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**GIRI SPORT AS MEANS OF PHYSICAL  
EDUCATION, SPORT PREPARATION  
AND RECREATION**

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**METHODIC OF USING ELEMENTS OF KETTLEBELL SPORT IN  
PROFESSIONALLY APPLIED PHYSICAL TRAINING FOR STUDENTS  
OF MEDICAL UNIVERSITIES**

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Currently professionally applied physical training is apparently used in many Universities to significantly raise the efficiency of applied physical education and ultimately improve the quality of training highly qualified specialists. Methodically well organized physical education classes with the peculiarities of the educational process, future careers, health, physical education and sports interests of students allow strengthen and maintain health, reduce morbidity, increase mental and physical performance and student's activity to improve their physiological and psychophysical condition, to form skills which are necessary for effective work in chosen profession and specialty.

Use of elements of kettle-bell sport in professionally applied physical training of medical students promote the development of physical and psychofunctional qualities which are needed in their future careers, such as strength, general and special endurance, flexibility, coordination, concentration, high level of physical capability.

Most exercises with kettle-bells are performed with bending and energetic straightening of body. Typical bending with variations of amplitude during one class can be used to three hundred times. That amount promote strengthens of legs, back, abdominals muscles. A large number of repetitions aim to develop endurance. The positive difference sessions with kettle-bells from other sports equipment is to shift the center of gravity relative to places of detention that gives possibility to do other - non-traditional exercises that have an impact on almost all muscle groups. As a result of systematic kettle-bells training gradually increase the volume of the heart muscle, increase the network of blood vessels which nourish it; there are changes in the blood (increases number of red blood cells, increases hemoglobin); increases chest circumference, vital capacity; improves activity

cardio-respiratory system and central nervous system, increases the stability of the nerve cells, the intensity and concentration, improves mental condition.

Application of kettle bell sport or elements of kettle bell sport's exercise in the educational process of medical students helps eliminate defects of the body structure such as stoop, disproportionate development; provides a normal functional state of the musculoskeletal system. Performance of jerk of kettle bell which is a typical cyclical pendulum motion in the sagittal area makes a positive impact on improving functional performance of the musculoskeletal system.

Simple exercises with kettle-bells, such as snatches, simple elements juggling with a light kettle-bell and some others which are performed torso banding with multiply repetitions are equivalent to running at a moderate pace for a long time (10-30 min.), which promotes cardiovascular vascular and respiratory systems. These bends accelerate blood circulation around the spine, which in turn provides healing effect internal organs, the operation of which is directly dependent on the state of the spine.

Training with weights also positively influences the development of flexibility and mobility in joints. The exercises with weights used for the development of flexibility because muscle strength increases range of motion in joints.

The above leads to the conclusion that the targeted application of kettle-bell's elements in professionally applied physical training for medical students contributes to a professionally-oriented individuals and psychophysical qualities of future doctors.

#### Literature.

1. Дяченко А.П., Мурза В.П. Методичні рекомендації з професійно-прикладної фізичної підготовки студентів-стоматологів та інших хірургічних спеціальностей/МОЗ України, Укрмедпатентінформ. - Київ, 1997. -24 с.

2. Організація загальної фізичної підготовки курсантів вищих військових навчальних заходів з використанням засобів гирьового

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