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INTEGRATION OF GYMNASTICS AND NATIONAL DANCE: THE WAY TO AESTHETIC DESIRE AND PHYSICAL PERFECTION

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Annotation. This scientific article analyzes the harmony between gymnastics and national dance art from the perspectives of physical, aesthetic, and spiritual development. The importance of gymnastics in developing physical abilities and the cultural and aesthetic essence of national dance are discussed. The role of gymnastic elements in improving national dance performance techniques, movement coordination, and stage culture is scientifically substantiated. The effectiveness of integrating gymnastics and national dance into the educational process in shaping a well-rounded personality is also highlighted.

Key words: gymnastics, national dance, physical education, aesthetic education, movement coordination, cultural heritage, educational process.

Introduction. Today, the harmonious development of physical education and art is considered one of the most important scientific and pedagogical issues. Especially in the process of globalization, the preservation of national culture and the upbringing of young people as healthy and spiritually mature individuals is becoming an urgent task. From this perspective, the harmony of gymnastics and the art of national dance serves as an effective means of physical and aesthetic education. While gymnastics develops the physical capabilities of the human body, national dance reflects the historical heritage, cultural values, and aesthetic taste of the people. The combined application of these two directions serves the harmonious development of the individual, both physically and spiritually. Therefore, the combination of gymnastics and national dance elements is widely used in the education system, especially in the upbringing of youth. Such a combination contributes not only to physical fitness but also to the formation of a sense of music, the elegance of movements, rhythm, and aesthetic taste in students. Gymnastic exercises enriched with national dance movements correctly shape a person's figure, develop movement coordination, and reveal their creative abilities. At the same time, it strengthens respect for national values, a sense of patriotism, and a sense of national identity.

Methodology. This study was conducted based on a comprehensive methodological approach aimed at scientifically substantiating the possibilities for developing the aesthetic taste and physical perfection of participants through the integration of gymnastics and national dance elements. The methodological basis of the research consists of the systematic approach, the competency-based approach, the integrative approach, the activity-oriented approach, and the concepts of student-centered education. These approaches made it possible to harmonize gymnastic exercises with national dance movements in a single pedagogical process and to comprehensively solve aesthetic and physical education tasks. Theoretical and empirical methods of scientific cognition were applied in harmony during the research. At the theoretical stage, scientific literature, regulatory legal acts, and modern scientific research on pedagogy, sports pedagogy, physical education theory, art pedagogy, and the art of national dance were analyzed. Based on this analysis, the pedagogical

content, principles, and methodological possibilities of integrating gymnastics and national dance were clarified.

Research results and their discussion. Physical and pedagogical significance of gymnastics. Gymnastics is one of the primary means of physical education, ensuring the comprehensive development of the human body. Gymnastic exercises strengthen the muscular system, increase joint mobility, and develop balance and coordination. Regular exercise serves to establish a healthy physique.

Pedagogically, gymnastics develops qualities such as discipline, willpower, patience, and self-control. These aspects are of great importance in the process of practicing the art of dance. Gymnastics is one of the primary types of physical education and serves the comprehensive development of the human body. Through gymnastic exercises, the mobility of muscles and joints is strengthened, mobility increases, and the functioning of the respiratory and circulatory systems improves. In addition, gymnastics ensures the correct formation of the body and prevents various physical defects.

Gymnastic exercises develop discipline, willpower, attention, and patience. The process of performing exercises accurately and correctly requires responsibility and self-control from the student. Gymnastics is an important stage of physical development, especially for children and adolescents.

Scientific research indicates that individuals who regularly engage in gymnastics exhibit high levels of motor coordination and balance maintenance. This creates a solid foundation for subsequent achievement of high results in dance, sports, or stage activities. Gymnastics also has a positive impact on a person's aesthetic upbringing. The precise, beautiful, and rhythmic execution of each exercise forms the harmony of body movements. This is especially important in the art of national dance, as dance movements require elegance, flexibility, and a deep sense of rhythm. Physical fitness formed through gymnastics helps to perform dance elements lightly and perfectly. Gymnastics exercises combined with national dance develop students' creative abilities, form stage culture, and increase self-confidence. Especially team-based exercises foster mutual understanding, discipline, and a culture of communication. Therefore, gymnastics is of great importance not only as a means of physical exercise but also as an important factor in the spiritual and aesthetic upbringing of the younger generation.

The aesthetic and cultural essence of national dance art. The art of national dance is considered an integral part of the people's spiritual wealth and cultural heritage. Uzbek national dances are distinguished by their unique graceful movements, rhythmic harmony, and expressiveness. Each dance movement reflects the national mentality and traditions.

The art of dance develops aesthetic taste, enhances musical sensitivity, and shapes creative thinking. Therefore, national dance is considered an important pedagogical tool in the upbringing of the younger generation. The art of national dance is considered a unique cultural heritage reflecting the historical development, lifestyle, and spiritual world of the people. Uzbek national dances are distinguished by their unique graceful movements and the richness of hand and body plasticity. Dance styles specific to each region reflect the mentality and traditions of the people.

National dances form a person's aesthetic taste, develop their ability to feel music, and enhance stage culture. During the dance, the performer conveys not only a physical movement but also a specific idea and emotion to the audience. This has a great impact on the creative and emotional development of the individual.

Furthermore, the art of national dance educates the younger generation in the spirit of respect for national values. Through dance, young people begin to gain a deeper understanding of the

history, traditions, and culture of their people. The art of national dance develops not only the aesthetic worldview of young people but also their physical activity. Various movements performed during dance enhance body flexibility, shape a beautiful figure, and improve movement coordination. In particular, the combination of arm, leg, and torso movements enhances a person's ability to feel the rhythm and control their movements. In this regard, national dance is closely linked to gymnastics, and they act as complementary means. From a pedagogical perspective, the art of national dance teaches youth teamwork, discipline, and stage culture. During dance lessons, students have the opportunity to work on themselves, perform movements accurately and expressively, and develop a creative approach. This increases their self-confidence and develops their independent thinking and creative abilities.

Scientific and theoretical foundations of the harmony of gymnastics and national dance. There are many common and interrelated aspects between gymnastics and the art of national dance. Both activities are based on precision of movement, rhythm, balance, and flexibility. While gymnastic exercises strengthen the technical training of a dancer, dance movements provide aesthetic content to gymnastic exercises.

From a theoretical standpoint, gymnastics is the primary supporting factor in the art of dance. Complex movements, jumps, and turns performed in dance are difficult to perform perfectly without gymnastic training. Therefore, elements of gymnastics are widely used in modern dance pedagogy.

Furthermore, the combination of gymnastics and dance helps to fully utilize the biomechanical capabilities of the human body. This ensures the elegant, precise, and safe execution of movements.

There are common aspects between gymnastics and national dance, such as movement precision, plasticity, rhythm, and balance. Gymnastic exercises strengthen the dancer's technical proficiency, allowing them to perform complex movements safely and perfectly.

From a scientific point of view, gymnastics strengthens the biomechanical basis of the art of dance. This serves to improve the quality of dance performance.

The importance of integration in the educational process. Classes combining gymnastics and national dance in educational institutions not only enhance students' physical fitness but also strengthen their respect for national values. This integration shapes the attitude of young people toward a healthy lifestyle. Such classes simultaneously ensure the physical and spiritual development of students. While gymnastic exercises develop agility, flexibility, balance, and endurance, elements of national dance develop aesthetic taste, a sense of rhythm, and creative abilities. As a result, students develop not only as physically developed individuals but also as individuals interested in art and national culture. From a pedagogical point of view, such integrated classes educate young people in the spirit of discipline, teamwork and responsibility. In particular, gymnastic-dance compositions performed as a team play an important role in mutual cooperation, mutual support, and the formation of stage culture. At the same time, through national songs and dance movements, students develop a sense of national pride, patriotism, and respect for cultural heritage.

Analysis. In the course of the study, the influence of classes organized based on the integration of gymnastic exercises and elements of national dance on the physical development and formation of aesthetic taste was analyzed. The study results showed that compared to traditional training, the integrated methodology significantly improved the development of physical qualities, as well as the aesthetic expressiveness of movements, sense of rhythm, coordination, and creative activity.

During the training sessions, positive changes were observed in the participants' skills in performing movements, correct posture, maintaining balance, flexibility, and moving in accordance

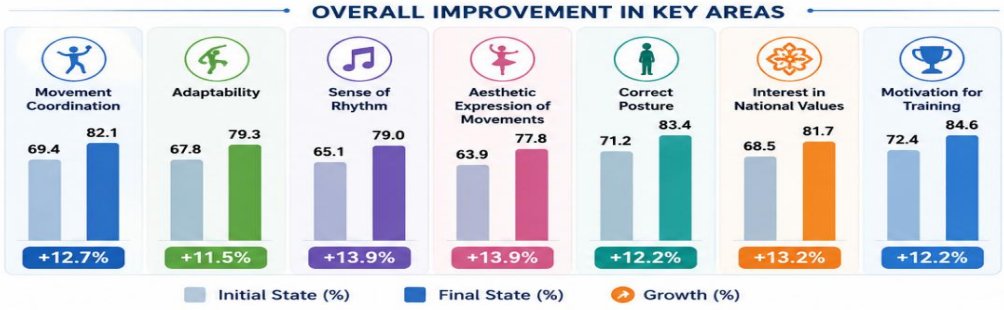
with the rhythm of the music. In particular, gymnastic exercises enriched with elements of national dance increased the interest of the participants in the training, served to develop aesthetic pleasure, respect for national values and a culture of teamwork.

Pedagogical observations showed that during integrated training, the mastery of the sequence of movements accelerated, the quality of performing complex coordination exercises improved, and the level of confidence and freedom in the execution process increased. Such results confirm that the effectiveness of education is high when the artistic and aesthetic features of national dance are combined with the physical training capabilities of gymnastics.

Analysis of the research results by criteria showed that integrated training generated positive dynamics across all key indicators.

EVALUATION CRITERIA RESULTS

Evaluation Criteria	Initial State (%)	Final State (%)	Growth (%)
Movement Coordination	69.4	82.1	+12.7
Adaptability	67.8	79.3	+11.5
Sense of Rhythm	65.1	79.0	+13.9
Aesthetic Expression of Movements	63.9	77.8	+13.9
Correct Posture	71.2	83.4	+12.2
Interest in National Values	68.5	81.7	+13.2
Motivation for Training	72.4	84.6	+12.2





Based on the table data, it was established that the highest growth was observed in the indicators of aesthetic expressiveness of movements and sense of rhythm (13.9%). This situation is explained by the possibilities of expressing the musical rhythm, movement culture, and artistic image of national dance elements. Additionally, the national dance movements enhanced the emotional impact of the gymnastic exercises and increased the internal motivation of the participants for training.

The increase in flexibility and movement coordination is associated with the anatomical and physiological characteristics of gymnastic exercises, and dance elements made it possible to perform these exercises in a natural and interesting form. As a result, the participants improved their movement accuracy, balance, and body control.

Analysis has shown that the integration of gymnastics and national dance allows not only for the development of physical qualities but also for the comprehensive formation of an individual's aesthetic worldview, respect for national culture, artistic thinking, and creative activity. In particular, the harmonious use of national songs, movements characteristic of folk dances, and general gymnastic exercises during classes significantly increases pedagogical effectiveness.

The results of the mathematical and statistical analysis also confirmed that the indicators obtained at the end of the experiment were not random, but rather the effectiveness of the applied integration methodology. According to the overall results, aesthetic and physical development

indicators improved by an average of 12–13%. This scientifically substantiates that training based on the integration of gymnastics and national dance is an effective pedagogical tool for forming a healthy individual with developed aesthetic taste and high motor culture.

These results showed that organizing gymnastics and national dance based on a unified methodological system enriches the content of the educational process, increases the emotional attractiveness of classes, and ensures the harmonious development of physical perfection and aesthetic education. Therefore, it is advisable to widely apply this integrated approach in physical education classes, sports clubs, and cultural and educational events.

In conclusion, the combination of gymnastics and the art of national dance plays an important role in the physical, aesthetic, and spiritual development of the individual. While gymnastics strengthens the technical foundations of the art of dance, national dance gives aesthetic and cultural content to gymnastic exercises. The widespread introduction of this harmony into the educational process is an effective tool for raising a harmoniously developed generation. In the future, one of the important tasks is the further development of scientific and practical research on the harmony of gymnastics and national dance art, the introduction of modern methods into educational programs, and the training of qualified specialists in this field. Because young people raised on the basis of a combination of physical and aesthetic education play an important role in the formation of a spiritually mature, healthy and creative generation of society.

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