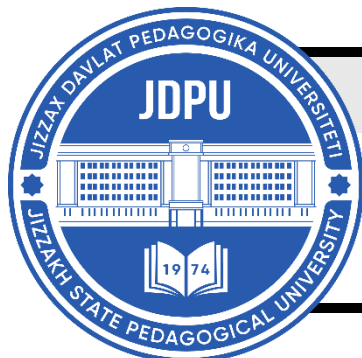


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METHOD OF DEVELOPING PROFESSIONAL SKILLS IN STUDENTS THROUGH GYMNASTICS

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ABOUT ARTICLE

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Abstract: in this article, along with information on the development of professional skills for students of higher education institutions through gymnastics tools, as the main tool at the stage of sorting out the individual capabilities of young and talented gymnasts, it is necessary to determine to what extent the indicators of their gradual physical development and physical fitness are, there are ways of scientific research on the implementation of research work based on scientific and practical experience on the main stages of organizing an effective training process for gifted students to engage in the sport of gymnastics.

INTRODUCTION

As we all know, Gymnastics is considered a priority sport in our Republic today. Our students are making a worthy defense of our country at prestigious international competitions, including the World Universiade and World Championships. "We must effectively organize and implement the training and training process for sports reserve and higher level athletes for the national teams of the Republic on the basis of the latest scientific and methodological recommendation and achievements in the field of rhythmic gymnastics, sports gymnastics and trampoline"[1]. In such high results of gymnastics of our country, scientific and practical provision has a direct high priority and requires constant improvement. Improving the scientific supply of preparation of the National Sports Reserves and sports teams of the Republic, including our national team for sports gymnastics, on the basis of new innovative experiments is one of the main

tasks, and high results in the world are necessitating an increase in competitive tolerance in the modern sports system. Today, the training of gymnasts of the international level who can compete in gymnastics with the leading countries of the world and Asia is largely determined by the effectiveness of managing the process of professional training. Research on improving complex control of sports gymnasts is currently considered one of its important tasks [2; 60-72-pp., 3; 12-26-pp., 8; 65-p.].

In the training of highly qualified specialists in the educational system of our Republic, the tasks of further improvement of the system of types of their main professional activities, creation of effective mechanisms for the practical implementation of scientific achievements are set out as priority areas by the head of our state.

LITERATURE ANALYSIS

Today, gymnastics is becoming one of the effective and versatile means of physical education and personal health. Doing gymnastics has an effective effect on many important systems of the body and improves them at a high level. For these reasons, gymnastics has an important place in the physical education system of many countries. Gymnastics is specialized in sports and is included in the physical education programs of secondary schools and higher educational institutions. Physical culture teams regularly engage in sports gymnastics in sports sections and military units. The sport of gymnastics is used as a means of active recreation and relaxation in many public sports events in indoor and outdoor sports fields, which brings pleasure to people with a sedentary lifestyle [4; p-73, 2; 60-72-pp; 5; 21-26-pp, 3; 12-26-pp].

Playing the sport of gymnastics has an effective effect on many functions of the student's body and personal qualities of students, including:

- important physical exercises based on gymnastics: flexibility, quickness, coordination and similar skills are formed;

- many physical qualities of students are developed: jumping, strength, speed, agility, endurance qualities;

- intellectual abilities of students develop, sensory organs, and most mental states improve. It is a good testing ground for the formation of positive signs in this regard: hard work, striving for a goal, determination, confidence in victory, and a sense of teamwork;

- drawing a conclusion about the full usefulness of gymnastics, like any other type of sport, will certainly be a bit of an exaggeration. Taking into account that any living organism improves only in the process of exercises, their quantity and rate should not be neglected. Since the last centuries, doctors have argued that anything (in our case - exercise) can be medicine or poison for the body - everything depends on the norm. In particular, intense training in gymnastics rarely

makes an athlete healthy. Many injuries, physical and mental stress ultimately have a negative impact on the health of professional athletes;

- on the other hand, when too much time is devoted to sports training (exercises, gatherings, tournaments almost every day from two to three times), other directions that provide a number of aspects of improving other functions existing in the genetic program of the professional gymnastic organism, vital areas of human activity are ignored. This leads to the restriction of the individual to a certain limit. For a person who chooses sports as a profession, this is an inevitable additional result, all professions also exert a certain influence on the person of a person;

- and other organs of the body are tense and exhausted. Constant tension in the psychological order is also dangerous – they can lead athletes (primarily coaches) to emotional tension, depression and other diseases much earlier;

- in the system of physical education and sports, it is necessary to organize training with this interesting sport – Gymnastics in such a way that these exercises not only harm, but also help to study, master the profession, be healthy, work effectively, sincerely solve family problems. Only then does the practice of gymnastics give a touch to the life of students of the higher education institution. This interesting and useful sport leads to strong emotional experiences, it is also possible to feel that the functional systems of the body have improved as a result of exercise, and many positive qualities of the gymnast are formed [4; 73-p., 8; 65-p.].

As can be seen from the analysis of the above literature, improving the professional and physical quality of students of elite educational institutions through the sport of gymnastics with the help of the means of sports specialization remains one of the less studied problems: the priority skill that determines the effectiveness of their educational activities. and the issues of formation of skills, personal qualities, increasing the level of activity and technical training are not fully covered.

RESEARCH METHODOLOGY

In our research, literature analysis, pedagogical observation, pedagogical testing of physical fitness, pedagogical experience, psychophysiological methods, analysis of documentary materials, question-and-answer and questionnaire, mathematical statistics methods were used. The reliability of the research results is based on the practical and scientific basis of the goals and tasks of the work, the logic of the original methodological positions of the author, the comparative analysis of the data obtained using various methods of pedagogical research, the purposeful analysis of real practical activities, the confirmation of the hypothesis with specific theoretical and practical results, the reliability of the results is empirical It is provided by the use of scientifically accepted methods of obtaining data, generally accepted statistical methods of processing results, and a wide selection.

ANALYSIS AND RESULTS

The recommendations of the leading scientists and experts in the field of gymnastics theory and methodology allowed to develop a comprehensive program of special physical and technical training for the course of the academic years and scientific justification in the main experiment.

Organization of primary scientific-pedagogical research, as well as effective selection of means and methods of teaching acrobatic and choreographic exercises to students in order to rationally perform the sections of the sports gymnastics curriculum on the gymnastic beam, and based on them, the professional and pedagogical knowledge of future coaches-teachers and in order to form skills, a three-stage scientific experiment was conducted.

In the formation of a comprehensive program, the following should be included:

- to determine the most important factors of teaching tools and to distribute them according to training sessions, semesters and teaching processes of students of the course of improving sports pedagogical skills;

- special attention was paid to the determination of control standards, the development of a special methodological direction and preparatory exercises for technical training in gymnastics.

Table 1

**A set of special exercises designed to perform exercises on the gymnastic beam
(oriented to the formation of balance)**

№	Exercises	Fulfillment	Method of Fulfillment
1.	Jump up exercises in direction, hands in different positions	10-20 times	The exercise is performed on the carpet with the palms of the feet in different positions.
2.	Performing exercises on an inverted seat in different positions of arms and legs.		
3.	Directional jumps with forward and backward movement.	on the 2x10 m floor	Maintain dynamic balance.
4.	Moving sideways across the room (circling, stepping, and alternating steps)	on the 2x10 m floor	
5.	Balance-maintaining exercises.	2-3 times	Exercises in which the palms of the feet are performed relying on different positions. no less 10 d.
6.	Balance exercises with closed eyes.	2-3 times	
7.	Moving forward on the floor with closed eyes, hands to two sides, walking in the direction on the floor.	on the 2x10 m floor	The waist is kept straight. Correct head grip shovels are combined, the head is held straight. The exercise is performed in a modified position of the palm of the legs.
8.	On the floor with closed eyes to move back, hands to two sides, on the floor, walk in the direction.	on the 2x10 m floor	The waist is kept straight. Shovels are combined, the head is kept straight. The exercise is performed by changing the palm of the legs.

Table 2

Tests when performing software acrobatic exercises to determine the physical fitness of students

№	Exercises	Method of Fulfillment	Unit of measure
1.	20 mg run	Running is done on the UT corridor of the gymnasium. Two attempts. A good result will be recorded.	s.
2.	Jump from place to place	2nd attempt. A good result will be recorded.	sm
3.	Jumping on a hill (h- 30 cm. 15 s)	Actions are performed continuously.	times
4.	Bending the arms from lying on the carpet	The body is straight, the toes are elongated.	times
5.	Bending and straightening the trunk	Students are lying on the seat, their legs are held by their partner.	times
6.	Keeping the angle from the hanging position (10 s.)	Gymnastic holders are "stoyalka". Catching the pose, the torso is straight, the ends of the legs are elongated, the head is raised.	s.
7.	Balance on one leg	The exercise is performed in a dilapidated position on a low stake. The second leg is extended backwards in an untouched hole.	s.
8.	Gymnastics bridge "Bridge"	Hands are straight and vertical. Legs are straight, toes extended.	s.

In order to determine the practical value of the developed program, complex exercises of the control group and exercises for the development of the main directions and their implementation in the training process of students, control tests were conducted at the end of each month on special physical training and special technical training.

Table 2

Differences between the final results of the quality of mastering program exercises by gymnasts of the training and control groups

Groups	Quality of performance (in points)	t	p
NG	7,6±0,45	2.3	0,01
TG	8,8 ±0,25		

This made it possible to coordinate the opinions of the teachers participating in the evaluation of the level of preparation of students in their classroom, using the standard of pedagogical technology and the error scale marks for each element.

Evaluation of the quality of mastering program elements, acrobatic and choreographic exercises by gymnasts of both groups was evaluated by a panel of three judges.

As for the final analyzes, we can see that the results have improved a lot in experimental group gymnasts. The vibration range of the results of experimental and control group control competitions is 8.6-9.2 (P<0.05). In addition to improving the technical skills of acrobatic

exercises choreography, at the end of the initial pedagogical experiment, there was an increase in the performance of subjects in balancing exercises in gymnastic hook exercises, and the clear advantage of the athletes of the experimental group remained. Thus, the ability of experimental group gymnasts to maintain balance increased from 4.9 to 7.6 s, accounting for a 55% increase ($p < 0.01$). In practical training, the time to maintain balance has also increased. Both in front and back jumping exercises, the results are statistically reliable (37.1 and 32.5%, $p < 0.01$), indicating an increase in the ability of the gymnast-student to perform movements accurately.

Students of the control group also increased their results on these test indicators by 34.9; 23.7 and 28.1%. But we can see that the static differences with the preliminary experiment parameters, in particular, the coordination abilities and the level of vestibular stability, are not significant ($p > 0.05$).

CONCLUSION

Thus, as a result of the comparative analysis of the obtained data, we can conclude that at the end of the pedagogical experiment, we can see that the gymnasts of the experimental group and the gymnasts of the control group achieved better results in performing complex, programmed and acrobatic exercises on the gymnastic beam.

According to the final results of our study, there was a significant increase in the indicators of physical and technical training of the students of the experimental group. In order to increase the efficiency of the training of students of higher education institutions in the formation of professional skills through gymnastic tools, during the pedagogical observation, during the teaching of the elements performed with the gymnastic beam, using exercises aimed at reducing the time of selective reaction to technical movements according to the situation, based on the model of the development of special physical qualities, the physical development of students opportunities should be increased.

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