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## INTRODUCTION OF THE CROSSFIT SYSTEM AS FORMS OF TEACHING PHYSICAL CULTURE IN HIGHER EDUCATIONAL INSTITUTIONS

D. Kuzmenko<sup>1</sup>, A. Glyvyak<sup>1</sup>

<sup>1</sup>*NKSU named after M. Kozybaev, Petropavlovsk, Kazakhstan*

### Abstract

CrossFit – a set of exercises, the implementation of which involves high intensity, practically without taking breaks during training. This program allows you to work out all muscle groups, develop endurance and improve the physical health of the student as a whole. Since for work

Since it is always necessary for students to use various means of motivation, this training can justify itself without much effort. In the process of continuous exercise, the heart muscles, lungs are trained, the muscles of the back, arms, legs are involved. The use of crossfit in physical education classes contributes to the integrated development of physical and mental qualities.

Crossfit training is very short compared to other sports, but this is because they are incredibly intense and because of this they create a state of stress much faster for muscles. Another feature of CrossFit is that this sport is very versatile, it does not have a clear specialization and is suitable for any of your goals.

**Key words:** training process, crossfit, physical culture, physical culture and health – improving activity, physical development, state of health, educational process, sports, methods of training, emotionality of occupation, anthropometric data, student, healthy lifestyle.

## ВНЕДРЕНИЕ СИСТЕМЫ КРОССФИТ КАК ФОРМЫ ПРОВЕДЕНИЯ ЗАНЯТИЙ ПО ФИЗИЧЕСКОЙ КУЛЬТУРЕ В ВЫСШИХ УЧЕБНЫХ ЗАВЕДЕНИЯХ

Кузьменко Д.Ю.<sup>1</sup>, Глывяк А.Я.<sup>1</sup>

<sup>1</sup>*СКГУ им. М. Козыбаева, Петропавловск, Казахстан*

### Аннотация

Кроссфит – комплекс упражнений, выполнение которых предполагает высокую интенсивность, практически не делая перерывов во время тренировки. Данная программа позволяет проработать все группы мышц, воспитать выносливость и улучшить физическое здоровье студента в целом. Так как для работы студентов всегда необходимо использовать различные средства мотивации, то данная тренировка может без особых усилий оправдать себя. В процессе непрерывного выполнения упражнений тренируются сердечные мышцы, легкие, задействованы мышцы спины, рук, ног. Применение кроссфита на занятиях по физической культуре способствует комплексному развитию физических и психических качеств.

Тренировки кроссфита очень короткие в сравнении с другими видами спорта, но это по причине того, что они невероятно интенсивны и из-за этого гораздо быстрее создают для мышц состояние стресса. Еще одной особенностью кроссфита является то, что этот вид спорта очень универсален, у него нет четкой специализации и он подойдет вам в любой из поставленных целей.

**Ключевые слова:** тренировочный процесс, кроссфит, занятиям физической культурой, физкультурно-оздоровительная деятельность, физическое развитие, состояние здоровья, учебный процесс, виды спорта, методы обучения, эмоциональности занятия, антропометрическим данные, студент, здоровый образ жизни.

**ЖҮЙЕСІН ЕНГІЗУ КРОССФИТ ТҮРІ РЕТІНДЕ ДЕНЕ ШЫНЫҚТЫРУ  
САБАҚТАРЫН ӨТКІЗУ МЕН ЖОҒАРЫ ОҚУ ОРЫНДАРЫНДА****Д.Ю. Кузьменко<sup>1</sup>, А.Я. Глывяк<sup>1</sup>***<sup>1</sup>М. Қозыбаев атындағы СҚМУ, Петропавл, Қазақстан***Аңдатпа**

Кроссфит – жаттығулар кешенін орындауды көздейтін жоғары қарқындылығы, іс жүзінде жасай отырып үзіліссіз жаттығу кезінде. Бұл бағдарлама әзірлеуге мүмкіндік береді барлық бұлшық ет топтарына, шыдамдылыққа тәрбиелеу және физикалық денсаулығын жақсартуға, студенттің жалпы алғанда. Өйткені жұмыс істеу үшін

студенттер әрқашан қолдану қажет әр түрлі құралдар ынталандыру, онда бұл жаттығу болуы мүмкін ерекше күш жұмсамай – ақ ақтап алады. Процесінде үздіксіз жаттығуларды орындау жаттығады ортаңғы бұлшық ет, өкпе, тартылған бұлшық еттері арқа, қол, аяқ. Қолдану кроссфита дене шынықтыру сабақтарына ықпал кешенді дамыту физикалық және психикалық қасиеттері.

Жаттығулар кроссфита өте қысқа, оның басқа түрлерімен салыстырғанда спорт, бірақ бұл қарамастан, олар керемет интенсивны және әлдеқайда жылдам жасайды бұлшық стресс жағдайы. Тағы бір ерекшелігі кроссфита болып табылады бұл спорт түрі өте жан – жақты, мәдениетті, жоқ айқын мамандандыру және ол жарайды сізге кез келген алға қойған мақсаттары.

**Түйінді сөздер:** жаттығу барысы, кроссфит, дене шынықтырумен айналысу, дене шынықтыру – сауықтыру қызметі, дене дамуы, денсаулық жағдайы, оқу үдерісі, спорт түрлері, оқыту әдістері, сабақтың эмоционалдығы, антропо – метрикалық мәліметтер, студент, салауатты өмір салты.

**Introduction**

Today the modern higher education system endures difficult process of reforming. It is shown in serious changes in area of content of pedagogical process, optimization of organizational and administrative structures, constant search of the most effective forms and methods of the organization of educational and methodical work conforming to modern requirements to the professional level of the expert in the field of the higher education.

In researches of the number of authors the emphasis on the fact that the educational part of the problem of process of physical training assumes improvement of motive qualities in the chosen type of activity is placed (sport, the complex of some physical actions, exercises). The improving task is directed to preservation and strengthening at the same time of health. The educational task promotes to formation of moral beliefs and rules of conduct. In general, these tasks indicate training of the person for life.

Being in essence of human science discipline, the physical culture is directed to developing the complete personality, to harmonize her spiritual and physical forces, to make active readiness fully to realize the intrinsic forces in healthy and productive lifestyle, professional activity, in self – creation of the necessary sociocultural comfortable environment which is the integral element of educational space of higher education institution. Humanitarization of education in the sphere of physical culture means its hominifying, promotion of the identity of the student as the main value of pedagogical process [1].

**Method of research**

The physical culture directly and indirectly covers such properties and orientations of the personality which allow it to develop in unity with the culture of society, to reach harmony of knowledge and creative action, feelings and communication, physical and spiritual, to resolve contradictions between the nature and production, work and rest, physical and spiritual. Achievement of such harmony by the provides it social stability, productive inclusiveness in life and work, creates it mental comfort [1].

Now sports gain popularity among youth, including students studying in the highest professional institutions. It is worth paying special attention to discipline «Physical culture» and to do it not only useful, but also interesting to students.

In the majority of higher educational institutions classes on physical culture are given in different types, such as volleyball, track and field athletics, skiing, fight, soccer, basketball, swimming, badminton and so on: that is students are engaged in the fact that it is the most interesting to them. It gives certain guarantees to educational institution that students will constantly attend classes in physical culture. But, if in HIGHER EDUCATION INSTITUTION such system isn't organized, at students desire to visit lessons can be gone. For the effective organization of occupations it is necessary to develop and enter various new forms of carrying out occupation of physical culture It is also necessary to define mechanisms of motivation of students which satisfied both students, and teachers.

### **Research result**

There are various control standards for physical culture which students have to be able to carry out. For example, young men 1 – 2 courses have to do chin – ups 8 – 15 times.

Some students can't perform this exercise owing to the natural features. Owing to what, at the student interest both in various exercises, and in physical culture in general can be gone. Therefore, it should be taken into account individual approach to holding physical occupations, in particular, perhaps to enter various fitness trainings which would consider natural abilities of each student into the program of training of students.

Fitness trainings are such type of exercise stresses at which there are strengthenings of muscles, correction of problem parts of the body and disposal of excess weight, that is, maintenance of health and physical shape of students. Occupations of such look are attractive to youth as in the exercise complex which everyone can execute individually (it isn't dependent on level of readiness), also in the course of their performance the physical shape of the student improves. For example, perhaps carrying out physical education classes in style crossfit [2].

Crossfit – the set of exercises which performance assumes high intensity, practically without taking the break during the training. This program allows to work all groups of muscles, to cultivate endurance and to improve physical health of the student in general. As for work to students it is always necessary to use various means of motivation, this training can be repaid with little effort. In the course of continuous performance of exercises cardiac muscles, lungs train, muscles of the back, hands, legs are involved. For the reason that this complex involves at the same time muscles of various groups, burning of calories happens quicker, than at the standard training, increase in metabolism at the same time is possible to 40 %.

That is, this system of exercises is suitable for disposal of excess weight – topical issue for students at all times.

For holding occupation in style crossfit it is necessary to divide students into groups on readiness levels. Exercises of the complex have to consider not only the physical level of students, but have various variations that the teacher had the opportunity at any time to replace the non – executable task with easier or in general to include it which belongs to other groups of muscles in the individual program. So, for students comfortable conditions for occupations will be created by physical culture, that is students are in group where the level of their preparation is approximately equal, and everyone will can do all exercises.

Application of the crossfit on classes in physical culture contributes to the complex development of physical and mental qualities. Researches of the number of authors show what crossfit as sport has the characteristics [3]:

- the versatile nature of impact on the organism and on development special professional and important qualities. Alternation of movements and actions, often changing on intensity, versatility and durations motive activity makes the general complex impact on the organism of engaged, contributes to the development and improvement in students of the main physical qualities;

- the suddenness of change of conditions of carrying out receptions, fast change of the situation, constantly changing conditions force engaged instantly to assess the situation, to work resourcefully, quickly, initiatively, to show independence in actions;

- high emotionality engaged and high activity performance of movements it is supported against the background of emotional pressure (in these conditions are highly appreciated that engaged which show restraint, don't lose control of the actions);

- the competitive character, aspiration to surpass the opponent in speed and accuracy of actions, in technical and tactical ingenuity accustoms engaged to mobilize the opportunities for actions with the maximum tension of forces and to overcome difficulties [4].

Search of rational approaches of physical training and improvement of students with application of the crossfit on classes in physical culture is, in our opinion, one of ways of optimization of educational process on physical training, crossfit:

- demands and promotes comprehensive preparation of engaged;
- development tool of mental abilities;
- brings up, «puts» strong – willed qualities, forms moral habits and behavior.
- it is available the applied knowledge, skills necessary for the person in life;
- it is available to any, he doesn't impose any restrictions for data, properties, abilities, qualities, etc.

Depending on your purpose, whether it be weight loss, improvement of endurance or force or the set of muscle bulk, crossfit is divided into several types:

- the training on endurance;
- the training on force;
- cardiotraining.

But generally all these trainings are parts of one complex and are carried out separately within the week. Crossfit trainings very short in comparison with other sports, but it for the reason that they are incredibly intensive and because of it create the condition of the stress for muscles much quicker. One more feature of the crossfit is that this sport is very universal, it has no accurate specialization and it will suit you in any of goals.

### **Conclusion**

Thus, summing up the result it is possible to tell what crossfit – it is:

Simply – for the majority of exercises you don't need the certain stock, there is enough only stadium and the horizontal bar with bars.

Universally – choosing from the huge set of the purposes which you can deliver yourself, whether it be combustion of fat, the set of muscle bulk, improvement of force, agility, endurance, you can be sure what crossfit will help you with achievement of any of these purposes.

Interestingly – the number of exercises in the crossfit is really huge and because of it you can constantly diversify the trainings.

Effectively – crossfit really very effective sport.

Training in style crossfit demands thorough training from the teacher: development of exercises for various levels of training, creation of variable exercises and ability is correct to show them. For the solution of these tasks the teacher has to not only professionally be able to give classes, but also most to be in good shape, the corresponding this profession. The main thing the teacher's task – is correct to determine the level of physical training of everyone of students and in the course of performance of exercises to watch the condition of students [5].

Summarizing the aforesaid, we came to the conclusion that in literature there is no uniform methodical approach to improvement of educational process on physical training of students. What doesn't allow to give the clear answer to the question: as within strictly limited cost of time for studies of physical training of students to gain from them bigger effect which would be expressed in increase in the general level of working capacity, good health, versatile development and improvement of physical abilities. Having studied scientific and methodical literature on this subject, we were once again convinced that change of structure of the organization and content of classes in physical culture is of great importance for formation of physical qualities of pupils of the higher school, strengthening and maintaining their health and the physical activity.

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