

ANALYSIS OF THE PHYSICAL TRAINING SYSTEM IN FOREIGN ARMIES

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Abstract. *In modern conditions, the requirements to the comprehensive preparedness of personnel are immeasurably increasing. Despite the different proportion of physical work in the process of professional activities of military specialists, the effectiveness of their actions is closely related to the level of physical training. First of all, this is due to the influence of physical training on the increase in body reserves, its resistance to unfavorable factors. A higher level of physical training of servicemen allows them to more efficiently perform fighting techniques and actions in their military specialty, and for a longer time to maintain speed and accuracy in their implementation.*

Keywords: *foreign armies, physical training of servicemen, individual sports, types of verification.*

Introduction. The application of advanced methods and scientific achievements in various areas of physical improvement allows us to continuously develop and improve the capabilities of military personnel, prepare them to be able to participate in hostilities anywhere, under any conditions and at any time. Physical training is closely connected with the process of mastering military equipment and weapons. It is known that for the skillful use of complex modern equipment's and weapons you need to have physical strength, endurance, dexterity [9].

Thus, physical training is the upbringing of physical qualities, abilities necessary in military activities, improving physical development, strengthening and hardening of the body. At the same time the servicemen develops determination, courage, endurance, perseverance in overcoming difficulties. In the process of physical training, the servicemen develop certain arbitrary movements, creating such a quality as the ability to manage their complex actions [11].

It should be noted that in the systems of physical training of foreign armies there have been fundamental changes that require additional study. Therefore, these studies have acquired high relevance.

The most vivid example of constant readiness for combat is demonstrated by soldiers of army units of different countries. Let's get acquainted with some data on the level of their physical readiness.

The purpose of the study is to study the organization of physical training in foreign armies in order to have an idea of the level of their physical preparedness for the prospect of further improving the system of physical training of the Armed Forces of the Republic of Moldova.

Research methods: theoretical analysis and generalization of literary and information sources.

The results of the study and their discussion. The transition to a new method of manning the armed forces of foreign armies caused a change in the entire system of combat training, including physical training. While improving physical training systems, specialists of foreign armies are trying to ensure that these systems meet the requirements of modern combat, but without changing the main goal – to train servicemen to reliably defend themselves and attack, both individually and as part of the unit, in accordance with the tasks of professional activity [1].

In the US armed forces, to assess the state of physical preparedness, all servicemen pass examinations twice a year with an appropriate scoring for each exercise performed. Assessment of physical preparedness is based on the results of three exercises: push-up in the prone position (for 2 min), lifting the trunk from the prone position (for 2 min) and running for two miles (3,218m). The results are evaluated on a 100-point system for eight age groups. The points received for three exercises are added up and their sum reflects the general physical preparedness of the serviceman.

As a result of the audit, assessments are made in the personal files of officers, sergeants and soldiers (sailors), which influence the decision making when considering the candidacy of a military man for appointment to a higher position. Those who have passed the test for "excellent" are exempt from repeated testing for one year. A feature of the system of physical training of the US armed forces is that most American citizens are overweight [5].

In May 2010, the armed forces of US, after researches, announced in the media that America had become such a fat nation that the armed forces cannot find enough new recruits suitable for service in the army. They are not able, because of various degrees of obesity, to undergo physical tests for admission to the army and begin military training. According to the military, the growth of obesity has now turned into a crisis and is becoming a national threat. Every year, the number of people from 17 to 24 years old already has too much excess weight to become servicemen [8].

In this regard, in addition to the documents controlling the physical preparedness of personnel in every kind of armed forces, instructions on the permissible value of the body mass index are developed annually. If during the next six months there is no tendency to decrease the body weight to the established values (from 1.3 to 3.6kg per month), the serviceman is to be dismissed from the armed forces.

For those military personnel who, by medical data, will not be able to comply with the standard types of verification, the following alternative exercises are provided: swimming (730m), bicycle run (exercise bike, 9900m), walking tour (4000m).

In general, the system of physical training of personnel in the US armed forces is an element of combat training of troops and allows maintaining the physical readiness of servicemen to perform their tasks [5].

The main principle of the physical training **in the armed forces of the Great Britain** is the individual responsibility of the serviceman for main-

taining their physical form. Individual sports are organized according to the personal plans of the servicemen during the hours stipulated by the daily routine, and are equal to the performance of official duties.

In addition, in all lessons for combat training organized by physical training of personnel. The morning physical exercise of officers and soldiers is also carried out according to their personal plan. When organizing lessons for physical training, great attention is paid to game sports, as well as holding various relay races and competitions. The British military encourages tourism and extreme sports.

There are various types of incentives to encourage additional sports activities in private time. The commander also has the right to allocate for this purpose part of the service time. The state of physical training of servicemen is checked on the annual attestations, the results of which are taken into account in determining their professional suitability and further career growth, which is one of the main incentives for the development of physical abilities by the personnel.

The results of the physical training of servicemen are evaluated by performing the basic complex exercise, which includes cross – 2-mile, without interruption the transition to running for 1 mile with the overcoming of two obstacles 6 and 9 feet high (1,8 and 2,7 m), push-ups and squats. In case of available medical contra-indications, the serviceman can independently choose an alternative to the cross: swimming (730 m) or cycling (10 km). Exercise is performed in the field form, while the indices should not be lower than the following: for men: push-up 33 times, squat 40 times, run-not less than 12.3 minutes (standards for age 21-40 years) [6].

The results of all types of checks are recorded in the individual physical fitness card. Failure to meet benchmarks of "basic physical fitness" or "combat physical fitness" entails a reduction in the pay of military professionals.

At the same time, the manual requires that

physical training sessions are not only effective, but also attractive. The English command believes that the combination of material interest and the attractiveness of classes stimulate the best way achievement of a high level of physical readiness of the professional army [2].

Physical training **in the German armed forces** is organized and conducted in the following forms: instructional occupation, independent physical training, sports-mass work, special sports training.

In addition, depending on the kind of troops, unit commanders plan weekly one or two march-throws in a composition company (platoon) for 6 kilometers in a sports uniform or in full equipment with weapons (also imitating the weight of equipment at 15 kg). Along with the mandatory hours of physical training, unit commanders can organize additional training during off-duty hours (at will of military personnel). An obligatory individual type of inspection of the physical training of the Bundeswehr personnel is a basic physical state test. Testing is conducted at admission to the service, at the beginning and the end of the training period for all categories of servicemen, and also during the general training program at least once a year for two to three days. The content of the basic test includes the following elements: shuttle run 10 x 10 m; pull-up (push-up for certain age categories); running for 1 km. All exercises are performed in a sportswear form. With the purpose of an extended check of the level of physical fitness and endurance, along with the basic test, the military fulfills the standards of the "German sports badge" every year, which has three degrees: gold, silver, bronze, which is considered by the Bundeswehr command as the next examination stage [6].

An obligatory mass type of inspection of the physical training of the Bundeswehr personnel is "soldier's competitions", which are held once a year at the level of all units. For all servicemen under the age of 40, participation in competitions is compulsory. For older age groups, participation is voluntary.

Necessary condition for participating in these competitions is the regular attendance of occupation and training during the next 6 weeks before the start of the competition [2, 10].

The results of all types of verification and other sports achievements are reflected in the attestations (characteristics) and recorded in the individual card of the serviceman. This practice, according to the leadership of the German Armed Forces, is the most effective in motivating the personnel to independent physical development, as along with other parameters the test data serve as the basis for determining the level of its overall preparedness, nomination of a candidate for a higher position, extension of the contract [2, 6].

For the organization of physical training and sports **in the French armed forces**, a system of bodies responsible for planning, financing and carrying out activities in this field has been created. Under the Minister of Defense, there are the following bodies: the commission "Armed forces – youth", the Federation of Sports Clubs of the Armed Forces and the Sports Commissariat of the Armed Forces. The main task of the commission "Armed forces – youth" is the popularization of sport among military personnel and civilian youth. The Commission is also responsible for organizing the physical training of young people who have expressed a desire to perform military service on a contract basis. The Federation of Sports Clubs of the Armed Forces solves the tasks of organizing physical training and sports, and holding competitions in the armed forces, drafts budget financing for sports clubs, and selects prospective athletes among servicemen.

On the mandatory physical training in the daily routine of each part or military school is allocated 1-1.5 hours (depending on the type and kind of troops). In addition, servicemen have the opportunity to go in for sports on their own during office hours in the absence of other tasks. The main standards of physical training in the armed forces of France are: a march-throw for 30 km with weapons and equipment weighing 10 kg

for 8 hours; swimming with a regular weapon for 25m; overcoming the obstacle course; performing 5 of 20 exercises on strength, speed, agility and endurance by the decision of the unit commander or inspection. So, for example, to assess the endurance of the cardiovascular and respiratory systems, the Cooper test is used (a twelve-minute run with maximum speed). For the Navy personnel for this purpose, the so-called Wamewal test (the run with adjustable speed increase) can be used. The ability to stay on the water for Navy personnel is checked by swimming at 100 meters freestyle with the subsequent overcoming of a distance of 10 meters under the water. General strength training is evaluated at the choice of the commanders of the units by performing one of the following exercises: climbing the rope twice 5 m, flexing and extending the hands in the prone position, raising the torso from the prone position [6].

Following the example of the United States and Germany, the sports doctrine of physical training is also accepted in France. The reason for this orientation was the need to increase the prestige of the armed forces among the population and attract young people to military service, growth in the number of people wishing to continue the service under the contract.

Thus, an analysis of the physical training system of foreign armies made it possible to single out the following positive aspects:

- the results of all types of checks and other sports achievements of servicemen of foreign armies serve as the basis for their nomination to a higher position, and are also taken into account in the extension of the contract, which is one of the incentives for the development of the military's physical abilities; non-fulfillment with the benchmarks leads to a reduction in the pay of servicemen;

- servicemen have the opportunity to engage in sport on their own office time independently, if there are no other tasks (the Armed Forces of France); for the conduct of additional sports activities in private time, part of the office time is

allocated, individual sports activities are equated with the performance of official duties (British Armed Forces);

- in the case of available medical contra-indications, a serviceman can choose alternative exercises independently, but is not exempted from playing sports;

- personnel, beginning from the rookie and ending with the General, pass high standards according to their age category;

- strict control over the body weight and especially its fat component is envisaged; in the United States, the responsibility for struggle with overweight is vested in ministers of the types armed forces and if there is no decrease in body weight, the servicemen is subject to dismissal from the army;

- various types of incentives are used to stimulate the military to improve their physical shape and lead an active healthy lifestyle, sports successes are assessed not only by the minister's order, but also by increasing the monetary content.

As for the systems of organization of the physical training of servicemen abroad, it can be noted that in the US Army this task is decided by the main sergeant-instructor and sergeants-instructors on the main sections of physical training. In Germany - non-commissioned officers - instructors in physical training and its sections. In France - sergeants-instructors and their assistants, coaches in sports. French specialists have singled out hand-to-hand combat in a separate subject of training. Training of instructors in physical training and its sections is organized in special military schools [7].

Even in a small army as Switzerland, in recent years, emphasis has been placed on enhancing the physical preparedness of soldiers. In this regard, sport is seen as the main part of military training, and is therefore strongly supported. And the interest of soldiers in individual sports activities in their spare time is stimulated, for which created the relevant conditions. Repeatedly, the thesis is repeated that sports training in the army should

become an urgent need of servicemen [3].

Thus, in the foreign armies, especially in recent years, has been developed and the complex of actions is carried out to improve the quality of physical training of personnel, which is considered as one of the components of combat readiness, and also as a basic factor for increasing moral and psychological preparedness and maintaining discipline. According to US military experts, physical training is a powerful and almost the only means of education mental resistance to stress, aggressiveness, self-confidence and rallying of military collectives [4].

Conclusions.

In this work, information from many literary sources was collected, existing systems of physical training of servicemen of foreign armies were examined, their common and distinctive features and peculiarities were revealed. In the armies of the United States, Britain, France and Germany physical training is set at a high level, the main form of organization of physical training and sports work are classes within the unit, with each serviceman being given the right to choose the sport at his discretion, which makes it possible to involve in sports of all military personnel.

Thus, it can be argued that the process of physical training of servicemen of foreign countries, focused on the formation of a sustainable need for physical self-education, can be manageable, effective and resultative.

Investigation of sources is defined as a prom-

ising direction for its use in organizing physical training in our army. In this regard, the following recommendations arose:

- when working to improve the physical training of servicemen, it is necessary to take into account their age and physiological specificity;
- develop a program for the physical training of servicemen with weakened health, in contents of which to include comprehensive training;
- for ensuring the effective functioning of the physical training process, to envisage in all military units the posts of specialists who organize physical training, which are the main link in the management of physical improvement of military personnel;
- data of the results of the verification standards should be taken into account when extending the contract and nominating a serviceman for a higher position;
- to assess successes of the execution of standards by accessible means of encouragement in order to arouse the interest of military personnel to develop their physical abilities.

The experience of execution physical training in foreign armies testifies to the need to improve the quality of physical training in the Armed Forces of the Republic of Moldova, instilling in the military personnel a sense of responsibility for a personal level of physical preparedness, which ensures readiness for accomplishing combat missions.

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