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

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APPLICATION OF THE UNIDIRECTIONAL LOADINGS IN PHYSICAL TRAINING OF STUDENTS

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Procedure of creation of models of educational and training process includes three stages: accumulation of the quantitative data acting as objective prerequisites of modeling in our case, physical preparation, development of model and its approbation in practice.

Results of researches on optimization of process of physical training of students, allowed to assume need of application of the accented (directed) impact on separate motive abilities taking into account specific features of their manifestation [1]. In particular, there are recommendations of need of development of the strengths of physical fitness which are engaged, the greatest efficiency of loads of endurance, and also about need of complex education of motive qualities [2].

Agreeing with the above-mentioned directions of the organization of loadings for physical training of students, we proceeded from the provision of sports training that the unidirectional training loads are followed by more profound functional changes in an organism and, respectively, more essential gain of physical fitness.

Considering rather small volume of physical activity of students within obligatory exercises (two times a week) use of loadings of one primary orientation at certain grade levels seems quite justified.

Basic novelty of this reception consists in creation of the massive training impact on an organism by means of the unidirectional loadings.

Idea of regularities of long-term adaptation to muscular work which forms the steady reorganization of an organism which is

rather adapted by a morfofunktsionalna forms a basis for this approach, as result and which external expression increase of level of physical working capacity and development of physical qualities acts.

In favor of application of the unidirectional loadings situation that occupations of a selective orientation promote primary impact on the concrete functional system providing manifestation of a certain motive ability testifies.

It is clear that extent of violation of a homeostasis is more expressed in such trainings, than at the mixed, complex impact on an organism. Respectively there is an exhaustion and trace processes stronger quicker.

At the distributed option of the organization of loadings, the training influences cause only short-term, functional reactions which don't provide conditions to development of long-term adaptation reorganizations in an organism. As a rule, at the beginning, at such approach, namely it is the basic in physical training of students, increase of functional level, but then, in connection with speed adaptation of an organism is observed, it loses the training potential.

Literature:

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