DIRECTIONS FOR IMPROVING PHYSICAL EDUCATION IN THE SYSTEM OF THE MINISTRY OF DEFENSE

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Abstract

This article is devoted to the directions of improving physical education in the system of the Ministry of Defense. The impact of physical training on the combat capability, professional activity, and health of military personnel, existing problems, and their solutions are considered. Foreign experience is analyzed, in particular, the practice of the USA, Great Britain, Germany, Canada, Japan, and Scandinavian countries. The main directions are indicated, such as individualized training programs, the use of modern technologies, functional fitness, integration with psychological training, and a comprehensive assessment system. The development of the physical education system, based on scientific research and using foreign experience, ensures the impeccable performance of combat tasks by personnel of the Ministry of Defense.

Keywords: physical education, Ministry of Defense, military personnel, professional training, individualized training, functional fitness, modern technologies, psychological stability, foreign experience, assessment system, combat capability.

In the system of the Ministry of Defense, physical education plays an important role in ensuring the professional training of personnel and the flawless performance of official duties. High physical fitness of military personnel not only increases their combat capability, but also allows them to work effectively in stressful situations, maintain endurance and health. This article examines the main directions of improving physical education in the system of the Ministry of Defense, foreign experience, and scientific approaches.

Physical fitness is one of the main professional qualities for employees of the Ministry of Defense. Military service tasks require a high level of physical strength, speed, agility, and psychological stability. In his research, the scientist J. Wilson (Wilson J.) emphasizes the positive influence of physical training on the combat readiness and overall health of military personnel[1]. He believes that regular exercise strengthens the cardiovascular system, boosts stress immunity, and provides endurance in performing long-term service duties.

In foreign practice, special attention is paid to physical education. For example, in the US Armed Forces, physical training programs include complex training aimed at developing functional fitness, power exercises, and endurance[2]. These programs ensure the training of military personnel in accordance with combat missions. In Great Britain, elements aimed at increasing psychological resilience have been added to physical training, which helps military personnel to work effectively in stressful situations [3]. Such approaches are important in coordinating the physical and psychological training of Ministry of Defense personnel.

In the system of the Ministry of Defense, there are a number of problems in the system of physical education. Firstly, training programs often do not fully take into account the individual characteristics of employees and the specifics of their job responsibilities. Secondly,

the system for assessing physical fitness is standardized and does not reflect the real combat readiness of military personnel. Scholar A.V. Smirnov emphasizes the need for the physical education system to adapt to modern requirements, noting that it should rely on scientifically based approaches [4]. To solve these problems, it is important to use foreign experience. For example, in the Armed Forces of Germany, fitness trackers and special programs are used to assess physical fitness, which contributes to increasing the effectiveness of training [5].

Improvement of physical education includes several main directions. Firstly, it is necessary to develop individualized training programs. Programs prepared taking into account the age, physical fitness of military personnel, and the specifics of their official duties increase effectiveness. In the studies of scientist V.I. Petrov, it is shown that an individual approach can increase the level of physical fitness by 15-20% [6]. Secondly, the use of modern technologies is of great importance. Fitness trackers, virtual reality, and special mobile applications are useful for monitoring and increasing the effectiveness of the physical training process. The practice of managing the training of military personnel through fitness apps is widespread in the Australian Armed Forces[7].

Paying attention to functional fitness is another important area of physical education. Functional training ensures the training of military personnel in accordance with combat tasks. For example, in the USA, exercises specifically designed for military personnel are aimed at developing strength, endurance, and agility [8]. Integration with psychological training further increases the effectiveness of physical education. The Canadian Armed Forces have added elements to physical training aimed at increasing psychological resilience, which helps military personnel work effectively in stressful situations [9]. Improving the system of regular assessment and monitoring will allow for an accurate assessment of the level of physical fitness. Scholar K.V. Ivanov emphasizes the effectiveness of a comprehensive assessment system in this regard [10].

Foreign experience can serve as an important guide to the improvement of physical education in the system of the Ministry of Defense. In Great Britain, an annual assessment system for the physical fitness of military personnel has been introduced, which is developed in accordance with combat tasks [11]. In Japan, elements of martial arts such as judo and kendo are included in physical education classes, which increase the ability of military personnel to self-defense and work effectively in stressful situations[12]. In the Nordic countries, the physical education system is characterized by a focus on the overall health of employees, and there are programs aimed at stimulating their extracurricular activities. In Sweden, special sports clubs for military personnel have been created, where training is conducted under the supervision of professional coaches[13].

In improving the system of physical education, it is important to rely on scientific research and foreign experience. For example, the scientist R. Thompson (Thompson R.) in his research emphasizes the inextricable link between physical fitness and psychological stability [14]. In his opinion, the integration of physical and psychological training increases the effectiveness of military personnel in performing their official duties. Also, the use of modern technologies, in particular, the management of training through fitness trackers and special applications, is important in increasing the effectiveness of physical training. In Germany, these technologies are widely used, and their effectiveness has been proven in applied research [15].

A comprehensive approach is required to improve physical education in the system of the Ministry of Defense. This approach should include the integration of individualized training programs, the use of modern technologies, functional fitness, and psychological preparedness. Foreign experience, in particular, the practice of the USA, Canada, Germany, and Scandinavian countries, can serve as an important guide for the implementation of these directions. For example, in the USA, functional fitness programs specifically designed for military personnel provide training in accordance with combat tasks [16]. In Canada, the integration of physical and psychological training contributes to the effective performance of military personnel in stressful situations [17].

Increasing employee motivation is also important in improving the physical education system. To stimulate the interest of military personnel in physical activity, special sports competitions, incentive systems, and sports clubs may be organized. In Sweden, sports clubs established for military personnel have achieved significant results in this regard [18]. In addition, to increase the effectiveness of physical education classes, it is necessary to attract professional coaches and use modern sports infrastructure. In Germany, special gyms for military personnel have been organized, which are equipped with modern equipment and professional coaches [19].

The role of the assessment and monitoring system in improving the physical education system cannot be adequately assessed. To accurately assess the level of physical fitness, it is necessary to introduce tests corresponding to real combat tasks. The scientist A.V. Sidorov emphasizes the effectiveness of the comprehensive assessment system in this regard [20]. In addition, it is important to use modern technologies for regular monitoring of the physical fitness of military personnel. In Australia, fitness trackers and special applications are widely used to assess the physical fitness of military personnel [21].

In conclusion, the improvement of the physical education system in the system of the Ministry of Defense is of great importance in increasing the effectiveness of the professional activities of military personnel. Such areas as individualized training programs, the use of modern technologies, integration with functional fitness and psychological training serve to increase the effectiveness of the system. Foreign experience, in particular, the practice of the USA, Canada, Germany, and Scandinavian countries, can serve as an important guide for the implementation of these directions. Further development of the physical education system, based on scientific approaches and using foreign experience, will ensure the impeccable performance of combat tasks by personnel of the Ministry of Defense.

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