



FACULTY OF PHYSICAL CULTURE AND SPORTS

POST DIPLOMATIC-MASTER STUDIES

THEME:

**THE IMPACT OF MOTION EXERCISES TO WOMEN IN THE UNEVEN
PARALLEL BARS**

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INTRODUCTION

Gymnastics since the early stages of development of society impacts positively on development in the mental body. Sportive exercises and competitions are held in six different disciplines among which are parallel bars exercises. Gymnastics is a sport that drives man to distinguish individual, physical and mental strength through precise exercises, controlled with a perfect aesthetic harmony of movements developed in the tools.

Gymnastics is a sport where body movement joins the rhythm of dance music. In reality gymnastics may be based on a form of art, it has the strength, rhythm, balance, profitability to the gymnast. Sport in general is a form of physical and health culture which means any motion activity that man performs to achieve maximum results and that these activities are executed in races. Technique of exercises on apparatus and methodic of learning and training from year to year are progressing, so gained experience enables us to bear this exercise experience on young practitioners.

Under current conditions of living and working within the sport, gymnastics represents very important areas in which humans specifically can express and in general show their motion creations. It is believed that a major motive which makes people deal with sport is the aim or claim to perfection and measurement capabilities, which can be developed in the training process.

Literature for uneven parallel bars is field in the Sportive Gymnastics subject and will help significantly in the further development and progress of the exercise in tools entirely, mainly in the technical mastery of a significant number of exercises in the uneven parallel bars. Enrichment with elements and technique realization has progressed so much that discipline (apparatus) belongs to the more attractive order of the gymnastics exercises mostly when culminating achievements are presented.

Based on what the sport in general and gymnastics sports within this presents complex human activity, its definition can be formulated based on some essential features of this phenomenon. During the entire sporting activity it is intended to display or expose the maximum human possibilities or their characteristics. Training activity is oriented on the development of human capabilities and features of which human depend on the achievement of sporting success. Through sportive conflicts and races the effect of the work (sports score) is required. In the field of physical culture as an integral system of physical education, sport, recreation, it is necessary that the field of sport should be viewed from the standpoint that it is a segment of physical development and perfection in which people at an early age, and relatively a much shorter time (10-15 years) during life can expose or express their creative sportive abilities.

The exercise program should not start with difficult moves that tire the child's muscles or joints that set in motion the whole body. Achievements so far in the sport of gymnastics peak have shown that this activity is developing at a very fast tempo. The preparation of athletes in this case

gymnastics improving, the conditions of the process training are changing, methods and means of work are improving too, new regulation, new facilities, apparatus and costumes, the achievements made by modern science over the man are used, the level of the professional staff is increasing, funds of financial means are rising as well as expanding the participation and the introduction of multiple and different tracking information on the program of sports and gymnastics.

In this regard, during the training process to acquire or access information not only on the development or growth of top gymnastics results, which are of particular interest in providing estimates for the success of the course and development of the training process, but scientific research be directed to the discovery of all of the many factors important in achieving results in different kinesiological activities, especially gymnastic activities. Gymnastics is the most common sport discipline and more important within the disciplines of gymnastics. Most commonly gymnastics is divided into the men' gymnastics and women' sports gymnastics. Men compete on six events: floor exercise, pommel horse, still rings, vault, parallel bars, and horizontal bar, while women compete on four: vault, uneven bars, balance beam, and floor exercise.

CONCLUSION

Gymnastics as sport discipline at the beginning of the paper we stated that in itself contains complex motion exercises which affect the human system directly, forming a formed and stable personality.

The combination of motion skills and coordination of skills, precision, balance, flexibility, strength and many other capabilities that rank gymnastics in group of polystructural sports with conventional character dominated by composed acyclic movement which take place in accordance to the criteria defined earlier.

It is important to say that gymnastics sport represents one of the main ways of physical education and contemporary physical education cannot be understood without the application of gymnastics exercises, exercises on apparatus, dancing and acrobatics.

It is shown that it is necessary for man to find ways of compensating of negative educating of the district in which he/she lives, and as one of the most influential means in this sense is shown including the notion gymnastics sport that includes exercises on the apparatus, gymnastics exercises, acrobatic, dancing etc.

International Gymnastics Federation was formed in 1881, while the first championship for women's gymnastics was held in 1934. Women before the establishment of IGF - were involved in physical activities since ancient times in periods stated above.

Based on the purpose of the paper that had the actualization of exercises that are executed in the uneven parallel bars, and its importance that this apparatus has in gymnastics sports and education sports in general, we recommend the teachers of physical culture to pay a lot more attention and time to gymnastics, exercises in the uneven parallel bars, to be an important factor in decision making when planning sports facilities as well as outside schools.

I say this from the fact that many schools built in Kosovo despite many investments, areas or rooms of physical education as discussed in those projects. They seem to have forgotten the importance of moving as an irreplaceable mean in education, development and creation of children and youth personality. If it was possible that these exercises normally be applied in schools and especially their application with youngsters, in Kosovo the education level and individual responsibility would be much more satisfying.