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PHYSICAL TRAINING OF MILITARY PERSONNEL - A PLEDGE OF THE COMBAT ABILITY OF THE NATIONAL ARMY

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Abstract. *Physical training is considered one of the main elements of a serviceman's training to carry out combat missions, as well as a direction that helps to increase the entire combat ability of the army forces. Impeccable physical training of military personnel - in fact, this is the main priority of any army. The article discusses an interesting and relevant topic in which the author conducts a current and modern analysis of both combat ability and physical training of military personnel, in which their interweaving is a central element.*

Keywords: *physical training, combat ability, combat training, serviceman.*

Introduction. Physical training throughout its development was mainly military in nature. It did not exist as a separate phenomenon, but was included in the training for war, in particular armed struggle. Physical training and the army were constantly in symbiosis, they represented two concepts that were intertwined and could not be separated from each other.

In our country, as in all civilized states of the world, the sphere of physical culture and sport has become an integral part of the process of military training. The experience gained in the field of physical culture and sports is one of the important elements of the entire process of preparation for battle, military-physical training is one of the central components of training, which determines the effectiveness of the military in the performance of combat missions, as well as the effectiveness of actions in peacetime [3].

Physical training is the basis of combat training, which provides the ability and willingness of military personnel to successfully cope with combat missions, functional duties in the army, ensures the development of resistance to physical stress

and prolonged stress, supports and develops confidence in themselves and in the team [4].

The purpose is to improve the system of physical training of military personnel by tightening requirements close to the combat situation.

Methods of research: theoretical analysis and generalization of special literature data, interviewing - questioning, methods of mathematical and statistical processing received data.

Results and discussion. Military-physical training is a fundamental component of the combat training process, which systematically uses all forms of collective or individual activity, contributes to the development and maintenance of combat capabilities of combatants, and the improvement of the physical and mental health of military personnel [4].

The main forms of physical preparation are: training sessions, morning exercise, sports mass activities, physical training in the process of educational activity and independent physical training [1].

Training sessions of physical trainings occupy an important place in the general combat training system of military personnel.

Officially this is expressed in recognition for physical preparation status one of basic hyphenated fighting training troops [7].

Morning exercise, which includes many sections of physical training, is a daily means of physical and strong-willed hardening of military personnel. It is necessary that all personnel, during the time allowed for morning exercise, receive full physical and psychological load provided for training sessions in physical training and sports.

Particular importance in the physical training of military personnel is attached to sports mass activities aimed at the physical improvement of military personnel, intended for the organization and conduct of physical culture and sports events, improving physical fitness, organizing leisure activities and promoting a healthy lifestyle. Sports mass activities in the military unit includes mass sports and the training of national teams for military-applied sports [8].

Physical training in the process of educational activity is carried out in order to maintain the professional performance of military personnel with the priority use of military-applied physical exercises, procedures and actions characteristic of the military specialty [1].

Independent physical training is one of the reserves for increasing the effectiveness of military professional activity of military personnel.

An optimally organized regular physical training is a means of increasing the body's resistance to adverse factors, strengthens the nervous system, and promotes consistency of motor and autonomic functions [7].

Physical training, being one of the components of military training and education of military personnel, simultaneously acts as an object of their combat training. However, it should be said that there is still no clear distinction between these two different concepts. As a result, the purpose and tasks that can be solved only with the help of all forms of physical training are mechanically

transferred to the training sessions on physical training. This circumstance led to the fact that many specialists in physical training and commanders of military units exaggerate the role of training sessions as a subject of combat training, and underestimate the importance of other forms of physical training [6].

However, in order to identify which form of physical training, in the opinion of military personnel, the most influences the increase in combat capability, a survey was conducted that showed that: 31,2% of military personnel prefer sports mass activities; 30,5% prefer independent physical training; 18,3% - training sessions and 10% each of the military each prefer morning exercise and physical training in the process of educational activity.

The majority of military personnel note that carrying out sports mass activities promotes: increase of level of physical readiness of the military personnel - 30,3%; increase of sports skill of the military personnel - 28,7%; involvement of the military personnel in regular sports exercise - 21,8%; the organization of substantial leisure - 19,2%.

The contents of independent physical training are: health running and walking, exercises on gymnastic apparatus, gym equipments, exercises with weights, sports games and martial arts. At the same time, 36,5% of military personnel believe that independent physical training increases the effectiveness of professional activity; 33% - improves the physical and special qualities of military personnel; 19,7% - reinforces motor skills; 10,8% - preserves the efficiency of military personnel.

If we talk about training sessions, then 38,6 % of military personnel believe that training sessions form and improve military-applied motor skills of military personnel; 34,4% - improve the physical development of military personnel; 16,3% - increase the resistance of the body of military personnel to the effects of adverse factors of military professional activity; 10,7% - improve the health of military personnel.

At the same time, the analysis of the content of the guiding documents on physical training, programs on combat training and sports work shows that their focus does not fully contribute to the effective increase in the combat ability of military personnel and their military professional development. A comprehensive study of the content and effectiveness of the system of physical training of military personnel indicates that their physical fitness is characterized by a low level that does not meet the requirements of combat training. The system of physical training and sports mass activities does not provide the proper physical training of military personnel for professional activities and weakly affects the increase of combat ability of troops. The level of organizational and methodological training of military personnel on the organization and conduct of independent physical training is insufficient. It is a fact that the content of training programs, including physical training, is not fully focused on the individual characteristics of the trainees. There is no accounting for the sporting interests of military personnel. Conducting classes does not require the search and justification of new methodological solutions, but boils down to repeated repetition of exercises, which reduces the effectiveness of the physical fitness of military personnel.

And yet, the leading role in solving the problems of physical training of the modern army is given to physical exercises, which are the main means of physical improvement of military personnel. Those who moved more and more actively, repeatedly repeated the same actions were physically more developed. This led to an understanding of the developmental effect of repetition of movements - exercises [8].

To assess the physical training of military personnel, various criteria are applied that depend on the rank, type of troops, duration of service, and most importantly, the category of military man. At the same time, regular physical training is also required. There is a set

of exercises that each serviceman must perform daily [1].

Physical training should be considered as a form of training, integrated in the entire complex of training of military personnel, and not as an independent source without specific endings in military operations, with application in various real situations. In addition, physical training means the process of continuous and intellectual education of the physical qualities of fighters [2].

All this contributes to the development of special endurance, and reflects the nature of the military activity of a serviceman. A feature of such classes is the performance of exercises in conditions as close as possible to a combat situation, with a gradual increase in dosage. For example, cross and marches with full equipment will contribute to the development of stamina, courage, determination, perseverance and self-confidence. It is the strict requirements for physical training that make it possible to maintain a high level of combat ability of the army, as well as the physical form and health of military personnel [5].

Conclusions. The role and importance of physical training is that it is the main and most effective means of ensuring the combat ability of military personnel. Therefore, in order to be able to combine versatile combat training with an extensive physical training program, it is necessary to train practically daily, paying special attention to systematic physical exercises, gradually increasing the intensity of efforts to acceptable limits.

In the process of physical training classes, a morphological and functional improvement of the human body takes place, knowledge is acquired, vital important motor skills and abilities are formed, and physical qualities are developed.

Most of the time spent on physical training in the army is devoted to scheduled training sessions and morning exercise. But it must be remembered that sports mass activities, physical training in the process of educational activity, independent physical training are also

important forms of physical training of military personnel.

Training of military personnel is recommended to be carried out in any place,

under any conditions and at any time for the growth of the body's capabilities, which would provide adequate responses to changing situations of the combat situation.

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