

## **GYMNASTICS AND WOMEN'S HEALTH**

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**Annotation:** Today, modern sports facilities have been built not only in cities, but also in remote and remote villages. There are many centers and sections of international standards, sports complexes and halls.

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Our country has all the necessary conditions for the development of mass sports, as well as the training of talented athletes who will achieve great victories in major international competitions. As a result, today sport has become an integral part of the life of our people.

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After the independence of our country, gymnastics, like all sports, has literally risen. Founded in 2005, the Gymnastics Federation of Uzbekistan has been consistently working in our country to promote all major sports - men's and women's gymnastics, rhythmic gymnastics, trampoline, acrobatics.

Gymnastics centers that fully meet international standards have been established in all regions of the country, where thousands of boys and girls regularly practice this sport every day. The most promising and talented of them are joining the ranks of junior and national teams in gymnastics. Not only sports complexes and specialized sports schools, but also gymnasiums of secondary schools have been equipped with modern gymnastics equipment.

In 2007, the Republican Higher School of Gymnastics was established, and in 2011, the Republican School of Olympic Reserve Sports, specializing in children and adolescents in Rhythmic Gymnastics. The school, which has been the center of preparation of athletes of the national teams of Uzbekistan for the Olympics in all kinds of gymnastics since 2009, has all the conditions for a high level of training and major competitions.

At the XXXI Summer Olympic Games in Rio de Janeiro, Brazil in 2016, masters of gymnastics Anton Fokin and Oksana Chusovitina, trampoline Ekaterina Khilko, rhythmic gymnast Anastasia Serdyukova and in team competitions Samira Amirova, Valeria Davidova, Luiza Ganieva, Our team consisting of Zarina Kurbanova and Marta Rastoburova deservedly participated.

The school, which previously specialized only in rhythmic gymnastics, has now been transformed into the Republican Olympic Reserve Sports School, which specializes in gymnastics and trampoline, and specializes in gymnastics for children and teenagers.

A single information-analytical database has been created for the systematization and registration of gymnasts of our country and sent to all regional branches of the federation for posting information about the athlete.

Consistent efforts are being made to popularize acrobatics, aerobics, gymnastics, which are not included in the program of the Olympic Games, among young people, as well as to create the necessary conditions for these sports.

The growing skills of our gymnasts defending the honor of our country at prestigious international competitions are the result of a systematic approach to the development of this sport in Uzbekistan.

Meanwhile, preparations are underway for our athletes to compete in prestigious competitions - the World and Continental Championships, the 2018 Asian Games in Indonesia, the Youth Olympic Games in Argentina, and the 2020 Olympic Games in Japan. The implementation of the above decisions will serve to accelerate the development of all types of gymnastics in our country, to ensure the healthy growth of the younger generation, as well as to train athletes capable of raising the prestige of our country at prestigious sporting events.

There are four types of gymnastics classes for women:

Leaning jump.

Low - high bars.

Free exercise.

They practice on their own.

One of the main reasons for the popularity of gymnastics among women is that the exercises performed are clear and understandable.

With the development of sports, the demand for adequate equipment of sports facilities has increased. If we compare the current gyms with the gyms of previous years, we can get an idea of the conditions under which the best gymnasts of the republic were formed.

Women need to be prepared for gymnastics. In the process of training, it is necessary to use more preparatory and supportive exercises, so that the transition from easy exercises to training difficult exercises is gradual and natural. The standard of exercise on gymnastic equipment should be clearly defined, as they are associated with the great work of the muscles of the arms, shoulder girdle and abdominal press.

Even simple hanging, and especially lean exercises, require a lot of strain on the shoulder girdle and arm muscles. Therefore, when training with women, it is important to make sure that they exercise more in pairs at different heights. In this pair, it is much easier to combine different exercises, such as mixed hanging, leaning and sitting.

The preparatory and main parts of the training include general developmental exercises without equipment and with various equipment (with a gymnastic stick, rope, filling ball, tennis and other balls) on the gymnastics wall, chair, low and high. It is necessary to include in the program, in the program, exercises that ensure the full development of women, the strengthening of their muscles. The above tools will help you make your training fun and enjoyable.

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