

**Gimnastikaning sport turlari va sog'lomlashtiruvchi ahamiyati.**

**Sayfiyev Hikmatullo Xayrullayevich**

[hikmatullosaefiyev@gmail.com](mailto:hikmatullosaefiyev@gmail.com)

Osiyo Xalqaro Universiteti Jismoniy Madaniyat kafedrası o'qituvchisi

***Anatatsiya:** Jismoniy tarbiyada umumiy jismoniy rivojlanish va insonning asosiy motor qobiliyatlarini yaxshilashni ta'minlaydigan gimnastika alohida o'rin tutadi. Gimnastika turli xil mashqlar bilan ajralib turadi, bu aniqlarni eng muvaffaqiyatli hal qilish uchun keng imkoniyatlar yaratadi*

***Kalit so'zlar:** Gimnastika, sog'lomlashtirish, saf mashqlari, sakrash, erkin mashq, akrobatika, xoreografiya.*

Gimnastikaning sport turlariga gimnastika, badiiy gimnastika, sport akrobatikasi kiradi, sport aerobikasi va fitnes aerobikasi.

Gimnastika ko'pkurashning bir nechta turlarini o'z ichiga oladi. Bunga quyidagilar kiradi: erkaklarda-bepul mashqlar, mashqlar otda, halqalarda, barlarda, barda, qo'llab-quvvatlovchi sakrashlar; ayollarda-qo'llab-quvvatlash sakrashlari, turli balandlikdagi barlarda mashqlar, gimnastika logida va polda mashqlar. Darslarga badiiy gimnastika badiiy mashqlarni o'z ichiga oladi gimnastika, xoreografiya, akrobatika.

Sport gimnastikasi – Olimpiya sport turi. Mamlakatimizda uning rivojlanishiga rahbarlik qiladi gimnastikasi federatsiyasi.

Badiiy gimnastika-bu sof ayol sport turi.

Uning asosiy vositalari klassik raqs, ritm, plastmassa elementlari, ob'ektlar bilan bajariladigan raqs mashqlari (halqa, arqon, lenta, to'p, klublar) va ob'ektlarsiz, albatta musiqiy hamrohlik. Badiiy gimnastika ham Olimpiya sport turi hisoblanadi va uning mamlakatimizda rivojlanishi badiiy gimnastika Federatsiyasi tomonidan boshqariladi.

Sport akrobatikasi uchta mashq guruhini o'z ichiga oladi: akrobatik sakrash, juftlik (erkak va aralash juftliklar), guruh mashqlari va trambolin mashqlari. Keng akrobatik mashqlarning murakkabligi diapazoni ularni yoshi, jinsi va jismoniy tayyorgarligi jihatidan farq qiladigan shaxslarga o'rgatish imkonini beradi. U turli miqyosdagi musobaqalarni tashkil qiladi va o'tkazadi.

Sport aerobikasi-bu sport turi sportchilar uzluksiz va yuqori samarali mashqlar to'plami, shu jumladan murakkab koordinatsion asiklik harakatlarning kombinatsiyasi, turli xil tarkibiy guruhlarning turli xil murakkab elementlari, shuningdek sheriklar o'rtasidagi o'zaro ta'sir. Tarkibi quyidagi fanlardan: erkaklarning individual chiqishlari va ayollar, har qanday tarkibdagi aralash juftliklar, uchlik va oltitalar. Ushbu mashqlarda

xoreografiyaning asosini quyidagilar tashkil etadi aerobik qadamlar va ularning birikmalari.

Fitness aerobikasi-bu jamoaviy murakkab muvofiqlashtirilgan doimiy sport bilan ajralib turadigan asiklik sport klassik aerobikaga xos harakatlarni bajarish

yuqori intensivlik, Step-aerobika, musiqaga ijro etiladigan hip-hop uslubidagi aerobikaning raqs turi. 1995 yilda xalqaro Olimpiya qo'mitasi (XOQ) tomonidan aerobika rasmiy intizom deb tan olindi va xalqaro gimnastika federatsiyasiga kirdi.

Fitness aerobikasini rivojlantirish va ommalashtirish bilan FISAF xalqaro tashkiloti shug'ullanadi, Prezident Stefan Bartelemy (Fransiya), Rossiyada esa Rossiya fitnes – aerobika Federatsiyasi, uning prezidenti Olga Slutsker. Chempionatlar o'tkaziladi jahon va Yevropa, xalqaro turnirlar va bolalar, o'smirlar va kattalar o'rtasida Umumrusiya musobaqalari. Musobaqa dasturi uchta fanni o'z ichiga oladi:

- ✓ aerobika;
- ✓ qadam aerobikasi;
- ✓ hip-hop

#### **Gimnastikaning sog'lomlashtirish turlari.**

Gimnastikaning sog'lomlashtirish turlari ertalabki gigiena (jismoniy mashqlar) va kirish gimnastikasi, jismoniy tarbiya, o'quv muassasalarida, ishlab chiqarishda jismoniy tarbiya shaklida mashqlarni bajarishni o'z ichiga oladi. Ushbu guruhga terapevtik ham kiradi gimnastika. Ularning asosiy maqsadi salomatlikni mustahkamlashdir inson, o'qish, ishda jismoniy va aqliy faoliyatini yuqori darajada ushlab turish, faollikni oshirish mehnat va ijtimoiy faoliyatda Gigienik gimnastika inson salomatligini mustahkamlash va saqlash, umuman tananing hayotiy faoliyatini oshirish muammolarini hal qiladi. Fiziologik ta'sir nuqtai nazaridan gigienik gimnastika tinglovchilarning butun tanasini tonlaydi va engillashtiradi insonning mehnat va ijtimoiy foydali faoliyatidan keyin umumiy charchoq Gigienik gimnastika insonning kundalik hayotida keng qo'llaniladi. Bu odamda yaxshi odatlarni tarbiyalashga yordam beradi: gigiena qoidalariga rioya qilish, muntazam jismoniy mashqlar bilan tanishish. Gigienik gimnastika ertalab, tushdan keyin va kechqurun o'tkazilishi mumkin. Ertalab gimnastika tananing optimal ishlashiga tezda erishish uchun ishlatiladi; kun davomida mashqlar charchoqni oldini olish yoki bartaraf etish, qarshi turish uchun amalga oshiriladi kundalik gipokineziyaning salbiy ta'siri; kechki mashg'ulotlar kunduzgi stressni engillashtirishga yordam beradi, foydali ta'sir ko'rsatadi keyingi uyqu uchun. Barcha holatlarda jismoniy mashqlarni qattiqlashuv protseduralari bilan birlashtirish tavsiya etiladi.

Sog'lomlashtiruvchi gimnastikasi insonlarni mehnat faoliyatiga tezda jalb qilishga qaratilgan. Tashkilot shaklida bu maktabda "darsdan oldin gimnastika" va "ishdan oldin gimnastika". Bu erda mashqlar tuzilishda qo'llaniladi harakatlar, energiya va hissiy

ta'minot yaqin professional vosita harakatlariga. Jismoniy mashqlar paytida fiziologik va psixologik erishiladi faol va yuqori samarali o'quv va ishlab chiqarish faoliyatiga munosabat. Ijro muddati jismoniy mashqlar-5-10 daqiqa.

Jismoniy tarbiya yoki jismoniy tarbiya, jismoniy va aqliy ko'rsatkichlarni yuqori darajada ushlab turish uchun ishlatiladi butun maktab yoki ish kuni davomida daraja, duruq buzilishining oldini olish, mahalliy jismoniy charchoq. U o'quv mashg'ulotlari yoki ish paytida charchoq belgilari (chalg'itish, holatni buzish, charchoq hissi va boshqalar) paydo bo'lganda amalga oshiriladi. Kompleks 5-10 ta mashqdan iborat bo'lib, 2-5 daqiqa ichida bajarilishi mumkin. Terapevtik gimnastika terapevtik jismoniy madaniyatning asosidir (jismoniy mashqlar terapiyasi). Bu shikastlanish, shikastlanish, kasallik, jarrohlik va boshqalardan keyin tananing vaqtincha yo'qolgan individual funktsiyalarini tiklashga yordam beradi. U turli xil kasalliklar uchun boshqa dorilar bilan birgalikda ishlatiladi, ammo ayniqsa, mushak-skelet tizimini davolashda samarali. Darsning asosiy shakli-bu 30-60 daqiqa davom etadigan dars yoki protsedura. Terapevtik jismoniy madaniyatning bir turi-bu sog'liqni saqlashning noan'anaviy turlari gimnastika: tuzatish, dam olish, tiklash, nafas olish, artikulyar va boshqalar.

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