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NATIONAL SPORTS IN PHYSICAL EDUCATIONDOI: [10.31618/ESU.2413-9335.2019.9.67.397](https://doi.org/10.31618/ESU.2413-9335.2019.9.67.397)**Mira Iralina***Senior Lecturer**Abai Kazakh National Pedagogical University,**Almaty, Kazakhstan**Institute of Arts, Culture and Sports**Department of Physical Culture and Sports***ANNOTATION**

This article covers the issues to the effects that physical culture and sports have upon the national education and development of the youth. Using historical and sociological examples, the article and sports indeed are very important for a harmonious and healthy development of the young generation.

Key words: physical culture, national sports, health and fitness, physical education, national traditions

Today Abai Kazakh National Pedagogical University is a major center of education, science and culture in Kazakhstan. The University has established extensive international relations and it is a collective member of 11 influential international organizations and associations. Abai Kazakh National Pedagogical University is ranked 491st in the 2017 QS World University Rankings. It is ranked in the top 100 in the

EECA (Emerging Europe – Central Asia) and it is 91 of 200 universities in 30 countries in Europe and Central Asia.

One of the main goals in the Strategic Plan for the Development of the University from 2018 to 2025 is a formation teacher's personality in 21st century with high patriotic, spiritual and moral qualities.

At this modern stage of the country evolution, in an environment of a qualitative transformation of all aspects of the life of society, the requirements to the level of physical health and fitness of the young generation being a prerequisite for a successful professional activity, also increase.

As part of achievement of the modern quality of physical fitness, physical education ensures: the formation of the spiritual and physical side of the personal culture as the basis for a healthy lifestyle, improvement of knowledge, skills and abilities in the area of physical culture and health improvement of the youth.

The multifunctional nature of physical culture puts it amongst the areas of publicly useful activities which form and nurture the social activity and creativity of a person.

Physical culture allows representation, in specific forms and directions, of certain aspects of the human nature (character, will, determination), creates the conditions for a comprehensive education of a personality in the spirit of national traditions. Physical culture brings out the best qualities of the human nature. In doing so, one of the most important public needs is realized at a high emotional level—communicating with other people and, as a result, one's ability to better perceive and implement the objectives and means of the national upbringing. [1]

The advantages of sport as a social phenomenon include its attractiveness for young people, and its "language" is accessible to everyone.

Students involved in systematic physical education and sports which bring a fairly high level activity out of them develop healthy behavioral stereotypes; they have higher levels of mental and physical performance, discipline, and are more mentally stable. Physical education is an effective means of shaping the personality of students, their vital cultural and professional qualities and abilities. [2]

In our country, on the basis of significant economic, social and cultural transformations, physical culture and sport have become an important factor of the personality's comprehensive development. The right of the Kazakhstani youth, all working people, to be involved in systematic physical education, is enshrined in the Constitution of the Republic of Kazakhstan.

Physical culture and sport, being the product of certain historical conditions in the development of the society, represent a totality of historically emerged spiritual activity of the humans.

In the pre-revolutionary Kazakhstan, the entire totality of physical culture, all means of physical education were used by the people on a self-driven basis. In the conditions of a nomadic lifestyle, the main forms of physical culture, and the key means of physical education remained horse sports, games, and fights – anything that required an active manifestation of will, physical traits, initiative, and self-control. [3]

In the modern society, where a different set of public and productive relationships is predominant, new requirements emerge for the education of the young generation.

Today, the main trend is the prospect of national sports and national games as a means of education of the youth.

Take, for example, *kazakhsha-kures*—the most popular sport of the Kazakh people. As an independent sport, *kazakhsha-kures* has been able to mostly conserve its main distinctive features thereby confirming its importance and character as a means and an instrument of self-identification of the Kazakh nation, and retain its national traits which at their core exert a direct influence on the forms of national education. [3, 4]

Such popular national sports as *alaman-baiga* (horseback riding for long and extra-long distances - 25, 50, 100 kilometers), *baiga* - a short-distance competition (for distances from 1200 meters and up), *adaryspak* - horse riding to throw an opponent out of saddle (one of the most intense and spectacular national games). The horse rider who is able to drag his opponent out of the saddle will win. In this contest, *zhigits* need to show not only exceptional endurance, strength, dexterity and will to win, but also the ability to stay in the saddle in the most difficult situations. *Kokpar tartu* - fight for a goat, *kyz-kuu* - catch-a-girl, *jarga-zharys* - horse race on pacers (for distances ranging from 2 to 10 kilometers), *sayyz* - riders' fights on kicks, *jambu-atu* - shooting at a target using a bow at full gallop, *kumis-alu* - one of the peculiar national sports that requires participants to be extremely speedy, agile, and bravely steer a horse (a rider must pick a coin at full gait), and *togyz-kumalak*, an intellectual game. National games are an object of attention even today, becoming a more popular and effective means of education.

National sports develop and improve the physical qualities (strength, agility, endurance, speed, flexibility) that are necessary for future specialists; they cultivate general endurance, develop the accuracy of motor and visual sensors, coordinate motor actions in order to develop and ensure their full manifestation in various types of activities — be it labor, sports, or professional activities. And this process is a prerequisite for the formation of a new person, the comprehensive development of a personality, the improvement of lifestyle using all types of physical education. Physical culture and sport, when one is actively involved in this process, represent one of the important factors in the spiritual life of students in education in the spirit of national traditions.

Summary: all kinds of national sports are aimed at developing physical and spiritual qualities in the young people, such as physical strength (*kazakhsha-kures*), stamina (*alaman-baiga*), dexterity (*kumis-alu*), precision (*zhamby-atu*), and ability to analyse a multitude of data (*togyz-kumalak*).

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