

## CROSSFIT AS A NEW CHAPTER IN THE CADETS' PHYSICAL TRAINING SYSTEM

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**Abstract:** Crossfit can be described as a training program consisting of “constantly varying high-intensity functional exercises”. The purpose of the technique is formulated as the physical development of a person in such areas as endurance, strength, flexibility, speed, coordination, accuracy, as well as improving the performance of the cardiovascular and respiratory systems, speed of adaptation to changing loads, etc. The Crossfit training program is suitable for any kind of sport (for people of different training levels).

**Keywords:** *crossfit, cadet, physical education, sport, physical training, methodology, effectiveness.*

Nowadays, the educational process of any university has become a very dynamic phenomenon, requiring the active use of new trends and trends in order to increase the average level of training of cadets. And this applies not only to the intellectual component. Physical training nowadays needs reforms almost to a greater extent, so there is an active search for more advanced and rational methods of physical education.

Crossfit is considered to be one of those rational approaches that could contribute to the physical education and wellness of cadets in physical education classes. Using this technique, even within the strictly limited time spent on physical education classes, you can get a much greater effect, expressed in increasing not only the overall level of performance, but also indicators of physical fitness, the deep and aesthetic component of health.

Crossfit classes satisfy a variety of personal needs, the implementation of which makes it possible to improve physiological properties, motor skills and abilities, and in addition contributes to the satisfaction of socially important needs - the desire for both physical self—development and cognition and communication, positive feelings; of course, there is also a competitive nature of this activity, the achievement of directly set goals on a large scale; the formation of volitional, moral and artistic qualities of a person. Crossfit brings diversity and effectiveness to the physical training of students of higher educational institutions. According to the research of Ziambetov and Astrakhankina, this system of non-specialized high-intensity training has a positive effect on the level of physical fitness of cadets. There was also an increase in

motivation for physical culture and sports activities, which, in turn, helped to master the knowledge of modern approaches to the organization of physical training, skills and abilities of independent physical training.

In the article by Demyanova and Podybailo, the problem of using crossfit techniques in the curriculum of new generation universities was raised. The need to apply these techniques is due to their high efficiency and inefficiency of outdated previous methods based on the principles of approaches. In addition, this paper describes the successful implementation of crossfit techniques into the curriculum of a higher educational institution in practice using the example of Ivanovo State University, whose experience showed that, as a result of the results obtained, the construction of a training process at the initial stage of preparing experimental classes based on the use of crossfit tools contributed to an increase in efficiency, and, moreover, the development of not only special, intentionally developed physical qualities, but also more versatile than with outdated methods, training of a novice cadet athlete.

In such circumstances, it becomes logical, obvious and indisputable that crossfit is gaining more and more popularity due to its relevance and productivity of programs, and not only in the student field. However, it is in the youth environment that such techniques are most famous, and the problem is not only in maintaining well-being from adolescence as such, but also in ensuring that maintaining one's own body in optimal physical shape really becomes popular. Thus, the concept of physical training at the institute, which contains such a promising sport as crossfit, will be successful among students for many reasons.

Thus, based on the results of the above studies, we can come to a number of conclusions, among which the most important and significant is that in the current situation of continuous improvement of the educational process of higher education institutions, the introduction of new techniques, such as crossfit, can have an extremely beneficial effect on the productivity of cadets. In addition, it can be concluded that against the background of other modern and innovative techniques used in this field, crossfit stands out for the better for a number of reasons, mainly the simplicity of the tasks, the lack of need for special equipment and the appearance of the results of classes, which, in turn, are not only physical, but also of a therapeutic and preventive nature, in the very near future.

However, of course, the state of affairs in this area is still far from ideal, many problems have yet to be solved and these methods have yet to take their appropriate place in the system of teaching physical culture in higher educational institutions. In order for this process to proceed more systematically and effectively, it is necessary to implement a number of measures, among which the most important is, firstly, a more active introduction of ideas about crossfit at the level of university teachers, since they

should become the conductors of this new idea, and before teaching it to others, they themselves should have about it a certain view. Another important means of developing the implementation of this system may be the inclusion of crossfit in the programs of university and interuniversity sports competitions on a mandatory basis, which would attract much more attention to this area. With the help of the above measures, it would be possible to significantly increase the popularity of crossfit among young people and thereby, due to its influence, seriously improve the average level of physical fitness of cadets.

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