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**Тип работы:** Статья

**Предмет:** Английский продвинутый

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Anntotation

Rhythmic gymnastics is characterized by regular training loads of high volume and intensity in childhood and, especially, in adolescence. Posture correlates with the sports regime and has its own characteristics to which the body must adapt.

Keywords: rhythmic gymnastics, posture disorders, deviations from the legal posture, physical activity.

Gymnastics is noted for involving highly specialized strength, power, agility and flexibility. Flexibility is perhaps the single greatest discriminator of gymnastics from other sports. The extreme ranges of motion achieved by gymnasts require long periods of training, often occupying more than a decade. Gymnasts also start training at an early age (particularly female gymnasts), and the effect of gymnastics training on these young athletes is poorly understood. One of the concerns of many gymnastics professionals is the training of the spine in hyperextension—the ubiquitous ‘arch’ seen in many gymnastics’ positions and movements. Training in spine hyperextension usually begins in early childhood through performance of a skill known as a back-bend.

"Deviations from the correct posture as a result of practicing a particular sport or excessive training loads can be found in the works of many authors. Some postural disorders are more common in children engaged in rhythmic gymnastics, so it is assumed that the specific requirements of sports and training loads that occur during the performance of technical elements, and the prolonged repetition of these elements affect the development of these postural disorders. "

The most common postural disorders found in most sports are scoliosis and kyphosis, while lordosis occurs to a slightly lesser extent. The appearance of such postural disorders is usually associated with the repetitive nature of sports, amenorrhea, certain specific exercises that cause a large load on the still underdeveloped spine in children 5-7 years old, weakness of the muscle joints that may occur. In children, the number of postural disorders increases during the period of active growth in 5-7 years and during puberty. All these factors can affect the frequency of postural disorders and their further development.

The early choice of rhythmic gymnastics involves the involvement of children in the training process in the earliest period of their childhood. During this period of development, the children's spine is affected by heavy loads that occur during training, which can lead to adaptive changes in the musculoskeletal system and disrupt normal posturogenesis. Prolonged exposure to such loads, which affect the morphology of underdeveloped bones and the mechanical integrity of the bones, can lead to improper development of the spine. Cyclical and repetitive sports can cause problems with posture due to the automation of gestures. Sports training is based on the constant repetition of certain movements, which can lead to osteomio-articular imbalance, causing changes in strength, flexibility, balance and coordination of movements.

An increase in the involvement and complexity of exercises performed from an excessively early age may be associated with an increase in the risk of changes and injuries. The number of years of practice and the start of competition can be the main risk factors, because as gymnasts improve their results, the time and intensity of training increases and, consequently, the exposure time increases, and with it the risk of changes, asymmetries.

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