



THE HEALTHY IMPORTANCE OF GYMNASTICS EXERCISES IN PHYSICAL EDUCATION CLASSES

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Abstract

This article discusses the importance of the use of gymnastics exercises in physical education lessons in strengthening students' health. During the study, the positive effect of gymnastics exercises on the physical development, movement activity and functional capabilities of the body was analyzed. They also considered the issues of proper formation of the body through gymnastic exercises, the development of muscle activity and the effective organization of the general wellness process.

Keywords: physical education, gymnastics exercises, wellness, student health, physical development, physical fitness, body formation, movement activity, healthy lifestyle, pedagogical effectiveness.

Introduction

Today, one of the most important tasks in the education system is to strengthen the health of students and ensure their physical development. In the modern lifestyle, decreased movement activity, prolonged sitting and excessive use of technological tools have a negative impact on the physical condition of students. Therefore, the use of effective tools in physical education lessons that serve to strengthen the health of students is one of the urgent issues. Of particular role is played among such tools - gymnastics exercises that help to maintain the overall development of the body, strengthen muscle activity, as well as improve movement coordination.

Relevance - gymnastics exercises, as an important component of the physical education process, plays an important role in the development of physical



qualities of students, the formation of the correct body and the effective organization of the general wellness process. The correct use of these exercises in physical education classes serves to increase the physical fitness of students, develop their movement activity and increase their interest in a healthy lifestyle. In this regard, the scientific study of the health-improving significance of gymnastics exercises in physical education lessons and the development of methods of their effective organization is one of the urgent tasks of pedagogy and physical education today.

The Purpose of the Study

To scientifically substantiate the role of gymnastics exercises used in physical education lessons in strengthening the health of students and their impact on their physical development.

Research Objectives

1. Study of the theoretical and methodological foundations of the use of gymnastics exercises in physical education lessons.
2. To analyze the impact of gymnastics exercises on the physical development and health of students.
3. Development of methodological recommendations on the effective use of gymnastics exercises in physical education lessons.

Review of Literature

-I.A. Karimov – High spirituality – invincible power This work covers the issues of comprehensive education of the younger generation. The need to foster a healthy lifestyle through physical education, including gymnastic exercises, is emphasized.

-R.S. Salomov – Theory and methods of physical education The book covers the theoretical foundations, methods and means of the process of physical education. Gymnastics exercises are cited as one of the main tools that promote the health of students.

-F.Kh. Khojaev – Pedagogy of physical culture and sports This resource describes the pedagogical principles of the physical education process. Through gymnastics



exercises, discipline, endurance and physical development are provided in students.

-A.A. Abdullayev – gymnastics and methods of its teaching The work describes in detail the methods, techniques and stages of teaching gymnastics. The health effects of exercise have been noted, especially its role in body straightening and muscle development.

-R.Q. Kadyrov – Methods of physical education in primary grades The book is devoted to the methods of working with primary school students. It highlights the importance of gymnastics exercises in strengthening children's health, increasing movement activity.

-Bompa Tudor O. – Theory and Methodology of Training This work provides a theory of physical training planning and periodization. Gymnastics exercises are touted as an effective means for the comprehensive development and recovery of the body.

-Baechle, Thomas R., Earle Roger W. – Essentials of Strength Training and Conditioning The book outlines methods for developing strength and endurance. It is stated that gymnastics exercises are an important factor in strengthening muscles and increasing overall physical fitness.

-Gallahue, David L., Ozmun, John C. – Understanding Motor Development This resource explores the developmental patterns of motor activity in children. Gymnastics exercises are seen as an important tool in building motor skills and ensuring healthy development.

—Corbin, Charles B. – Fitness for Life The book is dedicated to fostering a healthy lifestyle. It shows the importance of regular exercise, including gymnastics, in promoting health and preventing disease.

-World Health Organization – Global Recommendations on Physical Activity for Health This document sets out the standards and recommendations for health of physical activity. Gymnastics exercises are recommended as an effective tool for young people in maintaining daily physical activity.

In this study, a number of scientific and methodological methods based on an integrated approach were used to study the effect of gymnastics exercises in physical education lessons on the health of students.

In the research process, first of all, the methods of theoretical analysis were used. Thus, scientific literature on physical education, gymnastics and health, curricula



and normative documents were studied, the relevance and theoretical foundations of the topic were clarified. Advanced pedagogical practices were analyzed, and the health-improving possibilities of gymnastics exercises were highlighted.

At the practical stage, the organization of physical education lessons, the level of involvement of students in exercises and their physical activity were studied using the method of pedagogical observation. In the process of observation, the students' movement activity, the quality of exercise performance and the overall physical development of the students were noted.

Also, the method of pedagogical experience (experiment) was used in the study. During the experiment, students were divided into control and experimental groups, and in the experimental group they were trained on a special gymnastics program. The control group followed a traditional physical education program. Thanks to the results of the experiment, the health-improving effectiveness of gymnastics exercises was established.

Test tests and measurement methods were also used during the study. In particular, the level of physical development of students (endurance, flexibility, agility, strength) were assessed using special tests. Physiological parameters such as heart rate, breathing indicators were also measured.

Mathematical and statistical methods were used to analyze the results. Thanks to this, the results of both experimental and control groups were compared and the effectiveness of gymnastics exercises in health promotion was proved on a scientific basis.

In the study process, the effect of gymnastics exercises in physical education lessons on the health of students was studied on the basis of experimental and control groups. At the beginning of the experiment, it was found that the indicators of physical development of students in both groups were almost at the same level. This significantly ensured the objectivity of the experimental results. Throughout the experiment, a special program based on gymnastics exercises was used in the experimental group. This program included generalizing exercises, stretching, balance exercises, elements that develop coordination, and exercises aimed at correcting the body. The control group followed traditional physical education classes.

The results obtained at the end of the experiment showed that pupils in the experimental group had a significant improvement in indicators of physical



development. In particular, flexibility indices have increased significantly, which confirms the important role of gymnastics exercises in the development of muscle elasticity. Positive changes were also observed in balance and coordination indicators, indicating an increased ability to perform complex movements.

Endurance and strength scores also recorded higher scores in the experimental group than in the control group. This condition suggests that gymnastics exercises effectively develop not only the muscular system, but also the cardiovascular and respiratory systems. Improvement in the rhythm of heart rate and breathing depth was also observed in some students, which is another important indicator of a health-improving effect.

During the discussion, it was found that gymnastics exercises not only increase students' overall physical activity, but also increase their interest in classes. As a result of regular exercises, the pupils were able to form the correct body, reduce excessive fatigue and increase in working capacity. This further confirms the wellness and preventive importance of gymnastic exercise.

The results also showed that gymnastics exercises tailored for primary school students are fully appropriate for their age characteristics and give an effective result without excessive stress. This suggests that a pedagogically correctly chosen exercise system is important.

In general, the results of the study scientifically substantiated the use of gymnastics exercises in physical education lessons as an important tool for strengthening the health of students, developing physical qualities and forming a healthy lifestyle.

In conclusion, the results of this study scientifically substantiated the importance of gymnastics exercises in physical education lessons in strengthening the health of students. Experimental work has shown that the systematic and purposeful application of gymnastics exercises significantly increases the level of physical development of students.

In particular, gymnastics exercises have a positive effect on the development of physical qualities such as flexibility, endurance, strength and coordination. At the same time, these exercises improve the functioning of the students' cardiovascular and respiratory systems, strengthening the overall functional state of the body. Over the course of the study, pupils experienced the formation of a correct body, increased movement activity, and a decrease in cases of rapid fatigue.

Also, the regular use of gymnastics exercises serves to form a positive attitude towards a healthy lifestyle in students. This is an important factor not only for physical, but also for psychological and social development.

Based on the results of the study, it can be concluded that the effective use of gymnastics exercises in physical education lessons is an important pedagogical tool for strengthening the health of students, developing physical qualities and improving the overall effectiveness of the educational process

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