

Utilising Modern Technologies for Athlete Selection in Artistic Gymnastics

Shodiyor Atamurodov^a and Anvar Khasanov^b
Jizzakh State Pedagogical University, Uzbekistan

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Abstract: It is aimed at revealing the theoretical possibilities of training and selection of young athletes for rhythmic gymnastics, the methods of using modern technologies in training athletes for rhythmic gymnastics, the organization and conduct of gymnastics classes, as well as the actual problems of planning loads at the initial training stage.

1 INTRODUCTION

In the conditions of the new Uzbekistan, a number of activities are being carried out to raise a mature and well-rounded generation in all respects and to attract young people to physical education and sports. The government of Uzbekistan has been paying great attention to the development of physical education and sports in the country in recent years. The importance of physical education and sports in the spiritual and physical development of a person is incomparable. As our head of state emphasized, no matter what we set our goals for ourselves, no matter what great things we strive to do, at the basis of all our noble actions, at the root of all our noble intentions is to raise our children spiritually healthy, their happiness, well-being the dream of seeing the future, raising a generation that will be second to none in the world is embodied.

It serves to implement the tasks set by the Decree of the President of the Republic of Uzbekistan dated 23.12.2022 “On measures for the further development of gymnastics sports” No. PQ-449 [28].


2 FINDINGS AND RESULTS


To increase the popularity of gymnastic sports (gymnastics, rhythmic gymnastics, trampoline, acrobatics) among the population, to improve the

system of selecting talented athletes from among young people, to ensure that our national teams achieve high results in prestigious competitions by training professional athletes based on international requirements and standards in order to:

The following are the main directions of development of gymnastics sports:

- a new system of increasing the popularity of gymnastic sports among the population, identifying, selecting and sorting (selection) talented athletes and training them as professional athletes is being launched.
- Wide opportunities are created for pre-school children to engage in gymnastic sports and they develop basic skills in these sports.;
- gradual increase of exercises in gymnastics sports in physical education classes of general secondary schools and activities of training and clubs are being systematically implemented;
- training of professional trainers, qualified referees and specialists in gymnastics sports, training manuals and video materials are being developed;
- strengthening of the material and technical base of sports and educational institutions, production of sports equipment and inventory necessary for gymnastics sports in the republic is underway;

^a  <https://orcid.org/0009-0005-3313-3584>

^b  <https://orcid.org/0009-0005-9760-3039>

- popularization of gymnastics among girls from an early age, long-term plans are being developed and implemented in this regard;
- Training programs for national team athletes in gymnastics sports for the Olympic and Asian Games, world and Asian championships are being further improved;
- promotion of gymnastics sports as an important component of a healthy lifestyle in the mass media, and in this process, high-level information and the use of multimedia products are provided.

Supporting reforms in the field of public education to provide video tutorials, gymnastics carpets, equipment and other necessary items to selected schools for the popularization of gymnastics sports among students, together with the Ministry of Sports Development and the Gymnastics Federation of Uzbekistan necessary funds are allocated annually from the funds of the fund; revising the current curriculum of physical education for elementary school students, enriching its main part with health-giving elements of gymnastics.

Together with the Ministry of Preschool Education and the Gymnastics Federation of Uzbekistan, until July 1, 2023, the activities of clubs to interest and engage students in regular physical exercises based on gymnastics in state preschool educational organizations will be systematically launched.

In the system of the Ministry of Sports Development, at the first stage, regional gymnastics training centers (hereinafter referred to as "Gymnastics Centers") with modern material, equipment and training base will be established in the cities of Nukus, Samarkand and Fergana. It is planned to be organized on the basis of sports schools specialized in gymnastic sports in the regions.

The main content of rhythmic gymnastics is the art of expressive movement. Without good movement training, it is impossible to achieve expressive movement skills and a high level of mastery. It is advisable to introduce girls to artistic gymnastics at the age of 5-6 years and even earlier; because the child's organism quickly acquires the necessary qualities of movement, namely, agility, dexterity, endurance, coordination skills, can control and improve its body, moves beautifully, and strengthens the sense of self-confidence, which is very important in today's big sports of the world.

To date, the main focus is on special technical training. The perspective criteria of young rhythmic gymnasts during the period of basic training, the

content of training, as well as micro- and macrocycles have not been sufficiently and fully researched.

Based on this, it is important to research the specific characteristics of the management of the training process at the initial stage of preparation, taking into account the functional capabilities, individual and innate abilities of young rhythmic gymnasts. At this stage, the main attention in preparing children should be focused on the problem of optimizing the content and structure of educational activities in teaching by year. It is important to develop the skills of employees, mastering not only the exercises of the qualification program, but also the promising elements of successful coordination in groups of different structures.

Rhythmic gymnastics is a complex sport. The training process in rhythmic gymnastics is, first of all, a process of technical improvement that starts from the youth of the athlete and continues until the end of the sports career. Rhythmic gymnastics is an Olympic sport in which athletes compete for technical skill and expressiveness in complex body movements combined with manipulation of objects set to music.

Rhythmic gymnastics is considered one of the most wonderful and aesthetic sports.

In this sport, Uzbekistan consistently has high ratings, and rhythmic gymnasts from Uzbekistan are constantly winning prizes.

It is not surprising that many parents choose rhythmic gymnastics for their daughters and prefer this type of sport. In our country and in almost every district of other large cities, there are currently rhythmic gymnastics departments.

Since the aesthetic component plays an important role in rhythmic gymnastics, when choosing children for the department, not only natural flexibility, but also the appearance of girls is evaluated. A future gymnast should be slim, handsome, handsome and beautiful. Rhythmic gymnastics is a great sport.

Nowadays, sports have reached such a high level that such results cannot be achieved with talent alone.

It is possible to achieve any result only through talent, dedication, and hard work.

Decrees and decisions of the President of the Republic of Uzbekistan, as well as research works, textbooks and training of researchers and experts such as V.M. Smolevsky, M.L. Juravina, V.M. Barshay, V.N. Kurys, I.B. Pavlov, Godik M.A., Baramidze A.M., Kiseleva T.G. manuals and methodological guidelines form the methodological basis of the article.

Analysis of scientific and methodical literature, questionnaire, pedagogical testing, pedagogical experience, mathematical and statistical methods,

observational method, comparative analysis method, interview method were used in the research.

A 5-6-year-old girl's body is rapidly growing and developing in all aspects. At this age, movement functions are highly developed, and the child leads an active life. The spine is flexible and does not stiffen in detail.

The connecting joints are not flexible and strong. It is more difficult to perform small and precise movements, as the motor center and muscles are now developing. The heart, respiratory, muscular, and nervous systems are not fully developed. There is not much ability to concentrate mentally. Only 15 minutes. Game and imitation reflexes are well developed. At this age, it is important to teach the child to keep his body upright.

Nowadays, specialists working in the field of training theory and methodology of young rhythmic gymnasts in New Uzbekistan have begun to pay special attention to the cases of engaging 5-6-year-old children to engage in gymnastics. There is a need to attract young people to sports and to select talented athletes from among them, to form national teams with skilled athletes who provide high results in sports, and to create additional conditions for trainers. However, the structure of the training process, the means of controlling the "internal" and "external" aspects of the load, its effect on the body's systems have not been scientifically studied today. During the analysis and summarization of literary sources, it became known that the special movement skills and basic physical qualities of preschool and junior school-aged children, special movement (SMT) of young rhythmic gymnasts at the initial stage of training, special - the absence of a unified approach to the development of an effective system of complex control of physical (SPT) and technical training (TT) indicates the relevance of the topic.

It is very important to use modern technologies in the selection of rhythmic gymnastics athletes. It helps athletes to see, learn and choose better. Modern technologies include a variety of tools such as video calendars and other multimedia tools, as well as interactive tutorials and online guides.

To achieve the goal of the research, the following tasks were put forward:

- To study the quantitative and qualitative descriptions of competitive activities of highly qualified rhythmic gymnasts.
- To study the structure of downloads of different durations in intergame cycles.
- Development of a methodical approach to management of training processes in intergame cycles on the basis of monitoring the

competition activities of highly qualified rhythmic gymnasts and basing them in experiments.

The following research methods were used to solve these tasks:

- Analysis of scientific and methodological literature;
- Pedagogical observations in research;
- Organization and conduct of research;
- Pedagogical experience;
- Mathematical statistics

In the experimental group, we conducted lessons and trainings according to the program, while in the control group, we conducted lessons and trainings based on the program developed by ourselves, relying on scientific methodical literature.

Analysis of scientific and methodical literature During the research, more than 40 sources of literature devoted to this topic were analyzed and researches about selection methods and methodologies at different stages of training of qualified rhythmic gymnasts were summarized.

Pedagogical observations in research. The process of training with the participants of the rhythmic gymnastics department of the specialized sports schools for children and adolescents of Jizzakh and the rhythmic gymnasts of the 37th State Preschool Education Organization was observed in March-April 2022.

The scope of training conducted with them was studied and comparatively analyzed, and training directions were determined for pedagogical experience.

Organization of pedagogical research was organized in 3 stages:

- Stage 1: in April-May, June 2022, the relevance of the topic, the analysis of scientific methodological literature on the topic was conducted and the problems were studied.
- 2nd stage: current studies were organized on the structure of training course for young people engaged in rhythmic gymnastics and their level of physical development and training. The anthropometric indicators and level of physical fitness of the participants were determined using special tests.
- 3rd stage: in September-November 2022, the rhythmic gymnastics department of Jizzakh city Specialized children-adolescent sports schools was organized.

In it, before the research, the level of physical fitness was determined, training directions were

determined, loads were distributed, and a pedagogical experiment was conducted on this basis.

In the pedagogical experience, taking into account the height, arm, leg length and shoulder width, chest width, and the vital capacity of the back of the participants of the rhythmic gymnastics department of the Jizzakh City Specialized Children's and Adolescent Sports Schools we used several methods in pedagogical experience.

We can see that some of the results of the trainees of the experimental and control groups are close to each other. When we compared the data obtained on physical development after the experiment, the following results were revealed.

Determination of research efficiency by mathematical analysis of the results obtained from experimental works.

3 EXPERIMENTAL RESULTS

Table 1. Results of the experiment

Experimental results								
t / r	S.N	HEARTBEAT (per minute)		Difference	Blood oxygenation level pressure		Difference	comparison results
		Before the experiment	After the experiment		Before the experiment	After the experiment		
		5-6 years old 37-State Preschool Education Organization	103.7		102.6	1.1		
Specialized sports schools for children and teenagers	99.0	95.6	3.4	95.6	97.3	1.7	1.7	

During the comparison of our experience, it was found that the results of the trainees of the control group can be seen as the initial indicator. When we compared the data obtained on physical development

after the experiment, the following results were revealed. The level of heart attack and blood oxygenation of 5-6-year-old students of preschool education organization No. 37 was measured. 8 students from the control group were tested and the overall result of heart attack was 100.1% on average. The level of oxygenation of the blood was 95.3 percent. We can see that some results of the experimental and control group students are close to each other or slightly higher than the control or experimental group. When we compared the obtained data, the following results were revealed. 5-6-year-old pupils of preschool education organization No. 37 were measured for heart attack and blood oxygenation level pressure.

From the control group, 8 trainees were tested, the heart rate was 100.1 percent. The level of blood oxygen saturation and pressure was on average 95.3 percent.

The effectiveness of the study is as follows:

- Taking into account the individual abilities of young rhythmic gymnasts, it is aimed at their special-movement and physical development, increasing the effectiveness of training;
- selection of young athletes and girls for rhythmic gymnastics through modern technologies;
- to facilitate the selection process of young and healthy gymnasts for trainers and coaches;
- is to increase the healthy environment and popularization of rhythmic gymnastics among the population, to establish a new system of identifying, selecting and sorting (selection) talented athletes and training them as professional athletes;
- It consists in creating wide opportunities for pre-school girls to engage in rhythmic gymnastics sports and forming basic skills in these sports.

In the process of selecting young and healthy athletes, the artistic gymnast will introduce them to the training process with a completely new solution and focus on solving them through modern technologies.

4 CONCLUSION

Physical education and sports are developing more and more in our country, and the work carried out in this regard is directly supported by our country. The achievements of Uzbekistan's athletes in international sports arenas and the results achieved by them are

based, firstly, on the created conditions, and secondly, on the hard work of athletes and coaches.

The process of teaching gymnastic exercises is considered a somewhat complicated process, and modern methods of teaching are now being introduced.

In terms of working with young people, although it is well established in general education schools to teach simple fitness exercises of gymnastics to children of junior school age, it is necessary to teach high school students the exercise performed on equipment that educates their physical qualities. shows its negative aspects.

Different levels of methods and tools are needed to record high results in sports. Today, such methods show their true results and effectiveness. There are so many different types and varieties of them that it is a bit difficult to decide which method to use. Currently, large-scale research is being conducted on this issue worldwide. Nevertheless, there are certain scientific problems in this matter.

This experiment was focused on researching the use of modern technologies in the selection of young girls for rhythmic gymnastics. In the work, the work experiences of the leading trainers of Jizzakh region and the leading scientists working in our Republic were summarized and their most effective methods were reflected. Foreign literature and the information contained in them were also included.

As described above, these recommendations were formed as a result of personal observations and experiences, studying the work of experts and trainers, and analyzing foreign scientific and methodological literature.

The opinions expressed in the article and the need to conduct research, organize observations and conduct experiments on this topic will increase even more.

In this experience, it became clear that there is an opportunity to increase the scope of research on this topic in the future. There are aspects of the topic that have not yet been studied and clarified. In the near future, conducting research on the above topic and consistently applying its results to practice will have a positive effect on the growth of sports results.

I also inform you that I intend to conduct targeted research on this topic in the future and offer scientific cooperation.

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