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THE ROLE OF GYMNASTICS IN PROPERLY SHAPING WOMEN'S POSTURE

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Annotasiya. Mazkur maqolada xotin-qizlarning qaddi-qomatini to‘g‘ri shakllantirishda gimnastika sport turining ahamiyati ilmiy-nazariy va amaliy jihatdan yoritib berilgan. Gimnastika mashqlarining umurtqa pog‘onasi, mushaklar tizimi, nafas olish hamda umumiy jismoniy rivojlanishga ijobiy ta'siri tahlil qilingan. Shuningdek, sog‘lom turmush tarzini shakllantirishda gimnastikaning o‘rni asoslab berilgan.

Kalit so‘zlar: qaddi-qomat, gimnastika, xotin-qizlar, jismoniy tarbiya, umurtqa pog‘onasi, sog‘lom turmush tarzi.

Annotation. This article examines the importance of gymnastics in properly shaping women's posture from scientific-theoretical and practical perspectives. The positive effects of gymnastics exercises on the spine, muscular system, respiratory system, and overall physical development are analyzed. In addition, the role of gymnastics in forming a healthy lifestyle is substantiated.

Keywords: posture, gymnastics, women, physical education, spine, healthy lifestyle.

Introduction

Today, protecting women's health, ensuring their physical development, and maintaining an aesthetic appearance are considered among the important social tasks in society. Especially during youth and student years, proper posture formation is one of the main factors of human health and helps prevent many diseases in the future. In the modern lifestyle, physical inactivity, excessive use of computers and smartphones, improper sitting, and lack of physical activity lead to an increase in posture disorders among women. Under such conditions, gymnastics is considered one of the most effective and convenient means of properly shaping women's posture.

Main Part The Concept of Posture and Its Importance in HumanHealth

Posture is a physical condition that reflects the correct upright position of the human body. Proper posture not only enhances appearance but also ensures the physiological alignment of internal organs. In women, posture disorders can negatively affect breathing, blood circulation, and digestive system functions.

Proper posture formation mainly occurs during youth; therefore, regular participation in physical education and sports during this period is of great importance.

Specific Features of Gymnastics as a Sport

Gymnastics is a sport that promotes comprehensive physical development, ensures muscular balance, and increases mobility. Gymnastics exercises require coordinated body movement and precise, graceful execution.

The advantage of gymnastics for women is that it strengthens muscles gradually without heavy

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loads. The development of the back, waist, shoulder, and abdominal muscles plays an important role in maintaining correct posture.

The Effect of Gymnastics on the Spine

The spine is the main support of posture. Gymnastics exercises increase spinal flexibility and help maintain its physiological curves within normal limits. Gymnastics plays a significant role in preventing conditions such as scoliosis, kyphosis, and lordosis. Constant attention to body position during exercises contributes to the formation of correct posture in women, producing positive physical as well as aesthetic results.

The Overall Impact of Gymnastics on the Female Body

Gymnastics training increases the functional capabilities of the female body. The respiratory system improves, blood circulation becomes more active, and overall endurance increases. In addition, gymnastics enhances movement culture, gracefulness, and the level of physical fitness. Psychologically, gymnastics strengthens self-confidence, reduces stress and fatigue, and contributes to increased social activity among women.

Organization of Gymnastics Training in Educational Institutions

Systematic organization of gymnastics training in educational institutions is important for strengthening women's health. Training sessions should be conducted step by step, taking into account age and physical capabilities.

Organizing gymnastics exercises with health-improving, preventive, and aesthetic orientations increases girls' interest and motivates them to participate regularly.

Conclusion

In conclusion, gymnastics plays an important role in properly shaping women's posture. It strengthens the spine and muscular system, ensures body balance, and contributes to forming a healthy lifestyle. Therefore, it is necessary to widely implement gymnastics as one of the main directions of women's physical education.

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