

CROSSFIT EXERCISES AS THE MAIN MEANS OF PHYSICAL EDUCATION

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Annotation: exercise is the main vocation of physical education, which was historically divided into gurus in the form of gymnastics, games, sports and tourism, and was brought in using it as a means of the educational process.

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Physical exercise is understood as a variety of voluntary activities that are consciously carried out, meeting the requirements of the laws of physical education. Such movement activities were historically systematized as gymnastics, games, sports, tourism exercises, their equipment was collected and replenished. Primitive man, who did not know how to use primitive weapons, chased his prey (prey) until he was exhausted. With this, the Hunter's organism felt great fitness. Those who did not have enough physical fitness themselves were fodder for hunting. Accordingly, over time, primitive people began to turn out to be a gala for hunting.

Primitive weapons: a stone, a stone-rich spear with a rim, with a Khas-chap, began to be used by hunters from chimneys and others, which were only hidden by name, social consciousness began to form. The old people of the tribe, who were unable to participate in the hunt, began to train young people to throw a stone into nishin, to strengthen his tattoo, and with this the elements of the upbringing process began to be formed, which were founded on upbringing. Later, the practice of throwing, chasing or running to escape, jumps began. This is a physical exercise, which in my opinion is considered the period of formation and formation of elements of physical education. To date, these exercises are used as the main tool for the physical education process in the style of modern athletics, gymnastics, sports games, Solo Wrestling, tourism and other sports. Many of the types of exercise have shown that the activity of a person's diet. It is known that moderation requires a certain level of preparation of the qualities of a person's body (movement), its development, such as physical strength, endurance, agility, agility.

In the practice of upbringing, basically, a person is more likely to exercise the actions that he uses in the activity of the norm. In the development of exercise, religious

rituals, games on holidays, dances, voluntary actions in military activities, consciously performed in industry serve as tools.

The content and form of exercise. Similar to all hookahs and processes, exercise has its own content and form. The set of mechanical, biological, psychological processes that occur when performing a physical exercise gives rise to the content of physical exercises, the ability to develop for their taosiridan-related activities. Also, the content of the exercise includes a set of its fragments, for example, giving the body speed in the long jump, depressing air flying, ground landing zvenos, as well as tasks to be solved when performing the exercise, as well as theoretical knowledge and practical motor skills about functional changes that occur in the body from the performance of the exercise. All these elements give rise to the general content of physical exercise. The Shape of the exercise is visible in their coordination of the internal and external structure. To the internal structure of the exercise are the skeletal muscles involved in performing this activity, their contraction, stretching, twisting, etc.k., biomechanical, biochemical connections – processes in energy expenditure, cardiovascular, respiratory, nerve management, and other organs, their interrelationships-of, include. The connection of biological, mechanical, psychological and other processes with one in the exercise performance, mutual agreement is different in the running exercises, while in the lifting of the barbell, the internal structure of the Yao will be different.

The form and content of the exercise are interrelated and dictate each other. A change in content leads to a change in form. Content plays a fundamental role in relation to form. For example, the manifestation of the quality of speed at different distances is the technique of running, which causes a different level of speed (step size, frequency, tananingholati Wah.k.). The form indicates a taosir to the content. The physical qualities that are clearly manifested for a certain movement correspond to the qualifications in the performance of this physical exercise. Therefore, with the strength of the swimmer, the strength of the gymnast, the strength of the barbell is different from each other. Achieving rational consistency of the form and content of physical exercise is one of the main problems of the theory and practice of physical education. This problem is partly due to the skill and skill of the movement, as well as its physical qualities.

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