

THE USE OF CROSSFIT IN THE PHYSICAL TRAINING OF LAW ENFORCEMENT OFFICERS

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Abstract: The article examines the professional and motor fitness of employees of the internal affairs bodies, which ensures the success of their professional activities. The assessment of the level of physical fitness of employees is given. The relevance of crossfit as a system of a new sport is substantiated, in which many qualities are manifested: strength, dexterity, endurance, speed, coordination. The possibility of including crossfit into the system of professionally applied physical training of employees of internal affairs bodies in order to increase the level of professionally applied readiness of each employee is considered.

Keywords: crossfit, employees of the Department of Internal Affairs, normative legal acts, professional and motor fitness.

Continuous improvement of the learning process and the quality of training of highly qualified specialists are urgent issues in universities of the Ministry of Internal Affairs of the Republic of Uzbekistan. By the learning process, the author understands the activities of trainees aimed at their assimilation of knowledge, acquisition of skills, moral and volitional qualities and the formation of skills.

A systematic approach to learning can be presented in the form of three principles. Firstly, knowledge of the requirements of the future profession, and more broadly, of your future lifestyle. Secondly, the determination of suitability for the chosen profession. Thirdly, the introduction of standards into a specialized training system that allow determining the dynamics of the level of their professional and applied readiness.

These principles list a detailed analysis of various aspects of vocational training and, in particular, issues of human physical development. Moreover, the successful solution of these issues is impossible without profiling the process of physical training in accordance with the characteristics of the future profession.

It is known that cadets and students differ in their motor abilities. The author believes that this fact should be reflected both in the training methodology and in the content of the training.

Consequently, depending on the stage of professional development, appropriate pedagogical measures are carried out in relation to motor fitness. During the initial selection, the subjects can be classified as conditionally unsuitable in terms of emotional and motor stability. However, with the help of targeted and timely training, they gain experience in extreme situations. Considering the possibilities of fitness formation, it should be noted that this applies more to motor abilities.

The analysis of the problem of the formation of professional and motor fitness involves the definition of the main approaches to substantiating professional requirements. The study of combat activity includes determining the list and level of development of motor qualities and abilities and the effective implementation of techniques and actions in real conditions. At the same time, the commonality of professionally important motor qualities can serve as a distinguishing feature for the classification of professions. Thus, the primary division of the profession into specialties of the first, second and third levels of physical training provides a general orientation in determining professional requirements.

Further, according to the commonality of professionally important qualities, similar specialties are found. However, when highlighting a particular motor quality, it is necessary to assess its contribution to ensuring a specific type of activity. For example, the nature of the activities of operational workers belonging to the first level of physical fitness does not always require a long-term manifestation of the quality of endurance. On the contrary, this category requires speed and strength qualities with a professionally applied orientation. Therefore, if running (cross-country) for 1, 3 and 5 km is used as a test, then incorrect conclusions can be drawn about the degree of their professional and motor fitness. This is due to the fact that with the help of this test, the ability to cycle at maximum power is recorded, performed for about 21 to 30 minutes. Obviously, based on the results of running 5 km, it will be difficult to predict the effectiveness of the work performed.

For example, the success of the professional activity of shipboard specialists during a long cruise is largely characterized by the stability of aerobic ability to a prolonged hypodynamic regime. High aerobic capacity and its maintenance during a long campaign ensure the preservation of functional reserves of the body and indirect indicators of seafarers' performance, on the level of which the success of combat missions depends. In this case, to assess professional and motor fitness, a test is needed that allows you to record the ability to work for a long time of moderate intensity.

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