

PEDAGOGY

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Coordination activities of increased complexity in the physical preparation of cadets of Law College

It is considered the inclusion in the training of cadets of college of law of exercises of increased complexity in the coordination of movements. Features of the body's response shows the role of the coordination exercise in setting priorities in the process of physical education as a factor of self-expression and self-assertion, as a path to success, and the harmonization of all spheres of their personal development, it is shown that the difficulties in the exercises create barriers that must be overcome. As a result, it has been developed a program consisting of five blocks, growth indicators of readiness, set in favor of integrative characteristics of the work of the musculoskeletal system and neuromuscular system, indirectly confirming a higher status and position in the ranking.

Key words: cadets, coordination exercises, implementation difficulties, physical culture, frustration, professional activity.

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