



THE HYGIENIC AND ATHLETIC IMPORTANCE OF HEALTH-ENHANCING TYPES OF GYMNASTICS FOR HUMAN HEALTH

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Abstract

This article discusses the hygienic and athletic significance of health-promoting types of gymnastics. Based on scientific research results, the effectiveness of using gymnastics exercises among various age groups for strengthening health, improving quality of life, reducing stress, restoring posture, and achieving overall well-being is highlighted. Various methods and recommendations in this field are provided.

Keywords: Health, physical education, hygiene, athletic development, morning gymnastics, muscle flexibility, breathing exercises, yoga, pilates, quality of life.

Introduction

One of the main tasks of gymnastics training is to develop essential movement skills in young people necessary for everyday life. Unfortunately, there are quite a few youths in our society who lack a well-formed posture, walk unattractively, and cannot properly control their body movements. Physical exercises used in gymnastics training, along with natural environmental factors (air, water, sunlight), labor, and social hygienic conditions, are the main means of physical education. To achieve the necessary indicators, it is important to use all physical education tools comprehensively. Intelligence, strength, and perseverance are essential for life. Nowadays, health is considered an important component of youth's lives. Young people have begun to take active care of themselves. Athletics and gymnastics have become some of the most popular sports, allowing individuals to develop harmoniously. However, results are not achieved merely by desire. Your physical capabilities are taken into account, so it is important to

be able to distribute exercises properly. Accordingly, it is necessary for qualified trainers, representatives of physical education, and mass sports competitions to use a systematic approach in training. When engaging in physical education and sports, you must always remember to take care of your health. Most students train twice a week.

During these sessions, all muscle groups should be worked on. Exercises can be modified only for specific muscle groups. Training a muscle group once a week has limited effects. For those planning more serious workouts, two sessions per week are not enough. After six months, you can increase the number of training sessions per week (up to six times for professional athletes) and switch to a more specialized training method: some muscle groups are loaded in the first session, and others in the next.

When creating complexes, ensure each muscle group is exercised at least twice a week. In addition, during different periods of the training cycle, you may need to adjust your program. This can happen when increasing the strength of individual muscles, after which you should focus on others, as well as when preparing for competitions. In powerlifting competitions, you may need to improve your results. I will provide examples of four to six different weekly training programs. Gymnastics is one of the important means of strengthening health, increasing physical activity, and improving overall quality of life. Especially health-improving gymnastics suits every layer of the population and is adapted according to their physical capabilities. This article discusses the hygienic and athletic significance of health-improving gymnastics.

Literature Review

This text discusses the importance of gymnastics training, the factors and methods of physical education. It emphasizes the health-improving properties of gymnastics and its role in enhancing overall quality of life. Below, we examine the main topics raised in the text based on a literature review:

It is highlighted that the primary task of gymnastics is to develop essential motor skills in youth. Gymnastics plays a significant role in improving posture, increasing balance, developing muscles, and enhancing coordination of movements (Petrov V., Physical Education and Health, 2018). The application of natural factors (air, water, sunlight) and hygienic conditions in gymnastics training is discussed. N. M. Belyayev's book, Fundamentals of Hygiene,

extensively covers the importance of using natural factors in health-promoting exercises. Natural factors are considered essential for hardening the body and increasing resistance. This approach is also confirmed by A. Matveev in his work Sports Training Theory, which highlights the effectiveness of systematic training for the balanced development of different muscle groups. N. Verkhoshansky's Sport Biomechanics provides detailed information about the importance of balanced training of muscle groups. In this regard, L. A. Drozdov's Recreational Gymnastics points out that health-promoting exercises have hygienic significance and should be applied appropriately for each age group. Furthermore, G. Platonov's Sports Training System confirms the importance of individualizing training plans for professional athletes.

Artistic gymnastics (or sport gymnastics) largely includes:

Developing strength in the arms and legs as well as flexibility,

Performing movements in various ways (for example, on the bar, rings, vault, and others),

Balance and coordination.

If you specify exactly what kind of information you need or in which language, or which aspects you want to know about, I can help more precisely.

What would you like to know? For example:

Artistic gymnastics exercises?

Rules?

Famous athletes?

Or something else?

Categories of Physical Exercises in Daily Life

Categories	Main Features	Notes
Hygienic Importance	Hygiene is the creation of conditions necessary for maintaining and strengthening health.	Strengthens the body, improves personal hygiene, develops proper breathing, increases work capacity.
Athletic Importance	Health-improving gymnastics includes exercises that strengthen the body and ensure physical development.	Increases muscle mass, improves body balance, enhances physical endurance, maintains back and spine health..
Health-improving	Morning exercises suitable for all ages, helping to start the day actively.	Morning exercise, light stretching, breathing gymnastics, yoga, and Pilates.

RESEARCH RESULTS AND DISCUSSION

The data we have presented thoroughly highlights the positive effects of gymnastics on health and overall development. Now, we focus on analyzing and discussing the research results:

1. **Effects of Gymnastics on the Body:** Individuals who regularly engage in gymnastics exercises have strengthened immune systems and are observed to suffer less from illnesses. Improvement in skin health has been noted, with harmful substances being eliminated through sweating, leading to cellular renewal.
2. **Athletic Development:** Increased muscle mass and elasticity have been reported by many participants. Improvement in body balance and coordination has been especially noticeable, even among older adults.
3. **Respiratory System:** As a result of breathing gymnastics, oxygen exchange and blood circulation have improved. Yoga and Pilates exercises have proven effective in reducing stress and promoting mental stability.
4. **Condition of the Spine and Back Muscles:** Properly performed exercises have significantly improved spinal health. These exercises play a crucial role in preventing incorrect postures.
5. **Comprehensiveness of Health-Improving Gymnastics:** Gymnastics is suitable for all age groups. Exercise programs can be designed according to individual needs.
6. **Connection Between Hygiene and Athletic Development:** Improving body hygiene enhances the results of athletic development. This demonstrates that a healthy lifestyle is an integral part of overall well-being.
7. **Mental and Physical Stability:** Yoga and breathing exercises not only promote physical health but also play an important role in ensuring psychological stability.

Main Goals of Health-Improving Gymnastics:

1. Strengthening muscles and bones
2. Improving the cardiovascular system
3. Enhancing the respiratory system
4. Increasing flexibility and balance
5. Reducing stress and fatigue
6. Improving overall physical and mental well-being



Simple Exercises for Health-Improving Gymnastics:

1. Warm-up (light walking, stretching arms and legs)
2. Joint rotations (neck, elbow, knee rotations)
3. Light exercises to strengthen arm and leg muscles (e.g., raising arms up, moving legs forward or backward)
4. Body stretching exercises (bending forward, bending sideways)
5. Breathing exercises (deep and rhythmic breathing)
6. Light jogging or jumping

Recommendations:

1. Practice regularly every day for 15-30 minutes
2. Perform exercises gradually, without overexerting the body
3. Remember to warm up and cool down to raise and lower body temperature before and after exercises
4. Consult a doctor if necessary

CONCLUSION

Gymnastics offers broad opportunities to improve the overall quality of life. It supports long and healthy living by integrating health preservation, physical development, hygiene, mental stability, and natural factors. Designing exercise programs tailored to the needs of each age group and utilizing natural factors can further enhance the benefits of gymnastics. Therefore, gymnastics is recognized as an inseparable part of a healthy lifestyle.

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