

# THE STRUCTURE OF PEDAGOGICAL TECHNOLOGY OF PROFESSIONALLY APPLIED PHYSICAL TRAINING OF CADETS OF THE ACADEMY OF THE MINISTRY OF INTERNAL AFFAIRS OF THE REPUBLIC OF UZBEKISTAN

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## ABSTRACT

The article discusses the structure of pedagogical technology of professionally applied physical training of cadets.

**Keywords:** Block-modular, pedagogical technology, preliminary experiment, development of endurance, development of strength abilities, development of speed-strength and coordination abilities, development of special professionally applied physical training.

## INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

At a modern historical stage of development of independent Republic Uzbekistan among the major social and economic problems of development of our society one of priority directions wide development in the physical training and sports country as powerful tool of strengthening of health of the people and statement of prestige of the country on international scene was accepted [1].

According to statutory acts of the Ministry of Internal Affairs of Republic Uzbekistan perfection of process of physical preparation concerns priority directions. Owing to specificity of the educational organisations of system of the Ministry of Internal Affairs of Republic Uzbekistan physical preparation is realised in various forms, and is a part from courses for credit with the difficult complex process making a part of dynamic system of integrated preparation.

The pedagogical technology of is professional-applied physical preparation of cadets is based on data of professional work of employees of law-enforcement bodies and definition of leading physical and is professional-applied qualities. To difficult extreme factors professional work of employees MIA resists a high level of development of special physical qualities which are characterised by complex development of some physical and psychological elements.

In the course of carrying out of preliminary experiment having search character, was defined an optimum mode of construction and distribution of means of is professional-applied physical preparation of cadets with a primary orientation. On the basis of experimental data the pedagogical technology of cadets of Academy of the Ministry of Internal Affairs of Republic Uzbekistan has been developed.

Experimentally proved pedagogical technology of cadets is presented in the table.  
The table

**Pedagogical technology of is professional-applied physical preparation of cadets**

<b>THE PURPOSE</b>			
To promote increase of physical and special is professional-applied physical readiness of cadets			
<b>PROBLEMS</b>			
<b>The general</b>		<b>The specific</b>	
Development of physical abilities: skorostno-power, power, coordination and endurance		Formation and perfection of professional skills	
		Development by means of applied physical preparation of strong-willed and other mental qualities	
<b>Blochno-modular system of planning of means</b>			
<b>I block</b>	<b>II block</b>	<b>III block</b>	<b>IV block</b>
Development of the general and specially - professional endurance - 70 % from total amount of time allocated for this block, makes 2 months, or 8 week microcycles	Development of force and power endurance of 70 % from total amount of time allocated for this block, makes 1 month, or 4 week microcycles	High-speed qualities and coordination abilities - 80 % from total amount of time allocated for this block, make 1,5 months, or 6 week microcycles	Special is professional-applied physical preparation - 70 % from total amount of time allocated for this block, make 1,5 months or 6 week microcycles
<b>THE PEDAGOGICAL CONTROL</b>			
<b>CRITERIA OF ESTIMATIONS</b>			
<b>Sheathe also special endurance</b>	<b>Power abilities</b>	<b>high-power readiness and coordination abilities</b>	<b>Special is professional-applied physical readiness</b>
Run on 1 km, 3 km, 5 km. 10 km. A march - a throw on 5 km. Swimming on 200 m, 400 m.	Pullings up on a crossbeam, bending and extension hands in an emphasis on bars. rasing feet vise to a corner 90 <sup>0</sup> . From position sitting on a gymnastic bench lowering and rasing trunks.	Run on 30 m, 100 m. of Blows on a boxing bag for 15 seconds the Broad jump from a place. Shot put it is powerful 5 kg, multiscope on push to a foot. An emphasis having sat down, an emphasis laying for 15 seconds Jumps through a goat, a horse. A combination exercise on dexterity. Receptions from struggle of sambo-wrestling, fighting sambo-wrestling	Overcoming of obstacles: №1, №2, №3.

Resulted pedagogical technology of cadets is developed on the basis of pedagogical experiment. Scientifically proved and precisely formulated purposes and problems give to pedagogical technology a concrete orientation, provide correct selection of means and methods of physical perfection.

The proved pedagogical technology is formulated on the basis of the all-round analysis of objective specific requirements steady-fighting, fighting, professional work and a physical condition of employees.

The purpose of pedagogical technology - to promote maintenance of physical readiness of cadets to professional work. To mastering and an effective utilisation of the fighting and organic weapon, special protection frames, transferring of the big physical activities, in different climatic conditions, education of unity and perfection of skills of collective actions against psychological pressure in extreme situations and also to promote the decision of problems of training and education

In the given formulation specific and nonspecific functions as component of system of combat training of cadets are integrally connected.

Main objective of pedagogical technology - maintenance of physical readiness of cadets to professional work.

The presented purpose is reached by the decision of the general and special problems. General problems follow from its objective functions and mainly reflect the general requirements of professional work to a physical condition of cadets.

The general problems of pedagogical technology of cadets:

- Development and constant perfection of endurance, force, speed and dexterity;
- Mastering by skills of movement on a cross-country terrain in the pedestrian order and cross-country, overcoming of obstacle courses, mastering by skills of hand-to-hand fight, military-applied swimming;
- Improvement of physical development, strengthening of health and increase of stability of an organism to influence of adverse factors of military-applied activity.

Specific problems are formulated with the account of features of professional work of employees:

1. The problems directed on maintenance of a high level of development of elements of physical readiness of cadets to professional work, i.e. physical development, a functional condition of an organism and physical readiness.
2. The problems directed on formation of professional skills, allowing to strengthen readiness of cadets for performance of fighting problems.
3. The problems directed on development of strong-willed and other psychophysical qualities, means of applied physical preparation.

The stated problems are by means of scientifically proved organisation of educational process on is professional-applied physical preparation within the limits of 4 blocks.

The organisation of the pedagogical control includes the developed gradation of the estimations, allowing to define both physical, and is specially professional-applied readiness of cadets, to reveal its rating that is important for motivation increase to practical and independent employment.

Is professional-applied physical preparation promotes maintenance of high working capacity of employees at execution of professional duties.

Necessity of working out of pedagogical technology of cadets has been confirmed by results of interrogation of teachers and cadets of the academy, planned a complex of problems and use of the most effective forms and structures of the organisation of physical preparation of cadets of resident instruction.

So, during working out of pedagogical technology ППФП of cadets the blochno-modular system of training from the coupled-consecutive organisation of planning of an academic load has been applied.

Modular training is a technology of the training which essence consists in that the trained could work independently with the program offered it, included details and a methodical management on various actions. Modular training sets as the purpose maintenance of flexibility of the adaptation to individual requirements of the person and level of its base preparation. At modular training the teacher carries out besides forming and supervising functions also functions of the adviser and the coordinator.

Use of a principle of modular training in practice allows to build educational process so that sections were not independent from each other, that gives possibility to supplement and submit a teaching material, not breaking the uniform maintenance [2].

For the purpose of increase of level of management and introduction of knowledge in practical activities it is necessary to organise in educational process:

- Breakdown of a complete course on the components (modules) having independent problems;

- Integration of the maintenance of training into professional work, into a concrete kind of work;

- The-maximum individuality of training.

For what experiment four modules (block) directed mainly on development of the general and special endurance, force, power abilities, speed, high-power qualities, coordination (dexterity) and special is professional-applied physical preparation have been defined. Volumes of applied means and expedient duration of blocks are defined.

Construction of modules in the course of training is made under the scheme of the coupled-consecutive organisation of planning of an academic load.

In this case the sequence means a strict order and sequence of introduction of means of a various primary orientation with the account of systematic escalating of force of specific training influence on an organism of the engaged.

The associativity assumes expedient continuity in sequence of use of means at which the previous loadings provide a favorable functional background for increase of training influence the subsequent [3].

The sequence principle should be understood not as sharp differentiation of loadings in time, and as smooth transition from primary use of one loadings to use of others.

The first block is directed on primary development of endurance. Here mainly aerobic loading is applied. Expedient duration of this block (module) makes two months. This term is necessary for occurrence of demanded level of the long-term set aside training effect of the means directed on development of endurance.

Against occurrence of effect from the loading directed on development of endurance, the concentrated power loading throughout one month (the block 2) is applied.

Against the long-term set aside training effect of power loadings high-speed work is made, then in this block loading of high coordination complexity which raises possibility of impellent

problems engaged to the effective decision (the block 3) also is applied. Extent of this block makes 1,5 months.

The fourth block - special is professional-applied physical preparation. After effects from influence of the loadings developing endurance, force, high-speed abilities and co-ordination are realised, the loading integrating special is professional-applied physical qualities on the basis of the account profессиogram of the future experts is applied. Extent of this block makes 1,5 months.

For definition of level of special is professional-applied physical readiness of cadets following indicators are used:

1. Time of passage of obstacle courses №1,2,3;
2. Quantity of defeats of the purposes at shooting from the organic weapon ;
3. Quantity of the errors admitted during disarmament of the conditional opponent;
4. Lifting time on an assault ladder on 3 floor of an educational fire tower;
5. Time of overcoming of a fire obstacle course of 100 m.

Summarising the above-stated it is possible to formulate the conclusion confirming experimental validity of developed technology of cadets of Academy, recommending educational process to build in the form of system modules (blocks) with a primary orientation of the loadings providing development of following physical qualities:

1. Endurance (extent 2 months).
2. Power qualities (extent 1 months).
3. High-power qualities and coordination (extent 1,5 months).
4. Special is professional-applied physical preparation (extent 1,5 months).

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