

**MEANS OF MAINTAINING AND STRENGTHENING THE HEALTH OF
GYMNASTICS STUDENTS**

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Abstract: Gymnastics is a kind of physical activity that plays an important role in the process of body education and health. Practicing gymnastics exercises among students plays an important role in maintaining and strengthening health. Gymnastics tools are an effective tool for improving their mental and physical condition, ensuring their overall development.

Gymnastics exercises are especially beneficial for the spine, muscles and joints. It improves blood circulation throughout the body, ensures the efficient functioning of the cardiovascular system. Through this, physical strength and endurance increases. Among students, it is possible to prevent excess weight, increase muscle strength and improve flexibility through regular gymnastics exercises.

Keywords: Improve physical health, increase physical activity, improve mood, and promote functional health.

INTRODUCTION

In gymnastics, URM's are performed both in groups and in specially designed complexes. Individual exercises or their complexes are used to develop physical qualities. The complex of URM's is designed to meet various tasks of physical education. These exercises are used in hygienic gymnastics exercises for the purpose of improving health. In gymnastics and other sports lessons, they prepare participants for future motor activity and mastering more complex exercises.

1. Demonstration method.
2. Explanation method.
3. Simultaneous demonstration and explanation method.
4. Segmentation method.

Demonstration method; the exercise is shown to the student in a "mirror" manner, looking at him. To start the exercise, the command "take the initial position" is given, then the command "start the exercise with me" is given. The teacher repeats this exercise with the group 2-3 times. It is recommended to perform the URM's in 4 or 8 counts. This allows you to perform them in

accordance with the desired musical accompaniment. All movements taught to students by URM's are not performed according to orders. Rather, they are performed according to instructions. The teacher chooses a place for himself, taking into account the correct alignment of the students. He tells the students: "Accept the initial position, looking at me, carefully pay attention to the position of the arms and legs." "Start the exercise with me." "Do the exercise like me," he says. In this case, the task "finish the exercise" is given to complete the exercise. Explanation method. The instructor says the initial position from which the exercise begins and explains what needs to be done on each count. Kevin gives the command "Accept the initial position." He checks the performance and, if necessary, tells in which direction or with which arm and leg to start the next exercise. The movement is counted: "arms up, lean forward, bend, breathe" methodical instructions are used. Simultaneous demonstration is also an explanatory method. The teacher explains how to perform the exercise at the same time as demonstrating it. He draws attention to the most difficult parts. Then, using the commands used in teaching through explanation, the command is given to assume the initial position, perform the exercise and complete it. The method of teaching by parts. This method is used when teaching complex and unlearned URM's in terms of movement coordination. It provides an opportunity to clarify movements, perform them correctly, and correct errors. After the command "Accept the initial position", the instructor stops each count and gives instructions to perform the exercise.

Posture is important for the development and functioning of the organism. However, correct posture does not occur by itself. It takes a lot of effort to form it.

Young students often have such posture disorders as lateral curvature of the spine (scoliosis), anterior-posterior curvature (lordosis), flat back, hunchback, and flat feet. During the medical examination, the doctor must definitely draw a conclusion about the condition of the figure of each student and give specific recommendations in all cases. He may recommend special exercises of a corrective nature, wearing special shoes in some cases of flat feet. Regular physical activity, especially special exercises for the formation of the figure, which are provided for in the physical education of the I-II courses, plays a decisive role in the correct formation of the figure. Exercises for shaping the figure should be included in various forms, such as: in physical education classes, gymnastics before classes, physical education minutes in classes, in exercise complexes in physical education circles or sports sections. In addition, exercises for shaping the figure should definitely be included in physical education classes at home, especially in the morning hygienic gymnastics (charge) complex and physical education breaks during homework.

Exercises for shaping the figure in physical education classes can be included in the complex of general developmental exercises performed with and without objects, balance exercises, climbing and jumping, crawling, and also hanging exercises. The teacher has a great opportunity to develop the figure when conducting alignment and re-alignment, as well as dance exercises. But exercises for shaping the figure can be carried out as special complexes in physical education classes or as a separate type of physical exercise in extracurricular activities. It is advisable to regularly perform the following exercises that will help you feel the correct posture in any situation: stand with your back to the wall (it is even better if there is no protruding part of the plinth on the wall). In the pose, the heels, buttocks, shoulders and back of the head should touch the wall. Without changing this position, you should move away from the wall. It is necessary to suggest to the students that this is the correct posture and that they should remember and maintain it. To achieve good results in shaping the body, it is necessary to ensure that the student's body is in the correct position when sitting, standing, and walking. In physical education classes, the instructor must give students an understanding of gymnastic exercises on the topic "The Human Body and Its Care". It is necessary to correctly show students issues related to posture and teach them to maintain proper posture.

In the complexes of health-improving gymnastics, complex, difficult movements are used in accordance with the nature of the use of relaxation techniques (amplitude speed, frequency of repetitions and static tension in maintaining this position) to provide a good rest to the affected muscle groups. The complexes of relaxation of various muscle groups include:

- throwing certain parts of the body from top to bottom (for example, relaxing the raised arms up and down);
- shaking the relaxed part of the body (for example, relaxing the arms spread out to the sides and lowering them down until they intersect in front of you and vice versa);
- shaking the relaxed parts of the body (for example, with arms extended forward shaking the joints or moving the relaxed arms while straightening the body);
- shaking the relaxed parts of the body with the help of movement (for example: moving and turning with the legs wide apart, throwing the relaxed arms down); -relaxing some parts of the body in the initial free position (for example: relaxing the arm and shoulder muscles when leaning forward).

Muscle relaxation exercises: it is convenient to finish with stretching exercises. For example: with legs wide apart, on three counts, move the arms back and forth three times, and on the fourth count, relax the arms, bend the body forward and throw them down. We have fully reflected these exercises in the above description.

After the muscle relaxation exercises are fully completed, complexes are created, alternating them every month. The only regular and health-improving exercise for physical exercises is morning hygienic gymnastics, which is an important element of each student's personal hygiene. Morning hygienic gymnastics has a comprehensive physiological value. Firstly, it quickly increases the student's working capacity after sleep, secondly, it strengthens and tones the body's health, and thirdly, as a result of regular training of the functions of the muscular apparatus, cardiovascular, respiratory and other systems of the body, physical qualities develop. Coordination of movements improves. During sleep, physiological processes in the body decrease sharply, metabolism decreases to a low level. Body temperature decreases slightly, the number of heart contractions and respiratory movements decreases, the minute volume of blood and the amount of pulmonary ventilation decrease. Independently performed specific exercises are carried out to strengthen health, develop all-round, increase the capabilities of all functions of the physical organism. Morning hygienic gymnastics is the simplest, most convenient means for each student to regularly practice. It plays a positive role in strengthening the body's working capacity, improving blood circulation and strengthening the body. The effectiveness of morning gymnastics is based on compliance with hygienic rules, its implementation, the selection of special exercises, their norm, the intensity of the exercises and their execution. The hygienic direction is only a special task of individual gymnastics. It has a further health-improving value. Even the simplest complexes, performed regularly, strengthen the nervous, cardiovascular and respiratory systems and increase the body's resistance to other adversities. Gymnastics has a good effect on the mental state. Starting the day with gymnastics teaches a habit, a regular routine (therefore, going to bed on time). As a result, the whole working day is planned correctly. This is the organizational and educational value of the exercise. A person who regularly does morning gymnastics will certainly notice after a certain time that his muscles have strengthened, his figure and joints have improved. A person gradually acquires the ability to move in a rhythm without straining his muscles. The performance of the same exercises during the exercises. depends on their method and nature. Slow movements are usually performed to develop strength, while movements performed with sharp jerks or jerks over the entire amplitude are used to stretch joints and tendons. This helps to quickly bend and straighten joints. Morning gymnastics for girls should include exercises that strengthen the abdominal cavity, help develop flexibility and strength.

CONCLUSION

Gymnastics is very important as a means of maintaining and strengthening the health of students. It is an effective tool for improving their physical and mental state, supporting general

health. Regular gymnastic exercises for students help reduce stress, strengthen the body and improve the quality of life.

Gymnastics is an effective means of aesthetic education of a person. In order for the technique of performing gymnastic exercises to be as perfect as the style of gymnastics requires, the movements must be smooth and expressive, the performer's movements must be appropriate and graceful. As a result of practicing gymnastics, a harmonious figure is acquired, defects in the structure of the body are corrected, and very good proportions are achieved both in the development of individual joints of the body and in the development of the body as a whole.

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