

## HISTORICAL CLASSIFICATION OF PHYSICAL EXERCISES

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### Abstract

Until now, there is no fully scientifically based physical exercise classification. This article discusses the historical classification of exercise.

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Historically, physical exercises were categorized into games-style, gymnastics-style, sports and tourism exercises.

Games, gymnastics, sports, tourism have been recognized as the main factors of the physical education system and have not lost their importance in the classification of exercises even now. Contrary to the opinion of most scientists, they are always changing. Historically accepted series of physical exercises are giving way to more progressive ones over time, or those exercises are being developed and improved. In the process of physical education, their main factor is scientifically based in educational systems. So, saying that it is a series of physical exercises included in games, gymnastics, sports, and tourism may give us a wrong idea in some cases. Because running, walking, and jumping included in the category of sports can also be found as physical exercises in games, gymnastics, and tourism exercises. Exercises are used in an organic relationship with each other.

The term play refers to a variety of activities. Nature play, power play, etc. And in the field of culture, an actor's game, an Olympic game or a sports game, they all have different meanings. The game is a type of activity as a historically accumulated social phenomenon. Due to its vital importance, it arouses interest in the society and attracts some people.

In game activity, a person is in a special relationship with the surrounding environment, in a purpose-oriented activity, and exercises both physical and mental abilities. Unlike work, no material wealth is created during play. He does not directly use the gifts of nature for his life. There is a choice of different actions in the game. This forces the player to use his emotions, creativity, activity and initiative.

Nowadays, there are games that are played by the majority (with the public) and the team is one-on-one depending on the number of players. It serves as an educational tool in pedagogy and life as action games and sports games.

Action games as a means of physical education are collective, not joined to a team, do not have their own specific sports field, standard rules, and include some elements of difficult physical exercises. So, a sports game is also an action game.

Sports games, as a means of physical education, have their own strict game rules and requirements, as well as the rules of the sports field. One individual does not solve the tasks during the game. The team will decide. Regular competitions are organized for these games. Players are given rank (discharge) and titles. Sports games are constantly growing and developing (the development of techniques and tactics increases its effectiveness). Action games played as a team are divided into three types: a) games played without dividing players into teams; b) games that turn into a team game; c) team games (including all sports games):

Then, according to the form of interaction of players (team games), the game is divided into the following:

- a) games in which the bodies of the players of the opposing team and its parts do not touch each other during the game - volleyball, gorodki, badminton, table tennis, chess-checkers, etc.
- b) Games played when opposing players touch each other: football, basketball, rugby, hockey, Russian lapta on the table, etc.

Historically existing systems of physical education took into account these aspects of the game, society members recognized it as one of the main factors of harmonious physical education in all aspects and used it in the process of education.

Gymnastics is a means of physical education, along with games, sports, and tourism. Its main function is a means of general physical preparation for various life activities. In addition, he can handle special tasks such as being able to hold his own body or control the movement of body parts, correcting physical defects in the body. Currently, the gymnastics system of the world nations has been critically studied, the useless ones have been thrown away, and the useful side has been scientifically embodied, and it is being used positively in the conditions of physical education.

All physical exercises can be used in gymnastics. In fact, it is used in the form of exercises in tune.

- a) Alignment and alignment exercises. These exercises solve the rational ways of lining up, keeping the body right, obeying commands, correcting the height and other tasks;
- b) Basic physical exercises. These exercises are used for the development of all parts of the body in general or some isolated parts, they facilitate the rapid formation of movement skills;
- c) Free exercises. This name refers to exercises organized in the form of a combination of movements performed under music. If we observe the movements of those engaged in free exercises, we see that the movements fall into the rhythm and tempo of the music, or see its elegance and beauty, and we witness that the reserve of human movements is very unique;
- d) Necessary life-practical exercises: walking, running, jumping, throwing, climbing, lifting and a number of other exercises. These are the main tools in the development of physical qualities;
- e) Exercises performed in special gymnastic shells, exercises performed in perekladina, brusia, kon, khatka, yakchochop and others. They train strength, agility, joint mobility, muscle elasticity, mental and other qualities;
- f) Acrobatic exercises. Standing on the lake, turning sideways without bending the body, "randat", "flyag" and a number of other exercises performed individually, in pairs, and in groups.
- g) They teach basic necessary life skills and activities. It is a leading tool for improving sports skills and general physical training;
- h) Rhythmic gymnastics: dance-style, bodyless, body-based exercises that include walking, jumping, and a series of exercises that require agility and are understood to be performed with music, and it is considered a special type of sport.

The system of gymnastics exercises is constantly developing and its content is getting richer. Scientific research and observations show that some exercises are being restructured, updated, some are being strengthened and improved.

At the conference of ex-Union gymnasts held in 1948, they divided gymnastics into the following types depending on its practical application in life:

The main purpose of gymnastics is to prepare the whole body. Basic gymnastics training develops all-round physical abilities and provides an opportunity to improve sports skills. Basic gymnastics includes line-up and re-line-up, general body exercises, life exercises, acrobatics, rhythmic gymnastics and other exercises, as well as exercises performed on some gymnastic equipment.

Doing hygienic gymnastics strengthens the health of the body. It ensures a person's stamina and work ability at a high level. Hygienic gymnastics is carried out in the morning, during the day, in the evening or after sleep. One-on-one morning gymnastics for seniors or group is important. They normalize the work of the body's movement apparatus, heart vessels, respiratory system and other organs.

Sports gymnastics. The task of sports gymnastics is to master the art of performing difficult movements in order to improve physical fitness and sports skills. Sports gymnastics includes free exercises, exercises on the floor, vault, vault, barbell (for men) and vault (for girls) of various heights, and jumping exercises.

Rhythmic gymnastics has the same sports character as acrobatics and sports gymnastics. And the task is solved in its own special ways. The main exercises are related to music. It develops movement coordination, movement plasticity. Exercises are performed in the form of dance-like movements. The training content includes all exercises.

Additional types of gymnastics include sports gymnastics, production gymnastics, therapeutic gymnastics.

Sports gymnastics helps the aspiring athlete to master his skills in the sport of his choice. Sports gymnastics exercises are used in the process of general and special training. The main task of production gymnastics is to increase the worker's production capacity and labor productivity. This gymnastics is included in the work routine of the worker. It is conducted as a physical culture break and a gymnastics break before work in public enterprises and institutions.

Therapeutic gymnastics solves the task of restoring health and working capacity. Basically, body structure deficiencies serve to improve the functioning of the movement apparatus. It is carried out in the treatment rooms of rest homes, sanatoriums, hospitals.

The word sport was first understood in the sense of a game, and later it began to be interpreted as a means of entertainment. Because the participants were only competing with each other. Even from the end of the 19th century to the beginning of the 20th century, it was considered as a means of achieving high results or winning a competition, entertainment, and recreation. For a long time, education was considered as something unnecessary for life, which is not important in educational work. (Lesgaft, 1909; Ebber, 1925; Gaulgoffer and Streicher, 1930).

A lot of sports has a multifaceted meaning and is a product of social life. In society, the importance of playing sports is considered as a process of physical education. Sport, as the main element of the society's culture, is used as a tool in the process of physical education by improving sports skills, mastering the art of movement, and developing physical qualities. It is no secret that the possibility of developing the ability to move in physical education is unlimited. Evidence of this is the records being set, sports results. Research, new methods, tools, and content of sports training are being carried out to improve sports results. This indicates that many athletes and trainers are enriching the theory and methodology of physical education with new scientific and practical laws.

Nowadays, sport is entrusted with the task of establishing mutual friendship and solidarity with neighboring brotherly countries, as well as bringing out the deeper manifestation of true human feelings during competitions.

Some characteristics of sports in different social conditions are considered to be in complete conflict with each other. An example of this is the purpose and mission of former Soviet sports and the content of professionalism in bourgeois sports. In developing countries, more pupils, students, army and navy personnel are involved in sports. The main reason is that sport is an important factor in military and life training. In addition, the economic role of sports occupies the main place in them.

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