

**DEVELOPMENT OF PHYSICAL QUALITIES IN FEMALE CADETS OF
THE ACADEMY OF THE MINISTRY OF INTERNAL AFFAIRS IN
FUNCTIONAL ALL-AROUND (CROSSFIT)**

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Abstract: The optimization of physical education and sports contributes to the popularization of the population, schoolchildren, youth, and the community of turmush as necessary conditions and opportunities for participation in national sports events.

Keywords: functional all-around, crossfit, physical education, sports, healthy lifestyle, physical qualities, energy, dynamic and static loads.

Introduction. The great emphasis on the field of physical education and sports serves as an important factor in the growth of new champions in sports in our country and the fact that our athletes raise the flag of our country in Asia and the world. The state programs, decisions and decrees adopted to the youth, which make up more than half of the population of our country, as well as the broad conditions and facilities under which our entire population is being created, their modern knowledge and health promotion, provide a great basis for the implementation of targeted plans.

Functional Polygon (CrossFit) is a sport that uses multiple energy – intensive, multi-joint movements, involving free-weight exercises, exercises with personal body weight, combining sets of specially structured complexes using cyclic (cardio) exercises and performing without a length of time.

The main task of this sport is to intensively develop various systems of the body and strengthen overall health. In addition, combined exercises are considered to chin participants, increase their endurance level, adapt their physical capabilities to any load.

The basis of the development of exercise complexes is the principle of multi-pound, which makes it possible to use all the functions of the body competitively and determine the best physically trained athletes. The ability to increase and develop physical abilities and adapt to any circumstances is a functional advantage of flexibility to any loads, under any conditions of functionality. Fuktional versatility will also be useful for all other sports that are needed by achieving skills.

Main part. The main majority of exercises in functional multicooker (CrossFit) are based on movements, the characteristic of which is natural movements performed by a person in everyday life.

An example of these actions is:

- Sit-ups;
- * Lifting bodies;
- Write bent on the ground in the hands;
- Pulls;
- Cast lifts can be cited.

It is said to be complex or multi-part if multiple muscle joints are involved during functional movements. Such mortars are used naturally and efficiently by a person to change the state of his body and transport (move) any objects. At the same time, the most important aspect of functional movements is that they allow large weights to be moved over long distances and performed quickly. Due to the combination of these three (weight, distance and speed) attributes, these moves are uniquely suited to produce higher power.

This sport is a mainly singles sport that requires the qualities of endurance, agility and strength from those involved.

Funktional multicooker (CrossFit) training increases ability over dynamic and static loads by controlling the entire body's limbs. Properly structured training complexes, on the other hand, provide a ratio of strength, body weight and flexibility qualities.

As for age-related restrictions in this sport, the state of Health and the level of physical fitness will be reached. That is, young children can be engaged from the age of 12 if they do not have complaints about their health. The elderly, on the other hand, are advised if they feel good without complaints about their health and do not have restrictions on certain activities and can easily perform simple exercises. Another important aspect in this sport is that the loadings in the training process are adapted (scaled) to them, taking into account the fact that the practitioners have different physical training.

Conclusion. To achieve high results, the practitioner must follow his or her own intelligence and the advice of a qualified coach. Coaches and athletes should not be afraid to make changes in the training they started. If a risk situation arises, the athlete and coach must finish training in time or change the load correctly.

For each beginner, two factors are required to be scaled, these are:

- * Intensity;
- * Volume.

For beginners, it is a wise way to reduce the intensity or volume of bicycling for two weeks. Depending on the development of the athlete, the intensity and size can be gradually increased over the coming weeks, months and years.

Thus, the sport of functional multi-sport (CrossFit) can be considered a universal sport that allows you to develop all the physical capabilities of the body and achieve any goals.

At the moment, the attention of researchers is focused on the development of the problem of the formation of a healthy lifestyle of young people through physical education and sports as the most effective tool that helps to develop positive characteristics of healthy lifestyle behavior. Covering the problems of physical education and sports, modern research helps to develop a scientific worldview of the methodically correct attitude to physical education and sports, to understand the connection of this area with a healthy lifestyle. The study promoted the problem of the formation of a healthy lifestyle of cadets of the Academy of the Ministry of internal affairs through physical education and sports. Methodological issues and organizational and methodological recommendations tested in the system of the educational process of physical education at the Academy of the Ministry of internal affairs of the Republic of Uzbekistan, described in this study, to some extent help to increase the capacity of the worldview in training and future professional activities, preparation for life.

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