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METHODS OF ORGANIZING NON-TRADITIONAL FITNESS CLASSES

Submission Date: November 10, 2023, Accepted Date: November 15, 2023,

Published Date: November 20, 2023

Crossref doi: <https://doi.org/10.37547/ajsshr/Volume03Issue11-09>

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ABSTRACT

Many scientific studies show that leading a structured life, being constantly active, reduces the chances of developing many diseases and prolongs life. Of course, we do not imagine people who are sick and have some health problems in the image of a modern person, but people who are businessmen and at the same time healthy and energetic people in all respects.

KEYWORDS

"Rope skipping", rehabilitation, public sports, professional training, methodological recommendations, isometric, static contraction.

INTRODUCTION

At a time when the times are rapidly developing, new types of sports, which are widespread and popular among schoolchildren in our country, have begun to appear. However, it was not possible to implement them, so to speak, to introduce or apply them. Because their implementation requires a large amount of funds and requires all kinds of expensive equipment and facilities. (This is almost impossible at the moment). In

addition, in the era of alternative physical education, among other sports, there is the sport of "Rope skipping", which is an effective means of physical activity for people of any age.

Below, we will outline the agenda, which should be followed not only in mass sports training, but also in any other physical exercises, which will increase the

effectiveness of professional training, enrich the knowledge and skills of the theory and practice of STT physical culture. we brought to your attention methodological recommendations. They are:

- 1) Starting the training with the simplest movements and then moving on to complex movements;
- 2) Follow the rule that sharp movements should be performed in the middle of training;
- 3) gradually increase the pace of each movement act or movement activity;
- 4) Choose the level of loading that you will cause when performing exercises and movements based on your own internal capabilities (if you do not know, get expert advice);
- 5) Make it a habit to master and perform movements and exercises step by step until certain skills are achieved;
- 6) Gain an understanding of the consequences of the speed of action;
- 7) Don't follow the example of "I am not less" without the necessary preparation for an action that does not match your strength;
- 8) Making it a habit to perform the same exercises in different initial situations;
- 9) Differentiate between muscle fiber stretching (isometric), straining, and static contraction movements;

- 10) Establish control of changes related to physical development, physical fitness;
- 11) Having special knowledge about the rational composition and rate of eating;

In addition to the above-mentioned traditional fitness sports, we have brought to your attention some of the popular fitness sports in our country, with the intention of using them in your daily routine.

Those engaged in "Rope skipping" training; if there are defects in the cardiovascular system, the spine (sick kiss), then it is recommended to consult with the doctors and exercise at the expense of certain restrictions.

Jumping over the rope with various movements is a fun activity that allows students to develop their physical qualities and improve their physical fitness. Lida - educates him as a real athlete.

It affects all the muscles of the body in a comprehensive manner, correcting the shape of thin legs. As a result, it is possible to exercise almost as much as possible in the training, which is also important because it is very effective for the muscles that are difficult to use, in particular: the hamstrings, the back muscles. During training, the body is compact, flexible and flexible.

As a result of our scientific research on "Rope skipping", as a result of studying almost enough

scientific literature and methodical developments in the classes of countries that have developed in all fields, as well as extracurricular clubs, we decided to organize clubs through this type of sport in our country. we came to the conclusion that it is necessary.

rope-skipping is a complex movement activity with an average of 120 jumps per minute (jumping and) difficulty, it engages core muscles It has a great effect on the activity and strengthens the heart and respiratory system. It develops general endurance, speed, strength, and gives the exercisers a high level of emotional pleasure.

Rope-sipping, the main part of the technical elements consists of jumps, which are: bending the right leg and hanging on the yard of the legs (Twist), kneeling, horizontal, frontal, vertical, changing its place in relation to the rope , consisting of 180-degree to 360-degree spin jumps and various other jumps.

Rope-skipping contest (competition) programs consist of 2 parts:

- A) Only one arg' amchi support different jumps .
- B) It consists of jumps on 2 or more ropes at the same time.

The important aspect of the program is that both of these are divided into mandatory and optional types.

In the first stage of jumping - the number of mistakes (quality) made in 30 seconds, and in the second stage of jumping consists of combined jumps rich in acrobatic elements.

Rope-skipping is also distinguished by the fact that it does not require a lot of money, for this it is enough to have a longer rope, a comfortable sports uniform and a little music.

Based on the following formula, we will be able to calculate the points that will be obtained during training.

- 1) At least 10 minutes continue which in training :

$$P = (0.005 * M - 0.1) * t$$

Here : P - Point amount .

M – per minute number of jumps (steps) , T – Exercise continue reach time _

For example 5 minutes of 100 jumps during consists of study _ training if we get , then : $P = (0.005 * 100 - 0.1) * 5$
= 2.00

- 2) 10 minutes more than continue which study _ training the formula for $P = (0.005 * M + 0.1) * t - 2$

For example of 100 steps per minute consists of 15 minutes __ training seeing we get : $P = (0.005 * 100 + 0.1) * 15 - 2 =$

7.0

Basic movement technique teach __ methodology . " Rope skipping" actions art level performing , basic to the elements based on actions of technique set as our view can _

* These elements consist of double jumps that every athlete can perform, namely: left and right leg twist (Twist) movements, right and left kneeling (kneeling) jumps, left and on the right, alternate jumps (steps), 180° or 360° turning jumps are shown as examples. According to age characteristics, "Rope skipping" as a physical activity is the most convenient movement activity for people of different ages. This creates virtually limitless opportunities for children, teens, middle-aged adults, and seniors to enjoy rope skipping regularly.

Depending on the inventory, you will need ropes of various lengths, a comfortable sports uniform and musical accompaniment to organize "Rope skipping".

Arg' cunt size almost individually _ differently will be His the most alternative measure _ path (unity rope in particular word is running): rope (sport) rope in the middle standing up rope the ends hand take it under (armpit). come to himself suitability identify take can _

Double arg' cunt size - from 3 meters up to 4.5 meters to be can _

Movement activity xar different types comparative characteristic

Criteria	Rope skip- png	Running , walking . _ –	Velo - s i pedda walking	Aerobics	Swimming	Tennis, badminton
Endurance	4	4	4	4	4	4
Muscle power (high limbs - legs .)	4:4	2:4	2:4	3:4	4:4	3:3
Being spent calorie	4	4	4	4	2	3

Study _ to training strangled need	4	4	1	4	4-3	4-2
Simplification is simple	4	4	2	4	4	3
To the weather looking	4	3-2	2	4	4-2	2
Opportunity	3	4	4-3	4	3-1	2
Variable _ actions	4	1	1	4	2	3

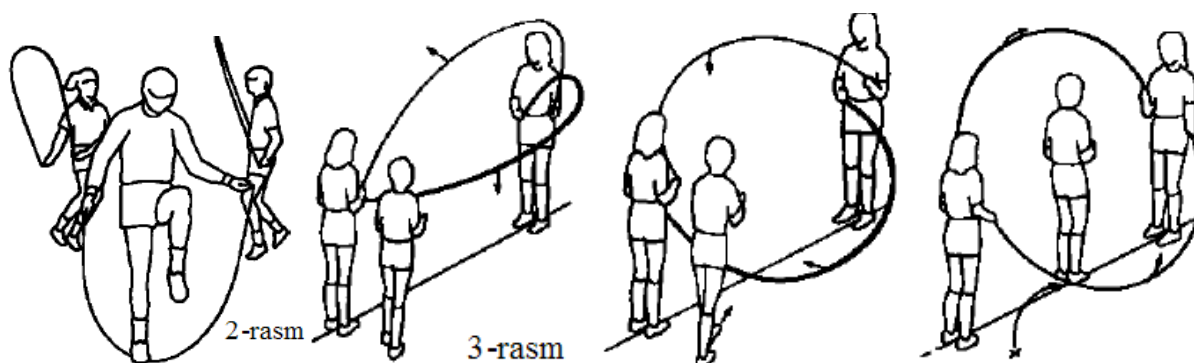
Note : 4- excellent , 3- good , 2- satisfactory , 1- bad.

Those who want to master the elements of rope skipping in physical education classes are required to jump on the rope for 5-10 minutes, and spend 10-20 minutes to perform these actions in the form of a group.[4]

"Rope skipping" competition programs are divided into 2 parts:

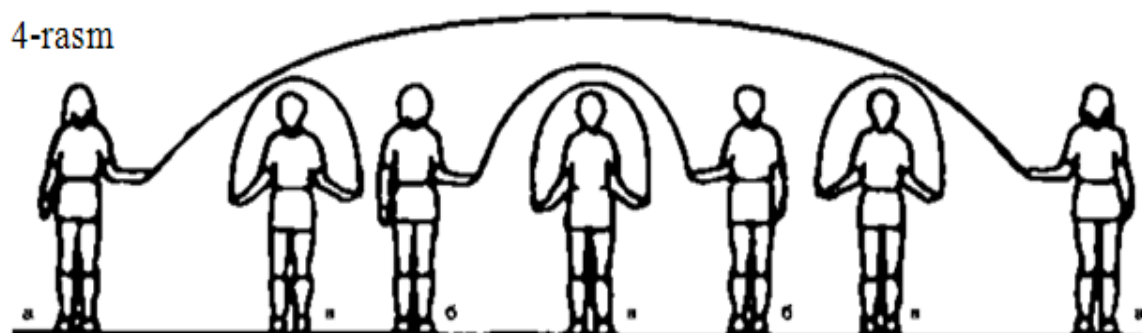
A) Single rope – 1 rope movement if (Fig. 2).

B) Double dutch - 2 arg's pussy jump from programs consists of (Figure 3).



This is special emphasizing tooth _ appropriate will be , of the program each both part is also optional and mandatory to programs is divided .

Mandatory program - jump speed in terms of " on a rope". called "run " and maximum jumps amount in 30 seconds 1 and 2 arg am jumps . In competition results who many (quality) jumps _ done by increasing less amount way to mistakes (stops). that he put in consideration is obtained (Fig. 4).



Optional the program is arg' amkid different combined jumps , as well as displacements , acrobatics elements , rope transmissions organize is enough

"Rope skipping" depends on the interests of the participants , according to the level of physical development, as well as age and physical health . according to carried out in the following direction:

- 1) Step 1 in the recovery direction (improvement) - loads of low and medium intensity.
- 2) In the direction of recreation (entertainment) - games, relays with a rope, shows.
- 3) Sport direction "Rope skipping" for competitions - optional and mandatory programs.

Jumping rope allows you to train many muscle groups at a high level at the same time. Such training is considered a convenient tool for those who want to lose weight, and it is a very useful exercise because it actually requires a high level of energy expenditure.

At the same time, it helps to develop important qualities such as agility, quickness, endurance, and strengthens the cardiovascular system and respiratory system. As mentioned above, those who play sports are an integral part of training.

The goal is to determine the effect and effectiveness of "Rope skipping" on the physical fitness of students.

"Jumping rope" works different muscle groups (see Figure 1) to coordinate leg movements and helps the body develop both aerobic and anaerobic capacity.

It is advisable for those who want to achieve a result with the "Rope skipping" training processes proposed by us, putting very high loads on the body, to participate in it at least 2 times a week.

"Rope skipping" training is the best tool for improving the cardiovascular system. That's not all, medical scientists emphasize that: "Rope skipping" has been found to be 90% effective in reducing oxygen demand and calories burned, and it is possible to increase it during training. the facts are cited. It is desirable to organize the training process of "Rope skipping" for at least 10 minutes (if 15 minutes is organized, then it is very good).

In the training of "rope skipping", he should make an average of 75 turns of the rope in 1 minute. If we compare it with running (medium and long distance), it is possible to reduce the load as much as possible by changing the speed during running, but it is not possible to do this while doing "Rope skipping". : During rope skipping, initially the heart rate increases due to the jumps, but if we decrease the frequency of the jumps, the hand movement increases, which in turn causes the heart rate to increase even more. Oxygen debt occurs within 5-6 minutes of movement. Therefore, jumping rope is considered the fastest and most effective tool for developing leg muscles by

improving the functioning of the cardiovascular system and strengthening them in terms of oxygen demand. Based on the above, we can come to the conclusion that it is possible to engage in any type of physical activity by jumping on the rope. Running gives the same effect as jumping rope only if it increases the endurance of certain muscle groups, and jumping rope contributes to improving coordination of movements.

Dr. Kenneth Cooper, the "father" of modern physiology science, compared the loads on the cardiovascular system of jumping rope for 10 minutes with other types of physical activity, in particular: jumping rope for 10 minutes can cover a distance of 2 miles (note 1-mile 1.609 meters 1-yard 91.4cm) means that cycling for 6 minutes is equivalent to swimming for 12 minutes or playing cord tennis in 2 teams or running 1 mile. In addition, I want to say that jumping for 15 minutes burns 200 kcal. This, in turn, makes it possible to control weight.

Kenneth Cooper suggests the following loading procedure: Based on his research for several years, he suggests that boys should move by scoring -35 points per week and girls -27 points per week. The structure of the main loads depends on its intensity, how many times a week the training is organized.

Training sessions different contingent according to structure and content

Exercise _ element	Physical status level		
	Low	Medium _	High
All training _ continue to reach (minute)	30-40	45	45+
Work intensity	Low	Average _	High
Actions done increase photo	Low	Average _	High
Exercises feature (Heart reduction and free) ni improvement for preparation exercises	Duration up to 20 minutes at low intensity _	Average _ in intensity . Duration 10-15 minutes	High in intensity , duration until the 10th minute.
Training main part _ A e rob muscle power , power endurance to develop directed .	Duration Up to 10-15 minutes at low intensity _	Average _ in intensity , duration up to 30 minutes	High in intensity , duration up to 45 minutes
Cyclic again recovery exercises	Duration (5) 10-15 minutes	Duration (5-10) 30 minutes .	Continuous g i 5-10 minutes .

How from being _ strictly look the most alternative study _ _ training sessions _ the following made up of parts (components) . to be _ must We came to the conclusion that d . It is advisable to use the training in the following order:

- Body warmer from exercises (razminka).
- Aerobic part _
- Cardiorespiratory component (Aerob potential to develop directed of the program one type).
- To the force directed _ part _
- Flexibility increasing parts (stretching),
- final (re restorative) part .

The structure, purpose, and physical condition of the rope skipping training described above may vary depending on many other influencing factors.

The initial part of the complex exercises will consist of aerobic exercises with several options. (walking, running, outdoor activities, etc.).

Training based on the circuit system of physical exercises built on the basis of the general lesson structure, consists of exercises lasting 15-20 minutes 2-3 times a week.

(Razminka). Warm-up exercises (10-15% of total time) include breathing exercises. Arms isolated and complex movements, joint movements of the legs and

body, in sequence (legs, wrists together, knees, hips, spine, shoulder and shoulder girdle, elbows) as well as local and regional muscle group exercises with a heart rate of 50-60 beats per minute was carried out in the range of intensity.

CONCLUSIONS AND RECOMMENDATIONS

"Rope skipping" is a new form of physical activity, which is a combination of acrobatic and dance, performed individually or in a group, and consists of jumps with the help of one and two ropes. includes

increases functional capabilities by having a positive effect on the blood circulation and respiratory system . Helps strengthen arm, leg and abdominal muscles.

"Rope skipping" program increases the interest of students in physical education classes, has a positive effect on the acquisition of skills and competences through physical exercises.

In terms of creativity, non-traditional organization on a large scale influences the aesthetics of practitioners and encourages them to explore creatively.

Starting the training from the simplest movements and then moving to complex movements, following the rule that sharp movements should be performed in the middle of the training, gradually increasing the pace of each movement act or movement activity; to choose the level of loading caused by performing exercises and movements based on one's own internal

capabilities (if not sure, get expert advice), to make it a habit to master and perform the movements and exercises step by step until a certain skill is achieved;

To have an understanding of the consequences arising from the speed of the action, and not to proceed without the necessary preparation to an action that does not correspond to its strength in imitation of "I am not less"; make it a habit to perform the same type of exercises in different starting positions, to be able to distinguish between muscle fiber stretching (isometric), tension, and static contraction; control changes related to physical development and physical fitness to have special knowledge about the rational composition and norm of eating.

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