

METHODOLOGY OF TEACHING AND THE CONTENT OF SESSIONS IN CROSSING THE OBSTACLES COURSE

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Abstract. *The obstacle course is one of the most important practical lessons in practical military disciplines. The obstacle course is intended for military training of the practical habits and skills and its further usefulness in crossing various obstacles during their training process in different unknown situations.*

Keywords: *obstacle course, teaching methodology, session, physical training, military instructor, training process, jumping, climbing, escalading, landing, lifting and carrying weights, throwing grenades, balance, physical and mental hardening, military units, etc. submachine gun etc.*

Currently, the physical training of all military categories occupies an important place in the training process. This is explained by a number of factors, but primarily through the special efficacy of sport as a means and method of physical training, by popularity, by the extraordinary development in recent decades, international sports linkages, by the always growing importance of sport.

The goal of our research is to mirror the methods of teaching that are used within the obstacle course sessions with military students.

The obstacle course is one of the most important practical lessons in practical military disciplines. The obstacle course is intended for military training of the practical habits and skills and its further usefulness in crossing various obstacles during their training process in different unknown situations.

In the process of learning it is achieved one of the basic principles of military pedagogy *"the instructor should teach the military herd what that will be useful on the battlefield."*

Victory on the battlefield depends not only on a good technical training, but also on the development in the militaries of motor, moral-volitional skills and knowledge of a complex of special skills required for successful use of their weapons and combat techniques in various conditions.

Crossing the obstacles course is useful and

beneficial for the development of all motor skills of the militaries.

Running the route with different intensities and intervals in combination with all movements executed – running, jumping, escalading, climbing, landing, lifting and carrying weights, throwing grenades, balance etc. have a major effect on the development and intensification of speed, endurance, strength, coordination and skill.

Within the process of training the development of motor skills should have a high priority because:

- Causes and largely determines the formation and strengthening of motor skills;
- Favours the increasing of the effort capacity of military organism;
- It is carried out in the course of simple conditions within the independent activities of the militaries and meetings.

Among all arms, the obstacle course for soldiers, represent all facilities, equipment, improvised means and objects arranged in a certain predetermined sequence.

Meetings of crossing the obstacles course are aimed at:

- training the habits and skills to act quickly and accurately by overcoming natural or artificial obstacles, or during the performance of combat missions;
- acquire specific procedures and methodical crossing of various obstacles;
- development of speed, strength, skill in all forms of manifestation, amid natural resistance to efforts of high intensity and complexity;
- training of combat skills under the complex of application the procedures: jumping, climbing, balancing, climbing, weights carriages, throwing grenades and hand melee combat;

- improvement of skills in collective actions executed on the background maximum of physical exertion;

- developing self-confidence, courage, quick decision making and orientation in tactical space etc.

For conscripts and military students, meetings on this topic is planned and conducted in accordance with training programs and curricula that are prepared by (units) military institutions.

During the organization and conduct of the meeting when crossing the track with obstacles, you can use exercise with the existing material in subunit for physical and mental tempering, depending on the specific weapon, the readiness of the military, proposed objective and the tactical situation in which will act.

The structure of research. In order to achieve the goal set, we have realized the experiment on a sample of 28 military students from the Military Science Faculty of "Alexandru cel Bun" Military Academy.

In Annex 1 we have presented a set of general physical development exercises, executed on the spot with submachine gun (methodical execution and drawings).

When needed, this can be replaced with other exercises.

In Annex 2 we presented a complex exercise for overall physical development executed during the move with submachine gun (methodical execution).

When needed, this exercise can be modified.

The session of crossing the obstacles course consists of three sequences:

1. The preparatory sequence;
2. Basic / fundamental sequence;
3. Closing / final sequence.

Preparatory sequence includes organizational issues, working conditions, details of the content of activity, body warming (all muscle groups) and its preparation for the effort.

The results interpretation. As a result of applying the set of exercises and methods to per-

form the session at the given theme, we had observed that the military students are more active and perceptive. The training process during the obstacle course is more efficient and within the meetings there are less injuries. This fact influences in positive and constructive way the obstacle course training process.

We note that it can be *standardized* according to the tests (if polyathlon), the level of training, the environment, etc. and *individualized* to the particular adaptive. Naturally, the two forms may be combined.

The warming up does not include only the physical exercises carried by the athlete, but also aids such as massage and self massage favouring the blood circulation, mobilizing means of psychological training (mental training, self-suggestion, etc.) and other means to promote the entry into effort scheduled lesson.

This sequence takes place, usually, within the platoon for a period 10-12 minutes.

Physical effort is distributed evenly, so that it does not adversely affect the working capacity of those dealing in fundamental part of the meeting.

At the beginning of the session the teacher assesses staff presence, appearance and adjustment of equipment, inventory and necessary equipment for the meeting. Afterwards, the trainer announces the purpose and objectives of the meeting.

Depending on the objectives of the meeting, the preparatory sequence can take place both weapon and without a weapon.

To the subordinate staff is given the order to unbutton the collars and weaken slightly the belt then after instructor order, the number of soldiers return from right / left and begin to move the column by one / two. It is preferably, to increase gradually the movement rhythm. After performing varieties walking and running, proceed to step by restoring breathing (performed inspiration followed by expiration), followed by general physical development exercises for all muscle groups and special exercises, the mere passage of 2-3-4 simple obstacles and not too high.

Annex. 1 Stuck complex exercises on general physical development with submachine gun

Nr. of crt.	Methodical performance of the exercise	
1.	<i>Initial position (I.P.)</i> <i>Legs slightly apart, submachine gun in hands -down</i> 1. Submachine gun forward 2. I.P. 3. Submachine gun up 4. I.P.	
2.	<i>I.P. Legs slightly apart, submachine gun in hands -down</i> 1. Submachine gun up 2. Submachine gun at the back of the head 3. Submachine gun up 4. I.P.	
3.	<i>I.P. Feet slightly apart, submachine gun at the back of the head</i> 1. Submachine gun up 2. Deep bending forward 3. Straighten, submachine gun up 4. I.P.	
4.	<i>I.P. Legs slightly apart, submachine gun in hands -down</i> 1. Submachine gun forward 2. Return the trunk to the left 3. Return the trunk to the right 4. Submachine gun forward. I.P.	
5.	<i>I.P. legs wide apart, Submachine gun in hands down</i> 1. Left side lunge, the submachine gun forward 2. I.P. 3. Right side lunge, the submachine gun forward 4. I. P.	
6.	<i>I.P. Feet slightly apart, arms forward, Submachine gun in hands</i> 1. Balance the left foot to the right hand 2. I.P. 3. Balance the right foot to the left hand 4. I.P.	
7.	<i>I.P. Feet slightly apart, Submachine gun in your hands down</i> 1. Extension, submachine gun-above 2. Deep bending forward 3. Squat 4. I.P.	

Note: I. P. – Initial position

Annex. 2 Motion complex exercises of general physical development by using submachine gun

Nr. of crt.	Methodical performance of the exercise
1.	<i>Initial position (I.P.) Legs slightly apart, submachine gun in hands down</i> 1. Submachine gun forward 2. Back in I.P. 3. Submachine gun up 4. Back in I.P.
2.	<i>I.P. Legs slightly apart, submachine gun in hands-down</i> 1. Submachine gun up 2. Submachine gun at the back of the head 3. Submachine gun up 4. Back in I.P.
3.	<i>I.P. Feet slightly apart, submachine gun at the back of the head</i> 1. Submachine gun up 2. Deep bending forward 3. Straighten, submachine gun up 4. Back I.P.
4.	<i>I.P. Legs slightly apart, forward submachine gun in hands</i> 1. Turn the trunk to the left 2. Back in I.P. 3. Turn the trunk to the right 4. Back in I.P.
5.	<i>I.P. Legs wide apart, submachine gun in hands down</i> 1. Left side lunge, the submachine gun forward 2. Back in I.P. 3. Right side lunge, the submachine gun forward 4. Back in I. P.
6.	<i>I.P. Feet slightly apart, arms forward, submachine gun in hands</i> 1. Balance the left foot to the right hand 2. Back in I.P. 3. Balance the right foot to the left hand 4. Back in I.P.
7.	<i>I.P. Feet slightly apart, submachine gun in your hands down</i> 1. Extension, submachine gun-above 2. Deep bending forward 3. Squat 4. Back in I.P.

Note: I. P.– Initial position

For example, the following exercises can be performed (if necessary it can be changed):

1. 20-30m running, crossing through the three-dimensional channel, returning to its original position;
2. 20-30m running, crossing the three-dimensional channel, walking through the labyrinth bars, returning to its original position;

3. 20-30m running, crossing the three-dimensional channel, pass the labyrinth: a level above, one below, return to starting position;

4. 20-30m running, crossing through three-dimensional zigzag channel (jumping in and out by 2m., 2,5m., 3m., 2,5m., 2m.), crawl

passing through the labyrinth, return to starting position etc.

General physical development exercises are performed 2-3 minutes, still or moving, it depends on the skill of the instructor. During the execution of these exercises, the instructor gives methodical guidelines of the session and necessary corrections to correct it.

The demonstration of exercise by the presiding officer shall be conditional if it runs for the first time or is unknown to the military personnel.

In order to develop coordination of movements and orientation in space, in the preparatory sequence there are given different unexpected commands:

- “Platoon, the opponent – RIGHT”;
- “LEFT Explosion”;
- “Platoon - SHELTER” etc.

Preparatory sequence ends with slow tempo walking or manoeuvre step.

The fundamental sequence lasts about 36-37 minutes and is the part of meeting in which are realized the planned objectives for the session.

The objective of this department is preparing the military personnel to acquire and practice the art passage barriers and throwing hand grenades.

In this sequence, the diversity of means and organizational measures is virtually unlimited.

You can plan:

- Practicing under analogue and modelled different situations, combat missions, contests etc.;
- Verification tests of control;
- Acquire drills and procedures of crossing the obstacles noi (unknown);
- Tackling components of training, full training and other etc.

Fundamental sequence of the session during the crossing of obstacles course is the essence of the meeting and at the same time designate its type.

Learning the processes is carried out depending on the number of troops and their level of training:

- a) in the composition of the platoon / company (with 2-3 obstacles acquisition) – when the subunit has a small number of soldiers or the ob-

stacle course when dealing simultaneously 2-3 subunits (but that is not desirable) or when preparing methodical sergeants is insufficient;

- b) in two groups (with changes of training places) – when commanders have sufficient methodological training;

- c) in groups / platoons (with changes of training places) – when commanders have good methodical training.

Usually the fundamental sequence may complete training complex, that includes throwing grenades and moving obstacles, learned from previous meetings etc.

The concluding / final part takes 4-5 minutes and is conducted in company structure (subunit) and contains:

- Exercises to restore military body;
- Take stock of meeting;
- Individual and collective assessments, and guidelines;
- Arrange inventory used to meeting etc.

We classified as follows the obstacles course crossing exercises, table 1.

Conclusions and suggestions:

The training of military staff is one of the major objectives of the professional training thereof.

Acquiring procedures and drills crossing the course with obstacles is planned till the start company and battalion exercises.

To form the habit of using appropriate methods according technical conditions imposed, which can be complex and varied, as well the mental tempering the military, is necessary: one week before the start of tactical exercises to plan 1-2 sessions at the obstacle course, furnished with outbreaks, smoke places, phonetic imitation of the fight etc.

An important criterion in organizing and conducting sessions at the obstacles course is that the instructor knows the degree of development of motor skills and health of every military in part to avoid traumas and unpleasant situations.

Table 1. The classification of crossing the obstacles course exercises

Nr. of crt.	The type of exercise	Route length (m.)	Number of obstacles	Way of crossing	Posture, equipment
1.	Obstacle course, general control exercise	400	14	individual	nr. 4
2.	Special obstacle course	400	20	individual	nr. 4, personal gun, charger port with two chargers, gas mask
3.	Obstacle course, special exercise	500	20	group, platoon	nr. 4
4.	Crossing the obstacle course within the 1000m running subunit	1100	7	group, platoon	nr. 4, submachine gun, gas mask
5.	Crossing the obstacle course within the 3000m running subunit	3100	7	group, platoon	nr. 4, submachine gun, gas mask
6.	Crossing the obstacle course within the subunit with transporting munitions crates	400	13	group, platoon	nr. 4, submachine gun, gas mask

However, we propose that depending on the level of preparedness of the military or the complexity of the exercises, the learning to be done by the following way:

- gathered;
- by parts;
- using preparatory exercises.

The plain exercises should be assimilated fully, and the most complex at first by parts, then full. Initially, the exercises to run slowly, then gradually increase the pace of implementation. Complex exercises, which can not be divided, to acquire by means of preparatory exercises.

In order to quench mentally the flock troops, up to 10% of planned meetings crossing the track with obstacles takes place at night (beginning in low visibility), where gradually the conditions of execution of the exercises is complicated (using incendiary mixture, candle smoke, phonogram

battle, firing cartridges manoeuvre etc.).

It should be paid a particular attention to the sequence of the sessions. At first 3-5 sessions should be learned all the obstacle exercises and technique of throwing hand grenades in various positions - from knee from lying down, standing, etc.

The coming sessions of practice to be with practical nature and to pay particular attention to the development of resistance and resilience under general speed through various means such as:

- crossing barriers after maximal exercise, on the background of fatigue (avoid exaggeration);
- execution of procedures in complex with other actions both at the obstacles course and using various lands;
- execution of procedures and personal protection exercises under conditions of limited visibility at night.

Periodic sessions could be conducted in campaign equipment by using the imitation modes and outbreaks during different weather conditions such as rain, glazed frost, snow, etc.

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