



MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC SOLUTIONS

IN 7–8 YEAR OLD GYMNASTS FLEXIBILITY DEVELOP METHODOLOGY IMPROVEMENT

Sayfiyev Hikmatullo Xayrullayevich

Asia International University

Email: [hikmatullosayfiyev@gmail.com](mailto:hikmatullosayfiyev@gmail.com)

**Abstract:** *This in the article 7–8- year-old gymnasts flexibility develop methodology improvement issues scientific in terms of analysis Research during young athletes general and special physical preparation indicators, muscle elasticity and joints mobility development level studied. Pedagogical stretching exercises, balance in practice elements, forward and back rotation exercises and special gymnastic to exercises based improved The training program was applied.*

**Key Keywords:** *gymnastics, flexibility, stretching exercises, age gymnasts, physical preparation, special exercises, flexibility, coordination, pedagogy experience, gymnastics methodology.*

### Login

Artistic gymnastics technician in terms of complicated and high sports that require coordination one In this sport high to the results achieve athletes physical qualities, especially flexibility level with directly is related. Flexibility gymnastic elements technician in terms of clear performance, amplitude of movement expansion and complicated combinations safe done in increasing main functional from factors one as manifestation will be. 7–8 years old period and muscular-elastic system, joints mobility and neuromuscular coordination active developing physiological stage is, exactly this at the age of flexibility targeted develop high sports results for important foundation creates.

world sports practice young gymnasts readiness in improvement flexibility to develop separately attention International scientific stretching exercises in research, dynamic stretching methods and special gymnastic exercises young athletes' range of motion and technician readiness noticeable increase scientific Based on. G. Dallas, Y. Kobayashi, Y. Nagano, M. Suzukawa, A. Deineko such as researchers by take visited scientific in the works flexibility enough underdevelopment technician elements to perform accuracy, coordination and injury of danger to increase negative impact to show record done.

In our republic physical upbringing and sports system development, athletes reserve formation and sports education modernization to do according to wide extensive reforms done is being increased. Uzbekistan Republic Presidential Decree No. PF-5924 of January 24, 2020 physical upbringing and sports popularization, sports education quality increase and high qualified athletes preparation state of the policy priority directions as This is fixed. sports training in the decree scientific approaches current to be, modern methodologies working exit and young athletes readiness improvement tasks showing passed.





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Also, Uzbekistan Republic In the Presidential Decree No. PQ-5279 of November 5, 2021 Olympics and Paralympic sports according to athletes reserve preparation system improvement, sports education institutions material and technical base reinforcement and young athletes physical readiness scientific basically organization to grow tasks determined. In the resolution No. PQ-449 of December 12, 2022 and gymnastics sports development, talented the youth sorting and their special physical readiness strengthen according to clear measures by designating given. This regulatory and legal documents in sports gymnasts flexibility develop methodology improvement necessity further strengthens.

Scientific and methodological literature analysis this shows that age in gymnasts flexibility develop problem local and foreign scientists by various in directions research AK Eshtayev, MN Umarov, S. Hakimov, GK Sushko, HX Sayfiyev, MA Saidova and other researchers by gymnastics in training special stretching exercises, step by step preparation and individual approaches efficiency based on given. In studies young athletes anatomical-physiological features into account to take, to practice downloads step by step increase and exercises regular application flexibility development main pedagogical conditions as record done.

However practice analyses start preparation in groups of training most in cases general programs based on organization individual approach enough at the level not applicable and flexibility develop for special methodical of tools systematic current that it is not enough Especially in 7–8 year old gymnasts muscle elasticity and joints mobility in development young to the characteristics suitable exercises choice and download standardization with related problems This is complicated technician elements mastery efficiency reduces and injury the risk increases.

This point of view In terms of 7–8 year old gymnasts flexibility develop methodology improvement, special exercises system working exit and his/her pedagogical efficiency scientific justification of sports pedagogy current scientific and practical from the duties one is considered.

Research in 7–8- year-old gymnasts during the flexibility develop methodology efficiency determination for the purpose theoretical, empirical and mathematical-statistical methods complex accordingly The study will be conducted during 2022–2025. three in stages organization was and Bukhara, Navoi and Kashkadarya in the provinces gymnastics sports in specialized sports schools take went.

The research first in artistic gymnastics at the stage flexibility to develop More than 140 related scientific and methodological literature, monographs, scientific articles, dissertations and regulatory and legal documents analysis This was done. in stages young gymnasts organism anatomical-physiological properties, muscular-elastic system development laws and sports activities pedagogical basics studied. Also, foreign and local of scientists flexibility to develop related scientific views comparative analysis made, existing methodologies efficiency was evaluated.





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The research second in the phase experience and control groups was formed. To the research a total of 90 7–8 year old gymnasts attraction Participants by age, gender, sport to engage in deadline and physical development level according to selected. Research at the beginning athletes anthropometric and functional indicators was determined. In particular, the height height, body weight, chest cage width, pulse frequency and breath to take indicators studied. Experience at the beginning control and experience groups in the middle statistic in terms of reliable difference not detected ( $p>0.05$ ).

Athletes general and special physical readiness assessment for pedagogical from tests used. General physical preparation 30 meters in detection Running, 3x10 meters running, on a rope jump, one on foot jump, hands bending, standing from the place to length jump and forward bending tests used. Special physical preparation in evaluation and in hands upright standing, gymnastics on the stairs legs lift, 90 degrees at the base in case stand, circle shaped rotation, height jump, “ bridge ”, forward and back round and twine exercises main criterion as selected.

Experience in the group flexibility to develop aimed at improved weekly The training program was used. The program included stretching exercises, forward and back rotation elements, in hands upright standing, round-off, cartwheel, front handspring and balance exercises entered. Exercises 4 times a week organization each of the training duration 90 minutes organization Exercises step by step complicated went and downloads to the individual capabilities of athletes suitable accordingly standardized.

Research during pedagogical observation method through athletes technician actions to perform accuracy, range of motion, coordination and exercises mastery level regular control was done. Trainings in the process security to the rules strict action were done, exercises special gymnastic mats on done and coach by insurance methods This is the case. young in athletes injury of the circumstances prevent to take opportunity gave.

Received results mathematical-statistical methods using again average values, percentage indicators and Student's t- test based on groups between of difference reliability level was determined. Statistical analyses experience group results control to the group at the  $p\leq 0.05$  level reliable high that showed.

Research of 7–8- year-old gymnasts during physical development, functional status and flexibility indicators experience and control groups in the section analysis The research was conducted at the beginning athletes anthropometric and functional indicators according to groups between statistic in terms of reliable difference not detected ( $p>0.05$ ). In particular, the experiment in the group height length average height  $121.9\pm 6.4$  cm, body weight  $23.0\pm 3.3$  kg and pulse frequency  $25.0\pm 3.3$  times /15 seconds organization Control in this group too indicators almost one kind the results record This is experiment at the beginning of groups physical preparation level equal that showed.

Pedagogical experience in the end experience group in athletes flexibility and special physical preparation indicators noticeable at the level improved was observed. Forward bending test according to experience group athletes results 10.67 cm to 18.94 cm until





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increased, this and 77.5 % growth organization Control in the group and indicator 11.13 cm to 14.26 cm until improved, growth of 28.1% organization This results stretching exercises and special flexibility of exercises efficiency confirms.

“ Mostik ” exercise according to experience group results 66.87 cm to 84.35 cm until improved, 26.1 % positive growth record was controlled. in the group and this The indicator is from 67.27 cm to 74.18 cm. until increased. These results spine stepmother and muscle elasticity noticeable developed shows.

Twine exercise according to experience in the group the indicator is 24.33 cm to 10.12 cm until decreased. This result flexibility 58.4% of the level improved Control in the group and result 24.0 cm to 18.74 cm until changed. Experience group results working issued thigh muscles of the method and joints mobility in development high efficiency showed.

In hands upright stand test The results are also positive. dynamics record Experience in the group result from 3.48 seconds to 8.92 seconds increased by 156.3 % growth observed. Control in the group and indicator from 3.68 seconds to 5.74 seconds improved. This results balance and coordination of abilities developed confirms.

On the rope jump in the test experience group athletes from 15.4 to 28.7 times result showing 86.3 % to grow achieved. Control in the group and indicator from 15.8 times to 21.3 times improved. On one leg jump results experience in group of 54.3% growth record This muscle functional readiness and coordination of adjectives developed shows.

Research during forward and back round exercises to perform quality analysis The experiment was carried out. group in athletes forward round indicator is 70.6 %, back round and 61.3 % improved. Exercises technician in terms of right performance, amplitude of movement increase and coordination accuracy improvement experiment during used methodology efficiency showed.

Mathematician-statistician analyses as a result experience group indicators control to the group relatively statistic in terms of reliable high that Student's t- test was determined. at the  $p \leq 0.05$  level reliability record This is working issued methodology scientific based and practical in terms of effective that confirms.





Table 1.

7–8 year old gymnasts experience at the beginning and final flexibility and special physical preparation indicators.

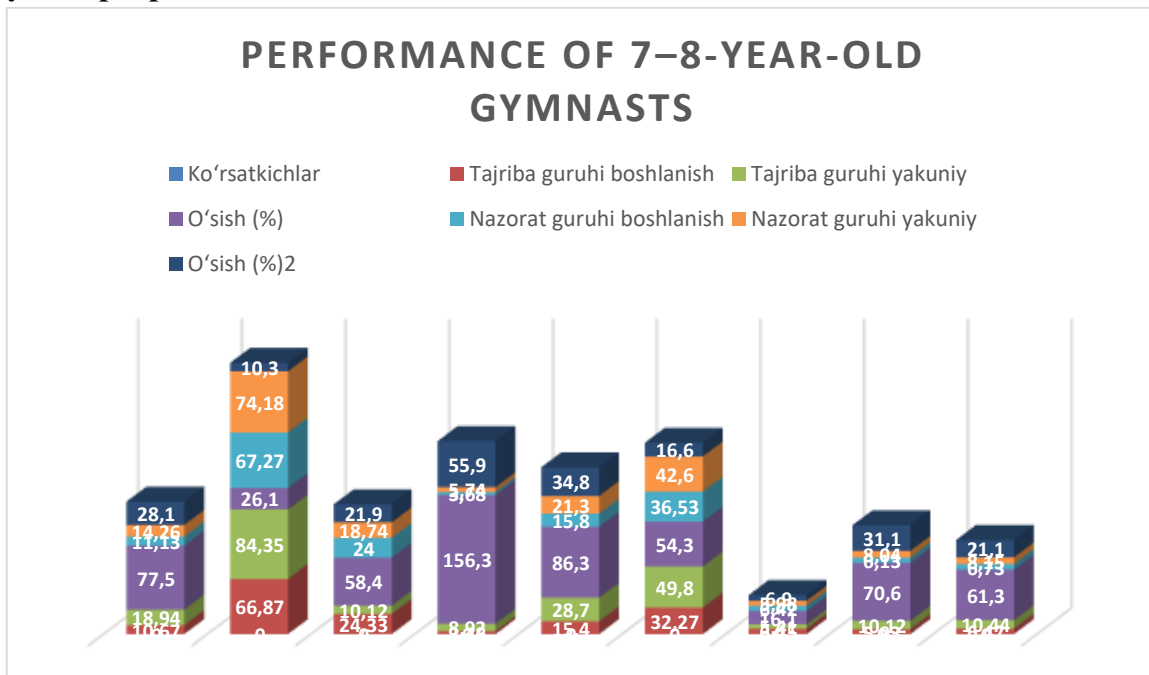
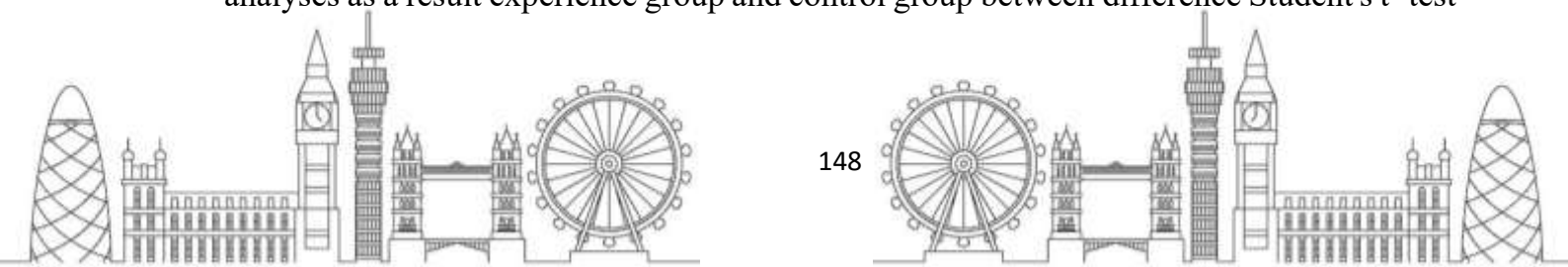


Table results experience group in athletes flexibility and special physical preparation indicators control to the group relatively noticeable at the level high developed Especially in the hands upright stand exercise according to experience 156.3% in the group growth record This is balance, musculoskeletal system stability and coordination of abilities effective developed Control means. in the group and this The indicator is 55.9 % organization reached.

Forward bending test results according to experience 77.5% in the group growth was observed. This posture stretching exercises and special flexibility of exercises spine stepmother and muscle elasticity in development high to efficiency has that confirms. Control in the group and growth indicator is much lower, at 28.1% organization The twine exercise results and experience methodology efficiency showed. Experience in the group indicator by 58.4 % improved if, control in the group this the indicator is 21.9% organization This is the thigh muscle. and joints mobility noticeable developed evidence gives.

On the rope jump and one on foot jump tests results experience group in athletes coordination, speed and muscles functional readiness noticeable increased showed. On the rope jump test according to experience group of 86.3% to grow achieved if, control 34.8% in the group growth record was done. Forward and back round in the exercises results experience group in athletes complicated gymnastic elements to perform technique improved showed. Especially forward round exercise 70.6 % of growth coordination preparation and accuracy of movement developed evidence gives. Mathematical-statistical analyses as a result experience group and control group between difference Student's t- test





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based on  $p \leq 0.05$  level reliable that This is determined. working issued methodology scientific based and practical in terms of effective that confirms.

### Conclusion

Research Results in 7–8- year-old gymnasts flexibility to develop aimed at improved methodology high to efficiency has that The experiment showed during applied stretching exercises, balance elements, special flexibility exercises and gymnastic technician actions young athletes general and special physical preparation indicators noticeable at the level improved. Pedagogical experience in the end experience group in athletes forward bending index is 77.5%, in the hands upright stand 156.3%, on the rope jump 86.3 %, forward round exercise and 70.6 % improved was determined. Twine and “ bridge ” exercises also high in growth dynamics record This work was carried out issued methodology muscle elasticity, joints mobility, coordination and balance adjectives effective developed shows.

Analyses as a result training downloads step by step increase, individual approach application and exercises systematic organization to grow young athletes functional opportunities in improvement important pedagogical factor that It was found that stretching exercises special gymnastic elements with integration technician actions to perform of quality to increase positive impact showed. Mathematical -statistical analyses as a result experience group indicators control to the group relatively Student's t- test at the  $p \leq 0.05$  level reliable high that was determined. This results working issued methodology scientific based on and practical in terms of effective that confirms.

Received results based on start preparation gymnasts in the first stage in training flexibility to develop aimed at special methodical exercises system wide application to the goal was deemed appropriate. This methodology young athletes technician readiness increase, injuries the risk reduce and sports results in improvement effective pedagogical tool as service does.

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