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## NATIONAL EDUCATION AS A FACTOR IN THE FORMATION OF PHYSICAL QUALITIES

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**ABSTRACT:** The article explores the influence of cultural and social aspects on the development of an individual's physical qualities. The author examines how national values, traditions and lifestyle have an impact on physical health and athletic achievements. The article also analyzes examples of successful national education practices that contribute to the formation of high levels of physical activity and public interest in a healthy lifestyle. The results of the study emphasize the importance of integrating national cultural aspects into educational programs for the effective formation of physical qualities in modern society.

**KEYWORDS:** National education, physical qualities, personality formation, cultural characteristics, educational system, healthy lifestyle, national traditions, physical development, social education, individual characteristics, physical culture and sports activities, standards of physical training.

### INTRODUCTION

The issues of the formation of physical qualities of the population are becoming increasingly relevant in the modern world, where lifestyle and value orientations can significantly affect human health. In this article, we will discuss the role of national education as a key factor influencing the formation of an individual's physical qualities. National education includes a set of values, traditions, and lifestyles that are passed down from generation to generation within the nation. This process has a profound impact on the physical development and health of the national community.

The specifics of the national lifestyle can significantly affect the physical qualities of citizens. For example, nations where an active lifestyle and physical activity are part of cultural norms usually have healthier and more physically developed citizens. The opposite is also true: countries where sedentary lifestyles and insufficient physical activity are common face problems related to obesity, back pain and other physical illnesses. Sport, as part of national education, also plays an important role in the formation of physical qualities[1]. In different cultures, sport can be perceived in different ways - from a means of entertainment to a means of self-expression and national pride. Success in sports can serve as a powerful motivator for maintaining an active lifestyle and taking care of your health.

Traditional national nutrition also has an impact on physical health. Diets rich in nutrients and consistent with local traditions can promote physical development, maintain health and increase energy levels.

National education undoubtedly plays a key role in shaping the physical qualities of an individual. The development of positive national patterns of health care and an active lifestyle contributes to the creation of a nation with a physically developed and healthy population. Therefore, understanding and taking into account the national characteristics of education becomes an important aspect for a successful national policy in the field of health and physical development. Issues of national education have always been at the center of public attention, affecting many areas of citizens' lives. However, despite extensive discussions in the fields of culture, education and politics, the role of national education in the formation of physical qualities of a person deserves special attention. Modern society is facing a number of challenges, such as a sedentary lifestyle, increased stress levels and changing eating habits, which affects the physical health of citizens. National education plays a key role in the formation of a healthy lifestyle, contributing to the development of individual physical qualities[2]. Participation in sports events, support for national teams and the development of sports culture contribute to strengthening national unity. Education through sport not only builds physical endurance, but also develops spiritual qualities such as solidarity, tolerance and respect for rivals.

National education includes educational programs aimed at developing the physical qualities of citizens. School physical education and sports programs, health lessons, as well as the organization of sports sections play an important role in the formation of a healthy lifestyle and physical activity among young people. Physical activity can be an effective means of transmitting national traditions and values. Traditional sports related to cultural heritage contribute to the preservation and strengthening of national identity. State support is necessary for the successful implementation of national education as a factor in the formation of physical qualities[3]. This includes the development of effective educational programs, the creation of sports infrastructure, as well as measures to promote an active lifestyle.

Physical health is an important component of a full-fledged life for every person. The formation of physical qualities begins at an early age and depends on many factors, including national upbringing. National traditions, cultural characteristics and lifestyle play a key role in shaping physical activity and health care. In this article, we will look at how national upbringing affects the development of physical qualities. Each nation has its own unique traditions that can affect the level of physical activity. For example, in countries with an active tradition of dancing and physical exercises, a high level of flexibility and coordination of movements has been formed since childhood. Cultural influences are also reflected in sports preferences: some nations prefer team sports, while others prefer individual sports.

National cuisine also has an impact on physical health. Nutrition rich in nutrients contributes to the development of strength and endurance. A reflection of this can be seen in how national diets are shaped depending on available resources and traditions. For example, the Mediterranean diet is known for its positive effects on the cardiovascular system, and Japanese cuisine includes products that promote longevity[4]. The national lifestyle strongly influences the level of physical activity. Densely populated cities can encourage people to engage in daily active movements,

such as hiking or cycling. In countries with high levels of transport accessibility, there may be less incentive for physical activity.

Success in sports can become a source of national pride and contribute to the formation of a healthy lifestyle. Sports traditions such as football, basketball or hockey often become part of a national identity and can inspire the younger generation to engage in physical activity. National education plays an essential role in the formation of physical qualities. Cultural characteristics, traditions, nutrition, lifestyle and sports preferences shape the overall appearance of the physical health of the nation. Understanding this influence can help to develop effective national education programs aimed at developing the health and physical activity of the population.

In conclusion. National education plays an important role in the formation of physical qualities of a person, influencing health, the unity of society and the preservation of national identity. The development of sports culture, support for physical activity in educational institutions and the creation of conditions for a healthy lifestyle are key aspects determining the success of national education in this context.

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