture within education, its integration with national values, and its enrichment through modern pedagogical technologies represent urgent tasks of today. On this basis, it is possible to cultivate a healthy lifestyle, patriotism, and social activity among the younger generation.

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