



## Optimization of Healthy Gymnastics Activities Taking Into Account the Functional State of Women of Different Ages

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**Abstract:** This article discusses a methodology for optimizing fitness gymnastics classes, taking into account the functional state of women of different ages.

**Keywords:** physical education, health, gymnastics, training, functional, health-improving, mental state, physical activity.

The importance of the public role of women is due to the fact that education is the only social institution through which every person passes, acquiring personality traits, a specialist and a citizen, therefore the problem of women's professional health should be considered in the context of the general concept of protecting the health of the nation, since it is women who largely degree depends on the health of the younger generation - the future of the country.

According to their position, teachers should be not only carriers of special knowledge, but a model of behavior and attitude to health. Since the profession of women is now strongly feminized, the problem of maintaining women's health is obvious and requires close consideration.

In the life of a woman of the first period of mature age (21-35 years old), as a rule, significant changes occur - creating a family, pregnancy, motherhood, raising children against the backdrop of striving for social and economic independence, for professional growth. Thus, in connection with the undoubtedly important social role of women in the life of modern society, the problem of maintaining and strengthening health should be one of the priorities in the sphere of its vital and professional interests, and the low level of physical activity, the negative consequences of the professional mental activity of teachers, the insufficient number of studies on the optimization of physical culture and recreation activities for women teachers aged 25-35 confirm the relevance of the chosen research topic.

However, many questions of the method of conducting classes with various types of physical culture and health-improving activities with women engaged in sedentary work have not yet been resolved. Despite the fact that today a large number of fitness programs of various directions have been developed, group training does not allow differentiating the load, taking into account physical condition and motivation, which is provided only by an average level of functionality and physical condition. The dominant group method of organizing classes, the lack of scientific justification for an individually differentiated approach to their organization, allows us to conclude that the problem of finding effective approaches to improving the construction of a health-improving training program for women in the first period of adulthood engaged in sedentary work is an urgent scientific and practical task.

At present, there is a contradiction between the social need to improve the health and physical fitness of female teachers of the first period of adulthood and the lack of scientifically based developments on the use of complex health-improving exercises for this purpose, differentiated depending on the motivational preferences of those involved and the individual characteristics of the female body. The identified contradiction made it possible to formulate the problematic field of research, which

consists in the need to improve the process of physical training of women aged 25-35, engaged in sedentary work using different types of fitness, based on their motivational and need characteristics and individual characteristics of the biorhythm of the body.

The theoretical significance of the study lies in the fact that the theory and methodology of health-improving physical culture is supplemented with knowledge of:

- on the use of various recreational programs as an effective basis for the rehabilitation of female teachers of the first period of adulthood and the theoretical substantiation of the scientific and methodological approach to the design of such programs;
- about the possibility of complex use of fitness means for the morphological and functional development of the body of women aged 25-35, depending on the individual course of their specific biological cycle;
- about the differentiation of the content of physical culture and health-improving classes, depending on the direction of the training influences and the individual characteristics of those involved;
- about the influence of various fitness trainings on the cumulative effect of adaptation of the organism of women of mature age. This study also concretizes the knowledge in the field of physical education of female teachers of mature age, contributes to a more productive solution of issues of compensation for low production physical activity, which provides a theoretical and methodological basis for building health-saving algorithms for the content and forms of classes with a female contingent.

The practical significance of the study. The provisions that can be used in the development of program and regulatory documents for the rational planning of the process of practicing health-improving physical culture with women aged 25-35 are experimentally substantiated, which makes it possible to increase its effectiveness and avoid a narrowly targeted impact on the body of those involved.

The established physiological and pedagogical effect of the complex use of various means makes it possible to rationally select and plan the motor load in the process of fitness training, taking into account the individual characteristics and the level of physical condition of female teachers of the first period of adulthood, as well as to satisfy their needs in the field of leisure and introduce them to a healthy lifestyle. life. The algorithm for building complex training programs that take into account the characteristics of the female body can be used to build fitness programs in health centers, as a basis for designing various copyright technologies aimed at the effective implementation of the health potential of physical culture, when reading lecture material for university students, instructors in fitness, refresher courses. There is a fundamental possibility of extrapolation of conclusions and practical recommendations to other professional and age groups.

The reliability and validity of the results and conclusions of the dissertation work is determined by a logically sound research program, provided by a sufficient amount of experimental material, the clarity of the tasks set and the use of research methods adequate to the tasks, the representativeness of the experimental data obtained, the correctness of their mathematical and statistical processing and the qualitative interpretation of the research results.

**Conclusion.** Based on the results of the study, the following conclusions can be drawn:

1. A sociological study made it possible to establish that the physical activity of female teachers aged 25-55 is at a low level. Thus, only 8.4% of women teachers are actively involved in physical culture (they are currently engaged in physical culture). About 10% of women adhere to the norms of motor activity of 6-10 hours a week, and 19.5% of female teachers constantly perform morning hygienic exercises. At the same time, among representatives of the first period of mature age (25-35 years old), activity in independent daily activities is 3.4%, only 9.8% of teachers are involved in organized forms of physical exercise.
2. The main reasons that prevent women aged 25-35 who are engaged in sedentary work from

attending recreational and health-improving classes are the lack of free time (66.3%), fatigue after work (50.1%), lack of financial opportunities (40.6%). To a greater extent, women of this age would like to engage in organized recreational activities such types of physical exercises as water aerobics, shaping and step aerobics. At the same time, female teachers of mature age are most attracted to individual forms of physical culture and recreation classes (23.6%) and classes in small groups (41.6%), and 13.6% of respondents noted that they are impressed by any form of sports and recreation activities. classes. It should be noted that 89% of respondents want to combine several types of sports and recreation activities. And only 11% of the respondents would like to engage in one type of physical culture and health activities.

3. It was revealed that the main motives that encourage female teachers aged 25-30 to engage in physical culture are figure correction, normalization of body weight (51.6%), the formation of a beautiful gait, culture of movements (38.3%), physical improvement (27.6%). At an older age (31-35 years), there is a priority of the health promotion motive in the process of physical education (44.3%), the next rank is the removal of psychological stress (39.6%), followed by a motivational factor associated with the removal of fatigue, increase in working capacity (38.2%). It should be noted that among the negative factors that, according to female teachers of the first period of adulthood, affect the state of human health, the factor "insufficient physical activity" in the group of women aged 25-35 occupies the last ranking places. This indicates that in the minds of modern society, physical culture is practically not considered as an important means of improving the health of the population, organizing leisure, socializing young people and other social groups.

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