

COMBAT AND PHYSICAL TRAINING-THE ROLE OF EMPLOYEES OF INTERNAL AFFAIRS BODIES IN PROFESSIONAL ACTIVITIES

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Annotation: physical fitness is one of the main elements of maintaining the combat readiness of personnel, while maintaining an important place in the preservation of the working capacity of the personal composition and ensuring the formation of special professional qualities.

Keywords: *physical education, physical fitness, combat inferiority, loading, physical qualities, sports, computer technology.*

Physical fitness has a significant impact on employee service performance. This is manifested, firstly, in improving the service qualifications of employees and the stability of the body against negative factors in unfavorable situations, and secondly, in strengthening their spiritual and political and psychological qualities.

While physical and combat training is currently considered as a key element of the skills of employees of internal affairs bodies, it is a leading factor in the high-level and high-quality performance of the tasks assigned to their predecessors by departments and divisions, employees of the Departments of this field. Therefore, it is understandable that leaders of all categories strive to assess the importance of any department or element of physical training in the performance of their service duties.

The importance of combat and physical training in maintaining a high level of readiness for service is constantly closely related to the nature and methods of service activities of the internal affairs bodies. This, in turn, is inextricably linked with the forces and means at the disposal of departments and units, with the tasks they perform.

It is impossible to consider the issue of the influence of the level of combat and physical training on the state of Service qualifications of personnel without understanding the mechanism of implementation of this effect. It is proved in a large number of studies that on the basis of this mechanism lies the phenomenon of displacement or transfer of skills and skills formed in one area of human activity to the result of skills and skills acquired in another area. This can be done between exercises in which displacement movements are closely related in structure, such as various physical exercises, as well as exercises that are far apart.

The phenomenon of displacement, in contrast to psychology, can be observed in

accordance with physical training not only in relation to qualifications, but also in relation to physical abilities. It should be foreseen that it is practically impossible to observe the migration of physical abilities or the qualification of movements in its pure form. Because they are used together when performing any exercise, and the result of trainers depends on physical abilities, as it depends on qualifications.

As a result of the development of computer equipment and technologies, an increase in the number of employees in the operational direction working with these techniques requires a special consideration of the mechanisms of displacement between physical activity and this activity. In it, the intellectual action component is important, and the use of physical force is not much required. Here it is possible to indicate two ways to carry out the transfer. On the one hand, a high level of physical activity provides the necessary physiological base of professional endurance, and on the other hand, in the process of exercising, the mechanism for ensuring the functioning of the vegetative (growing) systems of the body, naturally, is formed under strong pressure. It occurs at the time of making important decisions in the process of intellectual work, when carrying out tasks with a high sense of responsibility, and becomes associated with psychological tension.

When planning a displacement phenomenon, there is always a question of the development of physical abilities and at what level of occupation of motor skills their positive effect on other forms of activity can be effective. The analysis of many studies provides the basis for the definition of certain objective laws.

Evidence shows that displacement or transfer is easily carried out in the early stages of the formation of movement skills and competencies in the main types of activities. In the process of mastering the skills of performing Professional movements and physical exercises, the communication between them gradually "washes out" and disappears.

With the help of physical exercises, it is possible to ensure the validity of transplants in a wide range, forming the physiological base of the conditions of preservation of the qualification system and stagnant working capacity in exhaustion and exhaustion after the acquisition of the main professional qualifications and skills. It is with this that the impact of physical readiness on the activities of an experienced employee in extreme situations can be explained. The difference in physical fitness also manifests itself in the process of recovery of the body after a long protracted heavy service.

The teacher should provide for the following when forming the content of physical training for personal content, taking into account all the objective laws of the phenomenon of displacement:

- the development of physical abilities and the existing level of mastery of movement skills affect the results of how to act with weapons and techniques;
- in the process of physical training, improving movement skills and increasing the development of physical abilities in what direction and to what extent affects the acquisition of professional skills and qualifications, as well as the performance of training

and combat missions.

The influence of the factor of physical readiness is characteristic of all service areas of the internal affairs bodies. The sufficient availability of a fund of movement skills, the ability of operational methods to quickly and efficiently switch from one to another-is an important condition for the reliability of the work of an automated system operator. A high level of physical activity significantly increases the ability of employees to quickly assess the situation, to immediately make decisions in difficult conditions.

Properly organized and conducted physical training accelerates the process of combat training. When calculating the time consumption of multi-day reading of personal composition (uchenia), it was found that the connection of the active movement of employees with a certain physical load (nagruzka) and mental strain reaches 60 percent of the entire time spent on training, no more than 20 percent is spent on sleep. Of course, such difficulties are overcome only by a person who is engaged in physical activities. A low level of physical training negatively affects the effective execution of special tasks by departments and units of internal affairs bodies, and, moreover, by each employee. This is mainly manifested in the weakening of movements, the uncertainty of movement, the ability to work and the instability of endurance. The ability of an employee with good physical training to work practically does not change even after prolonged heavy tasks, while in employees who do not have good physical training, on the contrary, the ability to work decreases by 35-40% after the first day.

The above data obtained from the studies carried out show that the level of physical activity significantly affects the speed and accuracy of the execution of assignments by employees.

Excellent health and physical performance help to evenly distribute the balance of power in the simultaneous performance of a number of complex tasks, as well as to make quick and clear decisions, maintaining emotional stagnation.

Thus, the results of scientific research and the experience gained in departments and units of the internal affairs bodies testify to the fact that physical training is an indicator of the level of professional knowledge of employees, going on the field as an important tool for improving the combat skills of personal composition in all areas of maintaining public order and combating crime. The role of combat and physical training is manifested, first of all, in maintaining and increasing the ability to work not only physically, but also mentally, in their return to their starting position at a very short opportunity after hard work. Therefore, employees of the internal affairs agencies, under any circumstances, quickly, quickly and successfully carry out the tasks assigned to their predecessors, effectively and reliably applying their acquired physical training.

Combat and physical training are considered important means of improving the effectiveness of professional education. At the same time, the practice shows that its effect is noticeable and helps at all stages of the professional formation of the employee.

The limitation of the deadlines for obtaining a specialty is considered specific for professional education, and in connection with this, the need arises to very quickly determine the talent, talent of the cadet and listeners. Therefore, the initial professional selection system for the education of entrants to the service of internal affairs agencies was widely introduced. This system, as a rule, covers the choice of certain socio-demographic identities, medical indicators, professionally important mental physiological qualities. It also provides information about the physical training of candidates for training and their experience in sports as well as their professional suitability. This is explained by the fact that each direction of specialization puts before the personal composition its own requirements for physical characteristics, mobility skills and skills that they must acquire in order to achieve success in professional education.

Despite the influence of training, an improvement in physical fitness occurs in listener-cadets. It is necessary to apply the examination of their, that is, the initial level of training, in the system of professional selection. This is desirable for several reasons.

First, it is found in many studies that among the parameters that make up the structure of physical qualities and movement skills, there are such that the degree of their development is genetically predetermined. For example, information has been obtained about the influence of hereditary factors on oxygen saturation indicators that limit the development of endurance traits. Muscle wedge composition determines the potential for rate trait development if the analysis (analysis) shows a high specific gravity of the wedge.

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