

DYNAMICS OF THE FORMATION OF PHYSICAL TRAINING OF CADETS OF THE ACADEMY OF THE ARMED FORCES OF THE REPUBLIC OF UZBEKISTAN

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ABSTRACT

The article reveals the distribution of the educational load on physical training and ways of physical training development of cadets of the Academy of the Armed forces of the Republic of Uzbekistan, as well as indicators of results.

Keywords: Physical fitness, physical qualities, program, experiment and control groups, cadets.