



COMPREHENSIVE CONTROL OF PHYSICAL AND COMBAT TRAINING OF CADETS

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Abstract: The main purpose of physical and combat training of cadets in educational institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan is to educate harmoniously developed specialists for internal affairs bodies capable of effectively solving operational and service tasks, including in extreme conditions.

Keywords: physical training, dynamics, obstacle course, combat training.

Each of the stages of the multilevel learning system is independent and complete, which allows you to master motor skills and abilities in accordance with certain tasks of the stage. At the same time, each previous level is the basis for mastering the next one.

At the same time, a phased development of physical qualities is envisaged in accordance with established standards.

In this regard, the importance and requirement increases when choosing control types:

- such control is necessary, which is organically included in the process of physical and combat training;
- it is important to control the educational process and search for forms of activation of the cognitive process.

The main task of monitoring physical fitness is to identify and compare the ratio of pedagogically directed influences and their effects, to assess the compliance of indicators with planned results, thereby providing a basis for making the necessary decisions.

The main purpose of monitoring the physical training of cadets is to verify the necessary information received and compare the dynamics of functional shifts.

In the practice of physical training, there are three main types of control: staged, current and operational.

Operational and ongoing monitoring of academic performance is carried out in training sessions upon completion of studying a certain topic or technical action. The specific tasks solved in the operational control are numerous, but the main ones are as follows:

- assessment of the readiness of students to implement the planned, changes in operational performance indicators, fatigue and recovery during the lesson;
- monitoring of load and rest parameters;
- the quality of the lesson, the positive aspects and disadvantages of its content and methodology;
- control over the dynamics of individual health indicators in the interval between these regular sessions.

Special attention in educational institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan is paid to step-by-step control, which allows assessing the dynamics of the development of the main aspects of professional training and determines the measure of their mismatch with specific standards characteristic of this stage of cadet training. Until now, standards reflecting different levels of development of



motor abilities and demonstrations of techniques of acquired skills in various sections of martial arts have been used as stage control.

This obstacle course is informative only for cadets of fire technical schools and is not suitable for cadets of educational institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan of investigative and operational profile. As a comprehensive step-by-step control over the level of physical and combat training of cadets of educational institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan, a set of tests on general and special physical and fire training is proposed, consisting of a different number of exercises.

Thus, the scientific justification and development of stage-by-stage complex standards allows us to assess not only the level of development of motor abilities, but also the degree of their implementation in professionally important motor actions. The multilevel education system in educational institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan requires the development of these step-by-step standards for each of the training cycles.

The creation of a pedagogical control system is reduced to solving two main issues: the selection of tests that adequately characterize their special preparedness, and the development of a system for evaluating test results.

The creation of adequate systems of stage-by-stage control of cadets of educational institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan is impossible without taking into account the specifics of the type of their professional activity and the stage of training. In addition, the tests selected for control must meet the criteria of reliability, objectivity, and informativeness.

The system of the Ministry of Internal Affairs of the Republic of Uzbekistan is actively conducting a scientific search to develop a professionogram of police officers and the training requirements that they must meet.

The given theoretical analysis of scientific and methodological literature allowed us to formulate the problem of research, which consists in improving the educational process for combat and physical training of cadets of educational institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan and developing new, scientifically based final standards at each stage of long-term training. Speaking about the results of scientific study of this problem and ways to solve it, it is necessary to focus on two of its main components:

-firstly, the lack of normative test exercises reflecting the ability to comprehensively implement both motor abilities and motor skills in an environment as close to real as possible significantly affects the quality of the educational process in physical and combat training;

-secondly, the lack of interrelation between OFP, SFP, fire training and martial arts skills within the framework of the educational process as a whole, insufficient development of organizational and methodological features of micro and macro parts of the educational process for physical training of educational institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan reduces its effectiveness.

Solving this range of problems in the presence of scientifically sound standards at each stage of training will generally contribute to improving the training system and professional development of cadets of educational institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan.

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