

**TRENDS IN THE DEVELOPMENT OF GYMNASTICS AND ITS ROLE IN THE
SYSTEM OF PHYSICAL EDUCATION OF UNIVERSITIES**

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АБСТРАКТНЫЙ

**ИНФОРМАЦИЯ О
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The article examines current issues of the formation and development trends of health gymnastics, its role and health orientation in the process of teaching students in higher education institutions. It has been established that the physical education departments face the following important tasks: increasing the level of physical fitness of students taking into account their future profession and motivation for gymnastics, the need to substantiate and develop a system of scientific and methodological support, further study of the influence of gymnastics on the body of students.

Introduction. Existing publications on the development of gymnastics, unfortunately, are not always substantiated, are characterized by logical inconsistency of methodological developments and a certain subjectivity in conducting classes and using pedagogical technologies in the process of teaching students in higher educational institutions [1, 8].

The health of a young person is one of the decisive factors in the formation of personality and to a certain extent determines the choice of future professional activity, the possibility of comprehensive development of personality and social affirmation. The state of health also affects the general preparedness of a young person, his spiritual and physical development, future achievements in the field of professional activity [2, 3, 5].

Physical culture plays a major role in the formation of personal qualities, physical development of a young person, improving his functional state, preparing for future professional activity [4, 6, 7].

Physical culture as a part of general culture has a significant impact on the formation of personality and is related to both spiritual and material values. Improving physical qualities and motor skills, thereby contributes to the production of material goods and the transformation of the physical and material nature of man. An important element in the development of personal qualities in the process of physical education is the acquisition of a

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certain amount of knowledge in this area, as well as the formation of appropriate beliefs, behavioral habits, and the development of physical and mental professionally significant qualities [9]. Systematic physical education classes involve the acquisition of certain theoretical knowledge and strong beliefs in the field of physical education, participation in active propaganda, a stable habit of regular physical exercise, the acquisition of a wide range of motor skills, abilities, and achievements. logical, legal, and aesthetic feelings in the world of physical education concepts [8, 10, 11].

In recent years, the most noticeable manifestation of interest among a wide range of young people in various types of mass sports and physical activity for recreation and recovery, to ensure good athletic form and health has become. This is facilitated by many publications that have appeared recently, the production of a significant number of video products and the creation of a large number of sports clubs, the main goal of which is to attract wide sections of the population to systematically engage in types of gymnastics [12, 13, 14].

Even in ancient times, physical exercises to music were used to form a beautiful posture, an easy gait, and to develop motor skills, namely agility, speed, and endurance. A type of gymnastics in ancient Greece was orchestrica, a dance-oriented gymnastics. It is considered the predecessor of the existing rhythmic and rhythmoplastic exercise systems, including modern artistic gymnastics [15, 16].

In the 19th-20th centuries, a trend in gymnastics was formed associated with the name of the outstanding French scientist and physiologist J. Demeny. His system of physical exercises was based on a sense of rhythm and harmony of movements, rhythmic alternation of relaxation and muscle tension. J. Demeny preferred the continuity of movements as the basis for the current method of performing exercises. Currently, the use of this method is a characteristic feature of rhythmic gymnastics and aerobics.

In the middle of the 19th century, another trend in gymnastics was widely developed, combining expressiveness and rhythm of movements. Its founder was F. Delsarte. The gymnastics system of F.G. Delsarte, along with the ability to sing clearly, offered mastery of gestures, facial expressions, movements and poses, creating different images. That is why it was called expressive gymnastics [3]. The famous ballerina A. Duncan, who created dance gymnastics for women, is considered a follower of the gymnastics system of F. Delsarte. A. Duncan rejected the classical school in ballet, defended the idea of universal artistic education. She attached special importance to gymnastics, considering it the basis of physical education.

The main distinctive feature of gymnastic aerobics is the performance of movements to modern pop melodies and a certain rhythm. These melodies are based on jazz aspirations in music, namely, black melodies. The peculiarity of this music is that it is inseparable from human body movements, is associated with knocks, stamping and has a rhythmic polyphony. In the late 60s, a new form of gymnastics using rhythmic music appeared called jazz gymnastics. Its founder is considered to be the author of the book "Jazz Gymnastics" M.A. Beckman. The features of this direction of gymnastics include: high motor density, conducting classes with little time for explanation, using art tools in transforming and combining them with the tasks of physical education, an incomprehensible focus of classes, performing exercises to musical accompaniment. In the 70s, another form of health activity

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appeared - aerobic dancing, the founder of which was J. Sorensen. The program of aerobic dances includes rhythmic running, jumping, bending, swinging, many dance steps and movements. In terms of the content of the classes and structure, aerobic dances resemble modern rhythmic gymnastics and aerobics. The term "aerobics" was first introduced by K. Cooper in 1960. The origin of this comes from the word "aerobic" - with the participation of oxygen, which has a physiological basis. The author proposed a clear and logically constructed system of self-assessment with the help of tables that allow a person to evaluate not only his physical condition, but also the progress he achieves in the process of systematic physical exercise. "Age" tables of K. Cooper make aerobics accessible to all ages of the population.

The development of comprehensive programs with a health focus for different ages of the population is associated with the emergence of the American fitness system. The word "fitness" means physical fitness of a person. The understanding of this term is based on the need for regular physical exercise to improve health.

Thus, the fitness system is a comprehensive health program for the population, which uses types of physical activity, as well as a lifestyle consisting of training, modern equipment and stylish clothing. Currently, fitness is developing in two directions: sports and health.

According to K. Cooper, aerobics is a system of using long-term, moderate-intensity physical exercises to improve health. To achieve a health effect, it is necessary to meet the following requirements: participation in the work of large muscle groups, long-term exercise and rhythmic nature of muscle activity, namely the use of health exercises of a cyclic nature. Thus, health aerobics, today, can be considered as an international generalized name for health-oriented motor activity for different segments of the population, which today combines more than two hundred different directions and trends. In this regard, it became necessary to classify the directions and types of health gymnastics. In our opinion, the most successful attempt to develop a classification is that provided by O. Popova.

The author conditionally divides health gymnastics into three groups. The first group includes all types of health gymnastics that include dance movements.

These are rhythmic gymnastics, women's gymnastics, aerobics and others that contain a specific dance style in their name (jazz gymnastics, disco gymnastics, modern gymnastics).

The second group includes types of gymnastics designed for the targeted development of body shapes or the development of certain functions of the body. These are athletic gymnastics, fitness, callanetics, shaping, stretching, breathing types of gymnastics.

The third group includes types of gymnastics that are connected with Eastern philosophical systems, which are based on the idea of improving the body with the help of special exercises. These include yoga, tai chi, qigong, etc. The author also defines the most common types of health gymnastics, which include aerobics - sports and health, callanetics and fitness - types of athletic gymnastics, stretching - gymnastics, which provides the best conditions for stretching different muscle groups.

The above material shows the diversity of gymnastics directions, which have turned into different popular styles and types of gymnastics, which have gained great popularity all over the world, but the development of new types of health gymnastics, unfortunately, is not always justified. The existing recommendations are characterized by logical inconsistency

of methodological developments and a certain subjectivity for conducting health classes and using pedagogical technologies in health types of gymnastics.

Contradictions remain in the methodology of teaching different types of health gymnastics, which does not allow for the comprehensive use of their capabilities. In the process of conducting physical education classes with university students, teachers very often do not take into account the fundamental principles of their construction with the comprehensive use of certain types of gymnastics.

Conclusions. Having analyzed scientific and pedagogical literature on the formation, modern problems and development trends of health gymnastics, its role and health orientation in the process of teaching students, we came to the conclusion that the departments of physical education in universities face such important tasks as improving physical fitness and developing a system of scientific and methodological support, improving the pedagogical technology of organizing classes, rational use of various methods and creating a unified classification of gymnastics tools, further studying the influence of gymnastics tools on students. In addition, from our point of view, the problem of appropriate selection of individual gymnastics tools for improving the health of students is of great importance.

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