

Crossfit as a Direction for Improving the Process of Physical Education in the Internal Affairs Bodies of the Republic of Uzbekistan

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Abstract: Today, the modern higher education system is undergoing a complex process of reform. This is manifested in serious changes in the content of the pedagogical process, optimization of organizational and managerial structures, constant search for the most effective forms and methods of organizing educational and methodological work that meet modern requirements for the professional level of a specialist in higher education.

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

In the research of a number of authors, emphasis is placed on the fact that the educational part of the task of the physical education process involves the improvement of motor qualities in a chosen type of activity (sport, a complex of some kind of motor actions, exercises). The wellness task is aimed at preserving and strengthening health at the same time. The educational task contributes to the formation of moral beliefs and rules of behavior. In general, these tasks indicate the preparation of a person for life.

Now, when the younger generation is exempt from compulsory participation in socially useful work until a very mature age, the timeliness and relevance of this task is beyond doubt, as, perhaps, there is no doubt that its solution will depend on the mass and quality of the physical culture and sports movement.

The use of crossfit in physical education classes contributes to the comprehensive development of physical and mental qualities. Research by a number of authors shows that crossfit as a sport has its own characteristic features:

- the versatile nature of the impact on the body and on the development of special professionally important qualities. The alternation of movements and actions, often varying in intensity, versatility and duration, motor activity has a general complex effect on the body of students, contributes to the development and improvement of students' basic physical qualities;
- the suddenness of changes in the conditions of receptions, the rapid change of the situation, constantly changing conditions force those involved to instantly assess the situation, act resourcefully, quickly, proactively, and show independence in actions;
- the high emotionality of the students and the high activity of performing movements are maintained against the background of emotional tension (in these conditions, those students who show restraint and do not lose control of their actions receive high marks);
- the competitive nature, the desire to surpass the opponent in speed and accuracy of actions, in technical and tactical ingenuity, teaches those involved to mobilize their capabilities for action with maximum effort and overcome difficulties. Crossfit is a set of high-intensity exercises performed one after another in sets with maximum efficiency. Exercises will not be a novelty for you, since almost all of them are taken from other sports – weightlifting, athletics, running, fitness.

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The main goal of crossfit is to develop the functional qualities of a person, that is, strength, speed, endurance, sharpness, coordination and others, and this is achieved through exhausting series of exercises. Let's give an example of such a series: squats with a barbell on your shoulders 10 times + 10 kettlebell swings + 15 burpees (a crossfit exercise combining a complex of push-ups with jumping out and clapping over your head) running with maximum acceleration. Believe me, after such a set, you will no longer come up with the idea that there is nothing complicated in crossfit.

This sport can be practiced by anyone who is interested not only in large volumes of muscles, or relief muscles, but all those who need excellent athletic form, strength and endurance on a daily basis. This area of fitness is becoming popular among young people.

And what benefits do crossfit classes bring by simply tearing young people away from the harmful influence of the "street". Crossfit training classes distract students from thinking and experimenting with smoking, drinking alcohol, drugs, etc. In physical education classes, the teacher offers students a variety of exercises for their recovery, where instead of aimless pastime they will engage in a targeted self-improvement program; where instead of meanness they will teach nobility, and instead of stories about the so-called "exploits", they will hear stories about a healthy lifestyle and its formation; they will see elements of various sports by example, and over time they themselves will be able to demonstrate their art and skill.

Summarizing the above, we came to the conclusion that there is no unified methodological approach in the literature to improve the educational process of physical education of students. This does not allow us to give a clear answer to the question: how, within the strictly limited time spent on physical education classes for students, to get a greater effect from them, which would be expressed in increasing the overall level of performance, good health, versatile development and improvement of physical abilities.

Having studied the scientific and methodological literature on this topic, we were once again convinced that changing the structure of the organization and content of physical education classes is of great importance for the formation of physical qualities of high school students, strengthening and preserving their health and physical activity.

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