



MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC
SOLUTIONS
CURRENT ISSUES AND SOLUTIONS IN THE SELECTION
PROCESS OF ARTISTIC GYMNASTS

Dekhkonova Makhmuda Ortigovna

*Associate professor of the Department of "Social Sciences and Law" of the
International Islamic Academy of Uzbekistan*

Abstract: *This study discusses the current issues in the selection process of artistic gymnasts and the ways to improve the selection criteria.*

Keywords: *Technical preparation, systematic methods, initial selection, special selection, potential abilities, movement elements.*

The identification of athletic talent in artistic gymnastics is a complex and challenging process. The demand for morphological characteristics, motor abilities, and artistic expression is continuously increasing. The search for children with movement capabilities facilitates the mass selection process to some extent.

The issue of selection is crucial in all sports and is not dependent on the age of the participants. It is closely linked to upbringing and the functional development of the growing body.

Over the past 10–20 years, many specialists have studied this issue. According to their research, the main purpose of selection is to ensure that the chosen sport's specific requirements are met, and that athletes have the necessary abilities to achieve high results in that sport. The concept of ability refers to all anatomical and functional capacities of an athlete's body that determine their mastery in sports.

Modern selection techniques can be predicted in advance. There are informative and reliable methods for assessing physical readiness. However, according to experts, the problems of sports orientation and selection remain at an empirical research stage. Currently, sports science does not have a sufficiently well-argued and effective selection method. This issue is particularly critical during early training stages. The unevenness of physical development, individual psychological characteristics, and the uncertainty of a child's future make early selection assessments challenging.

The reliability of selection can be improved by allowing children to train for some time before undergoing the selection process. It is well known that not all children can demonstrate their full potential in the first trial. According to recent studies, a child's potential can only be revealed through active engagement in specific activities.

The need to attract children to artistic gymnastics from an early age and the trend of lowering the starting age to five years have led to new regulations in the selection system. That is, the initial selection process should take place in kindergartens, primary schools, and specialized sports schools where this discipline is practiced.





MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC SOLUTIONS

In mass training groups, one of the primary factors is children's interest, desire to participate, and inclination toward imitation. During the initial training phase, over the years, artistic gymnastics specialists help primary education professionals identify talented girls. They use pedagogical observation and a minimal number of tests for this purpose. The remaining children continue systematic training according to a specific program and remain subjects of pedagogical observation and test monitoring.

It is crucial to ensure that children who are not selected do not feel discouraged and continue their training in appropriate groups. The selection process is significant for both children and their parents.

During test evaluations, it is necessary to ensure accuracy and pay attention to the girls' motivation, level of desire, and active participation. In the initial selection phase, assessments include external appearance, passive and active flexibility, dynamic strength, and general movement coordination.

Daily selection plays a particularly important role. In the early stages of training, between three months to a year, four to six selection stages are conducted, evaluating different types of preparation. The main qualities and the level of mastery of fundamental exercises are taken into account.

The primary selection occurs at the end of the second year of specialization. Success in training is assessed through control tests, which are integrated into the artistic gymnastics program and officially recognized.

During the primary selection phase, non-measurable factors such as flexibility, aesthetic sensitivity, and artistic expression are also considered.

The special selection takes place at the end of the third year. During this stage, numerical indicators are compared with the initial data, and the gymnasts' accumulated knowledge and ability to apply it to new situations are evaluated. Additionally, aspects such as health, interest, and willpower play a crucial role in the final selection process.

LIST OF REFERENCES:

1. Karimov, F. K. (2022). Developing A Combination of Health Exercises for Middle-Aged Men Aged 45-60. Eurasian Scientific Herald, 8, 201-204.
2. Karimov, F. K. (2022). PRIMARY SCHOOL STUDENTS HOLD NATIONAL MOVEMENT GAMES IN PHYSICAL EDUCATION CLASSES. Journal of Integrated Education and Research, 1(5), 254-258.
3. Khurramovich, K. F. (2022). DEVELOPING A SET OF WELLNESS EXERCISES FOR MIDDLE AGED MEN (45-60 YEARS OLD) ACCORDING TO PHYSICAL PREPARATION. Academicia Globe: Inderscience Research, 3(04), 165-169.
4. Khurramovich, K. F. (2022). DEVELOPING A SET OF WELLNESS EXERCISES FOR MIDDLE AGED MEN (45-60 YEARS OLD) ACCORDING TO





MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC
SOLUTIONS

PHYSICAL PREPARATION. Academicia Globe: Inderscience Research, 3(04), 165-169.

5. Khurramovich, K. F. (2022). METHODOLOGY OF WEIGHTLIFTING WITH ATHLETES. Web of Scientist: International Scientific Research Journal, 3(4), 1228-1233.

6. Рустамов, Л., & Турсунов, Ш. (2024). ВОЛЕЙБОЛ МУТАХАССИСЛАРИГА ҚЎЙИЛАДИГАН ТАЛАБЛАР. Молодые ученые, 2(20), 19-21.

7. Karimov, F. X. (2022). Scientific and Methodological Bases of Normalization of Loads in Physical Education and Mass Sports-Health Training. EUROPEAN JOURNAL OF BUSINESS STARTUPS AND OPEN SOCIETY, 2(2), 24-28.

8. Рахимкулов, К. Д., & Рустамов, Л. Х. (2021). Обучение Технике Игры В Волейбол В Школе. Polish Science Journal, 257.

9. Моисеева, К. В., & Рахимкулов, К. К. (2020). Сравнительная оценка ранних сортов картофеля по продуктивности в условиях северной лесостепи Тюменской области. Вестник Мичуринского государственного аграрного университета, (4), 53-56.

10. Рахимкулов, К. Д. (2019). Аспекты профессиональной подготовки студентов в педагогической и профессиональной практике. Наука и мир, 2(4), 54-55.

