

**FORMATION OF NATIONAL AND CIVIC SELF-CONSCIOUSNESS IN FUTURE  
PHYSICAL EDUCATION TEACHERS**

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**Abstract:** This article examines the development of national and civic consciousness in future physical education teachers in the context of the spiritual and moral renewal of the education system in the new Uzbekistan. It explores the importance of physical education as a social and educational phenomenon that fosters patriotism, civic responsibility, and respect for national traditions. It emphasizes the need to integrate spiritual, moral, cultural, and professional components in the training of physical education specialists.

**Key words:** national identity, civic identity, spiritual and moral education, physical education, future teachers, professional development.

**Introduction**

Uzbekistan's modern education system is focused on developing a well-rounded, patriotic individual, capable of recognizing their responsibility to society and the state [1]. This process is closely linked to large-scale educational reforms aimed at fostering active citizenship in young people, as well as respect for cultural traditions and national values. The «New Uzbekistan» concept places special emphasis on the spiritual and moral education of the younger generation, strengthening their national identity, and understanding their role in the development of an independent state [2].

As all spheres of public life are renewing, the development of national and civic consciousness is becoming a key focus of educational work in higher education institutions. Higher education is called upon not only to impart knowledge but also to develop a system of value orientations reflecting the historical, cultural, and moral traditions of the people. National consciousness helps future specialists recognize their belonging to their country, people, and culture, while civic consciousness helps them develop a sense of responsibility, legal awareness, and a willingness to serve society for the good of the Motherland [3].

This task is of particular importance for future physical education teachers, as they are the bearers of the values of health, collectivism, patriotism, and humanism. The work of physical education teachers is directly linked to the development of the individual through movement, sports, and active pursuits, making their role particularly significant in the development of national and civic qualities in young people.

Physical education is viewed not only as a means of physical development but also as a powerful tool for shaping spiritual and moral qualities [4]. It promotes the strengthening of moral principles and the development of a sense of collective responsibility and respect for others. Through group activities, athletic competition, and pedagogical interaction, such traits as mutual respect, a sense of duty, justice, and love for one's country are fostered.

### **National and civic self-awareness as a pedagogical category**

National and civic identity are essential components of the spiritual and personal development of future teachers, shaping their worldview, professional orientation, and value system. National identity reflects an individual's internal identification with the history, culture, language, traditions, and spiritual heritage of their people [5]. It fosters an awareness of one's place in society, an understanding of the role of national culture in the modern world, and a commitment to its preservation and development.

In a pedagogical context, national identity serves not only a cognitive but also an educational function. For future physical education teachers, this manifests itself in respect for the cultural traditions of the people, national sports, folk games, and traditional forms of physical activity and education. A teacher with a developed national identity is able to instill in students a sense of pride in their homeland, respect for national heroes and historical achievements, and an understanding of the importance of preserving cultural heritage [6].

Civic consciousness is closely linked to an individual's understanding of their social and legal affiliation, their rights and responsibilities as a citizen, and their active role in the life of society and the state. It instills in future teachers a sense of responsibility for their own actions, a desire to participate in solving socially significant problems, and a willingness to defend the interests of the Motherland and contribute to its development. In the context of professional training, this quality manifests itself in the ability to build relationships based on the principles of justice, legality, and respect for human dignity.

For physical education teachers, civic awareness is expressed not only in a theoretical understanding of civic responsibilities but also in practical activities. Through organizing sporting events, volunteering, and participating in social projects, they instill in students an active lifestyle, a sense of collectivism, mutual assistance, and civic responsibility.

The development of national and civic consciousness requires systematic and targeted pedagogical work based on a combination of educational, upbringing, and cultural influences. It is important that academic and extracurricular activities at the university be built on the principles of national identity, humanism, tolerance, respect for cultural diversity, and patriotism [7]. The teacher is a key figure in this process—a bearer of national values, an example of civic maturity and spiritual culture.

The effectiveness of developing these qualities depends largely on the educational environment, the availability of spiritual and moral education programs, and the degree of student engagement in socially significant activities. Modern teaching should not only impart knowledge but also instill in students a sense of belonging to the destiny of their country, a willingness to serve society, and the development of national pride and respect for the cultural traditions of other nations.

### **The role of physical culture in the formation of national and civic consciousness**

Physical education occupies a special place in the system of personal development, as it integrates physical, spiritual, and social development. As an integral part of the educational process, physical education is one of the most effective areas for developing civic responsibility, patriotism, and national identity [8]. Through physical education and sports, students not only improve their health but also acquire important social and moral

qualities—discipline, responsibility, honesty, mutual respect, and the desire to achieve a common goal.

Through team sports, students develop skills in interaction, cooperation, and mutual assistance. They learn to follow established rules, respect their opponents, and accept victories and defeats gracefully, which instills a high level of behavioral integrity and civic maturity. Physical education becomes a tool for developing individual social engagement, the ability to act in the interests of the group, and to demonstrate initiative and leadership qualities.

Sports competitions, mass physical education festivals, patriotic marathons, and volunteer projects create unique conditions for strengthening a sense of belonging to one's nation and state [9]. These events foster in students pride in their country's achievements, respect for the symbols of national culture, and an awareness of the importance of collective efforts to achieve success. In this context, physical education serves as a powerful social and educational mechanism capable of uniting people of different views and nationalities based on shared moral and spiritual values.

A special place in the development of national identity is occupied by the use of national sports such as kurash, mountaineering, track and field, wrestling, equestrian games, and traditional outdoor games, which embody the spiritual and cultural values of the Uzbek people. These sports not only develop physical fitness but also foster respect for the historical heritage, traditions, and customs of their country. Their inclusion in the educational process helps strengthen historical continuity, foster patriotic feelings, and increase students' interest in the cultural heritage of their people [10].

In the context of the new Uzbekistan, physical education is viewed as a vital tool for the spiritual, moral, and civic development of youth. Through sports, state priorities are realized to strengthen national unity, develop a culture of health, and promote ideas of peace and mutual understanding. Future physical education teachers, actively involved in this process, become champions of national values, instilling in students a sense of pride in their nation and a willingness to work for the good of their homeland.

Moreover, physical education helps students develop important civic qualities such as an active lifestyle, a desire for self-improvement, and responsibility for their own performance. A teacher who effectively organizes physical education programs helps students understand that sport is not only a means of physical development but also a path to spiritual growth, self-discipline, and service to society.

#### **Pedagogical conditions for the formation of national and civic self-awareness**

Effective formation of national and civic self-awareness is possible if a number of pedagogical conditions are met:

- integration of the content of national-patriotic education into academic disciplines and extracurricular activities;
- creation of an educational environment based on the principles of respect, cooperation and trust;
- organization of sports and cultural events aimed at developing students' national identity;
- improving the professional and spiritual culture of teachers, serving as an example of civic position and moral behavior [11].

#### **Conclusion:**

Developing national and civic awareness in future physical education teachers is an integral part of their professional development and spiritual and moral growth. In today's



world, physical education is a powerful tool for cultivating individuals capable of integrating national traditions and modern educational values. A conscious attitude toward their national identity and an active civic stance become the foundation for the professional and personal maturity of future teachers.

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