

Features of Training Cadets in Physical Education in Military Institutions of Higher Education

Olena Konokh^{1*}, Yevhen Karabanov², Nataliia Denysenko³, Igor Sukhenko⁴, Mykola Koteliukh⁵, Ruslan Shevchenko⁶

¹Department of Tourism and Hotel and Restaurant Business, Zaporizhzhya National University, Zaporizhzhya, Ukraine

²Department of Theory and Methods of Physical Education and Sports Disciplines, Bogdan Khmelnytsky Melitopol State Pedagogical University, Melitopol, Ukraine

³Department of physical education and sport, Lutsk Pedagogical College, Lutsk, Ukraine

⁴Department of Human Health And Physical Education, Volodymyr Dahl East Ukrainian National University, Severodonets, Ukraine

⁵Department of Tactical and Special Physical Training, Kharkiv National University of Internal Affairs, Kharkiv, Ukraine

⁶Department of Tactics and general military disciplines, National university "Odesa maritime academy", Odesa, Ukraine

Corresponding Author: Olena Konokh

E-mail: scopus.sv@gmail.com

ABSTRACT

The article is devoted to the problem of improving the process of physical education in military universities in order to develop physical qualities and the formation of military-applied motor skills of cadets who are future specialists in air defense of the Ukrainian Army, to ensure the effectiveness of their professional activities. The object of research is the process of physical education in military universities. The subject of the research is the content, means, methods and forms of motor development of cadets, who are future specialists, in the process of military pentathlon. Research of bases of development of physical qualities and formation of military-applied skills of cadets who are future experts, in the course of physical training »reveals features of system of physical training functioning in military higher school of establishments, presents requirements of modern professional military (combat) activity to physical preparation of future specialists, describes applied military sports as an effective means of developing motor skills and the formation of applied skills in cadets of military universities, determines the scientific and methodological foundations of military pentathlon and its place in the system of physical education of cadets.

Keywords: Physical education, military pentathlon, motor qualities development, health and fitness competences, cadets.

Correspondence:

Olena Konokh

Department of Tourism and Hotel and Restaurant Business, Zaporizhzhya National University, Zaporizhzhya, Ukraine

Email-address: scopus.sv@gmail.com

INTRODUCTION

Currently, the Russian society is undergoing dramatic changes in the economic, political, social and spiritual spheres. Under their influence, the education system of state and municipal employees will change. In turn, changes in this training system lead to changes in their knowledge, skills and abilities of state and municipal employees. In order to effectively manage changes in various areas of public life, employees must have a special level of professional training, since vocational training is one of the most effective methods of solving this problem. Professional training allows you to master new knowledge, abilities, skills and problems of ensuring high quality education.

In connection with the requirement for professional training of state and municipal employees, aimed at continuous improvement of professional knowledge and job growth, education is focused on these needs, interests and end results, the search and implementation of new teaching methods and technologies, primarily distance learning and Internet education. Among the most urgent is the problem of financing additional professional education of civil servants. Sources of financing for their training are budgetary and extra-budgetary funds. The problem of training state and municipal employees who are hired for the first time in the civil service is urgent. Its relevance is determined by the frequent turnover of civil servants due to the constant restructuring of federal executive bodies, an increase in the number of state and municipal employees, many of whom do not have the necessary knowledge and experience in the state and

municipal service. To solve the above problems, it is necessary, in my opinion, to study the professional training of state and municipal employees in Russia and abroad.

In accordance with this goal, it is necessary to solve a number of the following tasks: to study the features of the professional training of state and municipal employees in Russia, to consider the foreign experience of professional training of state and municipal employees, to study the legal basis for the professional training of state and municipal employees in the Russian Federation, to consider the system of professional training of state and municipal employees abroad, to study the analysis of the possibilities of adapting foreign experience of professional training of state and municipal employees to Russian conditions. To study and solve this goal, it is necessary to conduct a study of the literature on this topic, as well as analyze the opinion of scientists and specialists on the issues of professional training of state and municipal employees in Russia and abroad.

I believe that professional training in state and municipal authorities is an important condition in the professional activities of state and municipal employees, since the professionalism of state and municipal employees determines the professional construction of an effective system of public administration and, as a result, further positive development and prosperity of the country.

MAIN TEXT

The guiding documents [1,2] stipulate that physical training is a set of measures for the physical

improvement of servicemen, aimed at the development of general and special physical qualities, the formation of military-applied skills, education of moral and psychological qualities. Physical training is an integral part of both the system of physical education and the general system of training and education of personnel of the Armed Forces of Ukraine [15,17].

T. Yu. Krutsevych [2] notes that physical training is a purposeful management process of physical improvement of servicemen, which is carried out taking into account the peculiarities of their military-professional activity.

M.F. Pichugin, G.P. Hryban, V.M. Romanchuk and other scientists [1] argue that maintaining a constant physical readiness of servicemen for daily and combat activities is achieved by the continuous functioning of the system of physical training of the Armed Forces of Ukraine. According to the authors [2-7], the system of physical training is part of the state system of physical education, structural and functional unity of conceptual, scientific and methodological and organizational and managerial foundations. S.V. Romanchuk [2] points out that the system of physical training of the Armed Forces of Ukraine provides: continuous physical training of servicemen during the entire service through the systematic conduct of physical training activities; high motor activity of servicemen; formation of a conscious, positive attitude of servicemen to physical training and their healthy lifestyle; mastering the knowledge and methods of physical improvement; creation and maintenance of the necessary educational and sports base; training and retraining; scientific substantiation of the system of physical training of troops and search for ways to improve it. Yu. S. Finogenov and other scientists [2] understand the system of physical training as a set of interconnected components ordered in accordance with the requirements of combat activity, such as:

- conceptual bases of physical training.
- the process of physical improvement of servicemen.
- management of the process of physical improvement of servicemen.

In [1, 2-9] it is indicated that the conceptual foundations include the purpose, objectives and principles of physical training. The purpose of physical training is to ensure the physical readiness of servicemen for professional activities [2]. Physical fitness is the degree of mastery of the established standards of physical training, which ensure the ability of servicemen to effectively perform the tasks assigned to them in accordance with the positions held (military specialties); physical fitness is a duty for all servicemen.

In the works of a number of scientists [1, 2] it is noted that the purpose of physical training of variable cadets (cadets) is to ensure the education of cadets need to master theoretical knowledge, exercises, techniques and actions, organizational and methodological skills and abilities to manage physical development and improvement of servicemen. by certain means, as well as in training to apply the acquired values in future military-professional and daily service activities. Physical training of the changing staff of military institutions of higher education should contribute to: the formation of readiness to master weapons and military equipment and their effective use, to transfer physical activity, mental stress in extreme situations; solving problems of training, education of moral and volitional and mental qualities of servicemen and cohesion of military teams; accumulation of experience in the application of acquired values

throughout life in personal, educational, daily work, life and family; increasing the importance of physical training and military-applied sports in everyday activities [2]. Scientists [17, 19, 20, etc.] indicate that the goal of physical training is achieved by solving general and special problems. Further, the authors note that the general objectives of physical training follow from its objective function and mainly reflect the general requirements of training and combat activities to the physical condition of all categories of servicemen, and special - are determined based on the characteristics of military-professional and combat personnel. different types of armed forces and types of troops. According to experts [19-22], general physical training is aimed at achieving the optimal level of development of the general physical qualities of servicemen for their further successful mastering of special physical qualities and military-applied skills, improvement of physical development, strengthening of health through systematic exercise. The general tasks of physical training are: adaptation of servicemen to the conditions of military service; constant improvement of strength, endurance, speed and agility; improving physical development, improving health, improving efficiency and performance activity; ensuring professional longevity and resistance of the body to adverse environmental factors and military-professional activities, reducing labor costs associated with diseases. Special physical training is aimed at the development of special physical qualities, mastering of military-applied skills, education of moral and volitional qualities, achieving combat cohesion of units through systematic comprehensive performance of special physical and applied exercises [19-22]. In military institutions of higher education, general and special (according to the direction of training) tasks of physical training of cadets are [1, 2, 3-14]:

- formation and improvement of theoretical knowledge, practical and organizational-methodical skills and abilities of management of physical education, special physical training, sports and physical rehabilitation of servicemen, divisions and units;
- ensuring the required level of development of physical qualities, military-applied motor skills and their improvement; indicators of functional and morphological capabilities of the organism; working capacity;
- preparation and participation in mass sports activities;
- creating the foundations of a healthy lifestyle and prevention of disorders in the body due to adverse factors of professional activity.

According to O.V. Petrachkov and other scientists [1, 2, 8-15], physical training of servicemen is an important part of the state system of physical education, as well as a component of the system of combat training of troops, which has its own specific patterns and has a number of special properties. The authors note that the most general principles of physical training of servicemen include: applicability, complexity, systematicity, optimality, specificity.

O.M. Olkhovy [1] points out that to implement the goals, objectives and principles of physical training, appropriate tools, methods and forms are used, which are components of the second subsystem of the system of physical training - the process of physical training of servicemen. The main means of physical training is physical exercises, which are performed according to the established requirements in compliance with safety measures and hygienic conditions in combination with health-improving forces of nature (solar, water and air

procedures) [2, 9]. Cadets master the whole list of physical exercises provided for them by the training programs. According to the guiding documents, among the methods of physical improvement of servicemen are uniform, repeated, variable, interval, control, competitive [2]. The main forms of physical training of the personnel of the Armed Forces of Ukraine include training, morning exercise, sports and mass work, physical training in the process of training and combat activities, independent training [1]. O.A. Chernyavsky, G.I. Sukhorada [2-16] note that in the practice of physical training, all forms of physical training of servicemen are used in close connection.

Training sessions are the main form of physical training and are conducted in the form of theoretical, methodological and practical classes [2]. Practical classes are the main type of training, are scheduled and aimed at the comprehensive physical development of servicemen and their acquisition of stable military-applied skills and special qualities. Morning exercise helps to quickly bring the body after sleep to an active state, increase the versatile physical preparedness, cultivating the habit of daily exercise, strengthening health, hardening of the body and is a mandatory element of the daily routine, is carried out 10 minutes after lifting. Sports and mass work (SMW) is aimed at attracting servicemen to regular military and applied sports, improving the level of physical fitness and sportsmanship of servicemen, the organization of meaningful leisure personnel [2]. According to G.I. Sukhorada [1], construction and installation work is an effective means of educating servicemen to strive for victory and stability in action during maximum physical exertion and mental stress. Construction and installation work, as a form of physical improvement of servicemen, is characterized by the following features: combination of compulsory sports with volunteering in the choice of sports for sports improvement; transfer of maximum physical activity and mental stress by servicemen in the course of sports; enabling the public sports asset to organize and conduct sports and mass work. Guidance documents [2] state that construction and installation work include training for military personnel. applied and mass sports, training and participation of national teams in high-ranking competitions. Physical training in the process of training and combat activities is carried out for better mastering of military-applied skills by servicemen, as well as to increase their efficiency during the performance of official tasks [1, 2]. Self-training is carried out at a convenient time and at the discretion of the practitioner. OO Starchuk [2] points out that self-training is an integral part of the educational process and is conducted in the form of individual physical training in order to master the curriculum for physical training and sportsmanship.

Management of the process of physical improvement of servicemen is the third subsystem of the system of physical training, which ensures its optimal functioning in accordance with the requirements for the physical condition of personnel [1, 2]. Relatively independent components of the subsystem of management of the process of physical improvement of servicemen are leadership, organization and conduct.

Under the guidance of physical training, scientists [2] understand the activities of officials aimed at: performing physical training tasks; on elaboration and decision-making, setting tasks for executors and coordination of their actions, analysis of the results of the tasks, summarizing the results of physical training. The main

role in the management of physical training in a military unit (military institution of higher education, military unit, etc.) belongs to the commander (chief). According to MF Pichugin and co-authors [7], the organization of physical training involves planning, training of managers, control, accounting and provision of physical training. Physical training planning is carried out by the commander (chief); it must ensure the implementation of physical training programs, taking into account training and combat missions. The guiding documents state that every serviceman is obliged to: regularly attend training sessions and actively engage in physical exercises; take an active part in construction and installation work [2]. Physical training is the direct practical implementation of all physical education activities. In military institutions of higher education, the organization and conduct of physical training is carried out by the Department of Physical Education, Special Physical Training and Sports [1]. The following forms of physical training with cadets are provided in military institutions of higher education: educational classes - 4 educational hours (1 educational hour - 45 minutes) per week (2 classes of 2 hours each) in the schedule of educational classes under the guidance of the teacher of the department within discipline "Physical education, special physical training" evenly during each semester throughout the period of study in military institutions of higher education (5 years); morning exercise - daily (except weekends and holidays) 10 minutes after the ascent lasting 30-50 minutes (depending on the season - winter or summer) under the guidance of unit commanders; Construction and installation work - 3 times a week: 2 times a week for 1 hour on weekdays in free time and 3 hours on weekends and holidays under management of unit commanders, as well as for cadets who have expressed a desire to engage in certain sports and have a sufficient level of physical fitness - 3-6 times a week for 2-3 hours training sessions in sports sections military institution of higher education (in free time and in construction and installation work hours) under the guidance of a sports coach; physical training in the process of training and combat activities - each time during the movement of the unit to the places of training or return from them, during shifts, during stops and stops during the movement of the vehicle; independent training is held in the hours provided by the daily routine (in the hours of self-training), in free time for 1 hour.

CONCLUSION

Thus, the above makes it possible to specify the idea of the structure of the current system of physical training in the Armed Forces of Ukraine, the peculiarities of its functioning in a military institution of higher education and allows us to conclude that it is subordinated in accordance with the requirements of military-professional (combat) activities a set of goals, objectives, tools, methods and forms that constitute the process of physical improvement of servicemen and their management.

REFERENCES

- 1 Yuriev, S., Prontenko, K., Griban, G., Yavorska, T., Malynskyi, I., Tkachenko, P., Dzeneliuk, D., Terentieva, N., Khatko, A., Lytvynenko, A., Pustoliakova, L., Bychuk, O., Okhrimenko, I., Prontenko, V., & Bloshchynskyi, I. (2020). Dynamics of respiratory system indices of cadets of higher military

- educational institutions during kettlebell lifting training. *International Journal of Applied Exercise Physiology*, 9(1), 16-24.
- 2 Yuriev, S., Okhrimenko, I., Griban, G., Kobernyk, O., Kuznietsova, O., Dzenzeliuk, D., Rozhnova, T., Verbovskiy, I., Yavorska, T., Tkachenko, P., Prontenko, K. (2019). Formation of cadets' psychological readiness for professional practice during sport activities. *Revista Dilemas Contemporáneos: Educación, Política y Valores*. Año: VII, Número: Edición Especial, Artículo no.:116, Período: Diciembre, 2019.
 - 3 Yuriev, S., Zhukevych, I., Okhrimenko, I., Okhrimenko, S., Kazymir, V., Lisnichenko, Yu., Ollo V., Halimov, A., Prontenko, K. (2019). Experimental verification of the effectiveness of the pedagogical conditions for the training of self-education of cadets. *Revista Dilemas Contemporáneos: Educación, Política y Valores*. Año: VII, Número: Edición Especial, Artículo no.:82, Período: Noviembre, 2019.
 - 4 Sysoev P.V., Pustovalova O.V. (2012). The development of students' speech skills based on the Twitter service. pp. 189.
 - 5 I. Smyrnova (2017). System Overview Of The Purpose And Content Of Information Technology Training Of Future Teachers Of Technologies To The Development And Use Of E-Learning Resources. *International Scientific and Practical Conference World science*, 3(5), P. 6-12.
 - 6 Kuts, M. O. (2016). Problem technologies in foreign languages teaching of higher technical educational establishments students'. *Cherkasy University Bulletin: Pedagogical Sciences*, 37(370).
 - 7 Smoliuk, S. (2018). Features of Formation Developing Educational Environment in the Conditions of Standardization of Primary Education of Ukraine. *Journal of Vasyly Stefanyk Precarpathian National University*, 5(1), 65-72.
 - 8 Posyagina, T. A., Bondarev, A. V., & Sapryko, I. A. (2015). Building a System Informative Abilities of Bachelors of Technical College. *Mediterranean Journal of Social Sciences*, 6(5 S4), 446.
 - 9 Asanaliev, M. K., Kaidarova, A. D., Iskakova, A. T., Baizakova, E. M., Balabekova, M. Z., Duysenov, D. C., & Baisalbayeva, K. N. (2014). Occupational orientation of students independent work as a factor of students learning efficiency upgrading. *Life Science Journal*, 11(6 SPEC. ISSUE), 414-418.
 - 10 Konotop, A. V., Damulin, I. V., & Strutsenko, A. A. Organizational and pedagogical conditions of formation of modern specialist. Example of educational process at medical university.
 - 11 Yachina, N. P., Petrova, T. N., Kharitonov, M. G., Nikitin, G. A., & Zhumataeva, E. O. (2016). The method of the content selection for formation of technological culture among students based on ethnological values. *International Electronic Journal of Mathematics Education*, 11(1), 211-219.
 - 12 Stukalenko, N. M. (2016). Individual Approach In Teaching Process. *European Journal of Natural History*, (6), 103-107.
 - 13 Fayzullina, A. R., & Saglam, F. A. (2015). History and social sciences teacher's professional activity in the context of IT-development of education. *Journal of Sustainable Development*, 8(7), 107.
 - 14 Bayanova, A. R., Kuznetsov, V. V., Merculova, L. V., Gorbunova, L. N., Pervozvanskaya, O. A., Shalamova, O. O., & Vorobyova, C. I. (2019). Student Performance Interrelation with Gadget Use at Lessons. *Journal of Environmental Treatment Techniques*, 7(3), 432-437.
 - 15 Clarin M.V. (2010). *Innovation in Learning: Metaphors and Models: An Analysis of Foreign Experience*, pp. 300.
 - 16 Lazarev, B.C., Martirosyan B.P. (2011). Pedagogical innovation: object, subject and basic concepts, *Pedagogy*, N 4.
 - 17 Solodukhina O.A. (2011). Classification of innovative processes in education. *Secondary vocational education*, No. 10, pp. 12 - 13.
 - 18 M. Iasechko, M. Kolmykov, V. Larin, S.Bazilo, H. Lyashenko, P. Kravchenko, N. Polianova and I. Sharapa. (2020). Criteria for performing breakthroughs in the holes of radio electronic means under the influence of electromagnetic radiation, *ARPN Journal of Engineering and Applied Sciences*, 15(12), pp. 1380 - 1384.
 - 19 M. Iasechko, N. Sachaniuk-Kavets'ka, V.Kostrysia, V.Nikitichenko and S. Iasechko (2020). The results of simulation of the process of occurrence of damages to the semiconductor elements under the influence of multi-frequency signals of short duration, *Journal of Critical Reviews*, 7(12), pp. 109 - 112. doi:10.31838/jcr.07.13.18.
 - 20 M. Iasechko, V. Larin, D. Maksiuta, S.Bazilo and I. Sharapa (2020). The method of determining the probability of affection of the semiconductor elements under the influence of the multifrequency space-time signals, *Journal of Critical Reviews*, 7(9), pp. 569 - 571. doi: 10.31838/jcr.07.09.113.
 - 21 S. Piskunov, M.Iasechko, N. Minko, Yu. Dolomakin, O. Palagin, M. Musorina (2020). Taking Into Account The Correlated Errors Of Measurements When Estimating Parameters Of Object Trajectory At Mechanical Movement, *IJETER*, 8(9), , pp. 5603 – 5606. doi: 10.30534/ijeter/2020/112892020.
 - 22 M. Iasechko, V. Larin, O. Ochkurenko, S. Salkutsan, L. Mikhailova, and O. Kozak (2019). Formalized Model Descriptions Of Modified Solid-State Plasma-Like Materials To Protect Radio-Electronic Means From The Effects Of Electromagnetic Radiation, *IJATCSE*. 8(3), pp. 393-398. doi: 10.30534/ijatcse/2019/09832019.