



"Morpho-functional indicators of girls specializing in feminine (artistic gymnastics and gymnastics) sports."

Ramanova D. K, Avazniyazova G. A, Zaynitdinova D. Sh

Teachers of the Department of Medical and Biological Sciences of the Uzbekistan State University of Physical Education and Sports Ramanova

Annotatsiya: Ushbu maqolada, femin sport turlarida mutaxassislashgan qizlarning morfo-funksional ko'rsatkichlari, ularning sport faoliyatidagi ahamiyati va bu ko'rsatkichlarni yaxshilash uchun tavsiyalar haqida so'z yuritiladi. Bu qizlarning sportdagi muvaffaqiyatini oshirish va ularning jismoniy va ruhiy salomatligini ta'minlashda muhimdir.

Kalit so'zlar: badiiy gimnastika, gimnastika, sport, morfo-funksional, yurak-qon tomir tizimi, jismoniy tayyorgarlik, bo'y, vazn.

Аннотация: В статье рассмотрены морфофункциональные показатели девушек, специализирующихся в женских видах спорта, их значение в спортивной деятельности и рекомендации по улучшению этих показателей. Это важно для содействия успеху девочек в спорте и обеспечения их физического и психического здоровья.

Ключевые слова: художественная гимнастика, гимнастика, спорт, морфофункционал, сердечно-сосудистая система, физическая подготовка, рост, вес.

Abstract: This article discusses the morfo-functional indicators of girls specializing in female sports, their importance in sports activities and recommendations for improving these indicators. This is important in promoting girls' success in sports and ensuring their physical and mental health.

Key words: rhythmic gymnastics, gymnastics, sport, morfo-functional, cardiovascular system, physical training, height, weight.

INTRODUCTION.

Feminine sports play an important role in the physical and mental development of girls. Sport not only improves health and physical fitness, but also helps girls to become socially and psychologically aware of themselves. When girls start sports, their morfo-functional indicators, that is, the morphological and functional characteristics of the body, are important for their success in sports activities. Morfo-functional indicators play a key role in evaluating athletes, determining their physical fitness and optimizing sports performance. These indicators include physical growth of girls, muscle strength, functional state of cardiovascular system and respiratory system. Also, these indicators help to ensure an individual approach in the process of training athletes.

MATERIALS AND METHODS.

Morpho-functional indicators include morphological (appearance, size, weight) and functional (physical activity, cardiovascular system, respiratory system) characteristics of the organism. These indicators play an important role in evaluating athletes, determining their physical fitness and optimizing sports performance. The morfo-functional indicators of girls specializing in female sports consist of the following main aspects. [3]

The physical growth and development of girls is important for their success in sports. In general, playing sports helps to increase muscle mass and strength. Functional indicators of the cardiovascular system are very important for athletes. Heart rate, blood pressure, and heart function in girls affect how successful they are in sports. A high level of cardiovascular system increases the endurance of girls. Functional indicators of the respiratory system are also important for athletes. Girls' breathing rate, breath volume, and oxygen consumption help them be successful in sports. Higher respiratory rates improve physical performance in girls. Muscle



strength and level of tension are important indicators for athletes. Girls' muscle strength affects their success in sports. Increasing muscle strength improves girls' performance in sports. [4] A number of methods are used to measure the morpho-functional indicators of girls specializing in female sports. Measurement of anthropometric parameters of girls, such as height, weight, muscle mass and fat accumulation. These measurements are important in evaluating athletes and determining their fitness. Various functional tests are performed to evaluate the cardiovascular system and respiratory system. For example, maximal oxygen consumption (VO₂ max) tests, heart rate measurement and other tests. Physical activity tests are conducted to assess the girls' muscle strength and endurance. These tests help to determine the level of training of athletes.[5]

RESULTS AND DISCUSSIONS.

There are the following recommendations for improving the morpho-functional performance of girls specializing in women's sports. Girls should do physical activity regularly. It helps improve their muscle strength, endurance and cardiovascular system. Proper nutrition is very important for athletes. Girls need to eat the nutrients they need to meet their energy needs. After physical activity, the recovery process is important for girls. It helps to restore muscles and improve physical performance. Psychological preparation is also important for athletes. Girls need to prepare themselves mentally and develop stress management skills.[1]

Morpho-functional indicators of girls in women's sports change under the influence of a number of factors. These changes depend on the type of sport, training level, age and individual characteristics. Changes in the height and weight of girls can be observed during sports. For example, rhythmic gymnasts are often short and light in weight, which makes their movements easier to perform. Along with entering sports, girls' weight and height may change, as the ratio of muscle mass and fat tissue changes. As a result of regular physical training, muscle mass increases. Girls develop strong and elastic muscles depending on the type of sport. For example, girls involved in weightlifting or wrestling perform exercises aimed at increasing muscle strength. Active participation in sports can lead to a decrease in fat tissue. Girls lose fat and improve their muscle mass ratio through exercise. [2]

This is especially true for aerobic sports (eg, dancing, running). Regular physical activity helps strengthen the cardiovascular system. Girls' heart rate and recovery will improve, which will increase their endurance. Breathing volume and breathing rate changes during sports activities. Girls improve the efficiency of the respiratory system through sports activities. Playing sports develops balance and coordination skills. In sports such as rhythmic gymnastics or dance, girls must have a high level of balance and coordination when performing movements. Speed and reaction skills are important for success in sports. Girls improve their speed and reflexes through sports activities. Sports training increases girls' self-confidence. Successful sports experiences develop mental stability and self-awareness. Sports help reduce stress. Girls improve their mental health through physical activity.

In women's sports, the morpho-functional indicators of girls change significantly during sports training. These changes include fitness, muscle mass, fat tissue, functional performance and mental state. Regular exercise and an interest in sports can help girls improve their overall health and physical performance. There are a number of training methods for girls to succeed in female sports. These methods are aimed at developing physical training, mental training and technical skills. Strength training using weights, rubber bands, and body weight to increase muscle strength. It helps to increase muscle mass and strength. Strengthening the cardiovascular system and increasing endurance through aerobic training (running, swimming, cycling). It helps to perform effectively in sports activities for a long time. Yoga, pilates or special balance exercises to maintain balance and develop coordination skills. This increases accuracy and control when performing actions. Special training for the development of



technical skills specific to the sport. For example, learning movements for rhythmic gymnastics, steps for dancing or techniques for wrestling. bImproving one's technique by videotaping and analyzing one's movements. This helps to identify and correct errors. Identifying one's goals and applying motivational methods to achieve them. This is necessary for success in sports activities. Reduce stress and maintain mental stability through meditation, breathing exercises, or yoga. It helps to achieve high results in sports activities. A balanced and nutritious diet is important for athletes. Eating the right balance of protein, carbohydrates, and fats improves energy and recovery processes. Control water intake and prevent dehydration during sports.

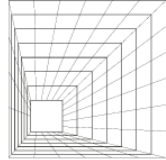
It increases efficiency in physical activity. Training every week according to the set plan. This is necessary to improve physical fitness and achieve goals. Setting proper breaks and recovery times between workouts. This helps in muscle recovery and injury prevention. Strengthen pre-competition preparation, develop strategies and study competitors. This will help you succeed in a competitive environment. Physical, technical, mental preparation and proper nutrition are important for success in women's sports. Regular use of these methods will help increase the success of girls in sports. Each athlete needs to develop a training plan that suits him and follow it.

CONCLUSION.

Morpho-functional indicators of girls specializing in female sports are important factors that determine their success in sports activities. Indicators such as physical growth, cardiovascular system, respiratory system and muscle strength play an important role in evaluating athletes and determining their fitness. Regular physical activity, proper nutrition and psychological preparation help to improve the morpho-functional indicators of girls and increase their success in sports.

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