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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ
ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

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CROSSFIT AS MODERN MEANS OF PHYSICAL EDUCATION

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Physical education is a pedagogical process aimed at physical development, functional improvement of organism, studies of basic efferent skills of vital importance and knowledge related to them for the future successful professional activities.

It is known that thanks to the balanced utilization of different means of physical trainings in various periods of educational activities, efficiency of physical education is rising, efferent activity is increasing and students' psychological health is returning to the normal state. Nowadays, CrossFit can be enlisted as such means as well. It is new means of students' physical trainings which is becoming more and more popular among the population of different countries in the world.

CrossFit is one of the types of fitness. The founder of such a way of trainings is Greg Glassman, American exgymnast.

CrossFit is the system of thorough physical training which consists of constantly varying functional movements done at high intensity. This program is worked out to prepare a person to any physical loading and vital situations.

The aim of CrossFif is physical development of students in working capacity of cardiovascular and respiratory systems, endurance, strength, flexibility, speed, coordination, velocity of adaptation of organism to the change of loading, balance and precision.

Program of CrossFit consists of so called "Workout of the Day" (WOD). Complex WOD is usually distinguished by rise of intensity and lasts for 20 minutes. Complex exercises of WOD are mixtures

of basic movements of different sports. For instance, dumbbell exercises, weightlifting, gymnastics, rowing (on a special training equipment), light athletics, exercises with proper weight of body etc. Typical training includes limbering-up, learning and practice of the new movements and elements. The next is the performance of the WOD complex and in the end there is a training hitch and correction of mistakes.

The advantages of CrossFit among others physical activities is that most trainers make their own programming and instructional methods. If do all complexes WOD properly, training will differ from each other during the year. Besides, it depends on physical features of the athlete and conditions of the workouts.

After some investigations, we found that there are 20 hours of “strength sport” of CrossFit per year at IFNU. The total number of students that train strength sport is more than 6%. It is the third year students from 17 different departments. Especially students are interested in CrossFit as a separate sport specialization of modern form of physical activity. Also, this kind of sport does not require much material costs and time limits. One of the main advantages that students emphasize is an opportunity to train themselves in their free time.

CrossFit is a promising kind of physical activity that improves and makes student’s health much stronger. It includes a large amount of different exercises with various sports for all muscle groups and body systems.

The advantages of CrossFit as a means of physical activity in the system of physical training include:

- Universality
- A variety of workouts. If do all complexes WOD properly, workouts will differ from each other during the whole year.
- Sanitation

Literature:

1. Crossfit [Электронный ресурс]. – Режим доступа : <http://www.crossfit.com/cf-info/certs.shtml>