



# PREVENTION OF BODY DISORDER THROUGH GYMNASTICS EXERCISES METHODOLOGY

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## Abstract

This scientific article presents the theoretical and methodological foundations of the prevention of body disorders among children and adolescents with the help of gymnastic exercises. The study analyzes the factors influencing the formation of the body, the importance of physical exercises in the proper development of the spine, and methods of organizing wellness gymnastics classes. It is also recommended to use a set of special exercises aimed at strengthening the muscles of the back and abdomen, developing body balance and the formation of correct movement skills. The results of the study indicate that the systematic use of gymnastics exercises is an effective pedagogical tool for the prevention of body disorders. The article is intended in practical terms for physical education teachers, coaches and specialists working with primary school students.

**Keywords:** Gymnastics exercises, body disorder, body formation, spine, healthy physical education, preventive methodology, corrective exercises, muscle balance, physical development, primary school students, pedagogical effectiveness, movement activity, healthy lifestyle.

## Introduction

Currently, strengthening the health of children and adolescents is one of the priorities of the physical education system. As a result of the transition of the educational process to a more sedentary form, widespread use of information technologies and a decrease in activity, social disorders among students are increasing. Improper sitting, improper lifting of heavy loads, and low mobility can lead to deformities of the spine, due to the accelerated growth of the body and



the insufficiently robust formation of the musculoskeletal apparatus, especially at the age of the primary grade. Therefore, the organization of physical education classes in the direction of health, the development of effective methods for the correct formation of the body is of great scientific and practical importance.

### **Relevance of the topic**

Gymnastics exercises are recognized as one of the most effective tools for solving this problem, as they provide the development of a muscle corset, improve body balance and help maintain the physiological condition of the spine. The use of gymnastics exercises on the basis of science-based methodology is an important factor not only in the prevention of body disorders, but also in the formation of children's attitude to general physical development, movement culture and healthy lifestyle. Therefore, one of the most pressing scientific tasks today is the improvement of pedagogical approaches to the prevention of body disorders through gymnastics.

**The purpose** of the study is to prevent body deterioration in children and adolescents using a methodology developed on the basis of gymnastics, to ensure the proper development of the spine, as well as to determine the health-improving and pedagogical effectiveness of physical education classes.

### **Research objectives:**

- Analysis of the theoretical foundations of gymnastics exercises in the prevention of body disorders.
- Development and implementation in practice a complex of gymnastics exercises aimed at correcting the body and developing muscle balance.
- Taklif etilgan metodikaning o'quvchilarning jismoniy rivojlanishi va qomat holatiga ta'sirini pedagogik tajriba orqali baholash.

### **Literature review**

L.P. Matveyev's work "Theory and methods of physical education" covers the general theoretical foundations of physical education, the laws of movement activity and the principles of scientific organization of classes. The author emphasizes that the systematic and gradual application of exercise has a positive effect on the functional development of the body. These theoretical views are an



important scientific source for methodological grounding of gymnastics exercises in the formation of the body.

- V.I. Lyakh analyzes the methodology of physical education of schoolchildren, substantiates the need to organize classes taking into account age characteristics. He emphasizes the importance of movement exercises, exercises that develop coordination and muscle balance in the formation of the correct body in students. B.A. Ashmarin explains the pedagogical laws of the physical education process and scientifically substantiates the role of health-improving classes in the overall physical development of students.

-F.A. Kerimov's works shed light on the issues of planning sports training, load regulation and the development of movement qualities, which serve to the correct choice of exercises in the prevention of body disorders. T.S. Usmonkho'jayev and F.Kh. Khojaev presented the methodology of physical education lessons, showed the pedagogical value of generalizing and corrective exercises in the healthy development of students. A.A. Ismailov describes the methods of training gymnastics, recommends the methodology of practical use of body-correcting exercises.

-L.D. Nazarenko reveals the importance of health-improving gymnastics in a school setting, emphasizes the effectiveness of using a set of special exercises for the prevention of body disorders. In the studies of J.H. Wilmore and D.L. Costill, as well as W.D. McArdle, F.I. Katch, V.L. Katch, the physiological foundations of physical load, muscle activity and energy metabolism processes are widely covered, which scientifically explain the health-improving effect of gymnastics exercises on the body. T.O. Bompa and C. Buzzichelli develop the theory of training periodization and substantiate the need for proper planning of loading and recovery processes.

-M.J. Sharman, A.G. Cresswell, and S. Riek studies have shown "core stability" — the stability of the body's central muscles — as the main factor in body control in children. F.P. Kendall and E.K. McCreary, on the other hand, analyzed the biomechanical processes involved in muscle function and body function, scientifically substantiating that improper muscle balance is one of the main causes of body disorders. This set of scientific resources serves as an important theoretical and practical basis for the development of methods for the prevention of body condition through gymnastic exercises.



**Research methodology** - The research methodology is aimed at the scientific study of the topic "Prevention of body condition through gymnastics" and is based on the following principles:

- **The method of theoretical analysis** - the causes of body disorders, age characteristics, pedagogical approaches in the process of muscle balance and physical education were analyzed. For this purpose, scientific literature, monographs and articles on physical education, gymnastics and wellness exercises have been studied.

-**Experimental method** – a pedagogical experiment was conducted to determine the effect of gymnastics exercises on the state of the body among primary school students. In the experiment:

- **Control group** - performs standard physical education classes;

-**experimental group** – special gymnastics exercises are performed, aimed at the correction of the body and the development of muscle balance.

- **Observation and testing methods** – students' posture condition, muscular corset development and movement skills were regularly monitored. In this:

-visual surveillance and photo/video analysis;

-tests to strengthen the muscles of the back and abdomen;

-Standard measurements were used to determine body condition.

-**Method of distribution and comparison – the results** of students in the experimental and control groups were compared using statistical methods, the effectiveness of the exercises was assessed.

– **Development of practical methods** – based on the results of the research, a complex of systematic gymnastics exercises designed to prevent body deterioration and a methodology for their implementation in the classroom were developed.

This methodology serves to determine the effectiveness of gymnastics exercises in correcting the body and strengthening muscle balance by combining theoretical knowledge with practical practice.

**The results of the study and the influence** of the methodology developed on the basis of gymnastics exercises on the state of the body of students was studied through pedagogical experience. In the experiment, elementary school students were divided into control and experimental groups. During the training, the experimental group routinely practiced special gymnastics exercises aimed at



correcting the body (strengthening the back and abdominal muscles, stretching, balance and coordination). At the beginning of the study, most of the schoolchildren had a forward bend of the shoulder, an abnormal position in the lumbar area and muscle weakness, and at the end of the experiment, a significant improvement in the body performance was found in the students of the experimental group. The strength of the spinal muscles increased, body balance improved, and the skills of standing and walking correctly were formed. While there were positive changes in the control group, they did not produce significantly higher outcomes.

The results obtained showed that systematically and methodologically correct organization of gymnastics exercises is an important factor in the prevention of body disorders. In particular, the combination of static and dynamic exercises had a beneficial effect on strengthening the muscular corset and maintaining the physiological condition of the spine. The introduction of game elements and step-by-step loading in the sessions increased the interest of the students and improved the quality of the exercise correctly. This served to increase pedagogical efficiency.

In the course of the discussion it turned out that the prevention of body image disorder is closely related not only to individual exercises, but also with the regularity of training, taking into account age characteristics and the correct methodological approach. The results of the study confirm the need for the widespread introduction of elements of wellness gymnastics into physical education classes. It was also found that teaching pupils the culture of proper sitting, walking and daily movement is an important component of body prophylaxis. In general, the developed methodology is distinguished by the fact that it is an effective pedagogical tool for improving the physical development of students, reducing fatigue and forming a healthy lifestyle.

Conclusion-The results of the study showed that gymnastics exercise is an effective pedagogical and wellness tool in the prevention of body disorders in students. Scientific analysis confirms that regularly and methodologically correctly organized gymnastics classes strengthen the muscles of the back and abdomen, maintain muscle balance and help to maintain the physiological condition of the spine. Proper regulation of motor activity, especially in children

of primary grade age, will play an important role in reducing problems with the body in the future.

The set of exercises developed during the study and the methodology of their application led to an improvement in posture performance, the formation of straightness and movement skills in the pupils of the experimental group. The results showed that the systematic inclusion of gymnastics exercises in physical education classes serves to improve students' physical development, reduce fatigue and promote a healthy lifestyle.

On this basis, it was concluded that the organization of physical education classes in secondary schools in the direction of health, the regular use of body-correcting gymnastics exercises and the adherence to methodological recommendations by teachers are of great practical importance in the prevention of body disorders.

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