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РОССИЯНЫН ИЧКИ ИШТЕР МИНИСТРЛИГИНИН ЖАНА ОКУУ ЖАЙЛАРЫНЫН БИЛИМ БЕРҮҮ УЮМДАРЫНЫН КУРСАНТТАРЫН ЖАНА УГУУЧУЛАРЫН ФИЗИКАЛЫК ЖАКТАН ДАЯРДООНУ ПРОГРАММАЛОО

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ПРОГРАММИРОВАНИЕ ФИЗИЧЕСКОЙ ПОДГОТОВКИ КУРСАНТОВ И СЛУШАТЕЛЕЙ ОБРАЗОВАТЕЛЬНЫХ ОРГАНИЗАЦИЙ МИНИСТЕРСТВА ВНУТРЕННИХ ДЕЛ РОССИИ И УЧЕБНЫХ ЗАВЕДЕНИЙ

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PROGRAMMING OF PHYSICAL TRAINING OF CADETS AND LISTENERS OF EDUCATIONAL ORGANIZATIONS OF THE MINISTRY OF INTERNAL AFFAIRS OF RUSSIA AND EDUCATIONAL INSTITUTIONS

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Берилген макала ички иштер органын кызматкерлеринин физикалык жактан даярдыгын изилдөөгө арналган. Автор спецификалык (атайын) чыдамкайлыкты жогорулатуунун каражаты катары белгилүү убакыт ичинде ишке ашкан тосколдуктардын ар кандай тилкелерин эсептөөнү шарттуу деп эсептейт. Белгилүү тосколдуктардын тилкелерин окуу жайларында физикалык жактан даярдоонун иштеп жаткан программаларында каралган ар бир семестрдин аягындагы, акыркы үчүнчү мезоциклде киргизүү максатка ылайык болот. Илимий иште Россиянын ички иштер министрлигинде (ИИМ) жана билим берүү мекемелеринде физикалык жактан даярдоо программасынын нормативдик талаптарынын анализи берилет. Автор физикалык даярдык боюнча программасынын талаптарын структуралык-логикалык анализдөөнүн жүрүшүндө Россиянын Ички иштер министрлигинин (ИИМ) жана жогорку окуу жайларынын курсанттарынын жана угуучуларынын кесиптик-прикладдык физикалык даярдыктарын ишке ашыруу процессинин уюштуруучулук-методикалык негизин режюмерлештирүүнүн зарылдыгын белгилейт. Физикалык даярдыктын милдеттеринин бири даярданып жаткандардын функционалдык абалын атайын жумушка жөндөмдүүлүктөрүнүн белгилүү сандык көрсөткүчтөрүнө чейин жеткирүү болуп саналат.

Негизги сөздөр: курсант, студенттердин физикалык даярдыгы, физикалык сапат, физиологиялык жуктөмө, анаэробдук гликолитикалык жумушка жөндөмдүүлүк, курсанттардын атайын жөндөмдүүлүгү.

Данная статья посвящена исследованию физической подготовленности сотрудников органов внутренних дел. Автор приходит к выводу, что конкретными средствами для повышения специфической выносливости условиями считать разнообразные полосы препятствий, преодолеваемые за определенные отрезки времени. Данные полосы препятствий целесообразно вводить в учебные занятия на заключительном третьем мезоцикле в конце каждого семестра, что и предусмотрено действующей программой по физической подготовке для образовательных учреждений. В работе проведен анализ нормативных требований программы по физической подготовке для образовательных учреждений Министерства внутренних дел (МВД) России. В ходе структурно-логического анализа требований программ по физической подготовке, автор заключает, необходимо режюмировать организационно-методические

основы процесса совершенствования профессионально-прикладной физической подготовленности курсантов и слушателей вуза Министерства внутренних дел (МВД) России. Одной из задач физической подготовки следует считать направленное совершенствование функционального состояния занимающихся до определенных количественных показателей специфической работоспособности.

Ключевые слова: курсант, физическая подготовленность студентов, физические качества, физиологическая нагрузка, анаэробная гликолитическая работоспособность, специфическая выносливость.

This article is devoted to the study of physical preparedness of employees of law enforcement bodies. The author comes to the conclusion that by concrete means for increasing specific endurance, let us agree to consider a variety of obstacle strips that are overcome for definite periods of time. These obstacle strips should be introduced into the training sessions at the final third mesocycle at the end of each semester, which is stipulated by the current physical education program for educational institutions. The work analyzes the regulatory requirements of the physical training program for the educational institutions of the Ministry of Internal Affairs of Russia. In the course of the structural and logical analysis of the requirements of the physical training programs, the author concludes, it is necessary to summarize the organizational and methodological foundations of the process of improving the professional and applied physical readiness of cadets and students of the high school of the Ministry of Internal Affairs of Russia. One of the tasks of physical training should be considered directed improvement of the functional state of specific performance, dealing with certain quantitative indices.

Key words: cadet, physical readiness of students, physical qualities, physiological load, anaerobic glycolytic performance, specific endurance.

The requirements for the physical readiness of the employees of the internal affairs agency are mostly determined by one of the elements of their operational and official activities - the use of forcible measures to ensure law and order [6]. Employees encounter with such situations not only when they perform operational-search work, but also during participating in events of protecting public order, carrying out patrol and sentry service. As for cadets and listeners of educational organizations of the Ministry of Internal Affairs of Russia, they are repeatedly

involved in the performance of such activities (up to 18% of the total training time) during their studies and also need appropriate physical preparedness for patrol duty and successful suppression of various illicit acts.

Thus, the content of physical training for future employees of the internal affairs agency should be focused on situations of forceful suppression of offenses and detention of resisting offenders. Obviously, it is necessary to know the professionally important physical qualities and model characteristics of the activity, which reflect objectively the requirements of such situations to the physical development, functional condition and arsenal of the motor skills of the employee. In this list of requirements, the model characteristics of the functional state of employees under extreme conditions of operational and service activity are of greatest interest for scientific justification, since the features of physical development and the arsenal of necessary motor skills are now sufficiently developed and tested. In this way, the normative documents of the Ministry of Internal Affairs of Russia has detailed the list of methods for self-defense and detention, and there is already a scientifically grounded structure of the physical preparedness of the policeman, which includes general endurance, explosive, absolute and relative strength, speed, and special performance [5]. This structure is formalized in the form of a statistical model of five exercises reflecting the minimum level of development of professionally important physical qualities and is presented in the form of regulatory requirements in the physical training program for educational organizations of the Ministry of Internal Affairs of Russia [8].

The emphasis on improving the functional state of those engaged in terms of their physical training is also conditioned by the following points.

First, the factor analysis of the physical preparedness of policemen revealed a large factor weight of indicators that characterize the simultaneous manifestation of significant physical qualities, which requires a high functional development of the organism involved.

Secondly, that the development of individual physical qualities of the surveyed employees and military personnel was characterized by a rather high level of manifestation. However, when it was required to display these qualities at a time when overcoming a special obstacle course, 34% of the checked could not pass the entire strip to the end. The latter is largely due to the lack of special preparedness for a complex one-time manifestation of significant physical qualities, which, in turn, can limit the successful performance of professional activities to curb crime and detain offenders.

Therefore, in terms of improving the physical training of cadets and listeners of law enforcement agency, it is necessary not only to increase the level of development of certain professionally important physical qualities but also to work specifically on their complex manifestation in a limited period of time which is typical for situations of persecution and combat with offenders.

In connection with the foregoing, one of the tasks of physical training should be considered directed

improvement of the functional status of specific performance, dealing with certain quantitative indices.

It is logical to assume that these model indicators of specific performance are very similar to the characteristics of wrestling, boxing, contact games like rugby. This assumption is fully confirmed by the results of an experimental study of the features of the functional reaction of patrol officers' organisms to various situations of harassment and detention of offenders. It turned out that this professional activity, as well as various combat sports, places high demands on strength endurance, the body's resistance to anaerobic metabolism products, since it is performed at a pulse of 170-190 beats per minute for 2-6 minutes [7].

Therefore, knowing the physiological load of operational and service activities, it is necessary to select exercises that will effectively train the students anaerobic glycolytic mechanisms of energy supply or specific endurance.

However, before proceeding to the selection and study of specific exercises aimed at improving the specific endurance of cadets and students of educational institutions, it is advisable to dwell on some methodological prerequisites for substantiating the means of physical preparation.

In this study, this approach was made from the perspective of programming the training process (Yu.V. Verkhoshansky, 1985, 1996, 2000, etc.).

First of all, based on the purpose of classes, it is necessary to determine the primary ways to intensify the body's working mode. Theoretical propositions allow one to lean towards the opinion that the most acceptable method is to hamper the conditions for performing the necessary motor actions. In fact, this is the same as exercises with weights. But this method differs not by a local impact on a group of muscles but by the involvement of the whole organism as a whole in the specific regime that is inherent in the forthcoming professional activity [2].

Next is the consideration of the principle of dynamic matching, according to which the selected exercises should be assuitable as possible to all parameters of the real action, starting from the muscles involved in the work, and ending with the mode of operation of these muscles.

And, finally, the training potential of the selected tools and methods is evaluated. The latter makes it possible to rank specific exercises to streamline the sequence of their introduction into training sessions.

In the physical preparation of cadets and listeners by concrete means, there must be a variety of methods of struggle, self-defense, as well as various actions to overcome obstacles (running, jumping, climbing, etc.). The way of doing them most corresponds to a circular one, which provides a diversified and sufficient powerful impact on the organism of those engaged. Organizationally this is expressed in the form of overcoming the obstacle course with elements of direct combat with partners. Such bands are to be considered as a means of improving specific endurance.

To successfully achieve the model characteristics of the physical preparedness of an employee of the internal

affairs agency, it is equally important to formulate the principal methodological approaches to the organization of the corresponding training and training loads, in particular, the appropriate construction of a separate training session. The so-called "complex method" and "method of modeling of competitive activity" are the most acceptable for such studies (Yu.V. Verkhoshansky, 1985). The first involves a combination in the employment of funds of one advantageous orientation with different strength of the training action. The second provides for conducting classes in a mode as close as possible to the real conditions of the operational and official activities.

In addition, when constructing training sessions, it is necessary to proceed from the following provisions. First, people with weak and even moderate physical preparedness do not clearly differentiate the load in terms of directivity, but rather react more to its volume and overall size. In this regard, the effect will depend on the size and volume of the load performed in the specified mode. In other words, it is necessary to ensure that the training is carried out as much as possible of the load in a special mode of anaerobic glycolytic orientation, which is possible due to various special means of preparation. A wide variety of these tools will also help to avoid monotony in the class. Secondly, the construction of a class on a complex method involves the implementation of the basic training exercise against the background of the positive consequences of the previous (tonic) work.

In our case, the basic training load of anaerobic glycolytic power supply should be preceded by the work of a power and speed-strength character, according to the literature. All this allows us at a logical level to determine the approximate structure of a training session on improving the anaerobic glycolytic capacity for work or the specific endurance of cadets and listeners of educational institutions of the Ministry of Internal Affairs of Russia [1].

- intensive warm-up in pairs;
- special actions (self-defense, blows, throws, etc.), performed at the maximum rate;
- power single combat in the form of sparring;
- overcoming of special obstacle courses;
- Two-way contact game of rugby type.

On the basis of the foregoing, it is expedient to summarize the organizational and methodological foundations of the process of improving the professional and applied physical readiness of cadets and students of the Russian Ministry of the Interior.

Of the known requirements that professional activity makes to the physical preparedness of police officers, the physiological load of their operational and service

activities in situations of persecution and detention of offenders is highlighted [4]. The greatest difficulties in the preparation for this kind of activity are associated with the training of anaerobic glycolytic mechanisms of energy supply. The sequence of the use of physical training in one session is specified, consisting in the fact that the load of the desired directivity must precede the aerobic load or should be performed after the work of anaerobic alaktat impact. With concrete means for increasing specific endurance, let us agree to consider a variety of obstacle strips that are overcome for definite periods of time. These obstacle strips should be introduced into the training sessions at the final third mesocycle at the end of each semester, which is stipulated by the current physical education program for educational institutions.

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Рецензент: к.пед.н., профессор Кийизбаев М.С.