

## STAGES OF DEVELOPMENT OF THE SPORT OF GYMNASTICS AND ITS ROLE IN THE SYSTEM OF PHYSICAL EDUCATION OF UZBEKISTAN

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### ABSTRACT

*In Uzbekistan, a unified system of tools and practices for physical education has been developed. One of these tools, gymnastics, is one of the most well-liked, and it has a legitimate position in this system. The mission of "educating the next generation from childhood in a physically healthy way, ensuring the harmonious development of physical and spiritual energies in them" is one that is helped by gymnastics instruction. It is not by accident that the gymnastic sport has long been regarded as the mother of all sports; for a large number of sports, sports equipment and jichoses at structures have served as the means of completing exercises intended to develop physical capabilities. This article provides feedback and feedback on the stages of development of the sport of gymnastics on its role in the system of physical education of Uzbekistan.*

**KEYWORDS:** *Gymnastics, Sports, Physical Education, Theory, Stages Of Development, Tools, Children, Adolescents.*

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### INTRODUCTION

Gymnos, which means "naked" in Greek, is where the word "gymnastics" originates. The Greek word gimnotsike, which derives from the word gummazs, which means "exercise," also refers to a system of carefully chosen physical exercises and methodological techniques that a person uses to strengthen his health, educate himself physically in every way possible, and enhance his motor skills, strength, agility, speed of movement, endurance, and other qualities. Particularly crucial to young people's physical development is gymnastics. Gymnastics' many techniques and approaches aid in the more effective completion of elementary physical education activities while also laying the groundwork for the development of children's and teenagers' physical and motor abilities as well as their functionality and adaptability.

Everyone can participate in gymnastics, including children, adults, seniors, and novices, as long as they are prepared and in good health. Other places where gymnastics is practiced include preschools, schools, secondary and higher education institutions, volunteer sports organizations, production and treatment facilities, rest and sanatoriums, and the Uzbek Army and Navy. Numerous people also practiced gymnastics in their houses while listening to the radio, watching TV, staying under the surveillance of home authorities, etc. The reason gymnastics is so popular is because everyone can understand and use its instruments, and there are many exercises to choose from to complete different physical education responsibilities. In gymnastics classes,

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vital necessary skills and abilities are acquired and improved. The educational importance of gymnastics is also very great.

The conditionality of the precise distribution of educational tasks, the frequent application of the analysis and synthesis of movements are complicated in the variety of execution options of the studied movement activities, the study of a vast array of physical exercises that are diverse in terms of endless combinations of movements, form, and coordination—all of this enables those involved to learn to evaluate their performance. Gymnastics is a useful tool for educating someone about aesthetics. The movements of the performer must be fluid and expressive, self-sufficient, and graceful in order for the technique of executing gymnastic exercises to be excellent as demanded by the gymnastics-specific style. As a result of doing gymnastics, the handsome Kaddi-qat has a split, defects in the structure of the torso are healed, a very good proportionality is achieved both in the development of certain vapors of the torso and in the development of the torso as a whole.

A powerful example of how physical education and mental education may coexist is gymnastics. Participants' mental processes result in the gymnastics movements. gives you the ability to adjust to various conditions of your muscle activity, promotes activity, and aids in the development of a predisposition in the central nervous system. According to P.F. Lesgaft, who assessed gymnastics' importance in schools, "mental and physical education are so closely intertwined that they constitute an integral function of the school; because any one-sided development makes teaching a booming, of course, and does not create conditions for formation as a harmonious person", physical and mental education are so closely intertwined that they constitute an integral function of the school.

One of the key points is to consider the features of young children's physical development in their bodies. To do this, it is advised to work with each child under medical supervision. Another significant concern is that males in Uzbekistan are short, with legs that are shorter than the waist-high portion of their torsos. As a result, it is much more challenging for them to demonstrate a high performance in sports like football, handball, basketball, volleyball, and athletics that are ranked based on sporting events. Scientists have undertaken a number of studies on these various topics. According to the analytical conclusions of scientists, much more problems in the physical formation of a child are mainly related to genetics, that is, heredity. It is emphasized that this is mainly caused by incest. However, this should be proved with more convincing evidence.

In addition, the National Indigenous people, or the offspring of our nation, have strong hand muscles and shoulders that are on par with those of any other country in terms of development. This is demonstrated clearly by the fact that our nation's extremely developing sports, such boxing, wrestling, and Oriental Solo Wrestling, have achieved international recognition. Therefore, it is essential to investigate the morphological development of children, carry out independent research, and create new, enhanced child development programs. Gymnastics is used to educate, enhance physical abilities, increase health, extend life, and lead an active lifestyle. Forms and arms with special knowledge of important life actions, skills and competencies (including practical and sports skills).

Gymnastics, which brings up moral, volitional and aesthetic qualities, created on the basis of modern new pedagogical technology in the field of physical education, achievements of science, is further developed in our country and is widely applied to people's lives. The role of gymnastics is great in the formation of children and adolescents both physically and mentally. Its

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variety of tools and methods occupies a high place in the performance of elementary physical education tasks. The basis for the education of physical, mental and movement qualities in children and adolescents is created and the possibilities of resistance of the body to the external environment under the influence of a functional, physical means of exercise are grown.

The following researchers discovered that the first home gymnastics manual was published in 1855 by German physician Daniil Gottlieb Maurice Schreber. "Medical-home gymnastics" or "an expression of medical-gymnastic motions that are convenient for persons of different ages and genders, who do not require shells, manuals, to do always and in varied situations" was the name given to it. This work was translated into numerous languages in a short period of time. Ten times have been published in Russian. Although there was a lot of curiosity in these gymnastics, they soon stopped. The main reason is that there are 45 workouts in this complex, which he advised those who want to perform it selectively to do. But people require a pre-made structure; they don't want to make their own decisions.

Such a system was created in 1904 by the Danish engineer-military servant Yogan Müller. He called his book "My System" and promised that "15 minutes a day and you will be healthy." Its system consists of 18 conveniently selected exercises, the effect of which on the body was taken into account. He also recommended the introduction of water procedures into zaryadka. As a result of the emergence of a similar large number of morning Gymnastics systems, people were encouraged to care about their health. At the moment, millions of people start their day from the charge. So the charge will give freshness and good mood.

The creation of the national gymnastics system dates back to the beginning of the 19th century. This was a consequence of social demands. The methods of making a war required simultaneous action, accurate execution of orders, ranks on the battlefield. Gymnastics for educators and doctors of that time seemed to be one correct way to physically educate young people at once. By the first half of the XIX century, three directions began to stand out in the development of gymnastics:

1. Hygienic orientation (Gymnastics was considered a means of strengthening a person's health and developing his physical strength);
2. Athletic orientation (Gymnastics was considered a means of developing a person's quality of movement through the use of complex exercises, including those performed on gymnastic equipment);
3. Practical orientation (Gymnastics was considered a means of teaching soldiers to overcome various obstacles encountered in war).

The sport of hygienic gymnastics is practiced both individually and in groups. This gymnastics can also be done in the afternoon or evening (after 1, 5 to 6 hours after eating) in addition to the morning (1.5-2 hours before sleep). Children, teenagers, and elderly adults can participate in a variety of exercises for universal training that are broadcast on the radio. These complexes don't have enough nagruzka for people who frequently play different sports.

**In Conclusion**, gymnastics is an exercise program designed to help people achieve physical harmony. Long before the modern era, the Ancient Greeks developed this system. Along with sprinting, jumping, javelin and discus throwing, mass wrestling events, and punching in carts, there are also general physical activities like horseback riding, swimming, dancing, and

gymnastics. All of these contests were a part of the Olympic Games' competition. Not just the Greeks were knowledgeable about gymnastics in antiquity. Gymnastic exercises were also used in China and India thousands of years ago, primarily for therapeutic reasons. Even back then, specific apparatus that resembled some of the modern gymnastic equipment was known.

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