

METHODOLOGY FOR THE DEVELOPMENT OF PHYSICAL QUALITIES

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Annotation: All teaching methods are based on physical education and training, as a result of which a certain level of skill is achieved. Greed refers to a force that is proportional to its strength and greed, and greed refers to a force that is proportional to its strength and the force it exerts on the body.

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As a rule, the higher the volume of physical activity, the lower its intensity. When planning exercise sessions, the specificity of the load (continuous or interval) and the length of rest (active or passive), as well as rest, are determined.

The volume and intensity of the physical load are always selected taking into account the current state of physical training of listeners (cadets). At the initial stage of Education, a rapid increase in the results of the progress of the increase in the intensity and volume of physical training occurs in cadets. This happens due to the relatively low initial level of physical training in almost all cadets, as well as due to the positive effect of a clearly defined agenda, due to the effectiveness of Systematics in various forms of physical fitness.

After 3-4 months of training have passed, the influence of the listed factors on the level of physical training ends, and the methodically correct Organization of physical training by listeners (cadets) remains the main factor. As a result of such training, a special conditional-reflector connection is formed in the body, mutual adaptation in the functioning of the nervous, vascular and respiratory system, harmony is improved, the bone-muscle apparatus is strengthened, a change in biochemical processes occurs. As a result of a positive change in functional, morphological and biochemical processes in the body, a shift also occurs at the level of physical fitness of cadets.

One of the most important abilities for employees of internal affairs agencies is durability, durability. Endurance is the ability of a person to maintain his working capacity for a set amount of time, to be able to resist physical and mental fatigue. A person begins to feel that when working at a fast pace for a long time, it is becoming more difficult to do this work. Sweating at a strong level, difficulty breathing occurs, the number of ambiguous movements increases. This condition is called fatigue, exhaustion. Fatigue is observed in a separate part of the body and with fatigue of the

general body, that is, it is divided into local fatigue and general fatigue. Local (lokalnoe) fatigue is observed in the functioning of certain muscles in a relatively small number, while in general fatigue, most of the muscles of the body are involved in the work. Cadets and staff will inevitably face general exhaustion, just like local exhaustion in the process of training and combat activities. However, the employee feels more general exhaustion, especially when moving with combat equipment and weapons.

The more diverse the physical performance of employees, the more complete it will be. Therefore, in certain types of professional activity, endurance should also be different. General and special durability are distinguished.

An increase in total endurance is characterized by an increase in a person's ability to perform various activities related to a large physical load over a long period of time. Its development largely depends on the improvement in the regulation of the function of internal organs from a nervous point of view, changes in muscles and strengthening of the joint-binding apparatus, the physical preparation of the personal composition. General endurance is developed and improved with the help of exercises, which are performed at a moderate pace of long work of most muscle groups, with the activity of all systems of the body. Such exercises include long running, rowing, overcoming obstacles, sports games, complex exercises, etc.

Special durability is built, developed and improved on the basis of high overall durability.

From these cases, it can be said that general endurance or endurance, the speed of performance, is formed in the conditions of exercises that do not exceed the capabilities of the body aerobic (which can only live in conditions with free oxygen).

Nature has endowed a person with the ability to work on "debt" even in conditions when his tissues felt a lack of oxygen, and energy consumption increased the need for oxygen uptake. This condition, which is called the anaerobic capacity of the body, depends on many factors and increases at a certain limit under the influence of training. The maximum (maximalnogo oxygenodnogo dolga – MKD) magnitude of the lack of oxygen is an indicator of anaerobic capacity. In those who do not play sports, the MKD is 4-7 liters, in athletes this size reaches 23 liters.

The anaerobic capacity of a person determines the indicator of its special durability.

Exposure to endurance with the help of a cyclic (successive return of one movement, walking, running, etc.) and other exercises is considered sufficient to take into account five parameters of physical load:

1. The absolute speed of the exercise (speed of movement, speed of execution, etc.).
2. Duration of the exercise.

3. The duration of the rest interval.
4. Type of rest (active or passive).
5. Number of repetitions of exercises.

Absolute speed is determined depending on what speed the exercise is performed with.

The duration of the exercise correlates with the speed at which it is performed. If the duration of the exercise is less than 5 minutes, then the body's respiratory system does not have time to activate so that such a state of stagnation is established. Therefore, the duration of the exercises should not be less than 5 minutes in increasing overall endurance.

The duration of the rest interval between individual exercises is also determined depending on the order of training (aerobic or anaerobic). In endurance-oriented training of Cadets, the intervals should not exceed 3-4 minutes if the duration of the exercises is 1.5-2 minutes.

It is better to use an active form of rest during breaks between exercises. In this, it is possible to use oxen, slow swimming and the like.

The number of repetitions is determined by the fact that the practitioners hold the intensity of the given exercise. If the given parameter is not held, training is stopped.

In training with cadets and listeners, if it is held as part of a group, the rule is to choose training loadings in such a way that it must be able to be handled by the bulk of the personal line-up. Of course, for those who have good training in such a case, the load is lower than planned, and their engagement grows slowly. For those who do not have 20-25 percent good training, the sum of the selected exercises will be higher than their capabilities. However, after a certain period of time, the opportunity for all those involved to engage is equated at the expense of the tightness of their free ones, and the pedagogical effect is effective for some time.

In sports training, various training techniques are used to develop endurance, including repetition, unison, changeable, interval, etc.

For example, while the group prepares to hand over the 3-kilometer running normatives by a repetition method, it performs a 400-meter speed run several times, in which the speed is higher than the average speed that is run over the main distance, at intervals 2-3 minutes are given time to rest. In a single run, the method has a re-correlation, i.e. running distance several times greater than that specified in the normative, but in this case the speed will be less than that required to be specified at that distance.

A circular training method is used to develop strength endurance. This method consists in the fact that those who are engaged in a row go from one projectile to another and perform complex exercises.

Complex training plays an important role in increasing the level of endurance, and the main time is allocated to them.

The choice of methods for developing endurance and their application depends on the tasks of the training. Endurance can be improved as a result of multiple execution of methods and actions in training on tactical, special, saf preparations. To do this, it will be necessary to increase the intensity of training, complicate the activities of the listener (cadets) to perform the exercise.

Strength is the ability of a person to overcome external resistance or be able to resist it with the help of muscle tension. In all cases, the emergence of strength will be associated with the performance of something that requires activity, which is performed through the tension of the muscles to the large and final limit.

It has been adopted to differentiate the strength endurance training of personnel or cadets into general and special strength endurance training. General strength training-the comprehensive development of muscles, and special, on the basis of general training, covers the development of the system of muscles and muscles necessary for one or another professional-oriented specialties of employees. As with general strength training, the practice of Physical Fitness focuses on specific training.

To develop strength, the following exercises are used:

– with external resistors – with weight (with barbell, dumbbell, stone, etc.), in pairs (bending, sitting, pulling), with elastic objects (eslanders, rubber bandages, propellers);

– with overcoming one's own weight – gymnastic strength exercises (pulling on the turnstile, pulling on the turnstile, climbing with force and rolling, lifting straight legs to the turnstile, climbing on the rope, etc.), overcoming obstacles (wall, broken wall, etc.

The main methods of power development are multiple iterations, maximum forcing, "up to rejection", isometric techniques.

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