



KAPITEL 7 / CHAPTER 7⁷
**THE USE OF PHYSICAL CULTURE AS A MEANS IN THE PATRIOTIC
EDUCATION OF YOUTH**

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Introduction

The constantly changing political situation in the world requires systematic strengthening of the country's defense capability and the protection of national interests. In this regard, the role of physical education, applied culture, and patriotic education in preparing students for the workforce and service in the Armed Forces is significantly increasing.

In pedagogical and sports science, a fairly clear understanding of education has emerged as a purposeful activity aimed at developing a specific system of qualities, views, values, and beliefs in students - i.e., a worldview [12]. It is this worldview that constitutes the theoretical and formative component of education, as it equips it with a system of spiritual and value orientations. Possessing a developmental function, a worldview facilitates active internal work to understand the most important problems of reality and find concrete solutions to them [16].

The most complex and, at the same time, the most urgent issue to resolve remains the question of determining priorities in the development of the individual citizen.

Physical education is a part of culture that represents a set of values, norms, and knowledge created and used by society for the purposes of the physical and intellectual development of human abilities, improving physical activity, and fostering a healthy lifestyle and social adaptation through physical education, physical fitness, and physical development. The goal of physical education in universities is to promote the development of well-rounded, highly qualified specialists.

Applied physical education is an integral part of a student's general culture and professional training during their studies. Applied physical education is part of the

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humanities component of education, the significance of which is manifested through the harmonization of spiritual and physical strengths and the development of universal values such as patriotism, health, physical and mental well-being, and physical perfection.

Regular exercise, professional and military-applied sports, physical education, sports, and tourism enable students to meet established physical fitness requirements, develop the best character traits necessary for work and military service, and improve their health, both physical and mental.

Patriotism is one of the most profound human emotions, a vital spiritual asset of the individual, characterizing the highest level of development and manifesting itself in their active self-realization for the good of the Fatherland.

A systematic analysis of educational issues in the country shows that civic-patriotic education is the foundation, the backbone. No normal state can exist without citizens and patriots, who must constitute the majority of the population. Students who are patriotically and civically determined have a more positive value structure, clearer life plans, and are more socially active [16]. Currently, the content of patriotic training for student youth must be shaped by a clear understanding that without a healthy, well-educated, and capable generation, it is impossible to address the country's important problems. There is a need to identify and develop alternative pedagogical conditions for patriotic education for students at universities without military departments. The need to coordinate university student preparation for military service within the curriculum of Physical Education is a relevant alternative at this time, until the state introduces a productive system for preparing students for military service.

One solution to this problem is patriotic education of youth using applied physical education techniques. This promotes the development of civic responsibility and patriotism as the most important spiritual and socially significant personal values, the development of high work capacity, and the formation of professionally significant qualities, skills, and a willingness to actively express them in various spheres of society. The current stage of development particularly requires government bodies and public institutions to implement measures aimed at the national-patriotic education of



youth, particularly given the need to prepare potential candidates for civil and military service.

The work of a teacher should be based on clearly defined educational goals and objectives and their implementation [17]. This helps to develop creative individuals prepared to serve the Fatherland in both civilian and military settings, and through interaction with various structures, it creates an open educational space.

Thus, the development of patriotic education of youth using applied physical education tools is one of the most important areas of state policy in the system of physical education and sports. This will allow for the development of a strategy for the overall development of physical education and sports and the establishment of an information policy aimed at fostering civic consciousness.

7.1 Physical Education as a Means of Patriotic Education of Youth

Physical education represents a combination of spiritual and patriotic values. At its core, physical education is purposeful motor activity in the form of physical exercises, which effectively develop essential skills and abilities, as well as optimize health and performance.

The results of physical education activities include physical fitness and the degree of perfection of motor skills and abilities, professional and applied aptitude, athletic achievements, and moral, aesthetic, and intellectual development [10].

The physical training of future defense officers helps instill in them strong positive motivation to overcome future challenges [6]. As a result of developing strong positive motivation, students develop a desire to engage in physical education and sports, develop healthy lifestyle habits, and express a desire to serve in the army.

With the development of modern trends in public life, especially considering its spiritual and moral component, it is necessary to rethink, first and foremost, the value foundations of national patriotic education, which define its essence and principles. The value system of education in general, and patriotic education in particular, is evolving and changing significantly in the context of the social dynamics of reforming



the state and its Armed Forces.

7.2 Patriotic Education in Higher Education Institutions

Young people represent a large social group in the country's population. Due to their age and socio-psychological characteristics, they gravitate toward new industries and activities, and master complex professions with comparative ease. A young person's personality develops to the extent that they develop social qualities that define them as members of a specific historical society, which is determined by the very essence of humanity as a social being.

Patriotic education of university students fulfills a special social function – the active, targeted influence of the human factor on strengthening the country's defense capability. The leading role in shaping students' civic outlook belongs to the university, specifically to the teacher, who is obligated to help young people develop a conscious civic position. In today's challenging socioeconomic conditions, preparing young people for life means, first and foremost, cultivating a sense of purpose, independence, and self-confidence. Patriotic feelings can be revived through various means, including physical development and fostering a healthy lifestyle [13].

Patriotic education of university students is an important component of modern education. Being a patriot is a vital human need, the realization of which serves as a prerequisite for their material and spiritual development, the affirmation of a humanistic way of life, an awareness of their historical, cultural, national, and spiritual belonging to their homeland, and an understanding of the democratic prospects for its development in the modern world. The activities of such a social institution as higher education are an essential component of the process of developing an individual's civic position, ensuring the training of specialists possessing independence, responsibility, civic courage, and social activism, ready to defend not only their own but also the state's interests. The younger generation is responsible for the future of their homeland, for the preservation and continuity of its culture, history, and national and spiritual unity. The democratic and socioeconomic future of the country depends on the



student's position in socio-political life, social and political activity.

The system of patriotic education of students includes:

- the formation and development of socially significant values, civic consciousness, and patriotism in students through educational and upbringing activities;
- mass military-patriotic educational work organized and implemented at universities by various state and public bodies and organizations;
- the activities of military departments at universities for the training of junior military officers.

The main goal of patriotic education of students at a university should be defined as:

1. Fostering genuine, active patriotism in future specialists is possible only through participation in specific patriotic and civic activities, when the students themselves are the organizers of these activities and promoters of patriotic ideas and values.

2. The most important means of patriotic education of future specialists is their involvement in educational work in children's groups and organizations, the purpose of which is to develop patriotic qualities in students.

3. Patriotic education of university students should be an organic part, a system-forming com

The leading forms of military-patriotic education for students, which implement the core content of this activity at the university, can be grouped into three main categories:

1. General patriotic in nature (discussions, debates, question-and-answer sessions, round tables, meetings with veterans and military personnel);

2. Specific, characterized by a greater military and military-applied focus (military-technical clubs, tactical exercises, tactical drills, military-sports games, sections on military-applied sports, etc.)

3. Comprehensive, combined, and integrated forms that optimally combine both general and specific aspects in the content of military-patriotic education of university



students (defense-sports health camps, field training camps; patriotic and military-patriotic, cultural-historical and military-historical, military-technical and military-sports clubs and associations of various focus areas; training centers and universities for future soldiers and officers; months and days of patriotic work, memory watches, search activities, hikes, etc.).

The university has every opportunity to revive the idea of patriotism: the content of academic subjects, forms of extracurricular activities in various disciplines (student research societies, conferences, olympiads, etc.), and specially organized extracurricular activities in this area.

When creating a comprehensive educational program, a patriotic component is included in the curriculum of all subjects and special courses and is based on the following principles: service to the Fatherland; historical and social memory; continuity of spiritual experience; the sacredness of the symbols and meanings of the Fatherland, etc.

The defining conditions for optimizing this system are: consolidation of all efforts and resources involved in this activity; sufficient financial support for physical education and patriotic education nationwide and at universities in particular; comprehensive implementation of the main structure-forming components of the system of military-patriotic education of student youth; adherence to the principle of combining and integrating the interests of society, student youth as a specific group, and the individual young person as a full-fledged subject.

Thus, the following principles must be adhered to in fostering patriotism in the higher education system:

- a) Patriotic education should be based not on class but on a state-patriotic ideology, with solid scientific and spiritual foundations and drawing on progressive national, including military, traditions;
- b) Proper information support for all aspects of patriotic education plays an important role in patriotic education, based on principles such as relevance and reliability of the material, targeted delivery, high efficiency, and continuity;
- c) Successful implementation of patriotic education, and especially its integral



component—defense-related work with the population—is impossible without a well-developed educational and material base;

d) Physical training and sports, especially military-applied and military-technical sports, should play an important role in patriotic education.

The system of spiritual and moral values in the process of physical education and patriotic education at the university is based on developing students' aspirations and motivations, taking into account the specifics of their future work, providing everyone with a minimum of social and legal services in education, spiritual and physical development, healthcare, and vocational training, and fostering students' interest in military service.

7.3 Fundamentals of physical education used in patriotic education of youth at the university

Today, the primary social function of physical education is to develop physically fit, socially active, morally resilient, and healthy individuals.

Physical education constitutes an important part of society's culture—the sum total of its achievements in the creation and rational use of specialized means, methods, and conditions for the targeted physical development of individuals.

The development of physical abilities, worldview, moral ideals, value orientation, and behavioral motivation should be the central theme of educational and training sessions with young people at universities.

The content of physical education itself can be divided into two main aspects:

1) the functional aspect (all the valuable things that society creates and utilizes regarding the quality of specialized means, methods, and conditions for their application, which optimize physical development and ensure a certain level of physical fitness);

2) the outcome aspect (the positive results of using these means, methods, and conditions).

Along with its role in physical development, physical education can also have a



significant impact on one's spiritual world—the world of emotions, aesthetic tastes, ethical and ideological beliefs.

However, the specific views, beliefs, and behavioral principles that are formed depend, first and foremost, on the ideological focus of the physical education movement and the social forces that organize and direct it.

The state and level of development of physical education at any given stage depends on a number of factors:

- geographical environment;
- working, living, and social conditions, and the level of development of productive forces;
- economic and social factors.

Indicators of the state of physical education in society include:

- mass participation;
- the extent to which physical education resources are used in education and upbringing;
- the level of health and comprehensive development of people's physical abilities;
- the level of athletic achievement;
- the availability and qualifications of professional and public physical education personnel;
- the promotion of physical education and sports;
- the extent and nature of the use of mass media in addressing the challenges facing physical education;
- the state of science and the presence of a developed system of physical education.

7.4 Goals, objectives and principles of patriotic education in the field of physical education

Physical education is a process aimed at developing students' physical qualities, fitness standards, and abilities (including skills and abilities), taking into account the



type of activity and socio-demographic characteristics.

Due to their specific nature, sports and physical education possess enormous educational potential and are a powerful mechanism for shaping the ideological foundations of the individual, such as civic consciousness and patriotism.

Sports and patriotic education is a systematic and targeted activity aimed at developing physically and spiritually developed individuals, prepared to fulfill their constitutional duty, morally resilient, capable of realizing their creative potential, and possessing a high level of civic consciousness and patriotic awareness.

For patriotic education in the field of physical education to be effective, it must address all aspects of people's lives: socio-economic, moral-ethical, military-political, and be based on education, culture, and religion. The comprehensive and multifaceted nature of patriotic education also includes cultural, historical, socio-political, psychological, pedagogical, military-technical, spiritual, and physical components.

Physical training is a key element in students' readiness to perform patriotic tasks and one of the ways to enhance the combat readiness of the Armed Forces [2]. It contributes to:

- increasing the body's resilience to the adverse effects of professional activity and the environment;
- fostering mental stability and moral-volitional qualities;
- developing readiness to endure extreme physical and mental stress;
- enhancing students' patriotic and specialized preparedness.

The main goal is not only to prepare highly qualified specialists and athletes, but also to develop individuals who are aligned with the national and state interests of their country, committed to duty, and responsible for belonging to the team of the educational institution or enterprise where they will work.

The main objectives and areas of patriotic education in the field of physical education at the university are:

- Ideological development – developing a value-based attitude toward concepts such as Fatherland, honor, and conscience;
- Introducing the history, traditions, and cultural values of the Fatherland, and



fostering a desire to enhance it;

- Dedication to the ideals of the Fatherland (developing such personal qualities in athletes as selfless competition until the end of the competition under any conditions);

- Developing a desire to adhere to the norms of humanistic morality, a culture of interpersonal relationships, and respect for group and teammates, regardless of their nationality and religion;

- Developing a belief in the need for discipline and compliance with the requirements of teachers and coaches;

- Developing a need for a healthy lifestyle, as well as a willingness and ability to withstand intense physical and mental stress;

- development of a sense of duty to fellow group members, the team, and the Motherland, respect for the personal dignity of everyone who studies at a university, is involved in a sports section, or is on a team, a willingness to come to their aid, intolerance to injustice, concern for maintaining public order, tact, and sociability.

The fundamental principles of patriotic education in physical education are universal human values, a national, patriotic idea, and the priority of the individual:

- humanistic character (taking into account the needs, demands, and interests of those involved);

- education through educational and training sessions, competitions;

- individual approach;

- education within and through the team;

- combining exacting standards with respect for the individual student;

- a comprehensive approach to education;

- the unity of training and education.

Based on this, the primary goal of all activities of specialists in the field of physical education and sports should be to ensure the significance of national patriotism in the younger generation. Every teenager, boy, and girl should develop an understanding that the fate of the country and its people depends on the extent to which they are guided by patriotism in their actions. The main responsibilities of university faculty in the system of sports and patriotic education of students are:



- Consolidation and coordination of the activities of all university departments to improve the patriotic education of future specialists;
- Annual development of a plan and pedagogical recommendations for the organization and implementation of sports and patriotic education;
- Study and implementation of best practices in sports and patriotic education of youth;
- Fostering patriotic feelings and awareness among students based on the historical values and traditions of the university;
- Honoring outstanding veterans, student winners, and competition runners-up;
- Holding an annual conference to recognize the best student research and creative work on sports and patriotic education.

Patriotic education should be implemented in educational institutions through various forms of sports and mass activities, each of which is selected primarily based on the age and psychological characteristics and interests of students, as well as the use of various methods. Holding annual intra-university events will help instill in student-athletes a sense of pride and respect for the university and its faculty, the university coat of arms, flag, and anthem, as well as a sense of responsibility for their performance in official city, regional, national, and international competitions.

True patriotism presupposes the formation and long-term development of a comprehensive set of positive personal qualities. The core of this development is the spiritual, moral, historical, and cultural components. True patriotism is the unity of a deep spiritual understanding of the history and culture of one's people and active participation in solving the most important problems of modern society, as well as the unity of spirituality, civic consciousness, and social engagement of an individual who recognizes their inseparability from their Fatherland. At the same time, the individual experiences a constant need for his or her further development, participation in the phenomena and processes occurring in society and the state.



7.5 Form and content of applied physical education in patriotic education of youth

Directly related to the mandatory physical education course at the university, students are expected to develop and refine a range of practical organizational skills essential for future professionals.

Regular sports, physical education, and tourism should be a key part of the physical, civic, and military-patriotic education of student youth. These activities help develop the best character traits necessary for work and military service, as well as improve their physical and mental health. Sports activities, by fostering patriotism, develop moral and volitional qualities such as honesty, fairness, responsibility, hard work, discipline, courage, determination, focus, willpower, as well as a sense of love for the Motherland and a high sense of responsibility for one's athletic performance.

The educational material is designed not only for the student's personal preparation but also for their preparation as future leaders of a production team. Their knowledge and understanding of these complex issues often determines the extent and scale of the use of physical education and sports in a production or other team. Using physical education to develop socially active citizens and patriots, we have developed a model for the content of applied physical education in the patriotic education of university students. We offer effective methods of professional-applied, applied, and military-patriotic education to foster an active lifestyle.

7.6 Types of applied physical education used in patriotic education of youth

- *Gymnastics*. Gymnastics is the primary form of physical, professional-applied, and military-applied training. Gymnastics is a system of specially selected physical exercises and methodological techniques used to strengthen health, harmonious physical development, and improve human motor skills: strength, agility, speed of movement, endurance, etc.

- *Applied types of gymnastics*. Classes are aimed at developing physical, moral, and volitional qualities. Gymnastics classes create the conditions for the effective development of methodological skills and abilities in students. Students with the



knowledge and skills acquired in applied gymnastics classes will be better able to adapt to the workforce, navigate unfamiliar environments, and navigate training in applied forms of training.

This group includes: professional applied gymnastics; military applied gymnastics; sports applied gymnastics; workplace gymnastics; and therapeutic gymnastics.

- *Track and field and accelerated movement.* This section of physical training includes natural human physical exercises such as walking, running, jumping, and throwing, as well as movement at a fast pace, running, or alternating running and walking. Classes not only teach the techniques of walking, running, jumping, and throwing, but also practice performing these exercises, which develops students' physical qualities and skills, as well as the ability to withstand intense physical exertion and maintain performance.

- *Sports games.* The following team sports exercises have the greatest practical effect: rapid movement, catching and passing the ball in various ways, dribbling the ball alternately with the right and left hand, throwing the ball at a target, technical training elements, two-way play, and ball relay races. Sports and outdoor games are aimed at developing speed, agility, general and speed endurance, and spatial orientation; developing skills in teamwork, fostering perseverance, determination, initiative, and resourcefulness; maintaining mental and physical performance; and relieving the emotional stress of training and combat activities.

- *General physical training (GPT)* is the process of improving physical qualities aimed at the comprehensive and harmonious physical development of a person.

GPT contributes to the improvement of functional capabilities and overall performance, and serves as the basis and foundation for specialized training and the achievement of high athletic results in a chosen field of activity or sport. Applied physical fitness for student youth includes: knowledge of the specifics of military service and the requirements for developing physical and psychological qualities; development of specialized motor skills, abilities, and qualities necessary to complete the tasks assigned to university graduates; and the ability to perform motor activities



in extreme conditions.

- *Applied swimming*. Swimming is a type of applied skill. Mastering applied swimming techniques is essential for the professional training of future specialists.

- *Hand-to-hand combat*. Hand-to-hand combat plays a significant role in enhancing mental resilience in applied physical training classes. Practicing hand-to-hand combat techniques alone contributes to mental toughness. This includes the ability to successfully operate in close combat using improvised means and without weapons, and the skillful use of firearms and bladed weapons against a single attacker or a group of individuals.

- *Outdoor games*. In physical education classes, these are used strictly and purposefully, taking into account the specific objectives of each individual lesson, its content, and the entire curriculum covered. It is important to select the most effective methods and techniques for organizing students' game activities, taking into account their level of physical fitness, the functional characteristics of their bodies, the discipline of the group, and the conditions in which the lesson is conducted.

- *Shooting*. Target shooting plays a significant role in both the physical and moral development of individuals.

In the educational process, shooting sections serve as an effective element of professionally applied physical education, preparing students for future service in the armed forces and the workforce.

- *Tourism and local history work*, as a form of patriotic education, is considered a crucial element of the educational and upbringing system, having become one of the key areas for organizing meaningful recreation and improving health, broadening horizons, fostering patriotic and international education of citizens, and ultimately, developing a well-rounded individual.

Civic consciousness and patriotism are primarily associated with the place of birth and where one spends their adult life. The more complete and meaningful the knowledge of one's native land, its people, its past, and its present, the more effectively one of the main objectives will be achieved: raising citizens who respect and honor the traditions of their people and are proud of their material and spiritual culture.



- *Using obstacle courses in students' physical training.* Overcoming obstacle courses is one of the most effective applied skills in students' physical training. It promotes the integrated development of natural movements, vital motor skills, and the effective development of physical qualities. Increased demands are also placed on demonstrating willpower—determination, perseverance, and independence. The variety and varied nature of performing motor tasks while overcoming obstacle courses under time constraints create situations in which students apply previously acquired motor skills in new combinations, promptly and rationally switching from one motor action to another, transforming them in accordance with the demands of the situation.

Gaining new knowledge seamlessly blends with reviewing previously learned material, but at a new level, revealing new connections and patterns, ensuring faster and more effective progress in learning.

- *Features of using a gymnastics obstacle course.* The gymnastic exercises included in the obstacle course during gymnastics classes are distinguished by their highly selective focus, unconventional execution conditions, and are primarily aimed at developing strength, strength, and speed endurance of various muscle groups, as well as coordination skills. For young men, this is of great practical importance in preparing them for future work and military service. For young women, the practical significance lies in the fact that they are aimed at developing muscle groups that play a significant role in motherhood.

- *A general control exercise on a single obstacle course.* Designed to improve military skills and develop speed, speed and strength endurance, self-confidence, courage, and determination. The practical purpose of the techniques and actions included in this exercise is to develop the trained student's ability to overcome artificial and natural obstacles, both independently and as part of a group, with minimal physical effort.

The variety of techniques mastered by the trainees will create the conditions for further development of individuality, allowing individual characteristics to emerge and be realized when overcoming complex obstacles or an entire course using situational and goal-oriented instructions.