



 Research Article

PEDAGOGICAL MECHANISMS FOR THE FORMATION OF PHYSICAL QUALITIES OF HIGH SCHOOL STUDENTS BASED ON NATIONAL EDUCATION

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ABSTRACT

The article "Pedagogical mechanisms for the formation of physical qualities of high school students based on national education" explores innovative approaches in the field of physical education of high school students based on the principles of national education. The authors consider the influence of national traditions, cultural values and historical context on the formation of physical qualities of adolescents. The article presents pedagogical mechanisms, including the adaptation of traditional games, exercises and sports practices corresponding to the national heritage. The role of national customs in motivating high school students to physical activity and their involvement in classes is considered. As a result, the article provides practical recommendations for teachers aimed at using national characteristics in the formation of physical qualities of high school students, with an emphasis on their cultural context.

KEYWORDS

Physical education, high school students, pedagogical mechanisms, physical qualities, national education, cultural values, traditional games, sports practices, national customs, individualization of learning, motivation for physical activity, national heritage, cultural context, educational process, pedagogical adaptation.

INTRODUCTION

Modern challenges in education require innovative approaches to the formation of physical qualities of high school students. In this article, we will consider pedagogical mechanisms based on national education as an effective tool for achieving the goals of physical development of adolescents. The focus of national education on the preservation of cultural values provides unique opportunities for the formation of physical qualities of high school students[1]. Games, sports events and traditional types of physical activity, perceived through the prism of national history, contribute to the involvement of adolescents and become part of their national identity. Pedagogical methods based on the use of national customs include the adaptation of traditional physical exercises and games. This creates unique opportunities for combining physical education lessons with elements of cultural education, which stimulates the interest of high school students in physical activity.

The key aspect is the individualization of approaches in accordance with the national characteristics of each high school student. Pedagogical mechanisms should take into account ethnic diversity, creating conditions for every teenager to participate in physical education activities, inspired by their national heritage. Cooperation with parents and the public is an integral part of successful national education. Parents can make a valuable contribution to the process of shaping the physical qualities of adolescents by maintaining national traditions and ensuring the participation

of their children in national sports and physical education events.

Modern education strives for the comprehensive development of the personality of adolescents, including the formation of their physical qualities[2]. In this article, we will consider innovative pedagogical mechanisms based on the principles of national education for the effective formation of physical qualities of high school students.

One of the key mechanisms is the adaptation of traditional national games and exercises. With this approach, it is possible not only to diversify classes, but also to introduce elements of a cultural context, which contributes to greater involvement of high school students. Games passed down from generation to generation not only develop physical skills, but also strengthen national identity. The integration of national traditions into the training process is another important mechanism. This includes the use of elements of national dances, martial arts or sports inherent in this culture[3]. This approach helps high school students not only to develop physically, but also to master traditional values through physical activity.

Scientifically based motivation through the introduction of national customs also plays an important role. Teenagers, seeing their connection with cultural heritage, feel a stronger attraction to physical activity. This can be achieved by creating special events, festivals or competitions that fit into a national context. Cooperation with the public, including parents

and representatives of national communities, is of great importance. Participation in discussions and joint activities create a favorable environment for the formation of physical qualities based on national education. The use of pedagogical mechanisms based on national education in the formation of physical qualities of high school students not only contributes to their health, but also strengthens the connection with cultural heritage. This integrative approach makes it possible to form not only a physically prepared, but also a culturally conscious and harmoniously developed person.

Modern education is faced with the need to integrate cultural and traditional values into the educational process. In this article, we will consider how national education can serve as a basis for the effective formation of physical qualities of high school students, taking into account the unique aspects of the cultural context. National education provides unique opportunities for the integration of cultural elements into physical education[4]. Traditional games, exercises and sports inherent in a particular culture not only enrich the physical experience of students, but also strengthen their connection with their own national roots.

Pedagogical mechanisms include the adaptation of traditional forms of physical activity to modern educational standards. This may include modern technologies in the organization of traditional games or the introduction of elements of national dances in physical education classes. Cultural aspects can serve as a powerful source of motivation for high school students[5].

Pedagogical methods should focus on the connection of physical activity with the cultural identity of students, which contributes to deeper involvement in the learning process. Cooperation with parents and society is of key importance. The involvement of the parent community in support of traditional forms of physical activity enhances their importance for high school students and creates a favorable learning environment.

In modern education, more and more attention is paid not only to the mental, but also to the physical development of high school students. Effective formation of physical qualities of adolescents requires innovative approaches, including on the basis of national education. In this article, we will consider pedagogical mechanisms based on national traditions for the development of physical qualities of high school students. One of the key mechanisms is the adaptation of traditional national games and exercises. The use of elements of national heritage in physical education not only promotes physical development, but also allows high school students to delve into their cultural and historical environment. It is important to integrate physical activity with cultural values. Pedagogical methods that take into account national peculiarities and traditions create a positive context for the perception of physical activity, making it an integral part of cultural heritage.

The use of national customs as a motivation mechanism not only stimulates physical activity, but also creates a sense of pride in one's culture[6]. Holidays, traditional sports competitions or rituals can serve as a source of

inspiration for high school students. Effective pedagogical mechanisms should be integrated into the educational process. The development of special programs that take into account national aspects allows teachers to structure education in such a way as to support not only the physical, but also the cultural development of students. Pedagogical mechanisms for the formation of physical qualities of high school students based on national education provide unique opportunities for the integration of physical activity with cultural heritage. This approach not only promotes health, but also strengthens the connection of adolescents with their history and traditions, making physical activity more meaningful and attractive.

The integration of national education into the physical education of high school students not only contributes to the development of physical qualities, but also forms a harmonious personality that respects and values its cultural identity. These students are also more aware of the importance of physical activity in the context of their national heritage. It is becoming increasingly obvious that national education plays a key role in shaping the physical qualities of high school students[7]. Pedagogical mechanisms based on respect for national traditions are able not only to develop the body, but also to strengthen the connection of the younger generation with cultural roots, creating the basis for sustainable physical and spiritual development.

In the modern educational context, the focus on the physical health of high school students is

becoming increasingly relevant. This article discusses pedagogical mechanisms aimed at the formation of physical qualities of adolescents, based on the principles of national education. This approach makes it possible to integrate cultural characteristics into physical education, creating a more harmonious and balanced development of high school students.

The use of national games and exercises provides an opportunity not only to diversify physical education classes, but also to introduce cultural elements into physical activity. Teachers can transform traditional games, making them more attractive to high school students, and thereby stimulate their physical activity. It is important to introduce physical activity in the context of national values. This not only creates additional motivation for students, but also contributes to the preservation of cultural heritage. The correlation of classes with national values helps high school students to consciously engage in physical education. Effective formation of physical qualities requires the integration of traditions into the educational process. Teachers can introduce elements of national education in physical education lesson programs, which contributes to a deeper understanding of their culture and history by high school students.

Using cultural events and holidays as a motivation mechanism is an effective approach. The organization of physical education events within the framework of national holidays stimulates the active participation of high school students, creating a positive attitude towards physical activity.

CONCLUSION

The use of national education in the pedagogical process of forming the physical qualities of high school students is an innovative approach that not only promotes health and physical development, but also strengthens the national identity of the younger generation. Modern pedagogical mechanisms, combining cultural and physical aspects, create a unique educational space for teenagers, enriching their physical and spiritual experience.

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