

DOING GYMNASTICS IS A GUARANTEE OF HEALTH

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ABSTRACT

As our nation approaches the rivification threshold, practical initiatives are implemented in phases and allow for mass sports during the years of independence as well as active forms of organizing leisure time for the general public, particularly student youth. In accordance with Uzbekistan's national policy, physical education and sports development as well as the promotion of a healthy generation have taken on greater importance in an effort to achieve both physical and spiritual perfection. We will also be able to support a healthy lifestyle in society if we can increase young people's interest in the field of sports. The idea that participating in gymnastics sports is a guarantee of health is discussed in this article.

KEYWORDS: *sports, gymnastics, health, engagement, upbringing, younger generation, promotion.*

INTRODUCTION

Undoubtedly, in the process of educating physical and mental health, the ideas of humanism on the fundamentals of a healthy lifestyle, physical education, and sports means become one of the priority goals for the use of its forms and methods, in addition to today's spiritual and educational education of the younger generation, which is growing up on the foundation of a national idea. the identification of gifted students and the use of more effective techniques for fostering their talents, the individual choice of sports and its preservation as a discipline in the system of required physical education for the development of sports in children and adolescents, the use of technologies at a high level of health and basic physical training of adolescents, especially in the field of sports a national.

Improvement of sports club activities in academic institutions with a focus on physical culture and sports and the implementation of a rating assessment system in the section of Olympic National and other sports also serve as a special basis for raising their activities to a qualitatively new level. This is part of the program for the further development of mass sports of physical education in the Republic of Uzbekistan. It is planned to invest more than 995.2 billion soums within the framework of this initiative between 201 and 2021. Over 706.2 billion soums of this amount will go toward building, renovating, and upgrading 167 sporting facilities, including 90 sports complexes and 77 swimming pools. As such decisions are practically expressed, We will not be renewed if we take the first step to practically increase the interest of the younger generation in sports.

The goal of developing physical culture and mass sports in our nation, educating the younger generation in every way possible, raising them to adulthood, and being able to adequately defend the honor of our motherland with the backing of our anthem at international sporting events lies in these reforms, according to the head of state. Basically, it is becoming a priority of the nation's socioeconomic growth as a crucial element in the maturity of representatives of the physical education and sports fields on a spiritual level. In the process of physical education, it is necessary to strictly pay attention to the physical fitness and needs of the state of health of each student. Violation of these requirements undermines health, reduces the effectiveness of training. Physical education is the only educational process that forms the need for health strengthening, which treats the organism of students incorrectly in relation to their body, contributes to the education of volitional and moral qualities.

Focused planning of the training process is a prerequisite for the targeted physical education process. The development of a supportive community among students, particularly those involved in physical education and sports, approaches the educational process in terms of its efficient organization and clearly defined pedagogical tasks. Physical education and sports have an unequaled significance in elevating the homeland and people's reputation around the world. This is supported by Uzbek Youth's successes in a number of prominent international events. Because the foundation for Uzbekistan's progress and the future is the right generation. People who reside on this land must be in good bodily and mental health for the motherland to be great. The upbringing of the spiritual and physical harmonious generation is not just a national need, but a matter of universal importance, which is a kind of noble goal for all fraternal peoples who were born and raised in our multinational homeland and spread a vein. In the famous word of Lev Tolstoy: "in order to be spiritually healthy, one must cheer up".

The sport of rhythmic gymnastics is ideal for girls in every way and is crucial to their development physically and physiologically. In our nation, this industry's growth is creating numerous opportunities. In turn, this has found expression in the accomplishments of our female gymnasts. When introducing students to the subject of gymnastics, we do so by having them practice the most basic acrobatic moves using sports equipment during the lesson. Examples include jumping on a rope, training with an interroom, pulling, hip increases, standing on shovels, etc. It is crucial to adhere to safety procedures when conducting gymnastics activities. They are:

1. In gymnastics classes, first of all, it is necessary to be disciplined, strictly follow the procedure for performing exercises and the rules of safety techniques.
2. Before completing the main task, it is necessary to warm up the body for 2-3 minutes.
3. Before performing exercises on gymnastic equipment, it is necessary to check them one by one. It should not be used without making sure that the gymnastic equipment is firmly installed and carefully fixed.
4. And before performing acrobatic exercises, it is necessary to attach importance to the laying of mats on the ground. Because a gap may remain between them, and the Hopper may come to the range.

Exercises that involve acrobatics help people build strength, agility, speed, fragility, daredevilry, perseverance, and the ability to find the correct landmark in space. It is advised that the learner complete no more than two exercises in this. Perform each exercise two to three times. A rest

period of one to fifteen minutes must be scheduled in between them. A complex of morning gymnastic exercises can be put together on your own and performed appropriately. Age-appropriate gymnastics activities are also important. If you listen to soft music as you exercise in the morning, all the better. Jumping rope, using sports equipment, balance-keeping exercises, and acrobatic exercises are all appropriate gymnastics workouts.

When pulling on a rope, it is first learned to play and hold the legs on the rope. Then it is learned to take the rope between the legs and clamp the rope between the paw of one foot and the heel of the other. Two methods and three methods can also be taught to pull on the rope. The rope is held tight only by the paws-heels of the legs, and not by the knees. Even when the arms are full, the rope with the legs is kept clamped tightly. Even when falling back from the rope, it will be necessary to fall using the arms and legs in a row. Slip fall is not possible. Gymnastics is a very elegant and interesting sport. Sport is an ambassador of peace, a celebration of beauty, health. Today, our athletes, young people go out to the world arenas. They are all the fruits of action and correct orientation. As a result of a qualified coach and the conditions created, they can be overcome and achieve high heights.

It is unquestionably necessary to take rhythmic gymnastics seriously from a young age in order to display excellent performance in the sport, or, if not, to attain high results. It should be remembered that girls between the ages of 5-7 are regarded to be in a stage of rapid and extensive bodily development. The functions of the body's mobility have advanced significantly by this age. As a result, children of this age typically lead busy lifestyles. Children between the ages of 5 and 7 have particularly important bone structures because rhythmic gymnastics involves activities that need flexibility of the spine, joint pliability, and lack of strength.

In children of this age, the heart, respiratory, muscular, nervous systems are not perfectly developed. The ability to concentrate, work mentally is not much, only 15 minutes. The reactions of the game and imitation of someone are well developed. Due to the good development of these aspects, it is advisable to direct girls of small age to the sport of rhythmic gymnastics. Separately, it should be noted that this sport is not widespread throughout our country, in particular, the fact that some problems in the development of rhythmic gymnastics sports in rural areas have not found little solution is the first problem, while the lack of specialists with high qualifications and knowledge in scientific, practical and theoretical terms is the second problem. When finding a solution to the above problems, it is advisable to take into account:

1. To establish the promotion of the development of the sport of rhythmic gymnastics in remote districts of our country.
2. On the basis of the interaction of the neighborhood Citizens ' Assembly and sports schools, conduct round tables with the population, especially young people, of athletes who have achieved high results in sports.
3. Delivery to the general public based on evidence that has little scientific and practical evidence. In order to increase the activity of young people in this matter, it is important to carry out extensive work on a clear plan in cooperation with the Youth Union.

In Conclusion, Early participation in sports has a significant impact on a person's growth in terms of both physical maturity and spiritual, mental, and emotional development. Playing the sport of artistic gymnastics not only benefits girls' physical development and health from a young age, but it also plays a crucial role in the development of a complete body structure and

good posture. In every way, our healthy adult girls are leading the way in the development of the next healthy generation. In other words, a healthy mother will give birth to a healthy child. To date, much attention is paid to strengthening family health in our country: it is no coincidence that it has also found its expression in the strategy of actions to strengthen family health, protect motherhood and childhood, expand the use of quality medical services for mothers and children, provide them with specialized and high-tech medical care. And regular practice of rhythmic gymnastics will create the basis for the birth of healthy children in our country, as well as healthy girls. To be healthy, too, it is necessary to regularly engage in physical education and sports.

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