

METHODS OF MONITORING THE PHYSICAL DEVELOPMENT OF HIGH SCHOOL STUDENTS THROUGH GYMNASTICS

Gofurov Abduvokhid Makhmudovich

Kokan state pedagogical institute associate professor

Mahmudjonov Asilbek Abduvokhid son

Namangan pedagogical institute teacher

Shamsitdinova Makhlyo Fakhriddin daughter

Namangan pedagogical institute teacher

Abstract: this is it scientific in the article young gymnasts study training training under the influence of physical theoretical information and practical recommendations about its development and change are presented.

Key words: physical development, morphology, anthropometry, gymnastics sports circles, sports games.

It has now been proven that the existing social system, environment, and social conditions play an important role in the physical development of a member of society . Since time immemorial, people have been confused about the development of their body and relied on the existing conditions, environment, and theoretical knowledge of their time.

Examination of physical development reveals some possibilities of the body about the shape, size and proportions of the body parts. In many cases, good physical development is closely related to physical education and sports. Of course, relying on these facts, our government pays great attention to physical education and sports for the growth and development of our population and the young generation. An example of this is the decree of our President No. 5924 dated January 24, 2020 "On further improvement and popularization of physical education and sports in the Republic of Uzbekistan" 15gi commands can be displayed. Many scientific studies have been and are being conducted to increase the influence of physical education and sports on the physical development of the young generation. We are also this research through young gymnasts physical development , gymnastics training of training effect we tried to find out . In many cases, there is a strong focus on conducting sports training, but little attention is paid to the growth and development of young athletes. At the same time, we consider it an urgent issue to control the results in sports and the physical development of young athletes.

¹⁵ Uzbekistan Republic Decree of the President No. 5924 of January 24, 2020 " On measures to further improve and popularize physical education and sports " . Mabuot.uz

Jismoniy tarbiya va sport sohasi samaradorligini oshirishda fiziologik, pedagogik-psixologik yondashuvlar va fanlararo integratsiyalashuv masalalari

The level of physical development is determined by the measurements of our body parts (anthropometry). Theoretical knowledge and practical skills of measuring, its methodology are mainly taught through "Human Morphology", "Biomechanics", "Treatment Physical Culture", "Sports Physiology" and other subjects. The circumference of the chest is mainly in three cases:

- 1) when taking a full (maximum) breath;
- 2) after full exhalation;
- 3) after inhaling , before exhalation, it is measured with a measuring tape during the time in a stationary state (pause).

The tape passes through the lower corners of the ribs - when measured in advance, it passes in the middle of the chest for men, and in front of the nipples for women. The person being measured should hold both hands up .

A high body mass index is considered a good quality of our physical development. You have read that the body and its organs are considered to be so physically developed when it is seen how strong, muscular, and full of strength it is. The size of the mass is not an indicator of physical development. Total body weight is the weight of skeleton, muscles, fat tissue, internal organs, and skin. The relative amount (%) of each of them is constantly changing with age 16.

When measuring physical development, we encounter a measure called the proportion of its parts. As a rule, the proportion of our body is the large or small section of its upper part (head and neck), body, individual parts (segments) of supporting and supporting organs in relation to the total length of the body or the total size of the body, or the size of some segments classification is understood in relation to the percentage.

One of the most common methods of assessing the development of our body in practice is the indexing method. In this case, with the help of the simplest calculations, it is possible to classify the relative proportions of parts of our body. The size of the small size is expressed as a percentage of the large size.

From the combination of different indexes, the proportion of the human body is divided into three main groups:

- I. long legs, short and thin body
- II. those with short legs, long and wide bodies .
- III. body size is average.

¹⁶ A.Abdullayev, Sh.Khonkeldiyev Theory and methodology of physical culture. Textbook for undergraduate students. - T. 2016. -410. p

Jismoniy tarbiya va sport sohasi samaradorligini oshirishda fiziologik, pedagogik-psixologik yondashuvlar va fanlararo integratsiyalashuv masalalari

The knowledge of the specified body proportions is useful to the future sports specialist in order not to make mistakes in choosing physical exercises for training, in choosing sports for the purpose of fitness or improving sports skills.

Currently, measurements are made by touching the part being measured with the hand and measuring without touching the hand. Physical development measures with handstand are evaluated in three ways: length, width and circumference of the body. These dimensions are the most necessary indicators of development. Observations have shown that a person's physical development slows down by the age of 25, and some, for example, stop growing in height. This does not mean that the organs and tissues have stopped changing, it just means that they have been formed by the age of 25.

The further physical development of the organism continues in two directions:

1). 2) through the influence of physical activity. little movement

Body fat, fullness, relaxation of abdominal muscles (rectus, transversus and obliques), increase in size, volume, thickening of digestive organs and other organs due to which they "leave" their place in the body. For example, the increase in the size of the brain due to satiety and a lot of food changes the location of other digestive organs (the abdomen hangs down), as a result of which the appearance of the body changes. It is up to the individual to have the perfect all-round physique.

in sports school No. 2 in Namangan, Namangan region, sport "Gymnastics" . 10 boys who started playing volleyball in January of this year as a research group, and 10 boys of the same age from general education school No. 34 of Yangikurgan district in a control group for 6 months. In the process of studying the impact of volleyball training on physical development, we presented the final results in the table below.

Gymnastics training sessions for the physical development of young gymnasts the final results of the impact study process

No	Anthropometric indicators	Sex	N	Experience $x \pm m$	Control $x \pm m$	T	P
1	Height	B	10	166.7 \pm 4.9	153.4 \pm 2.4	7.8	>0.01
2	Weight	B	10	52.5 \pm 4.5	43.7 \pm 1.4	4.44	>0.01
3	Body length in a sitting position	B	10	85 \pm 2.8	76.1 \pm 1.4	8.9	>0.01
4	Chest circumference	B	10	84.8 \pm 4.2	73.8 \pm 1.7	7.8	>0.01

Conclusion

In conducting this research, it is felt that there is a need to constantly monitor the physical development of young gymnasts among sports training and the tasks solved through them, and many experts in this field are ignoring it. As a result of this neglect, components that are necessary for the growth and development of young athletes are being used for other tasks. As a result, the growth and development of young people is somewhat slowed down. In order to solve such problems, there is a demand to correct microcycles of training or to make some changes in order to constantly control the indicators of physical development related to young people after engaging them in sports. Only then will we be able to improve the physical development of young athletes. In other words, we develop quantity and quality indicators proportionately.

REFERENCES

1. Decree of the President of the Republic of Uzbekistan No. 5924 dated January 24, 2020 "On measures to further improve and popularize physical education and sports ". Mabuot.uz
2. A.Abdullayev, Sh.Khonkeldiyev Theory and methodology of physical culture. Textbook for undergraduate students. - T. 2016. -410. P
3. Сатиев, Шухрат Камилович, and Сабитхан Валиевич Азизов. "Характеристики зависимости типов темперамента к эмоциональным стрессам и степени стрессоустойчивости футболистов." Лебедева Надежда Анатольевна—доктор философии в области (2020): 55.
4. Сатиев, Шухрат Комилович, and Собитхан Валиевич Азизов. "ФУТБОЛЧИЛАРНИ ПСИХОЛОГИК ТАЙЁРЛАШ ВА УЛАРНИНГ ПРИНЦИПЛАРИ." Scientific Impulse 1.3 (2022): 323-327.
5. Dostonbek No'monjon o'g, Ergashaliyev. "GANDBOLCHILARNI JISMONIY TAYYORGARLIGINI RIVOJLANTIRISHDA YORDAMCHI JISMONIY TAYYORGARLIKNING AHAMIYAT." (2023).
6. Makhmudovich, Gofurov Abduvokhid, and Mahmudjonov Asilbek Abduvokhid o'g'li. "THE ROLE OF SPORTS IN ACHIEVING SUSTAINABLE DEVELOPMENT GOALS." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 13.01 (2024): 13-15.

Jismoniy tarbiya va sport sohasi samaradorligini oshirishda fiziologik,
pedagogik-psixologik yondashuvlar va fanlararo integratsiyalashuv
masalalari

7. Араббоев, К. Т., and Е. Я. Михайлова. "ОБОСНОВАНИЕ ЭФФЕКТИВНОСТИ ОБУЧЕНИЯ СТУДЕНТОВ ФАКУЛЬТЕТА ФИЗИЧЕСКОЙ КУЛЬТУРЫ ПОСРЕДСТВОМ ТЕХНОЛОГИЙ ИНТЕГРИРОВАННОГО МОДУЛЬНОГО ОБУЧЕНИЯ." *Namangan davlat universiteti Ilmiy axborotnomasi* 7 (2023): 753-757.945825205

8. Mukhammedovich, Juraev Vohidjon. "Psychological Features of Competitive Motivation of Athletes." *Central asian journal of literature, philosophy and culture* 3.11 (2022): 312-314.

9. Tokhirzhonovich, Arabboev Kakhramon. "The effect of physical activity on the body of schoolchildren in physical education lessons." *Galaxy International Interdisciplinary Research Journal* 11.12 (2023): 112-115.

10. Tohirjonovich, Arabboyev Qahramon. "THE ROLE OF PHYSICAL CULTURE AND SPORTS IN STUDENT ACTIVITY AND LIFESTYLE." *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429 12.09 (2023): 58-63.