

**DEVELOPMENT OF STRENGTH ABILITIES OF UNIVERSITY STUDENTS  
BY MEANS OF KETTLEBELL LIFTING AND ATHLETIC GYMNASTICS**

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**Annotation.** Athletic gymnastics and kettlebell lifting, the possibilities of which, as practice shows, are inexhaustible, are of great importance in the formation of various motor skills and abilities, the development of physical qualities, the upbringing of moral and volitional properties of the personality of students.

Athletic gymnastics is one of the means of physical education aimed at comprehensive physical development and wellness through the use of exercises with weights and resistances of various muscle groups. [9]

Athletic gymnastics has a health-improving and developing orientation, combining strength training with versatile physical training, harmonious development and strengthening of health in general. [9]

Purposeful athletic gymnastics classes serve to improve and strengthen health, develop basic physical qualities and form a beautiful physique. They are also called upon to solve sports tasks that provide for comprehensive physical development and physical fitness [8, p.87].

Kettlebell lifting allows you to introduce young people to regular physical education and sports.

Training with weights is extremely effective and more useful than training with dumbbells and simulators. This projectile can be called multifunctional, since it can successfully replace almost any sports equipment, and the dynamic nature of kettlebell training guarantees a full-fledged exercise that combines strength and cardio loads.

**Keywords:** kettlebell lifting, kettlebell, athletic gymnastics, physical culture.

**Goal.** To evaluate and compare the effectiveness of physical education classes using kettlebell lifting and athletic gymnastics.

**Material and methods.** For the study, we use methods of theoretical analysis and generalization of normative legal documents on physical culture and sports, scientific and educational literature on the problem of using kettlebell exercises as a means of physical education and sport, the results of performances of leading athletes-kettlebellists from Vitebsk and the Vitebsk region, their own sports and pedagogical experience.

**Findings and their discussion.** Athletic gymnastics is one of the health-improving types of gymnastics, which is a system of gymnastic exercises of a strength nature aimed at harmonious physical development of a person and solving specific tasks of strength training. [9]

Various means are used in athletic gymnastics. These are exercises with weights (dumbbells, kettlebell, barbell), without weights (using your own body weight). [8]

A reasonable combination of general development and strength exercises in trained classes allows you to achieve a high level of development of basic physical abilities, promotes the formation of high moral and volitional qualities in those involved. [8]

The impact of power gymnastic exercises can be both general (on the body as a whole) and local (on a group of muscles, a link of the musculoskeletal system). Thus, strength-oriented gymnastics contributes to the formation of a healthy, comprehensively developed and physically prepared personality, an integral part of which is physical culture and a healthy

lifestyle. Exercises with weights increase the aerobic and anaerobic capabilities of the body, reveal a huge number of reserve capillaries, contribute to an increase in the circumference of the chest, the vital capacity of the lungs, dynamometry indicators (hand strength) and a significant development of physical qualities, a decrease in fat and an increase in muscle components of the body.[6]

Exercises with weights together with other general developmental means contribute to the elimination of even serious body defects, allow to increase the functionality of the cardiovascular and respiratory systems of those involved, contribute to the improvement of their physical qualities, etc. [8]

The kettlebell allows you to perform a variety of ballistic and strength exercises based on natural, smooth movements, which shows the effectiveness of kettlebell lifting. The handle of the kettlebell gives a reliable grip, and it also allows you to intercept the projectile with your right and left hands, which increases the training time and provides intense cardio. Due to the weight of the kettlebell, more muscles are involved in the work, which allows you to perform various exercises that give a wider range of movement. A large range of motion increases the flexibility of the body and strengthens deep muscles.

In addition to traditional sports (classical double-event, long-cycle push), a new direction of kettlebell lifting is currently developing - power juggling with kettlebells.

Many authors in their works address the problems of physical education and training of the population. The authors emphasize that recently the level of physical fitness among students has been decreasing.

Based on the studied works, there is an alarming and steady trend of further lagging and non-compliance with the degree of physical development, physical fitness and functional capabilities of a significant part of modern students with the regulatory requirements of physical fitness.

**Conclusion.** After analyzing, evaluating and comparing the effectiveness of physical education classes using special physical training, kettlebell lifting and athletic gymnastics, we can say that students engaged in these sports have a high level of physical fitness, have fewer health problems and are more successful in scientific activities. This physical activity has a positive effect on the life of students. Thus, we see kettlebell lifting and athletic gymnastics as an important component of student life in their various aspects.

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## АСАБЛІВАСЦІ МЕТОДЫКІ ПЛАНАВАННЯ СІЛАВОЙ ПАДРЫХТОЎКІ СА СТУДЭНТАМІ ПА АТЛЕТЫЧНАЙ ГІМНАСТЫЦЫ І ГІРАВЫХ ВІДАХ СПОРТУ

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**Анотацыя.** У дадзеным артыкуле выкладзены вынікі педагагічнага эксперыменту павывучэнні асаблівасцяў методыкі пры планаванні сілавой падрыхтоўкі са студэнтамі секцыянерамі па гіравым спорце. Сіла неабходная чалавеку для выканання прыкладных дзеянняў. Зніжэнне сілы ўсталым узросце прыводзіць да паслаблення цягліц, што дэфармуе пазваночнік, змяняе форму цела і становішча грудной клеткі. Развіццё ж сілы неабходнага для прафілактыкі узроставаых захворванняў у аддзелах пазваночніка.

**Ключавыя словы:** гіравы спорт, фізічная культура, здароўе, студэнты.

Фізічныя практыкаванні не прыносяць жаданага эфекту, калі фізічная нагрузка недастатковая. Празмерная па інтэнсіўнасці нагрузка можа выклікаць у арганізме з'явы перанапружання. Узнікае неабходнасць усталяваць аптымальныя індывідуальныя дозы фізічнай актыўнасці для кожнага, хто займаецца самастойна якой-небудзь сістэмай фізічных практыкаванняў або відам спорту. Сёння існуе мноства метадаў развіцця фізічных якасцяў і рухальнай актыўнасці. Пры гэтым трэба разумець, што ад інтэнсіўнасці нагрузка шмат у чым залежыць узровень стомы ў цягліцах, а таксама ўзровень далейшых аднаўленчых працэсаў у цягліцах.

*Мэта даследавання:* Мэта гэтага эксперыменту заключаецца ў вывучэнні эфектыўнасці прапанаванай методыкі па планаванні інтэнсіўнасці нагрузкі для заняткаў гіравым спортам і атлетычнай гімнастыцы. Трэнерам па гіравым спорце варта надаваць належную ўвагу распрацоўцы і паляпшэнню праграм па ўдасканаленні сілавых якасцяў гіравікоў.

**Матэрыялы і метады.** Былі вызначаны кантрольная і эксперыментальная групы па 25 чалавек. Для правядзення педагагічнага эксперыменту былі прыцягнуты студэнты спартыўных секцый УА "ВДМУ" і "ВДАМ" у колькасці 25 чалавек. Узрост падспытных склаў ад 19-21 года. У педагагічным эксперыменце былі выкарыстаны наступныя метады даследавання: аналіз навукова-метадычнай літаратуры, параўнальна-супастаўны і матэматыка-статыстычны аналіз, педагагічнага тэставання. Кантрольная група займалася па зацверджанай вучэбнай праграме. Эксперыментальнай групе быў прапанаваны распрацаваны намі план трэніровачнай нагрузкі на чатырохтыднёвы цыкл заняткаў,