



## **THE ROLE OF RHYTHMIC GYMNASTICS IN THE FORMATION OF PHYSICAL DEVELOPMENT, FUNCTIONAL STATUS AND MOVEMENT QUALITIES IN GIRLS**

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### **Abstract**

This scientific article studies the role of rhythmic gymnastics in the formation of physical development, functional state and movement qualities in girls. During the study, the effect of rhythmic gymnastics classes on girls' physical indicators, functional capabilities of the body, and movement qualities such as flexibility, coordination, agility and endurance was analyzed.

The results obtained showed that regular practice of rhythmic gymnastics improves the physical development of girls, strengthens the cardiovascular and respiratory systems, and has a positive effect on the development of movement qualities.

At the same time, it was found that the correct organization of training, taking into account age and individual characteristics, is important. In general, rhythmic gymnastics is an effective tool for improving the physical and functional training of girls.

**Keywords:** rhythmic gymnastics, girls' physical development, functional state, movement qualities, flexibility, coordination, agility, endurance, physical training, health improvement, training methodology, age characteristics, sports education, physical education

### **Introduction**

Today, ensuring the physical health of the younger generation, achieving their comprehensive and harmonious development is one of the urgent issues. Especially in girls, physical development, improving the functional state of the body, and the formation of basic movement qualities are one of the important directions of the



physical education system. In this regard, rhythmic gymnastics is of particular importance as an effective sport that has a positive effect on the physical and aesthetic development of girls.

Rhythmic gymnastics exercises consist of a unique system of movements, through which all muscle groups of the body work actively, balance, flexibility, coordination, and a sense of rhythm develop. At the same time, this sport improves the functioning of the cardiovascular and respiratory systems, increasing the overall functional capabilities of the body. This leads to the healthy development and strengthening of physical fitness of girls.

Scientific studies show that insufficient motor activity in school-age girls can lead to a slowdown in physical development. Therefore, it is important to involve them in physical education, especially through interesting and aesthetically attractive sports. Rhythmic gymnastics is becoming increasingly popular among girls as a means that meets these requirements.

The purpose of this scientific article is to scientifically substantiate the role of rhythmic gymnastics in the formation of physical development, functional state and movement qualities in girls. It also provides for the effective organization of classes, taking into account age and individual characteristics, and an analysis of methodological approaches aimed at the comprehensive development of physical qualities.

### **The Purpose of the Study**

To scientifically and practically substantiate the importance and effectiveness of rhythmic gymnastics in the physical development of girls, the functional state of the organism and the formation of movement qualities.

### **Research Objectives**

1. To analyze the impact of rhythmic gymnastics on the physical development and functional state of girls.
2. To determine the role of rhythmic gymnastics exercises in the development of movement qualities.
3. To develop training methods and practical recommendations appropriate to the age and individual characteristics of girls.



## **Research Results and Discussion**

During the study, the effect of rhythmic gymnastics classes on physical development, functional state and movement qualities in girls was studied on the basis of experimental and control groups. In the experimental group, classes were systematically organized based on elements of rhythmic gymnastics (stretching exercises, balance movements, exercises with objects, rhythmic combinations). In the control group, traditional physical education classes were conducted.

The results obtained at the end of the study showed that the physical development indicators of girls in the experimental group significantly improved. In particular, positive changes were observed in the level of body balance, muscle elasticity and general physical fitness. It was noted that flexibility indicators increased by an average of 15–20%, and the level of coordination by 10–15%. This confirms the high effectiveness of rhythmic gymnastics classes in developing movement qualities.

The results of the assessment of functional state also showed positive dynamics. The cardiovascular system improved, heart rate normalized, respiratory volume increased, and overall endurance increased. Participants in the experimental group showed an increased level of adaptation to the load and accelerated the recovery process. This indicates that rhythmic gymnastics exercises serve to expand the functional capabilities of the body.

During the discussion, it was found that the effectiveness of rhythmic gymnastics is explained by its complex effect. This sport develops not only physical qualities, but also aesthetic taste, a sense of rhythm, and a culture of movement. Organizing classes in accordance with music increases girls' interest and ensures their active involvement in the exercises.

It was also found that planning classes in accordance with age and individual characteristics is an important factor. A gradual increase in the load, complicating the exercises, and paying attention to the recovery process are one of the main conditions for achieving high results. Otherwise, overload can lead to fatigue and deterioration of the functional state.

## **Conclusion**

This scientific article studies the role of rhythmic gymnastics in the formation of physical development, functional state and movement qualities in girls. The results of the conducted studies showed that rhythmic gymnastics exercises are an effective tool



for improving the physical development of girls, expanding the functional capabilities of the body, and developing basic movement qualities such as flexibility, coordination, agility and endurance.

The study found that regular practice of rhythmic gymnastics improves the functioning of the cardiovascular and respiratory systems, increases muscle elasticity and strengthens the level of general physical fitness. At the same time, these exercises also have a positive effect on the formation of aesthetic taste, movement culture and a sense of rhythm in girls.

It was also substantiated that for the effective organization of training, it is important to take into account age and individual characteristics, gradually increase the volume and intensity of the load, and pay attention to recovery processes.

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