

IMPROVING THE PHYSICAL FITNESS OF FEMALE CADETS OF THE ACADEMY OF THE MINISTRY OF INTERNAL AFFAIRS OF THE REPUBLIC OF UZBEKISTAN WITH THE HELP OF MEANS AND METHODS OF FUNCTIONAL ALL-AROUND (CROSSFIT)

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Abstract

The problem of women's service in the police system of the developed countries of the world is very acute, one of the main goals of state policy is to improve the status of women and create equal rights and opportunities to create the necessary conditions and legal norms in order to implement the constitutional obligation. Functional all-around (crossfit) is a modern way to improve the physical training of police academies and special forces units. The need to involve women in police work is explained by the fact that this contributes to solving such tasks as effectively organizing the fight against various types of crimes committed by women and minors, and improving relations with society.

Keywords: functional all-around, crossfit, cadet, prevention inspector, sport, physical education.

INTRODUCTION

The number of female employees of the internal affairs bodies is increasing every year in the world. A number of scientists are conducting scientific research on the physical and combat condition of law enforcement officers. Despite the fact that work for women in the internal affairs system is difficult, requiring not only high professionalism, but also a certain moral attitude and resistance to psychological stress, every year more and more girls express a desire to enter the service. In such conditions, the achievement of the goals and objectives of effective professional activity for female employees of internal affairs bodies is determined by the ability to mobilize psychological and physical potential, all internal capabilities. There are different directions of fitness sports in the world. One of the main types of fitness in the sports industry is crossfit. Today, not only ordinary citizens are engaged in crossfit on a large scale, but also men and women in the police.

In the course of our research on the third chapter of the dissertation entitled "Determining the effectiveness of the development of physical qualities of female cadets of the Academy of the Ministry of Internal Affairs by means of pedagogical experience", the main task of continuous female education was set. The cadets managed to cause a very rapid transition of adaptation processes, which consists in maximizing the use of learning tools. During the training, the size of the total amount of volume and intensity of the load is planned on a large scale. This provides



the structure and formation of the physical training process and, in turn, leads to a change in the order of exercises in training and a sharp increase in the number of repetitions.

After receiving the results from the control and experimental groups at the beginning of the study, the cadets of the control group continued to receive the training loads that they are given in the classroom, the female cadets of the experimental group began training according to the methodology developed by us.

This program is designed for 4 weeks, and our cadets have been working on this program for 1 year. According to the program, the cadets of the experimental group participated in training 3 times a week, while the cadets of the control group continued training in the traditional way. The cadets of the experimental group took part in physical education classes on Mondays, Wednesdays and Fridays of the week, and the cadets of the control group participated in physical education classes according to the physical plan. Every Friday of the week, our cadets performed 4 functional all-around exercises (crossfit) chosen by us.

The program shows the days of the week, the name of the exercises, the number of repetitions of each exercise, the heart rate (HR) and the amount of rest between exercises. On the 1st week of this program, an experimental group of female cadets ran on a treadmill for 10 minutes, performed general developmental exercises for 4-5 minutes, kneaded all parts of the body, performed squats with a barbell weighing 15 kg on their shoulders, 3 sets of 10 times, lifting weights weighing 20 kg on the Smith Machine simulator 3 three sets of 10 times, lifting a 20 kg block while sitting 3 sets of 10 times, pressing a 15 kg block in a sitting position 3 sets of 10 times, exercises for hyperextension and abdominal muscles were performed 3 series of 20 times, 1 crossfit exercise was performed every Friday of the day of the week. Burpee – deep squats – flexion and extension of the arms, leaning on them (push-ups) – V sit-up press. They are performed in 3 rounds. Rest between exercises is not allowed.

Table 1. A 4-week program aimed at improving the training performance of general and special physical training of female cadets used during the year

№	Weekday	The topic of the training sessions held during the week and the intensity of their conduct	Part of the training day	Training time (hour)
1st week				
1.	Monday	A set of exercises aimed at developing speed, strength and flexibility in female cadets.	In the sports hall of the Academy of the Ministry of Internal Affairs	60 min.
2.	Wednesday			
3.	Friday	1. Exercises in functional all-around (crossfit).	In the sports hall of the Academy of the Ministry of Internal Affairs	60 min.
2nd week				
1.	Monday	A set of exercises aimed at developing the strength, dexterity and flexibility of female cadets.	In the sports hall of the Academy of the Ministry of Internal Affairs	60 min.
2.	Wednesday			
3.	Friday	2. Exercises in functional all-around (crossfit).	In the sports hall of the Academy of the Ministry of Internal Affairs	60 min.
Week 3				
1.	Monday	A set of exercises aimed at developing speed, strength and flexibility in female cadets.	In the sports hall of the Academy of the Ministry of Internal Affairs	60 min.
2.	Wednesday			
3.	Friday	3. Exercises in functional all-around (crossfit).	At the stadium	60 min.
Week 4				
1.	Monday	A set of exercises aimed at developing speed, strength and flexibility in female cadets.	In the sports hall of the Academy of the Ministry of Internal Affairs	60 min.
2.	Wednesday			
3.	Friday	4. Exercises in functional all-around (crossfit).	At the stadium	60 min.
7.	Sunday	Recreation (hiking, listening to music, watching a movie)		



On the 2nd week of this program, the female cadets of the experimental group first trained for 10 minutes on an exercise bike, then jumped on a springboard 3 series 100 times, bent and unbent their arms leaning on them 3 series 10 times, did deadlift exercises with a barbell weighing 20 kg 3 series 10 times, 3 series of 10 times with a load of 20 kg on the Butterfly simulator, performing exercises with a 7.5 kg dumbbell on biceps and triceps while sitting 3 series of 10 times, performed exercises for hyperextension and abdominal muscles 3 series of 20 times and performed 2 crossfit exercises every Friday of the day of the week. Shuttle running 10x10 – flexion and extension of the arms, relying on them (push-ups), are performed in 2 rounds. A 2-minute rest is allowed between rounds.

On the 3rd week of the program to improve the physical fitness of female cadets, an experimental group of female cadets first ran for 10 minutes on a treadmill, performed general developmental exercises for 4-5 minutes, kneaded all parts of the body, performed burpees and flexion and extension of the arms with support on them (push-ups) 3 series of 10 times, performed an exercise with a load of 20 kg on the back of the thigh lying down 3 series of 10 times, on the biceps, i.e. exercise on the muscles of the arms sitting 3 series 10-12 times, performed exercises for hyperextension and abdominal muscles 3 series 20 times and performed 3 crossfit exercises every Friday of the day of the week. 15 times flexion and extension of the arms and 60 m running, squats 15 times reaching the finish line. It is performed in 4 rounds. A 2-minute rest is allowed between rounds.

In the 4th week of the program, the female cadets of the experimental group first trained for 10 minutes on an exercise bike, and then jumped on the springboard 3 series 100 times. It is recommended to rest for 1 minute between episodes. At the multi-station, jumps on a 60 cm high crossbar were performed 3 sets 10 times, exercises for the development of muscles of the arms, shoulders and body 3 sets 10 times. To develop the muscles of the arms and shoulders, a load of 15 kg while sitting is performed 3 sets of 10 times, exercises for hyperextension and abdominal muscles were performed 3 sets of 20 times, V sit-up press press 3 sets of 15 times. 20 times and performed 4 crossfit exercises on every Friday of the day of the week. According to him, 50 trampoline jumps, 20 squats, 10 jumps on a 60 cm high crossbar and a 200 m run. They are performed in 2 rounds. A 2-minute rest is allowed between rounds.

Conclusions. Based on the study of the collected literary sources on the topic of the dissertation, observations, conducted research, pedagogical approbation and analysis of the results of pedagogical experience, the following conclusions can be drawn:

1. As a result of the study, by studying the analysis of domestic and foreign literature, it became known that employees and cadets serving in law enforcement agencies understand the essence of functional all-around (crossfit) and it was found that the issue of improving the physical fitness of female cadets by practicing this sport has not been scientifically studied enough.
2. According to the results of our scientific research, it was found that the level of physical fitness of female cadets increases precisely due to the means and methods of functional all-around (crossfit).
3. Scientific research conducted with the participation of cadets involved in the study, in turn, based on the results obtained from them, we drew conclusions: that the results of the physical training of the girls of the experimental group have improved.



4. The 4 functional all-around exercises (crossfit) developed by us improved the results of exactly 5 tests and positively changed their physical fitness.

5. During the study, the female cadets selected for the control group showed a moderate increase in strength indicators, and it was also found that training processes improved based on exercises adapted to improve speed. By the end of the study, it was noted that the strength indicators of the female cadets selected for the experimental group improved with the introduction of functional all-around (crossfit) methods into the training process, which indicates an improvement in their strength qualities. It is noted that the norms of the program, introduced into a systematic training process based on the means and methods of functional all-around (crossfit), had the same effect as the traditional program on improving the quality of speed of female cadets in sports.

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