

FEATURES OF PSYCHOPHYSIOLOGICAL DEVELOPMENT IN THE SELECTION OF GYMNAST GIRLS 4-7 YEARS OLD

Nigorakhon Latipova*

* Lecturer,
Physical Culture and Sports,
Fergana branch of the Uzbek State University,
Fergana, UZBEKISTAN
Email id: n.latipova@gmail.com

DOI: 10.5958/2278-4853.2022.00115.X

ABSTRACT

The development of women's sports is one of the topical issues of today. The mother, first of all, plays an important role in the upbringing of a young child in order to become a master of sports or a well-rounded person in the future. Every mother can also raise her child healthy if she feels the importance of physical education for health. The development of women's sports in our country has once again proved its importance and necessity, and ample opportunities are being created for the development of women's sports. Because our healthy mothers create a healthy generation for us. In order to increase the effectiveness of the tasks of attracting our girls to sports, first of all parents should pay attention to this.

KEYWORDS: *Rhythmic Gymnastics, Women's Sports, Sports, Competitions, Healthy Lifestyle.*

INTRODUCTION

Rhythmic gymnastics stands out among sports for its attractiveness, complexity and uniqueness of movements. Having seen a girl at various competitions performing various images with harmony of movements to the sound of music, you realize that this is exactly the kind of sport that was created for women.

The spectator, watching how an athlete performs exercises with ease and rhythm, does not even imagine how much work, perseverance, dedication to sports, strong physical fitness in his place. The performance, which looks very amazing, demonstrates the skill, skills and qualifications of the athlete. Girls can engage in this sport from 4-5 years old. The fact that the loads, exercises that need to be taken in the course of classes, have a beneficial and effective effect on the girl's body is stated in a huge number of sources. It's the same fact. Because the girls involved in this sport, sensuality, tenderness of movements, grace, a beautiful figure is formed. In addition, flexibility, dexterity, dexterity and coordination develop very well from physical qualities. Simultaneously educates moral, aesthetic and strong-willed qualities.

MAIN PART

Physical culture and sports are associated with the laws of physical development of a person, changes in his physical qualities, morph functional and psychological capabilities in ontogenetic development. The process of developing physical qualities is a dominant and integral part of the

system of physical education of schoolchildren of different ages. Many studies show that the effectiveness of the development of these qualities determines the duration of training in movement skills and the pace of mastering these skills.

It is noticed that during the initial training of gymnastic exercises, children's coaches, in most cases, face some problems. In particular, when teaching the technique of even the simplest gymnastic element, they rely on the degree of development of certain physical qualities. But often the degree of development of these qualities does not allow you to effectively master gymnastic elements. In such situations, it is recommended to use special training, which is usually organized in two directions. One of the directions of this type of training is the formation of motor abilities, and the second is the education of motor skills. Regardless of whether these tasks can be solved individually and jointly, it will be necessary to simultaneously develop the corresponding physical qualities. Consequently, the effective mastery of modern gymnastic exercises in priority depends on specialized physical training.

Physical training includes the process of developing general and special physical qualities. According to scientific experts, young gymnasts engaged in the initial preparatory stage need to develop physical qualities that will be useful at this age, including speed, strength, flexibility, dexterity and individual coordination qualities. As to which of them is the preferred approach to the manifestation of these physical qualities, the opinions of experts differ. The group of specialists notes that it is necessary to focus on speed, strength and speed qualities, coordination abilities. They explain the preference for these qualities by the fact that they are proportional to the age character of the children. Another group of scientists, considering the inextricable connection of physical qualities, draws attention to the importance of the harmonious development of all qualities in children of this age.

Ensuring the growth of the results of many years of practice focuses on the need to improve the effectiveness of training sessions conducted at the stage of preliminary preparation. At subsequent stages, the management of the training process of young gymnasts should be carried out within the framework of the requirements of high sportsmanship. To do this, it is necessary to effectively use methods and means aimed at improving motor abilities, up to the age period when it is possible to show maximum sports results. In modern gymnastics, techniques and means are used that allow in a short time to develop the physical qualities inherent in the motor skills that need to be trained. And this, in turn, requires faster assimilation of exercises performed on gymnastic equipment, and more time for this matter.

The technical training of female gymnasts is based on their physical qualities. If the gymnast's physical abilities do not meet the requirements of the gymnastic element technique, no exercise can be performed in rhythm. In addition, strength training exercises from the point of view of improving technical skills should ensure the formation of the quality being brought up at a high level. In this regard, gymnasts are not helped much by specially directed training. Especially important for gymnasts in the competitive period is the formation of qualities inherent in the studied elements. Therefore, therefore, the process of learning the skills of action in each specific situation should have its own characteristics.

The age of 4-7 years is a period of intensive growth and comprehensive development of the child's body. At this age, motor functions are very developed, and the child leads an active life. The spine becomes more flexible and less rigid. The joints between themselves are not elastic

and durable. The center of movement and muscles are now small, and the movements are harder to perform. The heart, respiratory, muscular, and nervous systems are not perfectly developed. The ability to work mentally with concentration of attention is small. Just 15 minutes to the meat. Reflexes of playing and imitating someone are well developed. At this age, great importance should be given to teaching the child to keep his posture in an upright position. It is desirable to develop plasticity gradually.

Throughout the training, it is necessary to monitor the accurate and fast execution of movements. Tasks should be easy and concise. Positive results are achieved when classes are conducted colorfully, unlike each other, saturated with emotions. For the proper upbringing of a growing organism, it is necessary to know such fundamental features of a child's body as growth and development. Growth and development is a feature of the human body, as well as of all living organisms. It begins from the moment when the body recovers for comprehensive growth and development. These two processes are complex and represent a single whole and are interrelated.

The growth of an organism is understood as an increase in the size of a living organism due to the growth of body cells, again, an elongation of growth, an increase in the mass and volume of the body due to an increase in the number of cells and tissues in it. Consequently, quantitative changes in the body are called growth. Growth is considered the most important indicator of a child's health and physical condition. In parallel with the growth in the cell, the process of increasing the function performed by them occurs. This is a development process. Therefore, growth is also the result of the development of the organism. Development means the complication of the structure of the organism or morphological differentiation of tissues and organs, that is, the formation of cells of tissues and organs by a growing organism, that is, the development of cells of the child's body with some complex tissues and organs characteristic of people of adolescence and adulthood.

The process of development includes three main factors: growth, complication of organs and tissues, as well as the formation of tissues, organs, organisms. These factors are inextricably linked to each other, and they cannot be formed in isolation from each other. Growth and development are closely linked, so that all quantitative indicators in the body eventually turn into qualitative ones.

The length of the child's growth; up to one year, the child's height is 75 centimeters, lengthening by 26 centimeters. In the second year of life, it grows by only 10 centimeters. Up to 6-7 years of age, growth in growth slows down even more. The first critical period after childbirth occurs at the age of 2-2. 5 years, when the child's motor activity increases sharply. The activity of the central nervous system improves, speech, intellectual and physical development increases. At this age, there may be a violation of the functioning of any physiological system, especially the nervous system, a slowdown in mental development.

The second critical period after the birth of a child is observed at the age of 6-8 years. Stereotypes are broken in it, intense mental work begins, physical work increases. Under the influence of such changes, the functioning of especially weak physiological systems may be disrupted. The emergence of sensory periods in the development of their physical qualities occurs heterochronously. For example; the development of the quality of flexibility at the age of 3-4 to 15 years, the development of the quality of agility at the age of 7-10 to 13-15 years, the development of the quality of speed at the age of 11 to 14 years, the development of the quality

of strength at the age of 14 to 17 years, the sensory period of the development of the quality of endurance at the age of 15 to 20 years.

In school-age children (3-5 years old) a strong orientation reflex appears. The processes of inhibition and excitation in the cerebral cortex are very common. In children 5-7 years of age, the mobility of processes increases significantly. The efficiency of the cerebral cortex increases. At the age of 7, the frontal part of the cerebral hemispheres improves significantly morphologically and functionally.

CONCLUSION

Before performing any physical exercises, the organs and systems of the body must undergo a period of preparation for performing intensive activities. The main essence of this period is that, starting to perform physical exercises at the same time, various organs and systems enter the degree of performing higher activity not simultaneously, but sequentially, at different intervals of time. During the preparation period for performing high-intensity physical exercises, our body organs undergo simultaneous, that is, synchronous, preparation for a high level of activity. After the preparatory period, movements consisting of simple elements are performed, then the structure of exercises becomes more complicated, the pace and rhythm of their performance increases, and all body systems show maximum readiness to perform high loads, to perform a high level of activity, to the possibilities of performance. During the preparatory period, there is not only a "warming up" of the muscles, but also a gradual increase in the activity of the circulatory, respiratory and other systems, which ensures a high degree of manifestation of the physical capabilities of the body achieved during the period of adaptation or adaptation.

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