

## **CLIMBING AS AN INNOVATIVE FORM OF MOTOR ACTIVITY OF STUDENTS**

Today, almost every city in Ukraine has at least one climbing wall. In large cities with a rich history of climbing, the number of climbing walls is estimated at dozens. Climbing is one of the main forms of human movement, as well as walking, running, swimming, jumping. It symbolizes a person's desire to climb, and reaching height is an important psycho-emotional factor at any age. Climbing promotes the harmonious development of almost all muscle groups, coordination, solving intellectual problems, the ability to engage in any age and regardless of qualifications. Working in a "conjunction" cultivates such qualities as responsibility and mutual benefit. Climbing is very exciting. And if the beginning of the lesson is relatively calm, then by the end it becomes more active and dynamic. Students try to overcome more difficult and interesting routes and conquer new peaks. In addition, it is height – it captures and gives a powerful adrenaline. And adrenaline, as you know, copes well with a bad mood and raises performance. Moreover, the need to carefully calculate each step, to feel the moment here and now, which is also of great importance in today's pace of life. Climbing is a sport that includes all the qualities necessary to successfully solve the problems of forming a healthy lifestyle among children, adolescents and young people, increasing their physical activity. However, the technology of organizing recreational activities using climbing is not enough.

Climbing is a type of recreational activity that can be done both indoors and outdoors. It is one of the fastest growing sports in the world. It encourages and forces us to try this activity and achieve more, these are the skills that will be useful for you not only on the climbing wall or rocks, but also in all aspects of your life.

Climbing was once considered a sport only for people who lack adrenaline in life, requires clear instruction and with modern insurance equipment, including devices for automatic insurance. It is safe and enjoyable for everyone aged 4 and over to break away from their own level of comfort and capabilities.

At one time, climbing was practiced only by athletes and amateurs, as there were very few climbing walls, and not everyone could go to the rocks with special equipment due to the financial or time component. At the moment, the situation has changed a lot in the opposite direction, but there is still the problem of training with young students.

The benefits of climbing can be summarized in 3 main areas: physical, mental and social.

Physical benefits:

- develops muscle endurance;
- development of major muscles;
- low intensity aerobic training;
- improves the cardiovascular system;
- develops the strength of hands and fingers;
- forearms;
- shoulders, neck, upper back.

Climbing, as an activity, is one of the best general workouts for the body. This is a unique sport in which boys and girls are equally capable of overcoming rocky areas. There is a common misconception that training requires a strong upper body. This idea often pushes girls away from trying. An effective climber is someone who understands that much of climbing involves technique, balance, and leg strength.

The analysis of literary sources, own practical experience and competitive activity allowed to reveal existing contradictions in the theory and practice of sports and recreational

climbing. In order to determine the advantages in terms of organizing recreational climbing classes, we conducted a survey. Most of those who engage in recreational climbing are boys, but for girls this type of activity is also quite attractive. In our opinion, this is due to the fact that most attend climbing classes as a physical recreation, like fitness. For such people, the competitive component does not play a big role, but the training process itself is important.

The main motive for starting climbing in most respondents was the desire to develop and improve their physical capabilities. Quite popular were such primary motives as "good atmosphere" and "I got to training by accident, and there was a desire under the impression of what I saw." It can be concluded that most students perceive climbing as a means of improving their physical fitness. The most popular motive in our time was "strengthening health and maintaining fitness." There were also such motives as "I like the process of training", "desire to achieve sports results" and "friendly atmosphere in the group". Based on these data and the data of a previous survey, we can conclude about the interest in climbing among young people as a form of physical recreation, which makes our work relevant. Of the types of climbing (difficulty, speed and bouldering), most climbing students prefer climbing to difficulty and bouldering, and only a few were fans of speed climbing. In our opinion, this distribution of benefits is due to the fact that difficulties and bouldering are a "technical" type of climbing, with a large arsenal of movements and a variety of techniques. The most popular type of training process for students was work in connection with a partner and individual work with a teacher. When taking out insurance in connection, students, in their opinion, have time for active recreation, as well as the opportunity to see how another person performs this or that exercise. Classes in general and special physical training are not of much interest among them. The preferences in the field of priority aspects of development turned out to be as follows. Most students think that they like to pay attention to work on the technique and tactics of climbing, only a quarter prefer to work on physical development. According to the majority of respondents, the duration of one lesson should be 1.5 - 2 hours, and the optimal number of groups in recreational climbing classes should not exceed 10-15 people. In our opinion, this will allow the teacher in the course of the lesson to pay attention to all students, which will give the opportunity to communicate and thus satisfy one of the main motives for the lesson.

Each route has an estimate of complexity, which is usually explained by the size of the hooks and the complexity of the movement. After you pass the most difficult route for you, the bar automatically rises. And you are gradually trying to overcome more difficult routes, or those that could not climb before. Sometimes you have to work out this route for a while before you finally climb it. If you constantly follow this method of overcoming routes and achieving the goal, then goal setting will become a habit.

Although the plan is only the first step. Once a strategy has been defined, it must be implemented to succeed. This is another advantage of climbing. You develop concentration and determination to follow your plan.

As you can see, the skills developed in climbing are applicable to all spheres of life.

Almost everything that is worth achieving in life requires drive, planning and execution. For many, one of the most beneficial aspects of overcoming rock routes is stress relief.

As you ascend, you focus on your body movements and the purpose of the ascent. The real world recedes into the background, leaving you and gravity alone.

After a few successful challenging climbs your endorphins peak and you can come back to life with a clear head.

Although the practice of climbing leaves you alone with yourself, it can still be considered a team sport when you are never alone. You will either climb with a group of friends, schoolmates, a colleague or family.

Feeding, everyone plays different roles, builds character and navigational leaders. Each climber gets a chance to be a student and return to others, while everyone else shares their own knowledge.

Friendship needs to be one of the best but unexpected benefits of skeletal training.