

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.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The training of intellectually developed and physically strong military personnel at the Academy of the Armed Forces of the Republic of Uzbekistan is an important and integral part of state policy. The Ministry of Defense has introduced a number of new requirements for the organization and conduct of physical training. Analysis of the existing problems in the organization and conduct of physical training and sports at the Academy of the Armed Forces of the Republic of Uzbekistan shows that today there is a need to approach this system in terms of modern requirements. This requires the advanced experience of the leading foreign armies and, based on the results of the analysis, it is advisable to revise the system of organizing and conducting physical training classes at the Academy of the Armed Forces.

We can see that physical training hours at the Academy of the Armed Forces of the Republic of Uzbekistan are set at 80 hours for 4 years in the annual curriculum. If you think about it logically, the number of training hours given to the development of qualified military personnel will be lacking. Increasing the number of hours of physical education training requires being prepared for the global challenges, turmoil and various threats the world faces today. Therefore, it is necessary to increase the number of training hours in the development of combat training of cadets. This will help to fulfill the tasks assigned to them in the future in a timely manner, to thoroughly master the professional combat training. The table given in the curriculum - Table 1 "Allocation of study hours according to the current physical training program".

Table 1: Distribution of training hours according to the current physical training program Topic

Topic	Semester (hour)								Total	Percentage
	1-course		2- course		3- course		4- course			
	1	2	3	4	5	6	7	8		
Theoretical training	2		2		2		2		8 hour	10%
Methodical training	2		2		2		2		8 hour	10%
Practical training:										
- -Gymnastics	2		2	2		2		2	10 hour	12,5%
-Hand fight	2	2	2	2	2	2	2	2	16 hour	20%
- Overcoming obstacle		2		2		2		2	8 hour	10%
- Sports and movement games		2		2	2			2	8 hour	10%
-Military practical swimming		2	2		2	2	2		10 hour	12,5%
- Rapid movement and athletics		2					2	2	6 hour	7,5%
-Complex classes	2			2		2			6 hour	7,5%
Total:	10	10	10	10	10	10	10	10	80 hour	100%

In this table, we see that general training is 80 hours, of which: 8 hours of theoretical training, 8 hours of methodological training and 64 hours of practical training in the system of physical training in the troops of the Ministry of Defense of the Republic of Uzbekistan.

Theoretical division of knowledge is possible in the system of organizing physical training in the troops of the Ministry of Defense of the Republic of Uzbekistan. training loads on the basics of human anatomy and physiology, the organization of sports training, the procedure for checking and assessing the physical fitness of military units and subunits.

Methodical training includes classes in gymnastics, strength and manual skills, training methods, methods of organizing and conducting trainings to overcome obstacles, as well as physical fitness.

Practical exercises include gymnastics, lake fighting, hurdles, movement sports, military practical swimming, fast movement and athletics, as well as complex exercises. It can be seen from this training program that the training loads in these sections are disproportionately distributed relatively to each other.

We have studied the distribution of these teaching hours on the basis of a comparative analysis and offer the following conclusions

- firstly, the distribution of hours in the curriculum and the insufficient and incomplete distribution of hours allocated to military personnel;
- Secondly, in the physical training of military personnel or cadets, hand-to-hand combat, overcoming obstacles, physical activity with athletics are the main means of training in the ground forces.

Therefore, the development and implementation of a new improved curriculum organized together with them will play an important role in solving the problem of training qualified personnel for the future.

Based on the schedule of the educational process of the Academy, taking into account the internship, vacations, pedagogical observations and the data obtained, a new system for planning the next academic hours has been developed. In total, 250 hours of physical culture lessons were allocated in percent .

Table 2: Distribution of teaching hours in physical culture of the Academy of the Armed Forces of the Republic of Uzbekistan

Topic	Semesters (hours)								Total	Percentage
	1- course		2- course		3- course		4- course			
	1	2	3	4	5	6	7	8		
Theoretical preparation	2		2		2		2		8 hour	3,2%
Methodological preparation	2	2	2	2	2	2	2	2	16 hour	6,4%
Practical training:										
- Gymnastics	4	6	6	6	4	4	4	4	38 hour	15,2%
-Hand fighting	4	6	6	6	4	4	4	4	38 hour	15,2%
-Overcoming obstacles	4	6	6	6	4	4	6	4	40 hour	16%
-Sports and movement games	2	4	4	4	2	4	2	4	26 hour	10,4%
-Military practical swimming	2	4	4	4	2	2	4	4	26 hour	10,4%
- Rapid movement and athletics	6	6	6	6	6	6	4	4	44 hour	17,6%
- Complex training	2	2	4	4	2	2			16 hour	6,4%
Total:	28	36	38	38	28	28	28	26	250 hour	100%

The distribution of these training hours is one of the most important components of the future combat readiness and training of our cadets. We focused on the use of special control tests to determine the combat readiness of the Armed Forces of the Republic of Uzbekistan. The control test was carried out on a horizontal bar, 100-400 meters, 3000 meters, 10 minutes, 100 meters between the legs, press. The speed in running at 100 m and speed endurance in running were determined. It was used to determine the strength of the ash of the subjects by pulling a horizontal bar. Attention was drawn to the determination of the strength of the foot when running from foot to foot. Abdominal and lower back strength was measured using abdominal exercises (abdominal muscle development). We have presented the results in Table 3.

Table 3: The level of physical fitness of the experimenters before and after the end of the research in the experimental and control groups.

Exercises Group		Pull-up on the bar (amount)	Runni ng 100 m (secon ds)	Running 3000 m (minutes)	Runnin g 10 minutes (meters)	Jumpin g from foot to foot at 100m (step)	Running 400 m (seconds)	Press (amount)
Before experiment (2018 y december-2019 y january)								
Control n=23	Σ	287	327	282.40	66544	1005	1747	996
	\bar{x}	12	14,2	12.28	2893	43	75,9	43
	σ	1,02	0,42	0,34	130	1,62	2,36	1,71
	$\sqrt{m \pm}$	10,4	2,9%	0,98%	4,49%	3,76%	3,1%	3,97%
Experimen tal n=23	Σ	288	327,6	289.04	66447	990	1746	993
	\bar{x}	12	14,2	12.32	2889	43	75,9	43
	σ	1,5	0,36	0,21	212,7	2,16	3,42	3,67
	$\sqrt{m \pm}$	6,8%	2,52%	1,7%	7,3%	5%	4,5%	8,5%
After experiment (2019 y december -2020 y january)								
Control n=23	Σ	323	319,2	278.55	68605	977	1720,8	1032
	\bar{x}	14	13,9	12.11	2982	42	74,8	45
	σ	1,26	0,37	0,27	130	1,39	2,26	1,69
	$\sqrt{m \pm}$	9%	2,67%	0,58%	4,43%	3,3%	3%	3,75%
Experimen tal n=23	Σ	401	310	267.30	71915	930	1559,8	1131
	\bar{x}	17	13,5	11.36	3126	40	68,2	49
	σ	1,73	0,36	0,33	154,7	2,06	2,84	3,42
	$\sqrt{m \pm}$	10,1%	2,67%	2,9%	4,9%	5,1%	4,1%	6,97%

If we look at the results obtained before the study, in the experimental group there were 12 pull-ups on the horizontal bar, running 100 meters - 14.2 seconds, running 3000 meters - 12.32 minutes/ second, running 400 meters - 75.9 seconds Average result was 43 steps per 100 meters Average exercise on the press was performed 43 times in 1 minute, and in the control group - 12 times on the horizontal bar before the study.

Based on the results obtained to determine the rapid endurance, a comparative analysis was carried out between the subjects of both groups in itar. For the initial group of test takers, we made additional changes to their curricula and applied them to the internship process.

The results of the pedagogical experiment conducted by the subjects were expressed in the results as follows.

The results are presented in table 4.

Table4: Indicators of development of physical qualities

Exercises Group	Pull-up on the bar (amount) \bar{x}	Runnin g 100 m (sec) \bar{x}	Running 3000 m (min) \bar{x}	10 – min run (meter) \bar{x}	Jumpi ng from foot to foot at 100 m (step) \bar{x}	Runnin g 3000 m (sec) \bar{x}	Press (amount) \bar{x}
Before sounding							
Control	12	14,2	12.28	2893	43	75,9	43
Experimental	12	14,2	12.32	2889	43	75,9	43
After sounding							
Control	14	13,9	12.11	2982	42	74,8	45
Experimental	17	13,5	11.36	3126	40	68,2	49

If you look at the results obtained at the end of the study, in the experimental group, the pull on the horizontal bar increased by an average of 17 times, the run of 100 meters was 13.5 seconds. The 3,000 meter run improved to 11.36 minutes per second, and the 400 meter run averaged 68.2 seconds. The jump from a height of 100 meters was reduced to 40 steps. Checking the development of the abdomen in 1 minute (press) exercise increased the muscles an average of 49 times.

Conclusions. According to the results of the pedagogical experiment, the following conclusions could be noted: the formation of the hours of the experimental group led to the increase in the level of physical fitness, content training of cadets; Courage and perseverance lead to the formation of knowledge, skills and abilities that will be required in the future career of cadets trained in the program increase their combat and psychological training, hard work qualities and self-confidence.

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