

Improving the System of Professional Training of Future Teachers Using Musical Rhythmic Gymnastics (Using the Example of Physical Education Teachers)

Khaitbaeva Barnohon Bahodirovna

Fergana State University, Lecturer at the Department of Sports Games

Abstract

This article is devoted to the study of the possibilities of improving the system of professional training of future physical education teachers using musical rhythmic gymnastics. The emphasis is placed on the importance of integrating musical and rhythmic exercises into the educational process to increase the effectiveness of teaching and develop complex skills among physical education teachers.

This article describes the means of teaching musical rhythmic gymnastics.

Keywords: rhythmic gymnastics, physical qualities, load, complex impact, formation, music, rhythm, performance, classes, exercises, intensity.

According to its content, rhythmic gymnastics can be athletic, psych regulatory, gaming, dancing, etc. Modern rhythmic gymnastics is an independent type of gymnastics with characteristic methods and rules of organization classes. Being one of the general developmental types of gymnastics [1,2,3,4,5,6].

Rhythmic gymnastics classes are available to a wide range of students. Rhythmic gymnastics complexes are an active stimulator of the cardiovascular system and in this sense are close to cyclic exercises: running, cycling, swimming. In contrast to the loads obtained from cyclic work, rhythmic gymnastics classes cause a great emotional uplift, accompanied by significant endocrine shifts, reflecting an increase in the functional capabilities of the body. Complex effect on the neuromuscular system, endocrine system, metabolism and emotions of those involved makes rhythmic gymnastics a powerful means of prevention and health promotion. To develop basic physical qualities, it is necessary not only to maintain a high intensity of movements, but also to monitor the correct execution of them. Each exercise in the complex is designed to develop one or another physical quality.

To relieve nervous tension, rhythmic complexes gymnastics are an ideal remedy because... by doing physical exercise accompanied by music in the body produces special hormones - endorphins. They influence the formation of a good mood, positive emotions, cause a feeling of self-confidence, and increase resistance to stressful situations [7,8,9,10,11].

In order to learn to move beautifully, you need to pay special attention to the quality of the exercises, maintain correct posture in each phase of the exercises, and control your movements in the mirror.

To develop a sense of rhythm, it is necessary to develop ear for music and perform movements to the beat of music accompaniment. Along with particular tasks, rhythmic gymnastics means are involved in solving the main tasks of physical culture:

- through the means of rhythmic gymnastics, there is an understanding of the social significance of physical culture and its role in the development of personality and preparation for professional activity [12,13,14,15,16];
- with the help of rhythmic gymnastics classes, it is formed a motivational and value-based attitude towards physical culture, an attitude towards a healthy lifestyle, physical improvement and self-education, habits of regular exercise and sports;
- mastering the system of performing rhythmic gymnastics complexes ensures the preservation and strengthening of health, mental well-being, development and improvement of psycho-physical abilities, qualities and personality traits, self-determination in physical culture and sports;
- with the systematic implementation of rhythmic gymnastics complexes, personal experience is acquired in increasing motor and functional capabilities, ensuring general and professionally applied physical preparedness for a future profession and everyday life;
- a basis is created for the creative and methodologically sound use of rhythmic gymnastics for the purpose of subsequent life and professional achievements. As a result of mastering the methodology for performing rhythmic gymnastics complexes, students should:

know/understand:

- the influence of health-improving systems of physical education on health promotion, prevention of occupational diseases and bad habits;
- methods of monitoring and assessing physical development and physical fitness;
- rules and methods for planning individual lessons rhythmic gymnastics;
- rules and safety precautions when performing complexes rhythmic gymnastics of varying intensity and direction.

be able to:

- perform individually selected rhythmic and aerobic gymnastics complexes;
- perform simple self-massage and relaxation techniques;
- carry out creative collaboration in collective forms of rhythmic gymnastics;
- use acquired knowledge and skills in practical activities and daily life to improve performance, maintain and improve health, organizing and conducting individual, collective and family recreation, participation in the process of active creative activities to create a healthy lifestyle [17,18,19,20,21].

Of particular importance in rhythmic gymnastics are dance exercises. It is no coincidence that the predecessors modern rhythmic gymnastics programs were aerobic dancing, jazz gymnastics, disco gymnastics, which represent is rhythmic gymnastics with a pronounced dance direction.

There are two forms of conducting rhythmic classes gymnastics: improvised and stable complexes. The most effective classes are those using a pre-developed program. Stable complexes are used in working with children, schoolchildren, students, and people involved in health groups at the initial stage. At the beginning, the exercises are learned without music, checking the correct execution of the movements. The complex changes after 6-8 lessons. Classes with a pre-prepared program can be taught by any instructor who has a sufficient level of physical fitness, but under the guidance of a teacher.

Improvised complexes can only be used in highly trained groups. A prerequisite for conducting impromptu classes is a high supply of motor skills and physical exercises of the teacher (the arsenal must include at least 50 - 80 exercises). Rhythmic gymnastics exercise sets generally have a similar structure. These are the preparatory, main and final parts. When drawing up a rhythmic gymnastics program, specialists alone recommend allocating time to individual parts of

the lesson, respectively 5%, 80-85% and 10-15%; others recommend 25%, 65% and 10%. The preparatory part of the complex is a kind of warm-up before the main part. The main task is to activate the body, prepare it for the main work and improve the emotional state. Therefore, the exercises performed in this part are selected not very difficult in terms of motor movement and should not only help warm up the muscles and joints, but also be as original as possible, emotionally charged, raise the emotional tone of those involved, and should also be local in nature (number of muscles involved should not exceed 30%). At the same time, in the preparatory part of the lesson it is necessary to solve problems in the formation of correct posture and breathing, as well as improve coordination and speed qualities. The exercises of the preparatory part should be performed dynamically, and the muscles of the legs, torso and shoulder girdle should be simultaneously involved in the work. At the end of the preparatory part, coordination exercises and dance movements may be included. Exercises are selected so as not to disturb the overall composition of the program. Since rhythmic gymnastics classes are dynamic, it is not considered advisable to suddenly change the starting position [22,23,24].

The preparatory part of the complex is carried out standing. The sequence of exercises may be different, but the principle of gradually increasing the load must be observed. The complex should not begin with balance exercises, sudden head movements, or jerking movements. It is good to start the complex with circular smooth movements at a calm pace, reminding you of breathing and correct posture.

The main part of the complex consists of more complex exercises that involve a large number of muscle groups of a regional nature (up to 80% muscle masses) [25,26]. In this part, the exercises are performed in different starting positions: standing, sitting, lying down. A characteristic feature of the main part of the lesson is the inclusion in the complex of speed-strength exercises performed with a maximum range of motion in the joints. The pace of the exercises is different: the exercises should be performed serially (3-4 each series).

In the main part a large number of exercises that are aerobic in nature are exercises that stimulating cardiac and respiratory activity (dance movements, jumping, running). The main task of this part is training of the musculoskeletal system, cardiovascular and respiratory systems under different circulatory conditions. The main part should contain exercises that allow unload the spinal column. These are bending and swinging movements kicks with different amplitudes, speeds and directions.

It is not recommended to perform several exercises in a row, where the main load falls on the same muscle groups. An exception may be complexes that have a special orientation (complex with predominant development of strength, flexibility, etc.). It is necessary to include movements performed in distal parts of the extremities (hands, feet) in order to improving peripheral blood circulation.

In the final part, exercises are performed on relaxation, recovery, breathing, posture, combination of exercises with relaxation and tension. You can include dance moves at a medium and slow pace. The main task is to remove from a state of increased motor activity and psycho-emotional coupling. The organizational and methodological features of rhythmic gymnastics classes are as follows:

- 1) a sharp increase in the role of the teacher, who must perfect mastery of display, in-line method of conducting exercises; strictly follow the sequence of general developmental exercises with precise dosing of the load in accordance with musical and rhythmic accompaniment;
- 2) no special equipment is required for classes and inventory;
- 3) doing rhythmic gymnastics requires the group to those engaged in increased activity, composure and attention;
- 4) rhythmic gymnastics classes require the presence mandatory pedagogical and medical control; conducting individual "health" diaries; mastery of self-control techniques;

- 5) classes should be planned for a long period (for at least a year), with consistent solutions to problems in accordance with didactic principles;
- 6) when practicing rhythmic gymnastics, the possibility of injury is practically excluded. This is explained by the availability of exercises and a strict methodological approach when creating a program taking into account age and gender [27,28,29,30].

Students are encouraged to develop habits and skills that help improve their mental and physical performance. You need to know how long it takes to rest and restoration of mental and physical strength, which means and methods, the greatest efficiency.

List of used literature

1. Tursinovich, K. A., Zoirovich, S. F., & Tavakkalovich, A. D. (2021). Innovations in improving the professional and practical physical training of students of the military faculty. *Zien Journal of Social Sciences and Humanities*, 2, 31-34.
2. Hasanov, A. (2022). Primary school students training movement games in physical education classes: primary school students training movement games in physical education classes. *Физическое воспитание, спорт и здоровье*, 2(2).
3. Hasanov, A. T., Akzamov, S. D., & Abduraimov, D. T. (2022). Pedagogical technology in professional-practical physical training of students of the faculty of military education. *INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876, 16(10)*, 148-156.
4. Tursinovich, H. A., Ibrokhimovich, A. E., & Tavakkalovich, A. D. (2022). Features of the interdependence of indicators of physical status of students of I-IV stages of military education faculties. *Texas Journal of Multidisciplinary Studies*, 7, 58-61.
5. Khasanov, A. T., Kurbanov, G. R., & Mamatov, U. E. (2022). Experimental substantiation of efficiency accented physical education classes students of the faculty of "Military education". *INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876, 16(10)*, 157-164.
6. Хасанов, А. Т., & Икромов, И. И. (2022). ҲАРБИЙ ТАЪЛИМ ФАКУЛЬТЕТЛАРИ 1-4 БОСҚИЧ ТАЛАБАЛАР ЖИСМОНИЙ СТАТУС КЎРСАТКИЧЛАРИНИНГ ЎЗARO БОҒЛИҚЛИК ХУСУСИЯТЛАРИ. *Fan-Sportga*, (2), 53-56.
7. Tursinovich, K. A., & Melikuzievich, A. A. (2022). PEDAGOGICAL TECHNOLOGY IN THE EDUCATIONAL PROCESS OF" MILITARY EDUCATION BEFORE THE DRAFT". *Spectrum Journal of Innovation, Reforms and Development*, 7, 30-35.
8. Khasanov, A. T., & Azimov, A. M. (2023). Development of physical fitness of students based on new pedagogical technologies. *Journal of Pedagogical Inventions and Practices*, 17, 57-62.
9. Хасанов, А. Т., & Азимов, А. М. (2022). МЕТОДИЧЕСКИЕ ПОДХОДЫ К РАЗРАБОТКЕ ПРОФЕССИОГРАММЫ УЧИТЕЛЯ ФИЗИЧЕСКОЙ КУЛЬТУРЫ. *IJODKOR O'QITUVCHI*, 2(24), 449-455.
10. Khasanov, A. T., & Azimov, A. M. (2023). Development of physical fitness of students based on new pedagogical technologies. *Journal of Pedagogical Inventions and Practices*, 17, 57-62.
11. Solijonovich, S. J., & Xasanov, A. T. (2023). KASB-HUNAR MAKTABIDA VOLEYBOL SEKTSIYASI ISHINI TASHKILLASH SAMARADORLIGI. *O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA ILMIY TADQIQOTLAR JURNALI*, 2(15), 117-122.

12. Xasanov, A. T., & Solijonovich, S. J. (2023). KASB-HUNAR MAKTABIDA VOLEYBOL SEKTSIYASI ISHINI TASHKILLASH SAMARADORLIGI. *IJODKOR O'QITUVCHI*, 3(29), 215-217.
13. Tursinovich, K. A., Mirzaakhmadovna, M. F., & Alijonovich, E. T. (2022). 'Topical issues of pre-university preparation of students in the field of physical culture and sports. *Texas Journal of Multidisciplinary Studies*, 7, 253-255.
14. Xasanov, A. T., & Tojiboyeva, G. X. (2023). KOORDINATSION QOBILIYAT VA HARAKAT ANIQLIGINI SHAKLLANTIRISHDA MUVOZANAT SAQLASH BARQARORLIGINING SAMARADORLIGI. *O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA ILMIY TADQIQOTLAR JURNALI*, 2(18), 1276-1282.
15. Xasanov, A. T., & Hakimov, Q. M. (2023). YOSH FUTBOLCHILARNING TEZKOR-KUCHLILIK SIFATINI TAKOMILLASHTIRISHNING SAMARADORLIGI. *O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA ILMIY TADQIQOTLAR JURNALI*, 2(19), 1040-1046.
16. Xasanov, A. T., & Muxamediyev, M. M. (2023). YOSH VOLEYBOLCHILARDA MAXSUS ISH QOBILIYATINI RIVOJLANTIRISHNING AHAMIYATI. *O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA ILMIY TADQIQOTLAR JURNALI*, 2(19), 1027-1033.
17. Xasanov, A. T. (2023). YOSH VOLEYBOLCHILARNI JISMONIY TAYYORLASHDA TIZIMLI YONDASHUVNING SAMARADORLIGI. *O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA ILMIY TADQIQOTLAR JURNALI*, 2(19), 1021-1026.
18. Мадаминов, О. (2022). ПРОБЛЕМЫ СУДЕЙСТВА В СПОРТЕ НА СОВРЕМЕННОМ ЭТАПЕ РАЗВИТИЯ ОБЩЕСТВА. *IJODKOR O'QITUVCHI*, 3(25), 41-46.
19. Bakhodirovna, K. B. (2023). RESEARCH OF MORPHOLOGICAL FEATURES AND PHYSICAL DEVELOPMENT OF YOUTH. *Global Book Publishing Services*, 1-99.
20. Хаитбаева, Б. (2023). СОДЕРЖАНИЯ УПРАЖНЕНИЙ РИТМИЧЕСКОЙ ГИМНАСТИКИ С ЭЛЕМЕНТАМИ КЛАССИЧЕСКОЙ АЭРОБИКИ. *IJODKOR O'QITUVCHI*, 3(27), 110-115.
21. Хаитбаева, Б. (2023). ВОЗДЕЙСТВИЕ РИТМИЧЕСКОЙ ГИМНАСТИКИ НА ОРГАНИЗМ ЗАНИМАЮЩИХСЯ. *Finland International Scientific Journal of Education, Social Science & Humanities*, 11(3), 1079-1084.
22. Bakhodirovna, K. B., & Kayumovna, R. M. (2022). FORMATION OF MOTOR CULTURE OF STUDENTS IN THE LESSONS OF RHYTHMIC GYMNASTICS. *INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876*, 16(10), 118-124.
23. Bahodirovna, X. B. (2022). The use of rhythmic gymnastics in the practice of school physical education teachers on the example of the city of fergana. *International Journal of Pedagogics*, 2(05), 1-4.
24. Bahodirovna, X. B., & Pхomjonovich, I. I. (2022). THE USE OF RHYTHMIC GYMNASTICS IN THE PHYSICAL EDUCATION OF SCHOOLCHILDREN ON THE EXAMPLE OF THE CITY OF FERGANA. *International Journal of Pedagogics*, 2(05), 9-12.
25. Pхomjonovich, I. I., Tolanovich, Y. T., & Baxodirovna, H. B. (2021). Physical Education In The Structure Of Professional Education. *The American Journal of Social Science and Education Innovations*, 3(03), 226-229.
26. Tulanovich, Y. T., Madaminovich, D. E., & Baxodirovna, X. B. (2021). Rhythmic gymnastics in the system of physical education. *Innovative Technologica: Methodical Research Journal*, 2(12), 25-29.

27. Nishanbayvich, M. O. (2023). VOLEYBOLCHILARNI TAYYORLASHNING O'ZIGA XOS USULLARI. *IJODKOR O'QITUVCHI*, 3(31), 212-216.
28. Мадаминов, О. Н. (2023). УЛУЧШЕНИЕ ФИЗИЧЕСКОЙ ПОДГОТОВКИ И ТРЕНИРОВОЧНОГО ПРОЦЕССА У ЮНЫХ ВОЛЕЙБОЛИСТОВ. *International Bulletin of Applied Science and Technology*, 3(4), 192-196.
29. Orifjon, M. (2023). A scientific-methodical approach to improving the individual skills of young football players. *INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH* ISSN: 2277-3630 Impact factor: 7.429, 12(02), 39-43.
30. Nishanbayevich, M. O. (2022). Outdoor Games in The System of Physical Culture and Sports in Higher Education. *Texas Journal of Multidisciplinary Studies*, 5, 18-20.