

Characteristics of the Morphofunctional State of 5-8 Year Old Gymnasts

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ABSTRACT

In this article, based on the pedagogical assessment of the division and structure of gymnastics equipment in multi-sport sports and their impact on physical, special movement, sports-technical preparation, the rational construction of the training process for 7-8-year-old children was experimentally substantiated and developed.

Physical development basically means morphofunctional complex signs characterizing the 5-8 age level of a biological child. More important indicators of morphological model characteristics of young athletes, M.Ya. In Nabatnikov's (2000) research, the following are: total dimensions, body proportions, constitution, body composition, heel condition. However, the importance of different sports groups is not the same. In this case, E. G. Martirosov (table 1.1)

1.1 – table. More important indicators of morphological model characteristics of young athletes

Level of importance	Complex coordination sports groups
1	Total body dimensions, constitution, stature, heel appearance
2	Body composition, proportions
3	Relative weight of the carcass
4	-

In many cases, morphofunctional indicators determine the success of sports activities in complex movement coordination sports. Peculiarities of the body structure are determined by the level and quality of complex elements in certain types of gymnastic balls.

The rate of growth of the total dimensions of the body is determined by genetic characteristics

and is related to the individual characteristics of sexual maturation. In gymnasts, as a rule, the pace of sexual maturation has slowed down (retarded type of development). Indicators such as body length and body proportion are close to the indicators of adults at the age of 7-8 years. Therefore, it will be possible to assess the height and weight of children with sufficient accuracy in the primary and prospective selection for sports gymnastics.

The study of mobility in the joints shows that at this age, the development of stiffness occurs quickly, in connection with the elasticity of the muscle and connective joint apparatus. Usually, children reach a high level of mobility in the joints at the age of 6-7 without any difficulties.

The mobility of joints in girls develops better than in boys. This is evidenced by the results of control experiments on 7 exercises. The average score of 5-8-year-old girls is much higher than that of boys of the same age. It reaches 8.93 and 9.09 points for girls, 7.9 and 7.94 points for boys.

According to experts, the behavior analyzer develops at a rapid pace during the junior school age. The lability of the nervous-muscular system reaches the standards of an adult at the age of 8-10.

Children's ability to work and adaptation to physical loads are often related to the state of their vegetative functions, mainly the cardiovascular and respiratory systems. Significant frequency of heart contractions (90-92 beats per minute in 7-8 year olds), mainly due to faster blood circulation, supplying tissues with nutrients. This helps to reach a relatively high level of employability. In children of junior school age, the nervous system is rapidly improving, it reaches a high level of development by the age of 11. However, the younger the child, the more the awakening processes in the cerebral cortex prevail over the inhibition processes. This explains the increased emotionality of children, the low importance of attention, the high level of mental awakening.

There is strengthening of the skeleton, muscle growth, which creates conditions for children to successfully perform more intensive physical activities than before.

However, in accordance with the above, it should be taken into account that specific sports disciplines have different requirements for the athlete's ability to work. In the studies of V.N. Platonov (2004), a number of physiological functions that ensure muscle activity are distinguished in one or another group of sports (table 1.2).

1.2 – table. The location of indicators of functional fitness of the athlete depending on their importance

Level of importance	Complex movement coordination sports groups
1	Movement analyzer, vestibular analyzer, vision analyzer, peripheral nerve-muscle apparatus
2	Auditory analyzer, endocrine system, cardiovascular system, respiratory system, metabolism
3	Regulation of heat exchange
4	-

Studying young gymnasts on the training routines at the initial stage of training from the extremely limited literature, the following conclusion was reached: the volume of work used in practice is directed only at solving STT, age-related peculiarities of the children's organism are not taken into account and this has a negative impact on the initial training system.

The problem of managing the training process of 5-8-year-old gymnast girls at the initial training stage is rarely covered in the scientific and methodological literature. Existing newcomers do not

have a complete idea of how to deal with them in the first phase.

When building a training system for sports gymnastics, it is necessary to pay attention to the improvement of movement and vegetative functions, and to search for the means and methods of sports training, which ensure the successful development, and to improve the life-supporting systems of the body.

According to the analysis of scientific and methodological literature, the achievement of high sports achievements of teenagers and children testifies to the existence of their great opportunities for movement. In connection with this, a number of experts recently raised the issue of intensification of the development of physical qualities at the junior school age (34,35). Many experts agree that it is necessary to develop all these qualities evenly, paying attention to the static strength of the muscles of the body at the age of 6-7 years. Also, the results of various studies testify that more significant changes and formation of the structure of physical training occur at the stage of initial training of athletes.

Without having a complete idea of the distribution of gymnastic equipment in all-around gymnastics, taking into account the functional characteristics of the girls of the age under study, it is impossible to build a high-quality educational and training process.

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