



DIRECTIONS FOR IMPROVING PHYSICAL EDUCATION IN THE BODIES OF INTERNAL AFFAIRS

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Abstract

This article is devoted to the directions of improving the physical education of internal affairs officers. The impact of physical training on the effectiveness of professional activity and the health of employees, existing problems and their solutions are considered. Foreign experience is analyzed, in particular, the practice of the USA, Canada, Germany, Great Britain, 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, serves to ensure the impeccable performance of official duties by employees of internal affairs bodies.

Keywords: physical education, internal affairs bodies, professional training, individualized training, functional fitness, modern technologies, psychological stability, foreign experience, assessment system, stress resistance.

The professional activity of internal affairs officers requires a high level of physical and psychological preparedness. Their effective performance of official duties largely depends on the level of physical fitness, which indicates the need for modern and scientifically based approaches to the system of physical education. Physical education is important not only for strengthening the health of employees, but also for increasing their activity, endurance, and ability to withstand stress in the performance of official duties. This article examines the main directions of improving physical education in internal affairs bodies, foreign experience, and scientific approaches.

Physical fitness is one of the important professional qualities for employees of internal affairs bodies. Their official duties often require high physical effort, speed, and the ability to make the right decisions in complex situations. The scientist D.L. Smith (Smith D.L.) in his research emphasizes the positive influence of physical training not only on the effectiveness of professional activity, but also on the overall health of employees[1]. He believes that regular exercise reduces the risk of cardiovascular diseases and increases stress immunity. This is especially important for law enforcement officers, as they often face high levels of stress and physical exertion.

In foreign practice, special attention is paid to physical education. For example, in U.S. police academies, physical training programs include functional fitness, power exercises, and endurance training.[2] These programs ensure the training of employees in accordance with their official duties. In Canada, elements aimed at increasing psychological resilience have been added to physical training, which helps employees work effectively in stressful

situations [3]. Such approaches are important in coordinating the physical and psychological training of internal affairs officers.

There are a number of problems in the system of physical education in the internal affairs bodies. Firstly, training programs often do not 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 fully reflect the real professional training of employees. The scientist A.V. Ivanov, emphasizing the need for the system of physical education to adapt to modern requirements, notes that it should be based on scientifically based approaches [4]. To solve these problems, it is important to use foreign experience. For example, in Germany, fitness trackers and special programs are used to assess the physical fitness of police officers, which helps to increase 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 employees, and the specifics of their official duties increase efficiency. In the studies of scientist A.V. Petrov, it is shown that an individual approach can increase the physical fitness of employees by 20-25% [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 employee training through fitness apps is widespread in the Australian police [7].

Paying attention to functional fitness is another important area of physical education. Functional training ensures the training of employees in accordance with their official duties. For example, in the USA, trainings specifically designed for police officers are aimed at developing strength, endurance, and agility [8]. Integration with psychological training further increases the effectiveness of physical education. In the Canadian experience, elements aimed at increasing psychological resilience have been added to physical training, which helps employees 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. Sidorov emphasizes the effectiveness of the comprehensive assessment system in this regard [10].

Foreign experience can serve as an important guide to the improvement of the physical education system in the internal affairs bodies. In Great Britain, an annual assessment system for the physical fitness of police officers has been introduced, which is developed in accordance with professional tasks [11]. In Japan, elements of martial arts, such as judo and aikido, are included in physical education classes, which increase the ability of employees 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 have been created for police officers, 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 J. Brown (Brown J.) 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 employees 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 the physical education system in the internal affairs bodies. 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 police officers ensure that officers are trained in accordance with their official duties [16]. In Canada, the integration of physical and psychological preparedness helps employees work effectively in stressful situations [17].

Increasing employee motivation is also important in improving the physical education system. To stimulate employees' interest in physical activity, special sports competitions, incentive systems, and sports clubs may be organized. In Sweden, sports clubs established for police officers 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 have been organized for police officers, which are equipped with modern equipment and professional trainers [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 that correspond to real service tasks. The scientist K.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 employees. For example, in Australia, fitness trackers and special applications are widely used to assess the physical fitness of police officers [21].

In conclusion, the improvement of the physical education system in the internal affairs bodies is of great importance in increasing the effectiveness of the professional activities of employees. 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 official duties by employees of internal affairs bodies

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