

FEATURES OF CROSSFIT TRAINING IN PHYSICAL EDUCATION CLASSES IN HIGHER EDUCATIONAL INSTITUTIONS

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Annotation: A characteristic feature of the modern era is the decrease in physical activity of the younger generation due to the massive development of computer technology, high physical and mental workload in educational institutions, as well as the lack of prestige of a healthy lifestyle. The use of modern health-improving motor systems will allow students to form the need for regular classes in types of motor activity.

Keywords: *functional all-around, crossfit, physical education, physical culture, sports, burpee.*

Hypokinesia, lack of interest in classical physical activity predisposes to insufficient development of the musculoskeletal system, weakness of the musculoskeletal system, poor exercise tolerance, low motivation to exercise. According to experts, there is a steady downward trend in the desire of senior students to improve their physical fitness by classical sports. As a consequence of the above, in order to stimulate interest in sports, so-called new types of physical activity arise, such as shaping, body balleting, boxing aerobics, tai bo aerobics and other wellness systems of physical exercises. In accordance with the requirements of the federal state educational standard FSES 3+, the volume of purposeful motor activity of students should be at least 6-8 hours per week.

Of the latest innovations, it should be noted the workout known as crossfit, a branded physical training system that includes a set of fitness exercises designed to work out all muscle groups, develop strength and endurance of an athlete. Crossfit is the preparation of the body for heavy, sometimes even extreme loads, which, in fact, is the basis of the training process. This is not a traditional, but a specialized training program, which is also called functional training. There is a combination of weightlifting, gymnastics, running, kettlebell lifting, bodyweight exercises, swimming, rowing, which gives a wide range of different workouts for every day, allowing you to diversify the training process and make it more effective. Thus, there is a development of such physical qualities as endurance, speed, strength, dexterity. But there is no predominance of any specialization in the system, and, accordingly, on the one hand,

the result will not be maximum if compared, for example, with those athletes who are engaged in athletics, and on the other hand, versatility is characteristic of such an athlete. In other words, crossfit is a circular workout in which exercises for various muscle groups are performed in turn, forming a kind of circle. There are several rounds of exercises per workout. This type of training process is characterized by high intensity. The load is determined by the nature of the exercise, the number of repetitions or the time during which the exercise is performed, the number of exercises in the circle, as well as the number of circles themselves.

In order to increase students' interest in physical education and sports, uniform development of physical qualities, and increased tolerance to physical exertion, crossfit elements were applied in practical physical education classes with 2nd and 3rd year students (girls) of Astrakhan State Medical University, who, according to a medical examination, were assigned to the main medical group.

We have analyzed the results of physical fitness of second and third year students (girls). The study of the data was carried out according to the indicators of testing such physical qualities as dexterity, speed, endurance, strength. The observation period was two years. The number of exercises in the circle ranged from 4 to 15. At the beginning of the study, the number of exercises in a circle, the number of repetitions of exercises, the number of laps was minimal. Then, as the students were trained, the workload changed upward. Also, the nature of the exercises varied in the direction of increasing difficulty.

According to our data, the strength endurance of the abdominal muscles increased by 65.6% during the study period, the strength endurance of the muscles of the upper extremities increased by 48%, the indicator characterizing speed abilities increased by 22.4%, endurance - by 14.5%. In addition, hemodynamic parameters have become more stable. So, if at the beginning of the study an increase in the number of heart contractions (HR) could occur by 120-125%, then in the second half of the research work the increase was not so significant – in the range of 80-100%. The return of the heart rate to the initial values also changed in the direction of reducing the time required to stabilize the pulse from 3.1 to 1.4 minutes. The frequency of respiratory movements (BDD) at the peak of the load decreased by 34% with training. It should also be noted that in a circular workout it is possible to change the exercises of its components, and thus each subsequent workout is not similar to the previous one and the element of novelty is preserved. It is possible to train such qualities as quickness of reaction, attention, concentration, which is of great importance for a future doctor.

Crossfit is an effective method of developing physical qualities that allows you to increase the efficiency of the cardiovascular and respiratory systems, increase tolerance to physical exertion. It also helps to increase motivation for classes. However, due to the fact that with this type of load, quite high demands are placed on the

cardiorespiratory system, such training is not recommended for students with health conditions.

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