

Theoretical Foundations of Improving the Physical Fitness of Young Rhythmic Gymnasts

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Abstract: *This article highlights some specific features of improving the physical fitness of young rhythmic gymnasts. Improving the physical fitness of young rhythmic gymnasts relies on theoretical foundations rooted in sports science, developmental psychology, and motor learning. Improving the physical fitness of young rhythmic gymnasts involves a combination of scientific principles and tailored training approaches. The theoretical foundations are rooted in physiology, biomechanics, motor learning, and sport psychology.*

Keywords: *Training, method, individual, technique, aesthetics, complex, selection.*

Introduction. Approaches to improving the physical fitness of rhythmic gymnasts in the world are constantly changing. At the same time, scientific research, new training methods and experiments are widely used in the education of young athletes. Improving the physical fitness of young rhythmic gymnasts has a significant impact not only on their development in the field of sports, but also on their future success. Rhythmic gymnastics is a sport that requires a high level of physical flexibility, strength, endurance, coordination and aesthetics, and it is important to take into account a number of important aspects when training young gymnasts. Principles of Growth and Development. Age-Specific Adaptations: Depending on their developmental stage, young gymnasts have distinct physiological and psychological traits. Training regimens should be tailored to their developmental stages, emphasising basic strength, flexibility, and coordination. Window of Trainability: There are crucial times in childhood when certain physical characteristics (such flexibility, agility, and motor coordination) can be developed to their full potential. Motor Control and Acquiring Skills: Accurate motor control is necessary for rhythmic gymnastics. To improve neuromuscular coordination, training regimens should prioritise growing difficulty, repetitive practice, and appropriate technique.

Research and methods.

Feedback Mechanisms: Learning is accelerated and motor patterns are improved through the efficient use of both internal and external feedback. Development of Flexibility. Flexibility training that combines static (for passive range) and dynamic (for active range) stretching techniques is beneficial for young gymnasts. Techniques for Safe Stretching: Avoid damaging joint loading or overstretching, especially in athletes who are growing. Power and Sturdiness Conditioning. Body-Weight Training: Gymnasts emphasise muscular endurance, balance, and core stability through resistance training largely using body weight. Anaerobic and Aerobic Fitness: Rhythmic exercises require a combination of anaerobic capacity (for quick bursts) and aerobic base (for prolonged performance). Efficiency of Movement and Biomechanics Kinematic Analysis: Proper technique and injury avoidance are ensured by knowing the mechanics of leaps, turns, and balances. Posture and Alignment: Proper body alignment is essential for both reducing joint and spine pain and achieving an aesthetically pleasing result. Foundations in Psychology. Motivation and Goal Setting: Long-term engagement and performance development are fostered by promoting intrinsic motivation and establishing attainable goals. Visualisation and Focus: Under pressure, performing intricate routines requires mental practice and attention management. Load

management and periodisation. Training Cycles: To prevent overtraining and guarantee peak performance, periodisation entails organising training periods (such as preparation, competition, and recovery). Techniques for Recovery: Incorporating nutrition, active recovery, and rest maximises adaptability and lowers the chance of injury.

The specific features of improving the physical fitness of young rhythmic gymnasts are of great importance not only for individual athletes, but also for sports approaches in the world community.

Results.

Rhythmic gymnastics, taking into account its complex technique, aesthetics and high physical requirements, requires specific methodological approaches and practices in the training of young athletes.

The development of rhythmic gymnastics in Uzbekistan is of great importance in increasing the interest of young people in sports and achieving success in international competitions. Further improving the results The issue of improving the physical fitness of young rhythmic gymnasts requires the development of a high level of flexibility, strength, coordination and endurance that meet the specific requirements of the sport of rhythmic gymnastics. It is necessary to increase the popularity of gymnastics among the population, to establish a new system for identifying, selecting and qualifying talented athletes and training them as professional athletes.

Discussion. Improving the physical fitness of young rhythmic gymnasts requires a comprehensive and individual approach.

The development and assessment of special abilities of girls at the initial stage of learning rhythmic gymnastics exercises, the features of developing flexibility, integrated training, and improving physical fitness were studied by Vasiliki Gaspari, J.A. Belokopitova, I.A. Beresneva, K.A. Efimova, A.B. Yushin, B.B. Dugina, V.V. Dugina, I.A. Usmanova.

Theory of rhythmic gymnastics, teaching methodology, management and efficiency of the training process, types of training, terms, formation of movement skills A.K. Eshtayev, N.R. Khasanova, V.B. Eshtayeva, A. Achilov, A.I. Efimenko, K.K. Yo'ldoshev, M.N. Umarov are covered in their scientific and methodological works.

Issues arising in improving the physical fitness of young rhythmic gymnasts have been analyzed in many scientific studies. The specific requirements of the sport of rhythmic gymnastics, muscle structure, flexibility of movements and development using certain techniques lead to difficulties in improving the athlete's physical fitness.

Conclusion. The issues arising in improving the physical fitness of young rhythmic gymnasts are numerous and complex, and modern methods and scientific approaches are necessary to effectively solve them. Issues such as the integration of physical and psychological preparation, prevention of risks and injuries, recovery processes, and taking into account the physiological development of young athletes are the most pressing problems in the field of rhythmic gymnastics.

New approaches to improving the physical fitness of young rhythmic gymnasts require taking into account innovations in the field of modern sports.

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