



## DYNAMIC ALTERATIONS IN THE STRUCTURE OF PHYSICAL TRAINING OF CADETS OF THE ACADEMY OF THE MINISTRY OF INTERNAL AFFAIRS OF THE REPUBLIC OF UZBEKISTAN

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### ABSTRACT

This article analyzes dynamic alterations in the structure of mobility of indicators that characterize the physical qualities of cadets of the Academy of the MIA of the Republic of Uzbekistan in terms of educational stages. Furthermore, the presence of important and necessary rules in improving the process of professional training of first year cadets, training in the development of skills and abilities of the sports subdepartment of the sambo department, the development of agility and suppleness, and in the upper stages of technical and mental strength are enhanced, hence it is recommended to pay extensive attention to further improvement of training and goal-oriented in the development of resilience.

### KEYWORDS

Trainee, mobility, professional training, dispersion, fatigue background.

### INTRODUCTION

The analysis of the indicators characterizing the physical qualities showed that the structure of the movement capabilities of the cadets is different. Figure 1 and Diagram 1 below show the comparative

structure of the mobility indicators that characterize the physical qualities of the first, second and third year cadets of the Academy.



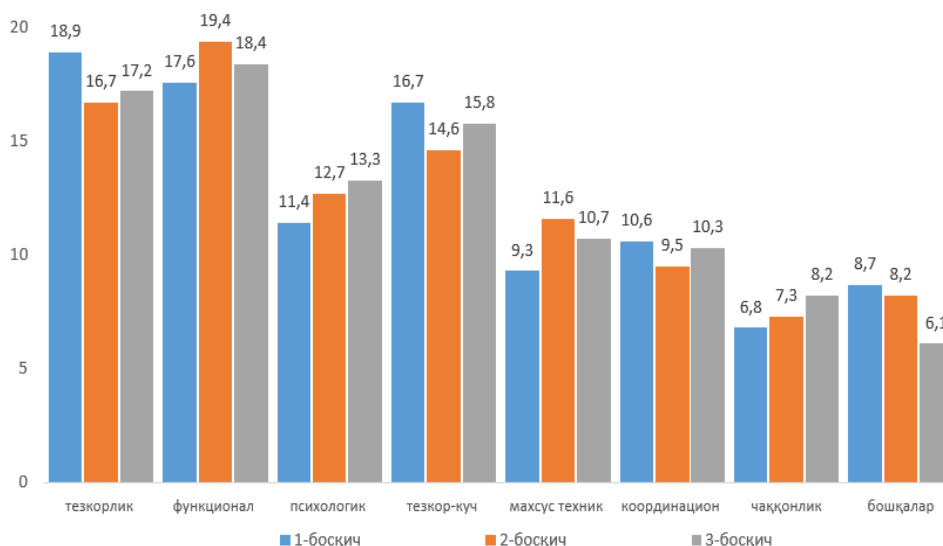
Table 1.

Characteristics of movement indicators characterizing the physical qualities of cadets of the Academy of the MIA (in percent)

Indicators	1-	2-	3-	medium
	year cadets			
1. speed options	18,9	16,7	17,2	17,6
2. functional preparation	17,6	19,4	18,4	18,5
3. psychological resilience	11,4	12,7	13,3	12,5
4. rapid-force preparation	16,7	14,6	15,8	15,7
5. special technical training	9,3	11,6	10,7	10,5
6. coordination training	10,6	9,5	10,3	10,1
7. agility	6,8	7,3	8,2	7,4
8. others	8,7	8,2	6,1	7,7
<b>Total</b>	<b>91,3</b>	<b>91,8</b>	<b>93,9</b>	<b>92,3</b>

The first mentioned speed in the mobility indicators characterizing the physical qualities of the cadets of the first year the share of speed (running times over different distances, lifting the body for 20 s.) in the total sample variance was 18.9%.

The second indicator - functional training (with significant weights of indicators characterizing the functional state of the cardiovascular and respiratory systems and the level of development of endurance) accounted for 17.6% of the total sample variance.





**Figure 1. The structure of movement indicators characterizing the physical qualities of the first, second and third year cadets of the Academy of the MIA (in percent)**

The third indicator, which characterizes the psychological resilience of cadets, is the high level of mastery of special skills and abilities in situations of fatigue and psychological stress. According to our data analyses (as surveys show), such figures are 11.4%.

The fourth indicator is determined by the degree of development of the qualities of speed and strength of the shoulder and its circumference, and is determined by the results of pulling on the beam for a given period of time, folding the arms while leaning. The share of these indicators was 16.4%.

Among the indicators of special technical training were: dynamometry of the paws, pulling on the crossbar without taking into account the time, folding the arms while leaning on the hands, lifting the body, throwing 6 times, crossing the obstacle course, as well as the result of shooting from the PM (Pistol Makarov). The share of these indicators was 9.3%.

The sixth indicator can be described (interpreted) as the level of coordination training of cadets. Its share is 10.6%.

The seventh indicator, i.e., running agility and specific endurance against a background of fatigue, was 6.8 percent.

The sum of the analyzed indicators for the cadets of the first year was 91.3% of the total sample variance, which shows the high importance of the exercises included in the training programs of cadets at the Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan.

The structure of the increase in the performance of the cadets of the 2nd and 3rd year differs to a certain extent from the 1st year.

In particular, the above-mentioned indicator 1, namely, the share of cadets' speed capabilities, is higher than the arithmetic mean (17.6%) determined in the upper stages (16.7% in the 2nd stage, ie 2.2% from the 1st stage, and 17 in the 3rd stage)., 2%, or 1.3% from Phase 1). In indicator 2, ie in functional readiness, the picture is different: in stage 1 the lowest (17.6%; average 0.9%), in stage 2 the largest (0.9% more than the average) and in stage 3 almost average equal (less than 0.1 percent on average) shares were identified.

Indicator 3 - in the psychological stability of cadets, as the years of study increase, the share of this indicator also increased (1.3% from the 1st stage in the 2nd stage and 0.6% from the 2nd stage in the 3rd stage) and the average for the 3rd stage 12.5 percent. In a rapid-force training, the average share in Phase 3 was 15.7%, with Phase 1 being the largest (16.7%), Phase 2 being the lowest (14.6%), and Phase 3 being very close to average (15, 8%).

In special technical training, by contrast, in stage 1 it was the lowest (9.3%), in stage 2 it was the largest (11.6%) and in stage 3 it was again (10.5%) close to the average (10.7%). . Coordination readiness indicators are also characterized by unevenness of gradual change, ie the largest in stage 1 (10.6%), the lowest in stage 2 (9.5%) and very close to the average in stage 3 (10.1%). (10.3%). Finally, as the number of years of training of cadets increased, the share of this indicator also increased (0.5% in the stage 2 from stage 1 and 0.9% from the stage 2 in the stage 3) and averaged 7,4 percent in the third stage.



The sum of the analyzed indicators for the second and third year cadets accounted for 91.8 and 93.9% of the total variance of the sample, respectively (average of 92.3% for the three stages), respectively which confirms the high importance of the exercises included in the training programs of cadets at the Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan.

However, on the basis of the above data and their analysis, it would be expedient to emphasize the following: Along with the existence of important and necessary legislation in improving the professional and practical training of cadets of the Academy of the MIA of the Republic of Uzbekistan, it is incumbent upon to streamline further improvement of technical training (single combat units, shooting from PM (pistol Makarov), jumping along the path of special obstacles) and focusing more purposefully on the development of endurance is likely to lead to higher results.

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