

**CROSSFIT AS A FACTOR OF PROFESSIONAL ORIENTATION OF
CADETS OF THE MINISTRY OF INTERNAL AFFAIRS OF THE
ACADEMY OF THE REPUBLIC OF UZBEKISTAN**

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Abstract: The article discusses the main directions of physical training of students of cadets of the Ministry of Internal Affairs of the Academy of the Republic of Uzbekistan.

Keywords: *professionally applied physical training, crossfit, applied skills, psychophysical qualities.*

The relevance of the research lies in the current trends in the pedagogy of physical training, the reduced level of physical and functional fitness of modern youth. The hypothesis of the study is that based on the analysis of publications in this direction, it is assumed that the introduction of additional physical training classes for cadets, the construction of the educational process taking into account modern trends in pedagogy will increase the effectiveness of the educational process for physical training of students of the Ministry of Internal Affairs of the Academy of the Republic of Uzbekistan.

Based on the analysis of literary sources, the insufficiency of research into the construction of the educational process for physical training at the Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan has been revealed. This implies the purpose of the study, which is to improve the educational process for the physical training of cadets.

Physical education has always been considered as a means of preparing a person for work and socialization.

The purpose of PPF is psychophysical readiness for successful professional activity. The specific tasks of the PPF are determined by the specifics of future professional activity and consist in:

- to form the necessary minimum of applied knowledge;
- to master applied skills and abilities;
- to cultivate applied psychophysical qualities;
- to cultivate applied special qualities.

When solving specific tasks of career guidance for cadets of the Ministry of Internal Affairs of the Academy of the Republic of Uzbekistan, it should always be remembered that such training is carried out in close connection with physical culture.

Physical education is an academic discipline that is included in the education system of the younger generations as one of the main school disciplines. It is a compulsory subject of the Ministry of Internal Affairs of the Academy of the Republic of Uzbekistan and other educational institutions and is aimed at laying the foundations of general physical education, ensuring the versatile development of physical and directly related abilities, and optimizing health.

Crossfit should be based on good general physical training of cadets. The ratio of general physical and vocational training may vary depending on the choice of professional activity.

For representatives of intellectual work, good general physical training is enough to have a psychophysical readiness for a future profession. In other cases (training of employees of the Ministry of Internal Affairs), general physical training cannot provide the necessary level of psychophysical readiness for professional work.

Summing up the article, it should be noted that the focus on independent forms is associated with a number of factors that make it possible to solve many important tasks of physical education most effectively with the least material costs and without significantly exacerbating the problem of staffing. This becomes real both due to the opportunities for satisfying personal interests and inclinations more significant than in any other forms, and taking into account individual characteristics and reserves of one's own body. The successful implementation of the presented material is impossible without a proper level of formation of the value-motivational sphere, without creating a knowledge base and skills to methodically competently, taking into account their individual conditions, to build independent classes.

At the same time, it is a product of an advertising collaboration with the largest sports brand (Reebok). And for such a brand, entertainment, brightness and recognition are an element of marketing to increase sales. This is what all the major sports manufacturers do: their own training programs and services are well popularized and help sell sports goods. Take the Nike NTC app for women – the same beautifully visually designed "killer" functional workouts performed by famous sports stars. The girls watch and are inspired by their own athletic exploits (well, they buy uniforms first, of course). Or the Nike Running Club running app: in addition to the actual tracking of jogging parameters, there are many other functions that create a sense of belonging to the sports community - the ability to compare your results with others, compete with different runners, share your routes, etc. There is nothing wrong with this – the sports industry helps people join the sport, while earning money (everything is better than fast food or weapons).

But it is about crossfit that there is an ongoing debate. There are two camps - fanatical fans and ardent opponents.

So, in crossfit, as such, there is no problem. The problem may be incorrect exercise, when there is a potential danger of harming yourself. Fortunately, this can be avoided if you know what to pay attention to in order to protect yourself in training and get exactly the wellness effect.

The main problem in crossfit is distortion of the exercise technique.

The very technique of building crossfit workouts increases the likelihood of ignoring the correct technique of performing exercises. This is natural, because time and quantitative (rather than qualitative) indicators are in the foreground. The need to comply with certain technical parameters is, of course, declared. But thousands of videos posted on the Internet prove that technology is, after all, secondary to crossfitters. Distortions of technique are often not even realized by those who train.

How does this happen? Trying to increase the pace of exercise (because you need to improve the time / increase the number of repetitions!), a person almost inevitably changes the technique for the worse. This is especially evident in beginners, in those who have never seriously engaged in a particular sport. For professionals (even former ones), the technical foundations are embedded in muscle memory at the level of reflexes, they are not so easy to ignore – that's why gymnasts and ballerinas live with an even back and perfect posture for the rest of their lives. These athletes can just increase the pace of exercise due to speed and strength training of muscles, without “compromising” the technique.

In fairness, it should be noted that such distortions of technique are very common not only in crossfit. In all types of fitness programs, trainees often try to compensate for the lack of strength of various muscle groups involved in a particular exercise in the same way.

In crossfit, they are simply much more common, because the technique itself involves tracking the number of exercises performed per unit of time. And additionally, a large number of repetitions (hundreds) are superimposed, which is less typical for other types. When the load falls on muscles that have previously been tired by previous repetitions, a compromise in technique is almost inevitable.

Almost all sports doctors speak extremely negatively about Crossfit workouts due to their increased danger. Dr. Stuart McGreal, University of Waterloo: "The benefits that you can get from Crossfit are negated by the risk that you expose yourself to by performing inherently dangerous exercises with poor technique and at a fast pace."

There is a concept of load intensity. Which is controlled by a trainer/instructor within the framework of fitness clubs.

And in the crossfit / functional training mode, you can safely practice, without injury, without strain, if you do not try to jump above your head and continue to jump

at a heart rate higher than indicated. Crossfit is interesting because all workouts can be scaled to suit your level of fitness.

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