

## THE PECULIARITY OF TAKING GYMNASTICS CLASSES WITH STUDENT GIRLS

**Yuldasheva Jamilakhan Mukhtarovna**

Teacher of Kokand State Pedagogical Institute, Uzbekistan

**e-mail:** jamilaxony624@gmail.com

**Melikhujayeva Noilakhan**

Student of the Kokand State Pedagogical Institute

**Mirzarahimova Muhtasarkhan**

Student of the Kokand State Pedagogical Institute

**Abstract:** statistics show that in women who have been involved in sports, the difference in pelvis width relative to shoulder width decreases over the years. This change in proportion occurs mainly due to the development of the shoulder joint. It has been observed in females that the elbow joint is overwritten and, more often, the legs are X-shaped, more common compared to males. These factors make it difficult to achieve high results in running, jumping, to rely on it for a long time, increasing the likelihood of injury.

**Keywords:** women's organism, its own structure, parts of the neck and legs, the narrowness of the shoulder joint, the width of the pelvis.

According to its structure, the women's organism differs from men in the fact that the parts of the neck and legs are relatively short and the torso is long, the shoulder joint is narrow, the width of the pelvis and the presence of a large layer of fat under the skin. The peculiarity of the pelvic structure is a special feature of the structure of the female torso. In women, the pelvis is low, wide and quite spreading. The range of the skull of the thigh bones is large compared to that of men, and the angle between the neck of the thigh bone and the thigh bone is small. The thigh bone of women is more inclined than vertical than that of men. This condition is the main cause of girls' low performance in running and jumping. Statistics show that in women who have been involved in sports, over the years, the difference in pelvis width relative to shoulder width decreases. This change in proportion occurs mainly due to the development of the shoulder joint. It has been observed in females that the elbow joint is overwritten and, more often, the legs are X-shaped, more common compared to males. These factors make it difficult to achieve high results in running, jumping, to rely on it for a long time, increasing the likelihood of injury. Therefore, it is necessary to strengthen the aforementioned joints through specially selected exercises for these muscle groups. Women differ from men again in the small size of the heart, its systolic and minuscule volume, high maximum blood pressure, small lung air capacity, rapid stroke and breathing. Women breathe more with or mixed breasts, while men experience more diaphragmatic breathing. Those noted create unfavorable conditions for them to work hard for a long time, as well as to recover at a quick opportunity after physical exhaustion. However, the indicators of the health and physical condition of women who are constantly engaged in physical education or sports are much higher than that of women who are not engaged in sports. The muscular system of women lags far behind that of men in terms of development. The method of measuring muscle strength (lumbar and hand dynamometry) adopted under the supervision of a doctor does not fully represent the general condition of the muscular system. However, the difference is also large in these indicators. Women have 25-30% lower hand dynamometry and 40-50% lower waist dynamometry. For women, the level of development of the abdominal press muscles is of great importance. The transverse muscle fibers, which are located internally, and deeply, become circular ligaments of the uterus and connect the skeletal muscles with the internal genital organs. The correct position of the uterus largely depends on the strength of the circular ligaments of the uterus. Scientific observations show that uterine displacement is almost rare in athletic wives with well-developed abdominal press muscles. From data from research in recent years, it has been found that the correct location of the uterus and the normal course of childbirth, as previously assumed, depend not only on

the position of the pelvic floor, but also more on the development of the pelvic floor muscles. These muscles participate in the expansion and twisting of the thigh. These same muscles will be developed in those who are engaged in artistic and athletic Gymnastics, compared to those who are not engaged in sport, since the movements of the leg muscles are widely used in these types of gymnastics. The development of the pelvic floor muscles can only be relatively affected: the tension of the abdominal press muscles leads to the contraction of the pelvic muscles. Thus, it turns out that the level of development of the pelvic muscles directly depends on the functional state of the abdominal press muscles. All of the above indicates that the women's muscle network should be developed purposefully and seriously. Adjectives formed at a young age, given some attention by the females, are in many ways large and persist into old age. An important feature of the female body is the ovarial-menstrual (menstrual) period. The gradual change in the understanding of the nature and importance of menstruation for the women's organism, their confirmation through scientific observations and examinations, led to a change in attitude to the issue of whether it is possible or not to engage in physical activity at such a time.

Morning hygienic gymnastics training, hiking, boating, games that do not require sharp movement are recommended as a means of ensuring a good passage of the menstrual process. During this period, the point of view that gymnastics training and competitions can be entered has changed much. With their achievements in prestigious competitions, gymnastic girls have repeatedly proven in practice that the results of sports are not at all dependent on the ovarian-menstrual period. However, for the correct distribution of physical loads, it is necessary that the girls of the athlete consult with an experienced gynecologist. At such times, the state of physical fitness of the gymnast and the reaction of her organism to the load when performing one or another of these exercises must be carefully controlled by the teacher-coach. During this period, gymnastic girls should also have good control over their organisms. During and after the period of training or classes, it is advisable to take a mood, the passage of menstruation, the feeling of pain, which of the events in which the duration of the next menstrual period is recorded is random, depends on the loads-unrelated, and what consequences these have during the menstrual cycle, to be regularly recorded in a self-control diary.

Women should be able to conduct Gymnastics in the morning at home, accompanied by independent hygienic gymnastics classes and also wellness-physical education activities. The more poorly developed women are physically, the more diverse the content of the exercise and the slower the physical load should be increased. In the preparatory part of the workout, it is necessary to include various exercises for all parts of the body (in character, scale, pace). It should be taken into account that exercises affect the muscles of the pelvis and pelvic floor. They are directly influenced by the exercises of bending the legs forward, extending back, lifting to the side, circular movement with the legs, turning the thigh in and out, as well as turning the torso, bending forward and sideways. Particular attention should be paid to the exercises for the formation of the correct figure. Exercises of a dynamic nature and relaxation should be used more often. We recommend parallel application of exercises for the development of flexibility and strengthening the muscles of the buttocks. From backward bending to "bridging", after umbilical increase, it is necessary to perform forward bending exercises to prevent the uterus from moving back. It should also be remembered that exercises that develop the strength and flexibility of the leg muscles. For this purpose, it is necessary to add sitting, jumping and dancing exercises to the preparatory and closing parts of the training. Due to the nature of the movement, women tend to perform exercises of an even nature (various dances, gentle movements, etc.). It is necessary to provide comprehensive support to the enthusiast. In addition to performing specific movements on certain parts of the body, it is necessary to apply gentle, flexible movements for the hands. By changing the content of the exercises used and their rhythm, a gradual increase in physical load is achieved.

Women must be prepared in advance in order to perform exercises in gymnastics equipment. In the process of training, it is necessary to use more preparatory and auxiliary exercises so that the transition from teaching them easy exercises to teaching difficult ones is gradual, natural. The norm of exercises in gymnastic equipment should be clearly set, since they are associated with the fact that the muscles of the arm, shoulder girdle and abdominal press perform a large amount of work. Even simple hanging and especially leaning exercises require a lot of tension from the shoulder girdle and arm muscles. Therefore, when training with women, it is necessary to pay attention to the fact that they perform more exercises in the armchair of different heights.

It will be much lighter to do various exercises in such a joint, such as mixed oscillations, supports and sit-ups, by adding them together. It is necessary to include in the preparatory and main parts of training all-inclusive exercises, which are performed without equipment and with various equipment (with a gymnastic stick, a rope, a pad ball, tennis and other balls), exercises that ensure the comprehensive development of women in a gymnastic wall, seat, low-lying armchair, stake, strengthening their muscles. The above tools will help to organize training fun and enjoyable. In addition to the biological characteristics of the women's organism when choosing exercises and passing them, it is important to take into account the ability of a woman to work and her mental characteristics. It is necessary to take into account the fact that schoolgirls are not psychologically stagnant, after all, women who do not have enough experience of action and do not believe in their own strength are sometimes immediately offended. Embarrassed to express that he is not agile, they are dissatisfied at some point by refusing to do the exercise. In such cases, the teacher is required to deal with pedagogical skills, to be able to correctly approach one or another behavior of those involved. When providing assistance or during protection, the teacher must clearly visualize the exercise technique, be able to identify the most difficult parts (areas) of the exercises, be well versed in the student girls' ability to provide timely and necessary support. The importance of words spoken in leaps and jumps from equipment is important because these can include falling, being injured, or eating lat.

The finalizing part of women's training is important. Since the exercises used strongly affect the mental state of the girls, in the closing section, it is necessary to give sufficient importance to the exercises that soothe the organism of the student girls. For this purpose, calm and gentle dance movements are suitable for exercises of an even nature. Trying to maintain a trigger mood in girls and make a good impression on the training you just completed darcor.

Women differ from men in their structure of the organism in the fact that the parts of the neck and legs are relatively short and the torso are long, the shoulder joint is narrow, the width of the pelvis and the presence of a large layer of fat under the skin. The peculiarity of the pelvic structure is a special feature of the structure of the female torso. In women, the pelvis is low, wide and quite spreading. The range of the skull of the thigh bones is large compared to that of men, and the angle between the neck of the thigh bone and the thigh bone is small. The thigh bone of women is more inclined than vertical than that of men.

#### REFERENCES

1. Umarova Zulxumor Urinbaevna, Umarov Abdusamat Abdumalikovich. "Physical development of youth in preschool education." *Asian Journal of Research in Social Sciences and Humanities* 12.4 (2022): 405-406.
2. Toxirjonovich, Arabboyev Qaxramon, et al. "THE ROLE OF SPORT IN PEOPLE'S HEALTH." *International Journal of Early Childhood Special Education* 14.7 (2022).
3. Tohirjonovich, Arabboyev Qahramon. "SPECIFIC FEATURES OF THE APPROACH TO STUDENTS IN PHYSICAL EDUCATION LESSONS ON THE BASIS OF THE PRINCIPLE OF INDIVIDUALIZATION." *ASIA PACIFIC JOURNAL OF MARKETING & MANAGEMENT REVIEW* ISSN: 2319-2836 Impact Factor: 7.603 11.12 (2022): 269-273.

4. Yuldasheva Jamilakhan Mukhtorovna. (2022). EFFECTIVE WAYS OF MANAGING THE DEVELOPMENT OF ENTREPRENEURSHIP IN THE FIELD OF SPORTS. *JournalNX - A Multidisciplinary Peer Reviewed Journal*, 8(12), 693–697.
5. Arabboyev Kahramon Tahirjonovich. (2023). MATTERS OF PHYSICAL EDUCATION IN KAIKOUS' —QABUSNAMAL. *Galaxy International Interdisciplinary Research Journal*, 11(1), 223–226.
6. Ro'zmatov, Islomjon Erqoziyevich. "BOSQON ULOQTIRUVCHILARNI MASHG'ULOT JARAYONIDA KUCH JISMONIY SIFATINI RIVOJLANTIRISHNING O'ZIGA XOS AHAMIYATI." *YOUTH, SCIENCE, EDUCATION: TOPICAL ISSUES, ACHIEVEMENTS AND INNOVATIONS* 1.7 (2022): 17-22.
7. Juraev Voxidjon Muhammedovich, "Psychological Features of Competitive Motivation of Athletes." *Central asian journal of literature, philosophy and culture* 3.11 (2022): 312-314.
8. Muratova, G. R. "Introduction of Credit-Module Technology in the Process of Education of Students in the Discipline of —Physical Education." *Middle European Scientific Bulletin* 22 (2022): 261-264
9. Rustamjon Abduvaliyevich, A. (2023). TURIZM VA UNING XAVFSIZLIGI SOHASIDA UMUMIY MADANIY, UMUMIY KASBIY VA KASBIY KOMPETENTSIYALARNI SHAKLLANTIRISHDA O'QITISH YONDASHUVLARINING TAVSIFI. *INNOVATIVE DEVELOPMENTS AND RESEARCH IN EDUCATION*, 2(14), 343–348.
10. Gafurov Abdushokir Makhmudovich, Gafurov Abduvohid Makhmudovich, & Yuldasheva Jamilakhan Mukhtorovna. (2022). THE ROLE OF GYMNASTICS IN THE EDUCATIONAL PROCESS. *Open Access Repository*, 8(12), 5–8.
11. Муратова Г.Р. «К ВОПРОСУ ИННОВАЦИОННОГО ПОДХОДА К ПРОЦЕССУ ФИЗИЧЕСКОГО ВОСПИТАНИЯ В ВУЗЕ». *Репозиторий открытого доступа* 8.12 (2022): 371–374.
12. Makhmudovich, Gafurov Abduvohid, and Gafurov Abdushokir Makhmudovich. "The Use Of Physical Exercises In Order To Improve The Healthy Lifestyle Of Students." *Journal of Positive School Psychology* (2023): 545-550.
13. Makhmudovich, Gafurov Abdushokir. "Movement is the main factor of a healthy lifestyle." *Open Access Repository* 9.12 (2022): 4-9.
14. Rahimovna, A. N. (2022). PSYCHOLOGICAL ANALYSIS OF AGGRESSIVE BEHAVIOR IN ADOLESCENCE. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429, 11(12), 67-71.
15. Rahimovna, A. N. (2022). THE PHENOMENON OF INDEPENDENCE IN CHILDREN AND ITS CONFORMITY TO BE EXPLAINED THROUGH. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429, 11(11), 452-454.
16. Raximovna, A. N. (2022). THE ROLE OF PARENTAL RELATIONSHIP IN THE STATEMENT OF INDEPENDENT OPINIONS IN ADOLESCENT CHILDREN. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429, 11(06), 28-33.
17. Meliko'zieva, M. (2022). Pedagogical ability is a component of pedagogical skills. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429, 11(10), 283-286.
18. Mavluda, M. (2022). CHILDREN'S UPBRINGING IN UZBEK FAMILIES AND THE ROLE OF PARENTS. *Galaxy International Interdisciplinary Research Journal*, 10(12), 1433-1436.



19. Khaidarovna, Z. D. (2023). The Speech Genre, As a Whole, In the Process of Communication. *Web of Synergy: International Interdisciplinary Research Journal*, 2(2), 404-407.
20. Khaidarova, Z. D. (2022). Speech genres, heuristics and heuristics. *Central Asian Journal of Literature, Philosophy and Culture*, 3(11), 151-154.
21. Каримов, К. С., Камбарова, Ш. А., & Бахриддинов, К. Н. (2022). Историко-правовое исследование документов о социальных отношениях колониального периода в Туркестане. *Вестник КазНПУ имени Абая серия «Юриспруденция»*, 70(4).
22. Karimov, K. (2021). Туркистонда маҳаллий бошқарув тизимида қозилик маҳкамалари фаолияти тарихидан. *FarDU. Ilmiy xabarlar*.
23. Karimov, K. (2020). Turkistonda tarixan shakllangan qozilik mahkamalari faoliyatiga kiritilgan o'zgarishlar. *Qo'qon DPI. Ilmiy xabarlar*.
24. қизи Алибоева, Н. М., & Хошимов, Д. (2022). Таклидий сўзларни типологик ўрганиш муаммолари. *Science and Education*, 3(3), 380-382.
25. Mamayusupova, D. B., & Gofurov, M. R. (2020). THE CONCEPT OF RELIGIOUS TOLERANCE IN THE PROCESS OF SPIRITUAL FORMATION OF SOCIETY. *Theoretical & Applied Science*, (6), 253-256.
26. Мамаюсупова, Д. Б. (2021). Теоретико-методические основы и объективная необходимость развития государственно-частного партнерства в Узбекистане. *Бюллетень науки и практики*, 7(10), 311-321.
27. Мамаюсупова, Д. (2021). Туристик кластерни ташкил қилишда давлат-хусусий шериклигининг концептуал асослари. *Экономика и образование*, (4), 408-414.
28. Dilovarkhon, M. (2021). Legal Framework for Development of Touristic Potential Based on Public-Private Partnership. *Бюллетень науки и практики*, 7(5), 356-361.
29. МАМАЮСУПОВА, Д. Б. (2021). БЮЛЛЕТЕНЬ НАУКИ И ПРАКТИКИ. БЮЛЛЕТЕНЬ НАУКИ И ПРАКТИКИ Учредители: Овечкина Елена Сергеевна, 7(10), 311-321.
30. Мамаюсупова, Д. Б. (2019). МЕҲНАТ МИГРАЦИЯСИ ВА ХОТИН-ҚИЗЛАР. *ВЗГЛЯД В ПРОШЛОЕ*, (16).
31. Ravshanbek, J. (2022). CREDIT-MODULE SYSTEM, ITS BASIC PRINCIPLES AND FEATURES. *Yosh Tadqiqotchi Jurnal*, 1(4), 304-309.
32. O'G'Li, J. R. M. (2022). METHODS OF ORGANIZING INDEPENDENT STUDY OF STUDENTS IN THE CREDIT-MODULE SYSTEM. *Ta'lim fidoyilari*, 25(5), 93-97.
33. Jumaboyev, R. M. (2023). METHODOLOGY FOR TEACHING INFORMATION CULTURE TO STUDENTS IN THE SYSTEM OF HIGHER EDUCATION. *Академические исследования в современной науке*, 2(8), 126-134.
34. Jumaboyev, R. M. (2023). ANALYSIS OF THE SYSTEM OF GRANTING ACADEMIC AND FINANCIAL INDEPENDENCE TO FOREIGN UNIVERSITIES. *Академические исследования в современной науке*, 2(8), 135-145.
35. Махамядусуф о'ғ'ли, J. R. (2022). METHODS OF ORGANIZING INDEPENDENT STUDY OF STUDENTS IN THE CREDIT-MODULE SYSTEM. *Conferencea*, 33-37.
36. Jumaboyev, R. (2022). METHODS OF ORGANIZING INDEPENDENT STUDY OF STUDENTS IN THE CREDIT-MODULE SYSTEM. In *International Conference on Research in Humanities, Applied Sciences and Education Hosted from Berlin, Germany*. International Conference on Research in Humanities, Applied Sciences and Education Hosted from Berlin, Germany.
37. Jumaboyev, R. (2022). CREDIT-MODULE SYSTEM, ITS BASIC PRINCIPLES AND FEATURES. *Pedagoglar*.