

## THE TRAINING OF MOVEMENTS GRACE IN SPORTS COMPOSITIONS IN CALISTHENICS

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**Actuality of the research topic.** In recent years, due to the intensification of the fight on the international arena, the training for sports composition competitions has gained a significant value. Therefore, the characteristic of a spectacular composition of calisthenics contains undeniable aesthetic virtues, which contribute to the creation of an elegant image.

It is absolutely necessary and useful to pay special attention to the training of the elegance of the movements in the training process of the gymnasts at the initial stage. It contributes to educating the virtuosity, creativity, plasticity and expressiveness of movements, combined with the rhythm and emotional-motor message, all expressed on the basis of perceiving the means of expressiveness of the calisthenics compositions.

In the opinion of many, the modern sports compositions that the gymnast presents in competitions are not simply demonstrations of the motor results obtained during a period of sports training, but a real show, well thought out and structured, with an innovative program, the basis of all the laws and levels of the movements grace, in close correlation with the music of the stage management.

**The purpose of the research** is the process of training the movements grace in sports compositions at the initial training stage in calisthenics.

The following scientific methods were used to accomplish the research tasks: the theoretical analysis and the generalization of the literature; studying and generalizing documents on planning, evidence and control in sports training: pedagogical observation; test method; graphic and tabular method; pedagogical experiment; the statistical and mathematical method of processing and interpreting recorded data.

**Results.** It is found that the experimental group of 16 subjects in the evaluation samples expressed essential values in all the tested indices. Based on the technology of developing muscle elasticity, the rotation of the lower limb joints and the difficulties of artistic contest compositions, two experimental modules were applied to form the expressiveness of artistic movements, such as: the cognitive-choreographic training of gymnasts by practicing classical specific movements and the development of the amplitude, plasticity and the grace of the execution movements in the sports compositions.

In the experimental group, following the application of the gymnastics methodology, it is found that the indicators are higher in the final testing compared with the initial testing, in order to form the movements grace in sports composition in calisthenics. All tested parameters indicate a significant value with a probability of 99.5-99.9% at the significant threshold of  $P < 0.05-0.001$ .

### **Conclusions:**

1. The qualitative analysis of the data provided by the pedagogical experiment confirms the value of the methodology of application of the joint mobility modules through active, combined movements specific to the components of modern choreography in the compositions used in the training of 7-8 year old gymnasts.

2. The statistical indices have given us the opportunity to appreciate the ability of joint mobility and expressiveness in the form of the training of the movements grace in sports compositions in calisthenics.