

## PHYSICAL TRAINING TO IMPROVE PHYSICAL QUALITIES OF COLLEGE STUDENTS USING GYMNASTICS MEANS

*Li Jianing,*

*master's student VSU named after P.M. Masherov, Vitebsk, Republic of Belarus*  
Supervisor – Shpak V.G., candidate of Pedagogical Sciences, associate professor

Physical fitness is an important aspect of students' lives, contributing to their overall well-being and academic success. However, traditional strength and conditioning programs often fail to engage students effectively, resulting in disinterest and limiting their progress.

The purpose of this article is to explore the potential benefits of incorporating gymnastics into college strength and conditioning programs, emphasizing its ability to improve strength, flexibility, coordination, and mental focus. By incorporating gymnastics into college courses, college students' physical fitness can be improved and their overall growth and development promoted.

**Material and methods.** To write the article, the following research methods were used: Literature method, experimental method, mathematical statistics method.

**Results and their discussion.** Participating in gymnastics offers many physical, mental and social benefits. Physically, gymnastics promotes overall health by building strength, flexibility, coordination, and endurance. It also improves body awareness, proprioception, and spatial orientation. Mentally, gymnastics develops discipline, focus, perseverance and goal-setting skills. It teaches athletes to overcome challenges, manage stress and develop a strong work ethic. In addition, gymnastics provides opportunities for social interaction, teamwork, and the development of lifelong friendships [1].

General gymnastics courses in colleges and universities are of great significance to the all-round development of students. These courses not only enhance physical fitness but also inculcate discipline, perseverance and teamwork. Additionally, gymnastics helps develop body coordination, flexibility, and strength, which has implications for a healthy lifestyle.

Despite the importance of general gymnastics programs, several challenges prevent their effective implementation at colleges across the country. First, the time and resources for physical education in the curriculum are limited, leaving little room for comprehensive gymnastics training. Secondly, the lack of qualified coaches and appropriate facilities creates challenges in providing high-quality gymnastics education. Additionally, some students may lack interest and motivation because they believe gymnastics is only for athletes and not applicable to their future careers [2].

The intense academic pressure college students experience can also have a negative impact on their physical health. Students often prioritize studies over physical activity, leading to a sedentary lifestyle. Additionally, stress and anxiety related to academic demands may further discourage students from participating in physical activity as they may perceive it as a time-consuming activity [3]. Many college students lack proper awareness and education about the importance of health and its long-term benefits. Without understanding the importance of regular exercise and healthy eating habits, students may not prioritize physical health in their daily lives. Educational institutions should be responsible for promoting good health and providing students with the knowledge and resources they need to maintain a healthy lifestyle.

Physical fitness is vital to success in competitive gymnastics. This sport requires the all-round development of athletes, with strength, flexibility, balance, coordination, endurance and willpower. Gymnasts must perform regular strength and flexibility training, balance and coordination training, endurance training, and mental health exercises to perform well in the

sport. By prioritizing physical fitness, gymnasts can improve their performance, reduce the risk of injury, and reach their full potential in competitive gymnastics [4].

Physical fitness is an important aspect of an individual's overall health and plays an important role in living a healthy and active lifestyle. In recent years, college students have become increasingly interested in exploring various sports that can enhance their physical fitness. The focus of competitive gymnastics training is to develop physical qualities such as strength, flexibility, endurance, coordination, and balance. Known for its rigor and discipline, this training program requires athletes to perform structured drills, routines and performances to improve their overall physical abilities. Therefore, college students who participate in competitive gymnastics training can experience comprehensive physical and mental health and contribute to a healthy and active lifestyle [5].

**Conclusion.** College gymnastics elective courses focus on improving students' technical skills in the discipline of gymnastics. Students have the opportunity to perfect and master skills such as freehands, stunts, tumbling, goat jumps, balance beam, and parallel bars. The focus is on perfecting difficult movements, increasing the difficulty, incorporating complex combinations, and challenging and improving students' comprehensive abilities and physical fitness.

Based on the physical fitness established in high school, more intensive physical training will be carried out. Students perform targeted exercises to develop core strength, upper body strength, and overall muscular endurance. These exercises may include freehand exercises, light equipment exercises, and gymnastic equipment training to enhance the student's physical ability to perform more difficult advanced movement-specific exercises.

Training through competitive gymnastics can have a positive impact on students' mental health. This sport provides an outlet for stress relief and emotional release, allowing students to channel their energy and emotions into physical activities. The discipline and focus required in gymnastics training help students develop mental resilience, concentration and the ability to effectively manage stress. This can have a significant impact on their overall mental health and academic performance.

Competitive gymnastics in the college curriculum promotes personal growth and character development. When students participate in this challenging sport, they learn valuable life lessons such as perseverance, discipline, and self-motivation. Gymnastics teaches students the importance of setting goals, overcoming obstacles, and reaching beyond their comfort zones. These experiences contribute to the development of personal growth, confidence, and a strong work ethic that benefit students throughout their academic and professional careers.

Competitive gymnastics provides college students with a range of transferable life skills. The sport instills qualities such as discipline, resilience, determination and the ability to deal effectively with pressure. These skills can be applied to all aspects of life, including academics, careers, and relationships. The experience gained from competitive gymnastics equips students with a competitive edge, adaptability, and the ability to overcome challenges in a variety of situations.

1. Li, N. Research on the content and methods of special physical fitness training for college gymnasts [J]. / N. Li // Sports and Sports Products and Technology. – 2022. – P.73–75.

2. Su, Q.F. Research on the teaching of gymnastics courses for physical education majors in colleges and universities in Shaanxi Province [J]. / Q.F. Su, J.X. Wang // Sports Vision. – 2022. – P. 53–55.

3. Hu, X.J. Research on the development of children's physical fitness through rhythmic gymnastics special training [D]. / X.J. Hu // Chengdu Institute of Physical Education. – 2022.

4. Zhou, J.W. Investigation, research and reform on the teaching status of gymnastics major courses in colleges and universities in my country [J]. / J.W. Zhou // Contemporary Sports Science and Technology. – 2017. – P. 147–149.

5. Xu, Y.L. Application of core strength training in college gymnastics teaching [J]. / Y.L. Xu // Sports and Sports Products and Technology. – 2018. – P. 175–176.