

**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**INCREASING THE PHYSICAL ACTIVITY OF FEMALE RHYTHMIC GYMNASTS
AND EXPANDING THEIR MOVEMENT CAPABILITIES (ANALYSIS OF SURVEY
RESULTS)****Oydin Umirzakova***Chief Specialist of the Department for Methodological Support of the Educational Process
Institute for Retraining and Advanced Training of Specialists in Physical Education and Sports**E-mail: oydinumirzakova0@gmail.com**Tashkent, Uzbekistan***ABOUT ARTICLE**

Key words: coaching activity, physical fitness, motor skill, professional qualification, physical qualities, sports activity, strengthening children's, physical development, physical qualities, physical activity.

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Abstract: This article analyzes the organization of the training process at the sports and health-improving stage of rhythmic gymnastics in sports schools, the activities of coaches, and the results of surveys conducted among trainees, parents, and coaches. The study considers the issues of strengthening children's and adolescents' health, ensuring their physical development, and promoting a healthy lifestyle as key priorities.

The article highlights the importance of rhythmic gymnastics classes in developing not only physical qualities but also aesthetic perception, movement coordination, and flexibility. It is also substantiated that the effectiveness of the training process depends on the professional competence of coaches, their pedagogical approach, and the level of cooperation with parents.

The results obtained through a specially developed questionnaire were analyzed statistically. The findings examined the participants' physical activity, motivation, level of attendance, and communication with parents. It was revealed that there are certain

methodological and organizational shortcomings in the training process, and the need to strengthen an individual approach and cooperation with parents was emphasized.

Overall, the study demonstrates that the sports and health-improving stage of rhythmic gymnastics plays an important role in improving the training process, enhancing coaches' professional skills, and promoting a healthy lifestyle.

Introduction. Currently, strengthening the health of children and teenagers, ensuring their physical development, and promoting a healthy lifestyle are among the most pressing issues. From this perspective, the activities of sports and health-improving groups organized in sports schools are of particular importance. In particular, rhythmic gymnastics classes play a significant role not only in developing children's physical qualities but also in shaping their aesthetic sense, coordination, flexibility, and movement culture.

Effectively organizing training sessions at the sports and health-improving stage largely depends on the professional competence of coaches, their pedagogical approach, and proper planning of the training process. At the same time, the effectiveness of the training process is closely connected not only with the coach's activity but also with the attitudes, interest, and level of participation of parents and trainees.

In addition, the implementation of the Decree of the President of the Republic of Uzbekistan dated December 23, 2022, No. PQ-449 "On measures to further develop gymnastics sports" necessitates the improvement and correction of training sessions at the sports and health-improving stage in rhythmic gymnastics within sports schools.

Aim of the Study: To investigate the training sessions and coaching activities of rhythmic gymnastics coaches at the sports and health-improving stage, as well as to analyze the results of surveys conducted among coaches, parents, and trainees.

Objectives of the Study:

- To identify and evaluate the content, forms, and methods of coaching activities of rhythmic gymnastics coaches;
- To develop and implement a methodology for conducting surveys among coaches, parents, and trainees;
- To statistically analyze and summarize the results of the conducted surveys;
- To identify the problems and strengths of the training process based on the survey results.

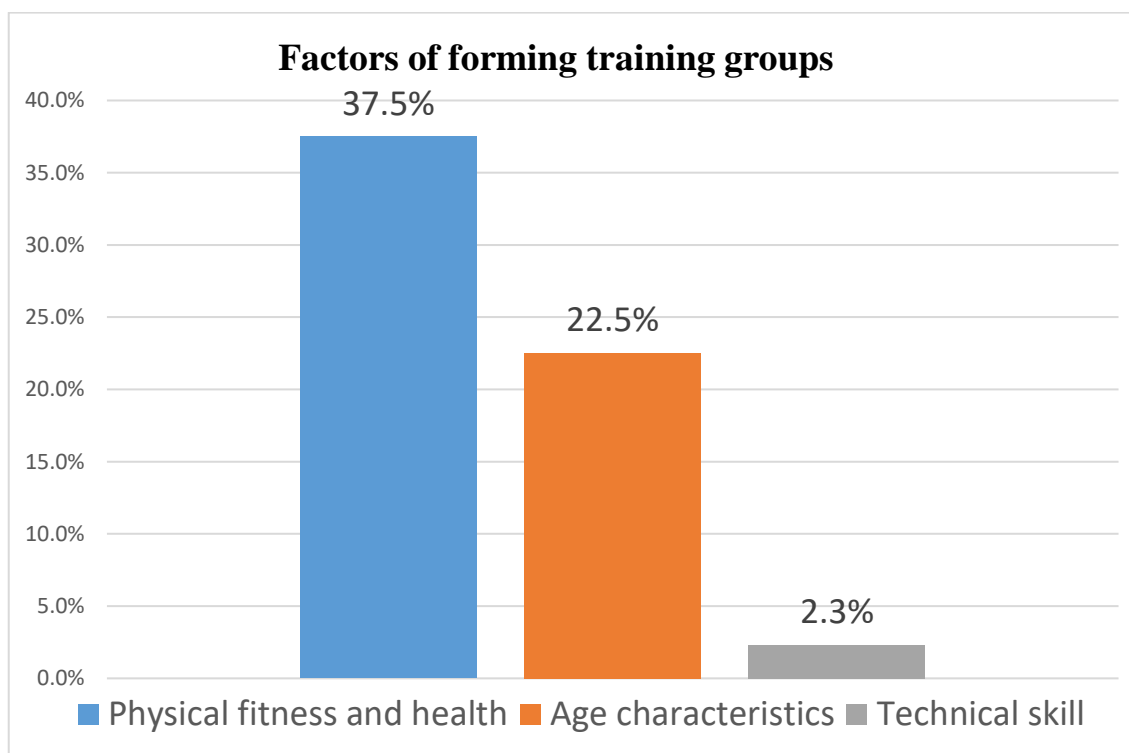
Methods. A survey was conducted among coaches, parents, and trainees using specially developed questionnaires, and their opinions and feedback were identified and analyzed.

Results and Discussion. In recent years, the reforms being implemented in the sports education system have been aimed at improving coaching activities, introducing modern pedagogical technologies, and enhancing the quality of the training process. However, practice shows that certain problems still exist in organizing training sessions at the sports and health-improving stage. In particular, the monotony of training sessions, insufficient individual approach, and issues related to increasing trainees' motivation remain highly relevant.

Therefore, it is of significant scientific and practical importance to study the activities of rhythmic gymnastics coaches at the sports and health-improving stage, the organization of the training process, as well as the survey results conducted among coaches, parents, and trainees.

The survey results showed that coaches who participated in the study equally consider the level of physical fitness and health condition of trainees as the main criteria for forming training groups (37.5%). Meanwhile, 22.5% of respondents stated that they take age characteristics into account when forming groups. Only a small proportion of coaches (2.25%) prioritize technical skills as the main criterion.

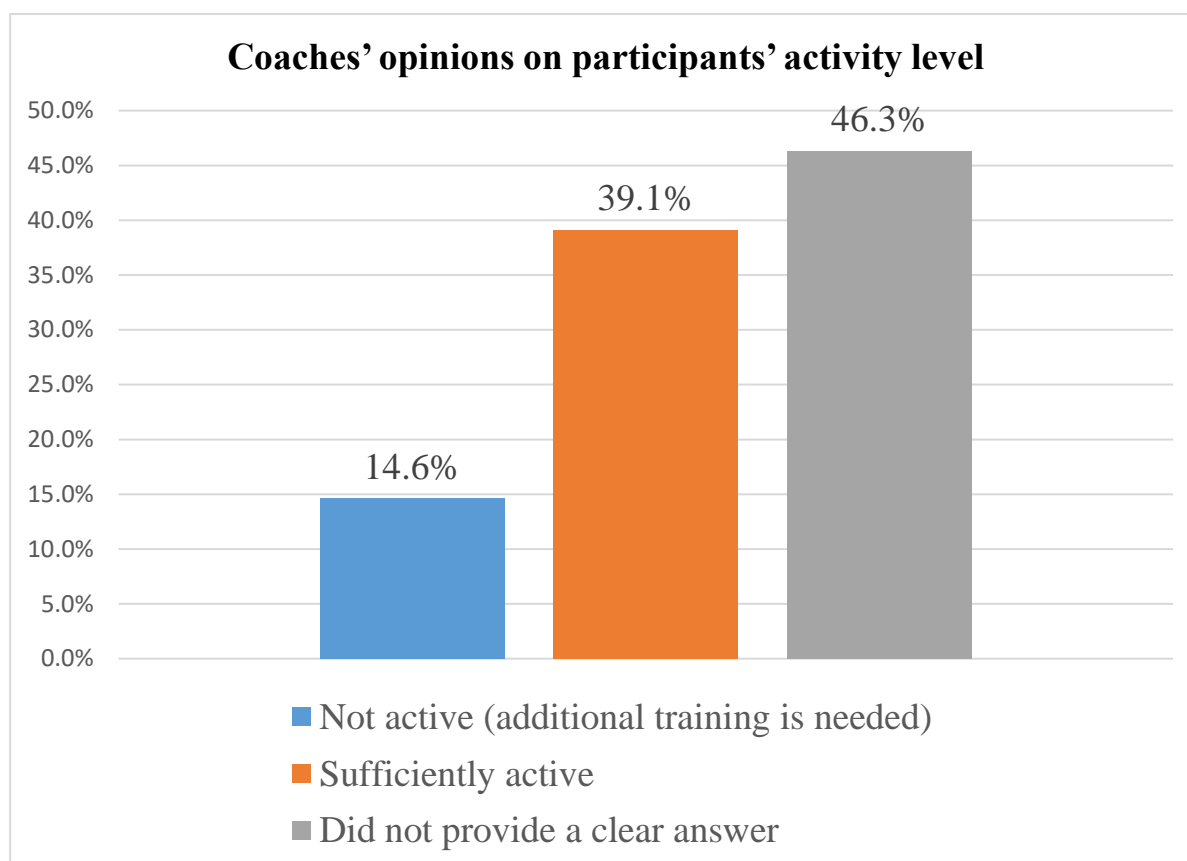
Over the past year, a 82.1% increase in the number of participants has been observed, along with a 7.7% decrease, while 10.3% showed no change in dynamics.



According to the survey results, 14.6% of rhythmic gymnastics coaches believe that girls in sports-recreational groups are not sufficiently physically active and require additional specialized training. Meanwhile, 39% of coaches consider that the participants engage in an

adequate level of physical activity. However, 46.3% of coaches were unable to provide a clear answer to the survey questions.

Although coaches generally assessed the health and physical fitness of the participants positively, in some cases insufficient motor activity was noted. This indicates the need for additional training sessions and an individualized approach.



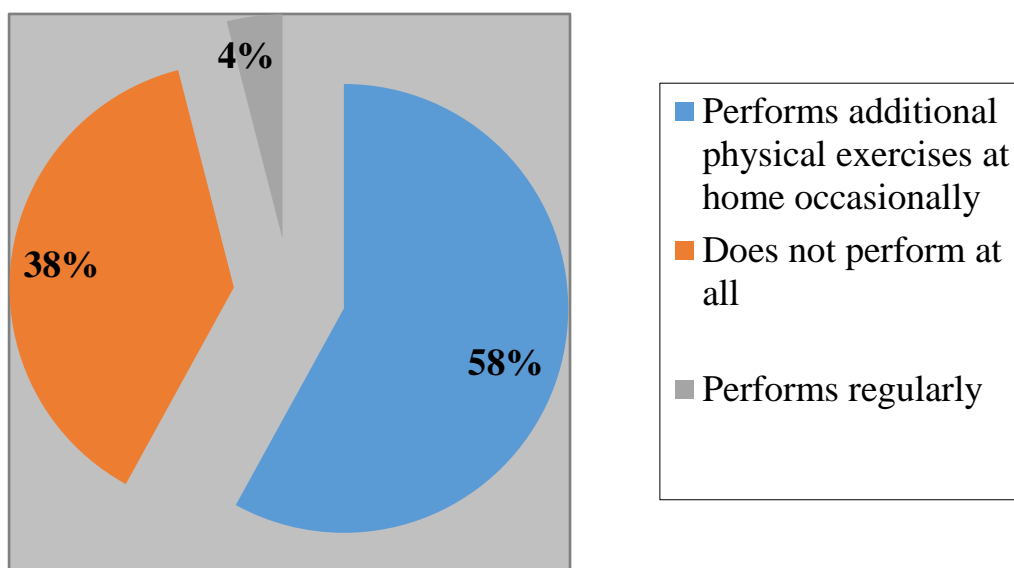
The research results indicate that sports schools, particularly the sports-recreational stage in rhythmic gymnastics, represent an important pedagogical environment for the physical development of young girls, the formation of a healthy lifestyle, and their personal development. It was found that cooperation between parents and coaches plays a decisive role in this process. The results also confirmed that sports schools, especially in rhythmic gymnastics, are significant in the physical development and personality formation of young girls. The qualifications of coaches and parental support are key factors in effectively organizing training sessions.

Furthermore, it was confirmed that the main goal of the sports-recreational stage is to strengthen health, increase motor activity, and develop interest in sports. In general, improving training effectiveness requires an individual approach, motivation, and enhancement of coaches' professional qualifications.

In addition, interviews were conducted with participants of the sports-recreational stage in rhythmic gymnastics.

The respondents reported that during training at the sports school, 43.8% felt very active, 38.2% felt moderately active, and 18% experienced rapid fatigue.

Regarding additional physical activity at home, 58% of respondents stated that they sometimes perform additional exercises, 38% do not perform them at all, and only a small proportion (4%) do so regularly.



In the interview, 70% of participants preferred rhythmic gymnastics training at sports schools, 20% preferred physical education lessons at general education schools, and 10% preferred physical education activities in preschool institutions.

In another interview conducted with participants of the sports-recreational stage in sports schools, the question “Which of the following activities do you prefer most?” was asked, and the results were as follows:

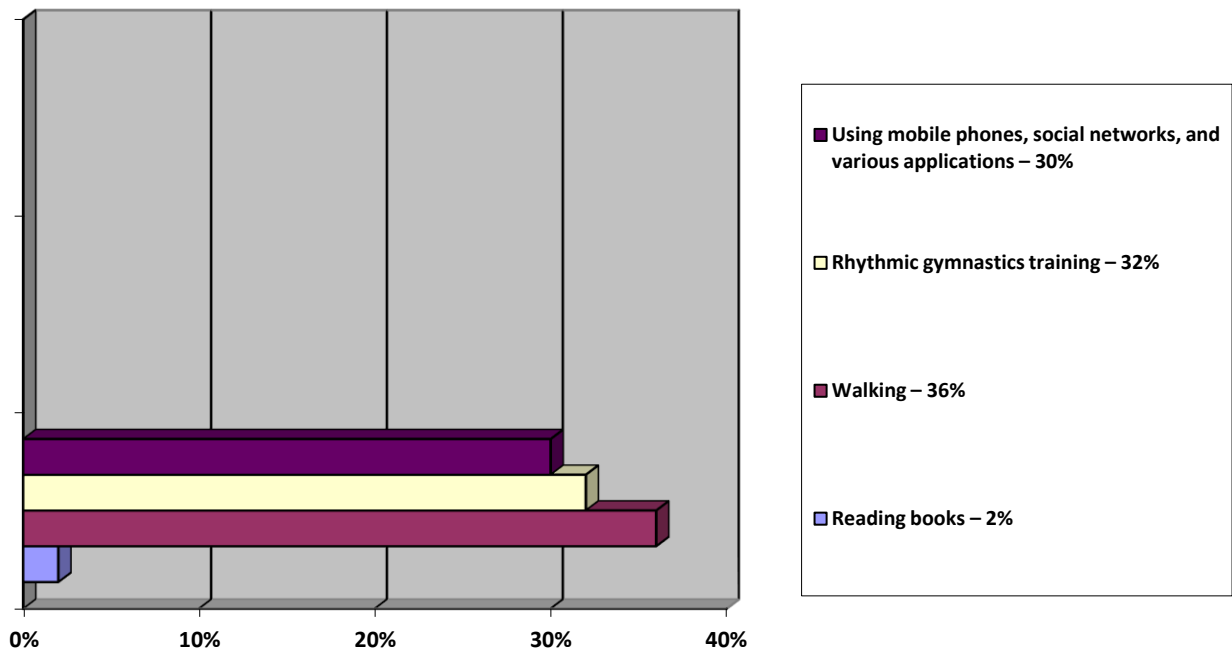
Rhythmic gymnastics training – 32%

Walking – 36%

Reading books – 2%

Using mobile phones, social networks, and various applications – 30%

These results show that the majority of participants tend to choose low-activity types of behavior.



In the sports-recreational stage, 10% of respondents rated their coach's attitude as strict, 36% as demanding, 38% as kind and polite, while 16% were unable to provide a clear answer.

At this point, an interview was also conducted with parents of children attending the sports-recreational stage of sports schools to study their views on their children's sports activities and perceptions of the coach.

The age distribution of participants in the sports-recreational stage of sports schools was as follows: 5–6 years old – 27.4%, 7–8 years old – 53.6%, and 8–9 years old – 19%.

Through the question “How long has your child been engaged in rhythmic gymnastics?”, it was found that 22% of girls have been involved for less than one year, 76% for 1–3 years, and 2% for more than three years.

Parents rated their level of communication with the coach as follows: 32% very good, 34% good, 30% moderate, and 4% unsatisfactory.

According to the survey, 40% of parents stated that the coach regularly informs them about their child's achievements and problems in sports, 32% said occasionally, 25% rarely, and 3% reported that they do not receive any information.

Regarding nutritional recommendations from the coach or sports doctor, 80% answered “no,” 12% “yes,” and 8% were unable to give a clear answer.

In terms of sanitary and hygienic conditions in the sports hall, 27% of parents were dissatisfied, 13% were fully satisfied, and 60% were partially satisfied.

The results of the study conducted among rhythmic gymnastics coaches, participants, and their parents at sports schools provided an opportunity to comprehensively assess the current state of the sports-recreational stage.

Conclusion. The significant increase in the number of participants indicates a high level of interest in rhythmic gymnastics. However, the main reasons for dropping out of training include insufficient parental support, as well as health- and education-related issues, which indicates the need for a more systematic approach.

The level of interaction with parents is generally moderate, and in some cases insufficient information is provided. In addition, the lack of nutritional guidance highlights the need to strengthen cooperation within the training process. Furthermore, sanitary and hygienic conditions in sports halls were found to be not fully satisfactory.

Overall, while there are positive results in the sports-recreational stage, there are also certain methodological, organizational, and educational shortcomings. Addressing these issues would further improve the effectiveness of rhythmic gymnastics training.

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