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THE IMPORTANCE OF SPORTS GYMNASTICS FOR PHYSICAL TRAINING

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Seyitbekova Zulfiya Reyimbek qizi

2nd year student of the Faculty of Physical Education at Karakalpakstan State University named after Berdakh, specializing in "Women's sport", Uzbekistan

ABSTRACT

The article talks about the importance of sports gymnastics in training the human body and moving it, and also focuses on the history of its importance.

KEYWORDS

Sport, gymnastics, health, body, strength, training, culture, competition, preparation.

INTRODUCTION

Sports gymnastics is one of the main types of sports. Gaining physical strength, strengthening health, and making sure one is prepared for anything are its primary goals. Sports gymnastics additionally has unique qualities of its own, such as promoting physical health, preventing and correcting changes in the body, healing injuries and restoring the capacity to move normally, and requiring the performance of targeted actions. In the human existence, gymnastics is an essential kind of specialized physical training.

The term "sports gymnastics" was originally used in the 8th century BC, during the era of ancient Greek culture. Physical education was taught in what were known as gymnasiums in the schools of the ancient Greeks. The workouts were done in the naked.

That's where the word "gymnastics" originated. Physical exercise was employed for a variety of purposes in ancient Greece. Activity types referred to as "agonistics" were beneficial in helping athletes get ready for matches, while "gymnastics" were complexes utilized for overall body development. The Hellenic model for physical education was adopted by the ancient Greeks, and also made contributions to "Greek gymnastics": a wooden "horse" for teaching young people how to ride horses, a "door" that creeps out to overcome various obstacles, and the appearance of "walls." There were acrobatic exercises performed by the Romans as well. It produced good conditions for horseback riding and the development of acrobat-artists' talents in the intervals that followed

each of them. Consequently, as sports gymnastics gained popularity and developed, it also had an impact on society and advanced science, culture, fighting techniques, and military techniques.

Gymnastics was included in the program of the first Olympic Games. In addition to sports, gymnastics is also widely used for its health benefits.

Specialized gymnastics exercises were utilized in military sports training in several Western European countries during the 18th and 19th centuries, inspired by the Middle Ages in Ancient Rome. They practice gymnastics, which is thought to be the only activity that may improve a person's health. The reasons listed above support the widespread use of gymnastic activities in training for people of all ages.

The foundation of the physical education program is sports gymnastics. Gymnastics is based on any physical education exercise. For instance, warm-up activities always start with the preparation of specific exercises in physical activity sports. For example, getting up early in the morning and doing some exercises is said to be the most crucial factor in the development of gymnastics.

Sports gymnastics is the foundation for all human skills, including correct health formation and the development of human strength, physical beauty, and movement. Doing gymnastics for sports is a person's way of preparing for life. The two primary directions of sports gymnastics are as follows. Identifying and categorizing gymnastics trainings during the physical education system's development

Tasks of gymnastics:

1 Improvement of fitness, mobility, and strength; instruction on proper body construction; and a rise in the quality of services provided to body parts. Standing

and stepping back to the line, hand exercises, jumps, basic acrobatics, and movement games are all part of basic gymnastics. Preschoolers, elementary school students, secondary school students, special education facilities, and higher education institutions all include basic gymnastics in their curriculum.

2. The goal of sports gymnastics is to train athletes physically, to help them grow their bodies, and to help them develop individual movements that are components of movements through research. Sports gymnastics is a type of physical training equipment. The primary objective is to enhance an individual's flexibility, aiming to attain superior athletic abilities through the development of the body.

3. Sports gymnastics is another tool for enhancing mobility. Its primary workouts offer exceptional movement harmony and beauty. This gymnastic is exclusive to women. The unique workouts in this gymnastics include walking, running, jumping, and different rotations. Some of the folk game components are also similar to "aerobics" on the outside. Numerous running, jumping, and gaming actions are included in this gymnastics.

4. Sports gymnastics with therapy methods come in the most convenient varieties as well. Gymnastics has a significant positive impact on one's health. Every age used unique medical attention and accompanying physical training. For instance, the tools used to treat illnesses in the human body were made by nature and included things like light and water. Therapeutic gymnastics aids in both the disease's prevention and treatment.

5. body parts enhance target direction in space through a variety of motions and situations, such as overhead jumps.

6 Sports gymnastics is beneficial for physical education during work hours, work activity, and worker wellness.

CONCLUSION

In conclusion, sports gymnastics are crucial to human existence because they enable everyone to improve their health, rise, develop, be mobile, and receive the education that their early years and adolescence are meant to receive. Thus, in order to meet the demands of the modern world, our primary goal should be to research, teach, grow, and inspire enthusiasm in this field.

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