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Annotation: In order to live a quality and healthy life, people need to take action. Simple movements that begin with reflexive movements in the womb are replaced by more complex movements over time. It is known that childhood is the period when growth and changes in the body happen the fastest. This period is also the period when the body is most affected by external factors. A person's regular physical activity from a young age not only creates a healthy physical structure, but also delays the deterioration of this structure in old age.

Keywords: Psychomotor development, Healthy growth and development, Rhythmic gymnastics, Trampoline gymnastics, Acrobatic gymnastics, Gymnastics sports networks.

ENTER

The healthy development of future generations is a desirable feature of all societies. Healthy growth and development parallel genetic factors as well as environmental and living conditions.

Gymnastics is the main basis of sports. With basic forms of movement, it includes walking, running, jumping, turning, etc. It is an area that allows you to train locomotor and balance skills and develop spatial awareness by developing various movement skills by exercising all the joints and muscles of the body. In this regard, gymnastics makes a great contribution to preparing children for all kinds of sports and, most importantly, for life.

It is believed that gymnastics is important for preschool children. Activities that provide movement in age groups and special studies programmed according to these age periods are assumed to have a positive effect on the natural development of children. It can be said that gymnastics is an important sports discipline that requires continuous continuity, determination, passion, skill and discipline and brings with it mental strength as well as physical strength. With basic gymnastics training, children gain body awareness, balance, coordination and flexibility, which lays a solid foundation for any sport they play in the future. However, it is said that basic gymnastics exercises play an important role in the motor development of children. It can be said that the starting age for practicing gymnastics is 3-4 years old, and regular basic gymnastics training for a child has a positive effect on the child's physical development. Movement properties are activated to provide the human body with motor movements that require strength, endurance, speed and skill.

Main engine characteristics; Strength, endurance, speed, mobility and coordination can be present at birth, but they can also develop at a later age.

Skills such as running, jumping, and jumping are important elements in children's daily lives. The development of basic movement skills is based on more experience. Advanced or effective skills require multiple structured or unstructured opportunities. On the other hand, not providing or limiting opportunities for movement and experience can negatively affect motor skills in early-age individuals.

The healthy development of new generations is a desirable feature of all societies. Healthy growth and development are directly proportional to genetic factors as well as the adequacy of environment and living conditions.

Measuring, evaluating and understanding psychomotor development in children is of great importance in identifying and finding ways to solve problems that may arise in children who do not develop normally. In addition, it is necessary to determine the level of psychomotor development in order to prepare programs to improve psychomotor performance.

Psychomotor development studies the changes that occur in motor skills over the course of a person's life and the factors that underlie and influence these changes. Occurring in actions and behaviors throughout life; It is also described as a continuous change resulting from the interaction of physiological characteristics, task demands, and environmental conditions.

Psychomotor development is the emergence of voluntary actions in the body along with the development of the central nervous system along with physical growth. It is a process that begins before birth and continues throughout life, involving the acquisition of movement-based skills.

Looking at the literature, physical activity that includes gymnastics has a positive effect on the development of movement skills in children and has a positive effect on the development of muscle bones, increasing muscle flexibility, increasing joint angles and muscle strength. shows. activities such as running, jumping, jumping and ricocheting in the development of the physical structure of the body and in the gymnastics training program. The exercises also help to develop the coordination and balance skills of the athletes.

Gymnastics; It is a sport that requires endurance, strength, speed, coordination, flexibility and aesthetic presentation. By perfecting these elements, it is emphasized that in order to achieve advanced levels of success, it is necessary to start the sport at a young age.

Gymnastics started earlier than other fields. It was noted that the age of practicing gymnastics is 3-4 years, and the age of entering the net is 9-10 years. Gymnastics is a sport that requires individual talent and involves a wide range of motor skills. Children introduced to gymnastics at the age of 3-4 reach the elite level at the age of 12-14. To be an active athlete, an athlete must work continuously in the gymnastics department for 9-11 years with at least 26-29 hours of programmed training per week.

Gymnastics; It is a branch where practical and repetitive actions are performed with intelligence and great courage. Leveling up is difficult and possible with individual efforts. Athletes strive to be efficient in order to discover new movements that have not been performed before and to perform these movements without error. However, in addition to physical development, mental development also develops. Thus, those who are involved in sports from an early age will be successful in the future.

Gymnastics nets, competition, equipment and rules

There are 7 branches of gymnastics organized by the International Federation of Gymnastics (FIG). These are Rhythmic Gymnastics, Rhythmic Gymnastics, Aerobic Gymnastics, Trampoline Gymnastics, Acrobatic Gymnastics, Gymnastics for All and Parkour included in 2019. Rhythmic gymnastics, rhythmic gymnastics and trampoline gymnastics are among the Olympic disciplines, while aerobics, parkour, acrobatic gymnastics and gymnastics for everyone are developing in our country and are not Olympic sports. Gymnastics is for everyone, on the contrary, it is an exhibition organization, in which only demonstrations are held and everyone can participate

without the goal of competition.

Gymnastics is one of those specialized sports that requires a high level of complex movements and uses multiple movements at the same time, and one of the things that makes gymnastics unique is that it is a discipline of gymnastics. A sport that is constantly renewing itself in terms of action despite having countless moves. An athlete and their coach can use their creativity to create a new movement, and this new movement is recorded in the literature by taking the athlete's last name. Although there are many examples in the world, our country also has very valuable athletes who have their own actions.

Although athletes use complex training programs under the supervision of coaches in order to improve themselves, changes can occur as a result of injuries, excess weight gain, insufficient development in the field of sports, and sometimes the emergence of new sports sectors. It is constantly developing and new sports outlets are opening accordingly. The development of sports and discipline allows people to focus on sports according to their interests.

Generally speaking, gymnastics, which is one of the main sports, is among the activities that provide the best awareness of the body. Through gymnastics, we can achieve the best development of many motor skills, for example, a better understanding of how to use the body and the relationship between body parts in different exercises and equipment, the ability to balance in different body positions, and flexibility.

Physical and physiological findings in gymnasts should be applied according to certain standards. Sports performance evaluation criteria were defined as muscle strength, muscle strength, agility, flexibility, speed, muscular endurance, anthropometric structure, balance and coordination, and cardiovascular endurance. Gymnasts who want to reach the elite level must have the maximum of these characteristics.

It is difficult to understand gymnastics as a discipline or a sport. Because when it comes to sports, there is an idea that an athlete competes against another athlete or a team against another team. As in track and field, in a sport measured by meters, athletes do not have to compete against each other against time, jump over high hurdles, or be in contact with the movements and actions of their opponents, but rather compete against them. There is also difficulty in distinguishing. Naturally, here is the struggle of the athlete with himself. In this competition, the athlete is required to keep the body under control in order to perform gymnastic movements of high difficulty flawlessly and smoothly. Its development requires regular, effective and active work for years.

Gymnastics is a sport discipline that requires many years of technical work and serious effort to master the movements specific to the branches very early.

Although they are grouped under one heading, gymnastics has different areas, and knowing and defining the skill portfolio and requirements of these areas in advance will lead us to more accurate and faster success without wasting time in other areas.

Each sport network has a differentiated training structure and consequently a physicality according to its own rules. One of the most important concepts for distinguishing these features is anthropometric structure. It is known that the appropriate anthropometric structure is important for athletes to be successful. According to scientists, a fit athlete's body is necessary to achieve successful results in sports.

Development is a change in adaptation to competence. This indicates the need for change and adaptation to this change in order to acquire and maintain competence throughout life. For example, a baby learning to walk must make some adjustments due to mobility in support and

traction. On the other hand, an older person with reduced axial flexibility and arthritis (inflammation of the joints) will need to make some adjustments to accommodate the impaired and decreased mobility due to current problems.

Development must always be considered as a whole, and developmental research must span multiple domains, given that failure in one area of development can slow or even prevent the development of skills in other areas of development.

Development proceeds in sequence from head to toe, from the inside out, from the general to the particular. Development follows a path of continuity, but the progress of development is not the same in every period. Although development is continuous, within this continuity there are some fluctuations and it moves forward, sometimes slowly, sometimes quickly. Periods of high development are called critical periods.

, can occur if children's developmental characteristics are known and their basic needs are met during pre-school (0-6 years), which is crucial due to the child's rapid development. Unmet developmental needs during this so-called magical years of life have a significant impact on children's future lives.

Exciting to do and awe-inspiring to watch, gymnastics uses the whole body to fully activate the muscles. gymnastics; It can be defined as physical activity performed on the ground or with gymnastic equipment to promote endurance, strength, flexibility, agility, coordination and body control.

It allows the development of the functions of the body, muscles, ligaments, bones and joints and plays an important role in the acquisition of anatomical and psychological skills. In gymnastics, the athlete literally fights against himself and does not participate in the actions of the opponent. In this competition, athletes are asked to perform movements that require great strength and determination in a flawless and smooth manner. This can be improved with training programs that require years of work. Since the content of gymnastics training affects the motor development of children with basic movement skills such as running, jumping, jumping, rolling, turning, static balance, dynamic balance, it is important for athletes to know which direction their body is in. knowing how to move also helps their cognitive and social development.

History of gymnastics

Gymnastics is derived from the word humos, the root of which means naked, which goes back to the ancient Greek civilizations, entertaining the people with their performances. It has seen many changes during the entire historical process, was named after the Olympic Games and changed to its modern appearance at the beginning of the 19th century. Later, in 1881, the International Gymnastics Federation was established in Liege, Belgium. Currently, there are 129 federations and 5 types of gymnastics: artistic, aerobic, trampoline, acrobatics and rhythmic gymnastics.

Development of gymnastics in the world

It is derived from the Latin word gymnos (naked), and through the ancient Greeks, the exercises they created for physical training were systematically created and named "gymnastics". Although it means "exercise naked", it also includes a variety of movements and physical activities that do not require nudity.

Gymnastics, which developed between 430-354 BC, developed various styles as it was practiced within the borders of Greece. Although shown as war games in Sparta; It was put on display in Athens in preparation for the Olympic Games.

Gymnastics sports networks

Gymnastics branches include artistic, artistic, aerobics, acrobatics and trampoline gymnastics. However, parkour, which has been included in the federation in recent years, can be considered as a small branch of gymnastics.

Artistic gymnastics

Rhythmic gymnastics has been held every four years since 1896 and is one of the sports that have participated in all modern Olympic Games. In rhythmic gymnastics, women compete in four and men in six apparatus. Equipment used by female athletes; This is a jumping table, asymmetric parallel, balance and floor equipment. Equipment used by male athletes; floor, pommel horse, hoop, springboard, parallel and chin-up equipment. In all 11 devices, the physical skills required of an athlete vary, including neuromuscular strength, power, flexibility, speed, coordination, balance, and the energy system.

Rhythmic gymnastics

It is a combination of gymnastics, ballet and dance, in which aesthetics are in the first place, and the movements are determined by the selected music in about 60-90 seconds. Rhythmic gymnastics is a field in which there are no male athletes and only women.

It is important that the athlete's body is strong and strong. However, athletes must be reliable. To achieve significant success, an athlete must be in harmony with his movements and perform flawlessly. In rhythmic gymnastics, athletes can compete only with body movements without the use of equipment; They can only perform their performances with hand tools such as balls, hoops, ropes, ribbons and clubs that are unique to their branch.

Aerobic gymnastics

Aerobic gymnastics is a sport that requires self-care, introduces the athlete's weaknesses and strengths, tries to regulate the weaknesses and presents the strengths. The gymnast is asked to decorate his sequence by creating dance steps, build it with aerobic steps and perform the movements in harmony with each other and with music.

Aerobic gymnastics competitions require excellence in flexibility, technical skill, strength, balance, aerobic endurance, coordination and anaerobic power parameters. The created series wants to match the music. It is considered an error when the contestants cause a synchronization failure.

Trampoline gymnastics

This is the Olympic sports section. Trampoline attempts to perform a continuous series of movements and connections in the best possible way. Competitions consist of 3 series with a maximum of 10 items each. There are two ways to compete: individual and synchronized.

Acrobatic gymnastics

Although not an Olympics, it is a discipline consisting of pairs, trios and group categories, in which the outstanding abilities of athletes are demonstrated by performing with a partner or in groups of the same number.

Parkour

It is a sports discipline that includes various transitions from one point to another in the fastest and safest way, without equipment, making full use of the capabilities of the human body and pushing all its limits.

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