

PEDAGOGICAL OPPORTUNITIES OF PHYSICAL EDUCATION IN FORMING AN EDUCATIONAL AND MORAL ENVIRONMENT AMONG FUTURE TEACHERS

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Abstract

This article analyzes the pedagogical opportunities of physical education in forming an educational and moral environment among future teachers. The study highlights the role of physical education classes in developing students' spiritual and moral qualities, social activity, healthy lifestyle skills, and professional competencies. Furthermore, the pedagogical conditions and mechanisms for the effective use of physical education tools in higher education institutions are examined. The research findings indicate that physical education is not only an important factor in strengthening the physical health of future teachers but also plays a significant role in creating an educational and moral environment, developing volitional qualities, and preparing them for professional activities.

Keywords: Educational and moral environment, physical education, pedagogical opportunities, healthy lifestyle, spiritual and moral education, professional competence, physical activity, volitional qualities, pedagogical process.

Introduction

Today, one of the most important tasks of our national education system is to prepare future teachers as well-rounded professionals who possess high moral values, adhere to a healthy lifestyle, and have modern professional competencies. In this process, the formation of an educational and moral environment in higher education institutions is of particular importance. Such an environment contributes to the intellectual, spiritual, moral, and physical development of students.

Physical education serves not only as a means of strengthening students' health and developing their physical abilities but also as an important pedagogical tool for fostering social activity, discipline, responsibility, patriotism, teamwork skills, and volitional qualities. Especially for future teachers, physical education classes contribute to the development of psychological stability, communicative competence, and leadership qualities necessary for successful professional activity.

An analysis of scientific literature shows that although the potential of physical education in forming an educational and moral environment has been sufficiently studied, the issue of comprehensively utilizing its pedagogical potential in the training of future teachers remains relevant. Therefore, studying the mechanisms through which physical education contributes to the development of students' spiritual and moral qualities, the establishment of healthy lifestyle habits, and the improvement of professional training is of significant scientific and practical importance.

In the Republic of Uzbekistan, educating the younger generation as comprehensively developed individuals and enhancing their physical and spiritual potential is considered one of the priority directions of state policy. In particular, the decrees and resolutions of the President of the Republic of Uzbekistan concerning education, sports, and youth policy place special emphasis on promoting a healthy lifestyle among young people, popularizing physical education and sports, and improving the effectiveness of spiritual and educational activities in educational institutions.

In the process of forming an educational and moral environment among future teachers, physical education serves as an important pedagogical tool. Physical education classes contribute not only to the development of students' physical abilities but also to the enhancement of their spiritual and moral qualities. In particular, sports activities foster positive characteristics such as discipline, responsibility, patience, determination, teamwork, mutual respect, and cooperation. The main components of an educational and moral environment include spiritual values, ethical norms, a healthy lifestyle, social activity, and professional competencies. Physical education contributes to the development of each of these components. In particular, sports competitions and mass recreational activities provide opportunities to increase students' social

engagement, develop their leadership abilities, and create a healthy competitive environment.

The Development Strategy of New Uzbekistan for 2022–2026 identifies the promotion of human dignity and the intellectual, spiritual, and physical development of young people as one of the priority objectives. In achieving these strategic goals, the role of physical education in higher education institutions is of paramount importance.

In the professional training of future teachers, physical education provides a wide range of pedagogical opportunities. It contributes to the formation of students' commitment to a healthy lifestyle and promotes the development of spiritual and moral values. Furthermore, physical education enhances communicative and social competencies, improves stress tolerance and psychological stability, and fosters perseverance, self-discipline, and determination that are essential for successful professional activity. In addition, participation in physical education and sports activities helps students develop teamwork abilities and leadership skills, which are crucial for their future pedagogical practice.

Research findings indicate that students who regularly engage in physical exercise demonstrate higher levels of academic engagement, independent thinking, and social adaptability. Consequently, this contributes to improving the effectiveness of the educational and moral environment.

The results of the study revealed that qualities developed through physical education, such as discipline, responsibility, determination, patience, self-control, teamwork, and leadership, play a significant role in the professional activities of future teachers. These qualities not only enhance the effectiveness of the pedagogical process but also enable teachers to serve as positive role models for their students. Furthermore, the study found that organizing physical education activities in harmony with spiritual and educational programs positively influences the comprehensive development of students. In particular, sports competitions, recreational activities, various mass sports projects, and team-based exercises contribute significantly to fostering patriotism, civic responsibility, respect for national and universal values, cooperation, and a culture of healthy competition among students.

Today, physical education in higher education institutions should be viewed not merely as a means of physical development but as a comprehensive pedagogical mechanism for creating an educational and moral environment. This is because

physical education is a multifunctional pedagogical process that ensures the physical, spiritual, psychological, and social development of students within a unified system.

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