

DEVELOPMENTS AND DEFINITIONS OF MEN'S ARTISTIC GYMNASTICS

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Abstract:

This article is about artistic gymnastics. Its development and definition of artistic gymnastics are considered.

Keywords: *Artistic gymnastics, sports, exercises, aesthetic education, classes.*

A unified system of means and methods of physical education has been created in Uzbekistan. Gymnastics, one of the most popular of these tools, rightfully occupies an important place in this system. Gymnastic training helps solve the problem of "providing the younger generation with physical health from childhood, the harmonious development of physical and spiritual strength in them." It is not for nothing that artistic gymnastics has long been recognized as the mother of all sports, because for many sports, the means of performing exercises aimed at developing physical qualities, i.e., artistic gymnastics equipment. "Gymnastics" comes from the Greek word "gymnos," which means "naked."

Gymnastics has great hygienic and health benefits. Plutarch, one of the famous thinkers of the ancient world, assessed the importance of gymnastics and said: "Gymnastics is the healing part of medicine." Famous figures of world science, Russian scientists I.M. Sechenov, I.P. Pavlov, I.N. Mechnikov, P.F. Lesgaft, V.V. The Gorinevskys attached great importance to physical exercise, including gymnastics, and considered these exercises the best means of increasing vitality, activity and performance, as well as health and active recreation. Everyone can do gymnastics - children and adults, elderly and young people, well-trained people and beginners, healthy people and even people with disabilities. Gymnastics is practiced in preschool institutions, schools, secondary and higher educational institutions, voluntary sports societies, industrial and medical institutions, recreation camps and sanatoriums, as well as in the army and navy of Uzbekistan. Many people practiced gymnastics at home after listening to it on the radio, watching it on TV, as well as in residential buildings belonging to housing authorities, etc.

Men's artistic gymnastics. Men's artistic gymnastics competitions include exercises such as:

- vault;
- floor exercises on the carpet;

- horse - swings;
- rings;
- parallel bars;
- crossbar.

The reason why gymnastics is so widespread is that its means are clear and varied for everyone, and there is excellent opportunity to select exercises to solve various problems of physical education. Life skills and abilities are acquired and improved through gymnastics classes. The educational value of gymnastics is also very great. The convention of the exact distribution of training tasks, the widespread use of motor analysis and synthesis, the complication of the studied motor activity in various variants of execution, an unlimited combination of movements, the study of a large number of physical exercises that are diverse in their focus. from the point of view of form and coordination, all this allows participants to learn to evaluate their own motor capabilities and determine general patterns of motor activity.

Conclusions: Gymnastics is an effective means of aesthetic education of a person. In order for the technique of performing gymnastic exercises to be as perfect as required by the style characteristic of gymnastics, the movements must be smooth and expressive, the actions of the performer must be appropriate and graceful. As a result of gymnastics, a good figure is obtained, structural defects of the body are corrected, a very good proportion is achieved in the development of some joints of the body, as well as in the development of the body as a whole. Finally, gymnastics is a striking example of the unity of mental education and physical education. The methods used in gymnastics are the intellectual activity of the participants. It allows you to stimulate its activity, contributes to the formation of the predisposition of the central nervous system, its ability to adapt to various conditions of muscle activity.

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