

RHYTHMIC GYMNASTICS AS EDUCATION AND PERSONAL DEVELOPMENT OF FEMALE STUDENTS

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ABSTRACT

This article examines the formation of the personality of female students through rhythmic gymnastics classes. Types of rhythmic gymnastics and aerobics.

Keywords: Gymnastics, aerobics, health, student, music, mood.

INTRODUCTION

Rhythmic gymnastics is an excellent means of versatile physical development and aesthetic education. In the process of practicing rhythmic gymnastics, expressive movements are mastered, an idea of the beautiful in motion is formed. The students' motor abilities are expanding, which helps to improve their mood. Correct posture, energetic gait, plastic movements – and these are not all the qualities that are developed with the help of rhythmic gymnastics.

The inability to hold your body properly can have an impact not only on the appearance, but also on the condition of internal organs. Violation of posture contributes to the deterioration of the functioning of organs and systems of a growing organism, especially it affects the functions of the musculoskeletal system, cardiovascular, respiratory and nervous systems. A posture defect can cause emotional distress. The most effective means of preventing and eliminating posture defects is physical exercise.

Specialists recommend practicing rhythmic gymnastics for therapeutic purposes. The main reason for choosing rhythmic gymnastics is the positive effect on the psychology of a person with health problems and the emotional charge from these exercises. Students in the classroom are happy to perform rhythmic gymnastics exercises. Rhythmic gymnastics is recommended to be considered as a means of a mandatory complex of physical culture and wellness activities, both for female students and schoolgirls. A special influence on the development of rhythmic gymnastics was exerted by the system of Frenchois Delsarte, who tried to establish the relationship between the emotional state of a person, his facial expressions and gestures.

Great interest in rhythmic gymnastics was caused by the emergence of the rhythmic gymnastics school, which was founded by Jacques Dalcroze. It was he who first coined the term “rhythmic gymnastics”. J. Dalcroze believed that rhythmic gymnastics was designed to develop musicians' hearing and sense of rhythm. But later it turned out that it is also suitable as a means of physical education. The basis of the Zh method. Dalcroza is an organic combination of music and movement.

According to its functional purpose, rhythmic gymnastics is divided into wellness, applied and therapeutic. The main components of rhythmic gymnastics are developmental exercises for all parts of the body: circular movements of the arms, legs, torso turns left and right, bends, head turns, squats, lunges, as well as exercises in various stands and prone positions. These exercises can be combined with varieties of walking, jumping, running.

Rhythmic gymnastics, regardless of the content and duration of classes, contains a certain structure, which includes the preparatory, main and final parts. Gymnastics classes are held in the range of 65-90% of the maximum allowable values of heart rate purity. The definition of the permissible maximum is determined by the formula $200 - \text{the age of a person}$. Performing exercises to music causes students to feel satisfied with the activity, which has a positive effect on the body.

The abundant influx of impulses from many muscles and joints leads to the formation of a dominant movement in the cerebral cortex. This allows the rest of the cerebral hemispheres to rest. Rhythmic gymnastics helps to eliminate psychological tension and fatigue, and trains the respiratory system and cardiovascular system.

Students engaged in rhythmic gymnastics have increased motor activity, oxygen consumption, lung ventilation, which normalizes blood pressure and improves blood supply to the heart. Since rhythmic gymnastics has a comprehensive effect on the female body, namely, flexibility, plasticity, coordination and beauty of movements are formed during classes, it is best to form the personality of female students during rhythmic gymnastics classes.

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