

## PHYSICAL TRAINING OF MILITARY PERSONNEL

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**Abstract.** Physical training is considered an integral part of combat training and serves to form military personnel's physical qualities and to be ready for combat tasks. This article provides information on the physical training of military personnel, its organization, conduct, material support, and keeping records of physical training.

**Key words:** *physical fitness, physical qualities, agility, endurance, speed, experience, fitness, physical exercise, morning physical education*

### Introduction

Physical training is one of the main subjects of combat training, an important and integral part of military training and education of personnel of the troops of the Ministry of Defense of the Republic of Uzbekistan.

The main goal of physical training is to maintain the required level of physical fitness of military personnel and develop high moral and psychological qualities to perform combat and other tasks in accordance with their purpose.

General tasks of physical training of military personnel:

development and maintenance at the required level of endurance, strength, speed and agility;  
developing skills in moving over rough terrain on foot, overcoming natural and artificial obstacles, hand-to-hand combat and military-applied swimming;  
improving physical development, strengthening health and increasing the body's resistance to the effects of adverse environmental factors and military-professional activities.

In the process of physical training, theoretical knowledge and organizational and methodological skills and abilities are formed. Physical training should help improve military special preparedness, develop the moral and mental qualities of personnel, and improve the combat coherence of military units.

The main means of physical training are physical exercises performed with mandatory observance of safety rules, hygienic conditions and the active use of the healing powers of nature.

Physical training is carried out in the following forms:

morning physical exercises;  
training sessions;  
sports work;  
physical training in the process of combat training activities;  
mass sports work;  
individual physical exercises.

Physical training in the troops of the Ministry of Defense is organized and conducted taking into account the characteristics of their combat use and has a special focus, which is ensured by:

during morning physical exercises - the predominant use of various options for exercises and physical exercises for the formation and development of the most important military-applied motor skills, physical and special qualities;

during training sessions - the rational distribution of training time in sections of physical training and the appropriate sequence of their completion, the predominant use of physical exercises for the formation and development of the most important military-applied motor skills, physical and special qualities;

in the process of combat training - the use of applied physical exercises, techniques and actions characteristic of a given military specialty;

in mass sports work - using the most important military-applied and game sports and exercises.

In the course of physical training, in addition, the application, complexity, systematicity, optimality and specificity of the process of training, development and education of military personnel is ensured.

Commanders (superiors) are responsible for the organization and state of physical training of personnel, as well as for the objectivity of assessing the individual physical fitness of military personnel.

Each commander (chief) is obliged to ensure:

effective management and control over the process of physical training of military personnel;

high theoretical, methodological and practical preparedness of subordinate officers and sergeants conducting physical training classes;

personal participation and exemplary behavior in physical training classes;

proper planning, systematic physical training and rational distribution of physical activity throughout the day and week;

nurturing among personnel an interest in physical training and sports, developing a sustainable need for physical exercise;

readiness of the educational and material base for classes in all sections of physical training;

compliance with safety rules, prevention of sports injuries.

The head of physical training and sports must ensure an increase in the theoretical and methodological preparedness of officials who manage, organize and conduct physical training.

In a military unit (institution) where there is no full-time position of head of physical training and sports, by order of the commander (chief) of the military unit (institution), a freelance head of physical training and sports is appointed from among the most trained contract military officers or non-commissioned officers.

Each serviceman bears personal responsibility for the level of his physical fitness, is obliged to systematically engage in physical exercises and be in constant physical readiness to perform assigned tasks.

All military personnel are engaged in physical training as part of units (training groups) under the guidance of physical training specialists, commanders (chiefs) or independently by decision of the relevant commanders (chiefs).

## **MANAGEMENT OF PHYSICAL TRAINING**

Physical training management includes: planning, provision, organization, control and accounting.

Management of physical training in military units and units provides:

the fullest use of all opportunities for physical improvement of military personnel within the established time frame;

creating conditions for the successful fulfillment of duties by all officials on issues of physical training and sports;

clear distribution of responsibilities between different levels of management;  
maximizing the efficiency and effectiveness of influencing personnel.

The management of physical training in formations, units and institutions of the Ministry of Defense is carried out by the relevant commanders (chiefs).

Physical training is organized in accordance with the requirements of orders and directives of the Minister of Defense of the Republic of Uzbekistan and the Chief of the Joint Staff of the Armed Forces of the Republic of Uzbekistan, organizational and methodological instructions, orders (plans) issued in associations, formations, units and institutions for the academic year.

In formations, formations, units and institutions, the most important issues of physical training are regulated by written orders of commanders and superiors.

In a military unit (institution) and subdivisions, sports committee meetings, office meetings, meetings of public sports activists and all personnel are periodically held to solve current problems on physical training issues.

### **PHYSICAL TRAINING PLANNING**

Planning must ensure the implementation of physical training programs taking into account the solution of training and combat missions and provide for the implementation of a set number of hours for physical training classes.

Physical training training sessions are planned based on:

for employees of the mobilization conscription reserve - 2 hours a week during school hours;

for military personnel undergoing compulsory military service – 2 hours a week during school hours;

for cadets of higher military educational institutions, sergeant training schools and students of the Academy of the Armed Forces - 3 hours per week at the rate of 2 hours according to the training schedule and 1 hour during independent training;

for military personnel undergoing military service under contract as officers, sergeants and enlisted personnel – 3 hours (2-3 lessons) per week.

Morning physical exercises are carried out daily, except weekends and holidays, lasting 50 minutes, and for employees serving in the mobilization conscription reserve - 30 minutes.

Mass sports work in the military unit and the Higher Military Educational Institution is carried out three times a week: twice for one hour on weekdays in free time and 2 hours on weekends and holidays.

Physical training planning is carried out:

in associations, formations, units and institutions - chief of staff, deputy commander for combat training and head of physical training and sports (non-staff head of physical training and sports);

in individual battalions - deputy commander for combat training (in the absence of a regular position of deputy commander for combat training - chief of staff) and non-staff chief of physical training and sports;

in battalions – by the chief of staff of the battalion;

in a platoon - platoon commander.

The main activities of physical training and sports are reflected in:

military districts (associations) - in terms of training the command and control bodies and troops of the military district (association) for the academic year;

formations, units (institutions) - in terms of combat, mobilization and spiritual-educational training for the academic year, where indicated:

topics and timing of instructor-methodological and demonstration classes with physical training lesson leaders;

days and times of conducting physical training classes with contract military personnel of officers, non-commissioned officers and enlisted personnel;  
days of conducting control classes to check the level of physical fitness of personnel;  
calendar plan of main sporting events for the academic year.

In associations, formations, units and institutions, basic planning documents are developed in accordance with.

Responsibility for the timeliness and completeness of the development of planning documents rests with:

in associations and formations - for the head of physical training and sports;

in military units where there is no full-time position of chief of physical training and sports and

in individual battalions - to the deputy commander for combat training.

The plan for combat and spiritual-educational training of a battalion (division) for the academic year specifies:

the number of hours allocated for physical training for units on the topics specified in the training program;

topics and timing of instructor-methodological and demonstration classes with physical training lesson leaders;

timing of sports and military sports competitions for the battalion championship;

timing of control and testing classes and performance of mass sports work reviews.

In a platoon, the weekly training schedule indicates:

option and content of morning physical exercises;

topics and content of physical training classes, as well as the method of conducting them;

content of associated physical training;

time and content of mass sports work.

In addition, the platoon is developing a plan for mass sports work for the month.

## **PROVIDING PHYSICAL TRAINING**

Providing physical training consists of organizing and implementing activities aimed at creating, improving and operating the educational and material base, timely and high-quality material, technical, financial, medical, methodological support and training of lesson leaders.

Logistics support for physical training includes:

provision of sports equipment, property, training equipment, special equipment and equipment;

construction and equipment of sports facilities and places for physical training;

maintenance and repair of sports facilities, places for physical training, sports equipment, equipment, property, equipment and exercise machines;

equipping each platoon (battalion) with a portable platoon set of training and material base.

Objects of the educational and material base for the physical training of a military unit (VVOU), for the purpose of their proper operation, maintenance and timely repair, are assigned by order of the commander (chief) to the units.

Construction and repair of structures and physical training facilities are carried out in the manner established by the Ministry of Defense of the Republic of Uzbekistan.

Financial support for physical training is carried out in the manner established by the Regulations on the financial and economic activities of a military unit, approved by order of the Minister of Defense of the Republic of Uzbekistan.

Medical support for physical training is a system of measures carried out by the medical service in order to effectively solve the problems of physical training to promote health and physical development, hardening and increasing the body's resistance to the effects of adverse factors of combat activity, and the prevention of pathological conditions during physical training and sports.

Medical support for physical training is carried out by medical service specialists with the active participation of commanders and heads of physical training and sports.

It includes:

- conducting medical examinations (examinations) of military personnel to determine the level of permissible physical activity, taking into account the physical development and functional state of the body;

- distribution of military personnel into physical training groups, taking into account age and health status;

- instilling in military personnel the skills of personal and public hygiene and self-control;

- participation of representatives of the medical service in the planning and implementation of activities to improve physical development and strengthen the health of personnel;

- checking the sanitary and epidemiological condition of sports facilities and places for physical training and sports, as well as the condition of sportswear and equipment;

- monitoring compliance with the optimal dosage of physical activity and sanitary and hygienic requirements during physical training classes;

- medical support for national teams, training sessions and sports competitions of the military unit;

- development of measures to prevent injuries during physical training classes;

- personal registration of military personnel temporarily released from training or transferred to a physical rehabilitation group;

- transferring them after recovery to the main groups.

Instilling in military personnel skills in self-control, personal and public hygiene is an important condition for successfully solving physical training problems.

The objectives of self-control are:

- acquiring the necessary knowledge and skills in personal and public hygiene;

- familiarization with the simplest methods of self-observation during physical training classes;

- correct registration and evaluation of the obtained self-monitoring data to determine the degree of physical development, level of fitness and health status.

Self-control includes a number of qualitative and quantitative characteristics: well-being, activity, mood, sleep, appetite, body weight, pulse, pain, performance, sports results, etc.

In order to teach self-control, the doctor, the head of physical training and sports, and the trainer must familiarize military personnel with the physiological and hygienic foundations of physical exercise and sports, teach them the basic rules of self-observation and methods for assessing the results obtained, as well as familiarize military personnel with anthropometric instruments and the methodology of basic measurements, ensure they have the opportunity to carry out these measurements themselves.

Methodological support for physical training is carried out by officers - specialists in physical training and sports with the active participation of specialists from other services. It includes:

- generalization and dissemination of best practices in organizing and conducting physical training;

- development of recommendations for improving the physical training of military personnel,

- providing physical training managers with the necessary methodological aids;

- assisting unit commanders in conducting sports events and physical training classes;

- methodological guidance for independent physical training of military personnel.

Training of lesson leaders should be ensured by increasing organizational and methodological skills and carried out in theoretical, methodological (educational and methodological, instructor-methodological, demonstration) classes, briefings and in the process of self-training.

## **CONTROL AND ACCOUNTING OF PHYSICAL TRAINING**

Control of physical training is carried out by commanders (chiefs), heads of physical training and sports and other officials. It should be aimed at studying the state of physical fitness and helping to improve it.

During the control, the following are checked, analyzed and evaluated:

- quality of physical training management;

- completeness and quality of assimilation of physical training programs by military personnel;

- level of methodological preparedness of military personnel conducting physical training classes;

- level of physical fitness of military personnel.

Control exercises in physical training are carried out on the basis of orders or plans of commanders (chiefs).

Accounting for physical fitness should reflect its condition and be carried out:

- in associations, formations, units and institutions - deputy commander for combat training and head of physical training and sports (non-staff head of physical training and sports);

- in the battalion - deputy battalion commander for combat training;

- in a platoon - as a platoon commander;

- in a group - the group commander.

The following are subject to registration in a military unit:

- results of physical training sessions with military personnel in units;

- results of physical fitness checks and reviews of sports activities in units and military units;

- instructor-methodological and demonstration classes, educational and methodological gatherings (seminars) with sports organizers of departments, coaches and judges in sports;

- results of sports and military sports competitions for the championship of a military unit, performances of teams and individual athletes in competitions outside the military unit;

- the number of discharge athletes and military personnel awarded the "HARBIY-SPORTCHI" badge;

- sports records and achievements of the military unit;

- availability and condition of educational and material resources for physical training and sports, sports equipment and property;

- certificates and reports on the state of physical fitness from subordinate units.

In a battalion, platoon, group and units equivalent to them, the following are subject to accounting:

- all physical training and sports activities provided for in combat training planning documents;

- the number of military personnel awarded the "HARBIY SPORTCHI" badge and discharge athletes;

- results of personnel fulfilling physical exercises and the requirements of the Military Sports Complex.

The results of practical tests are recorded in reports.

Based on the results of the academic year, the head of physical training and sports prepares and sends to the command a certificate-report on the state of physical training and mass sports work in the military unit.

The certificate report reflects:

- level of physical and sports preparedness of military personnel;

- the state of mass sports work;

- availability and condition of material resources, sports property and equipment;

- state of physical fitness provision;

- proposals to improve the quality of physical training classes and increase the level of physical fitness of military personnel.



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