

## METHODOLOGICAL APPROACHES IN TEACHING SPORTS GYMNASTICS

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**Abstract:** The article describes artistic gymnastics. in education applicable methodical approaches scientific and pedagogical basics analysis In the study systematic, competent directed and to activity based approaches integrated model working out, pedagogical experiment based on his/her efficiency determined. Experiment results this approaches future physical upbringing teachers professional competence to develop positive impact to show confirmed. Statistical analysis through the results ( $p < 0.05$ ) experience in the group noticeable growth observed Research results of artistic gymnastics education methodology to improve service does.

**Key words :** gymnastics, methodology approach, professional competence, systematic approach, activity based approach, competence directed education, pedagogical experiment, physical education, training methodology

### ENTRANCE

Uzbekistan Republic High education in the system 60112200 – Physical culture bachelor's degree direction for working issued qualification requirements (2023) physical upbringing movement activities from teachers to teach methodology acquisition, complex coordination exercises teaching technologies hand to take and training process scientific basically organization to grow competencies are required. This competencies gymnastics in shaping main study from modules one as included is a complex movement structure, spatial coordination and high level technician precision sport is considered.

Artistic gymnastics study in the process place his/her didactic features with is determined. Scientific Studies (Matveev, 2008; Filin, 2006) have noted It is expected that coordination complicated exercises mastery process step by step teaching, movement to the elements separation and repetitive exercise to do to the methodology is based on. With this together, gymnastics exercises through strength, agility, balance and movement accuracy complex is developed, this and pedagogical in activity manifestation to be practical skills to form service does. In use study in the programs ("Gymnastics and him/her teaching methodology», 2024) artistic gymnastics according to training theoretical and practical components integration based on organization to be is defined. In this students not only exercises to do, maybe them education methodology, safety rules, loading standardization also master the principles necessary. However practical observations this shows that many in cases training reproductive (reproduction) based on ) method take methodically analysis and reflection elements enough at the level not applicable.

Scientific gymnastics in literature in education effective methodical approach as systematic approach (Matveev, 2008), to the activity based approach (Leontiev, 1975), and to competence directed education model (Zimnyaya, 2004) recommended This is approaches study process only technician elements to teach with without limitation, perhaps methodical thinking, pedagogical decision acceptance to do and training activity design competencies to form directs. With this together, available gymnastics in research in education methodical approaches integrated model enough at the level working failure to appear is observed. Especially, the future physical upbringing teachers professional competence formation point of



view from the point of view gymnastics from the means of use methodical mechanisms systematic accordingly open not given. This gymnastics in teaching methodical approaches scientific basically analysis to do, their didactic opportunities determination and education to the process integration to do necessity defines.

This research sports gymnastics in education methodical approaches efficiency to determine aimed at is, then theoretical, empirical and mathematical-statistical methods complex was used. Research methodology physical upbringing pedagogy scientific principles, in particular systematicity, objectivity and repeatability requirements was based on the research. theoretical basis physical upbringing theory and sports pedagogy related scientific sources analysis organization In this process, artistic gymnastics education methodology, movement activity formation laws and to competence directed education approaches studied. Scientific literature analysis in doing comparative-pedagogical approach used, various methodical systems to oneself typical aspects clarified.

Empirical research pedagogical experiment in the form of organization In the experiment a total of 80 2nd –3rd year students participation reached and they equal in quantity control and experience to groups were allocated (40 people each ). Control group gymnastics training traditional methodology based on take went, experience in the group and systematic, competent directed and to activity based approaches integration based on working issued methodological model is current Pedagogical experiment 16 weeks during done increased and following stages own inside before : diagnostic (initial level determining ), formative (methodical approaches current (to ) and control (final) the results evaluation ). Each in stages students professional competence determination for special working issued criterion and indicators from the system used.

1. Evaluation criteria following components based on formed :
2. Theoretical knowledge level (gymnastics ) methodology understand );
3. Practical skills (technical ) elements right execute );
4. Methodical competence (exercises) explanation, analysis to do and read to take ability ).

Each component 100 points system based on evaluated and general result integral indicator as was calculated.

Mathematician-statistician in analysis average arithmetic value (M), standard deviation ( $\sigma$ ) and reliability determination Student t- test for applied. Average value following formula based on calculated :

$$M = (\sum x) / n$$

this where :

x – individual results ;

n – participants number.

Two group results between of difference statistic importance determination Student t- test for used :

$$t = (M_1 - M_2) / \sqrt{((s_1^2 / n_1) + (s_2^2 / n_2))}$$

this on the ground :

M<sub>1</sub>, M<sub>2</sub> – groups average indicators ;

$\sigma_1$ ,  $\sigma_2$  – standard deviations ;

n<sub>1</sub>, n<sub>2</sub> – groups number.

Results reliability level  $p < 0.05$  criterion mainly was evaluated.

Research in the process pedagogical observation, testing, practical assignments assessment and the results comparative analysis to do from the methods used. Tracking in the process of training structure, students activity and methodical approaches application level systematic accordingly record was done.



Methodology to oneself typical aspect that is, gymnastics in teaching various methodical approaches integration experimental basically from the test held and their professional to competence impact clear indicators through evaluated. Pedagogical experiment results of artistic gymnastics in education integrated methodical approaches efficiency determination opportunity gave. Research during control and experience groups initial (diagnostic ) and at the final (control ) stage indicators comparative analysis was done. Start both in the stage of the group professional competence level almost one kind indicator manifestation In particular, control in the group average The indicator is 68.4 points, experience in the group and 69.1 points organization This is groups in the middle noticeable difference showed no ( $p > 0.05$ ) and the experiment objective under the circumstances start opportunity gave.

Shaper in stages experience gymnastics in the group in teaching systematic, competent directed and to activity based approaches based on working issued methodological model is current was held. Trainings during students activity, independent analysis to do ability and methodical thinking level regular observed. Final stage results this experience has shown in the group professional competence all components according to positive growth In particular, theoretical knowledge The score ranges from 69.8 to 82.6 points, practical skills from 70.2 points to 85.1 points, methodological competence and from 67.3 points to 83.4 points The overall integral indicator increased from 69.1 points to 83.7 points. reached, growth 14.6 points organization reached.

Control in the group and growth relatively low, overall score from 68.4 points to 74.2 points increased, that is increase of 5.8 points organization This is traditional methodology based on take visited of training efficiency limited shows. Statistics analysis to the results according to, final in stages groups between difference reliable that was determined ( $t = 2.87$ ;  $p < 0.05$ ). This indicator experience in the group used methodical approaches efficiency scientific in terms of confirms. Results components in the section analysis when done, especially methodical competence indicator noticeable at the level increased record This situation to activity based approach practical efficiency shows, that is students not only exercises to do, maybe them teaching, analysis to do and explanation also acquired skills.Observation results this experience has shown in the group training during students by independent decision acceptance to make mistakes determination and correction activity noticeable at the level activated. This is methodical thinking and reflection skills formed confirms.

Also, innovative approaches, including visual analysis and interactive of methods application actions mastery speed increased and of training efficiency provided.Obtained results LP Matveev and I.A. Zimnyaya by previously pushed systematic and to competence directed approaches efficiency about scientific views practical in terms of confirms. In general when taking, artistic gymnastics in education methodical approaches integrated without application students professional competence in development high the results to provide clarified.

## CONCLUSION

Research results of artistic gymnastics in education methodical approaches integrated without application future physical upbringing teachers professional competence in development high to efficiency has that showed. Experimental information based on systematic, competent directed and to activity based approaches together application traditional to the methodology relatively noticeable to advantage has that is statistic in terms of reliable results with confirmed ( $p < 0.05$ ).

Gymnastics education in the process methodical approaches only technician actions to teach with limited without leaving, maybe in students methodical thinking, pedagogical analysis to do and teaching activity design skills to form service to do was



determined. Especially for the activity based approach students independent work, errors determination and correction, and reflection to do abilities in development important factor as manifestation was. Research during It turns out that gymnastics in training methodical approaches systematic accordingly planning and them training to the process step by step current to grow professional competence all components (theoretical, practical) and methodological ) development positive impact This shows that gymnastics didactic opportunities high that again one there is confirms. This with together, practical observations based on traditional approaches column was in training students of activity reproductive to the character has to be, methodical analysis and reflection elements enough at the level lack of formation it is determined that situation professional preparation efficiency reducer factor as evaluated. Obtained scientific to the results based on following practical recommendations working released: Sport gymnastics in teaching methodical approaches integrated without to apply training to programs systematic accordingly current to grow necessary. Exercises in the process students active participation provider to activity based from methods wide use recommendation will be done. Future physical upbringing teachers methodical competence develop for the purpose in training analytical assignments, independent developments and reflection elements input necessary. Gymnastics individual approach in training reinforcement, students preparation level in consideration received without exercises differentiation necessary. Modern pedagogical and information technologies, in particular video analysis and visual teaching tools application through actions mastery efficiency increase to the goal according to. This research results of artistic gymnastics teaching methodology improvement, as well as physical upbringing their teachers preparation in the system methodical approaches develop for scientific and practical basis become service does.

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