



**PHYSICAL CULTURE AND SPORTS IN THE PROFESSIONAL ACTIVITY OF
EMPLOYEES OF THE INTERNAL AFFAIRS**

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Annotation: This article discusses aspects of vocational training and increasing the level of professional preparedness, competence of employees of the internal affairs bodies, in particular, cadets and students of the Ministry of Internal Affairs system due to the optimization of physical qualities and personal culture

Key words: physical training, physical culture, sports events, wrestling techniques, motor qualities, training program.

**ФИЗИЧЕСКАЯ КУЛЬТУРА И СПОРТ В ПРОФЕССИОНАЛЬНОЙ
ДЕЯТЕЛЬНОСТИ СОТРУДНИКОВ ОРГАНОВ ВНУТРЕННИХ ДЕЛ**

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Аннотация: В данной статье рассматриваются аспекты профессиональной подготовки и повышения уровня профессиональной подготовленности, компетентности сотрудников органов внутренних дел, в частности курсантов и слушателей системы МВД за счет оптимизации физических качеств и культуры личности.

Ключевые слова: физическая подготовка, физическая культура, спортивные соревнования, приемы борьбы, двигательные качества, программа тренировок.

Introduction

Physical training, being one of the elements of the professional training system, is aimed at ensuring the readiness of law enforcement officers to protect public order, prevent crime, and preserve the life and health of citizens. An integral part of physical training is physical culture. Physical culture is an organic part of human culture, its special independent activity. This is a specific process and result of human activity, a means and a way of physical improvement of the individual. It affects the vital aspects of the individual, received in the form of inclinations,



transmitted genetically and developing in the process of life under the influence of upbringing, activity and the environment. Physical culture satisfies social needs in communication, play, entertainment, in some forms of self-expression of the individual through socially active useful activity. The result of activity in physical culture is physical fitness and the degree of perfection of motor skills and abilities, a high level of development of vitality, sports achievements, moral, aesthetic, intellectual development. Its results are useful for society and the individual. In social life in the system of education, upbringing, in the sphere of organization of work, everyday life, healthy recreation, physical culture shows its educational, educational, health-improving, economic and general cultural significance, contributes to the emergence of such a social trend as physical culture movement, i.e. joint activity of people on the use, dissemination and enhancement of the values of physical culture.

The sphere of physical culture is characterized by a number of features inherent only to it, which are usually combined into 3 groups: 1) active motor activity of a person, and not any, but only organized in such a way that vital motor skills and abilities are formed, the natural properties of the body are improved, increased physical performance, strengthened health (the main means of solving these problems are physical exercises); 2) positive changes in the physical condition of a person - an increase in his working capacity, the level of development of the morphological and functional properties of the body, the quantity and quality of mastered vital skills and skills in performing exercises. improving health indicators, achieving physical perfection; 3) a complex of material and spiritual values created in society to meet the need for effective improvement of human physical capabilities (various types of gymnastics, sports games, sets of exercises, scientific knowledge, methods of performing exercises, material and technical conditions, etc.)

Physical education is a pedagogical process aimed at the development of a person and the improvement of his motor activity. Systematic physical exercises provide the acquisition of new motor skills and abilities, as well as the development of physical qualities - speed, strength, endurance and agility. At the same time, morphological, biochemical and functional changes occur in the body, contributing to an increase in its performance. The state of high performance is called fitness. There are general and special fitness in this sport. The basis for the development of fitness is the improvement of nervous activity. In the process of physical exercises, new temporary nerve connections, new coordinations are formed. Nervous processes at the same time become more concentrated. In space and time, the relationship between them is refined, their mobility increases. All this facilitates the ability to change the nature of movements in the course of motor activity.

The psychophysiological bases for improving physical education are the means of physical education, motor skills and physical qualities of the individual. A trained body has more powerful energy reserves. In the process of training, the ability to more quickly and completely mobilize the reserves of the body increases, which are used more economically in a trained athlete during work than in an untrained one. In addition, a trained person can continue muscle activity with significant changes in homeostasis (the presence of a large oxygen debt, a decrease in blood glucose concentration, etc.). An untrained person under these conditions is usually forced to stop working.



The specific impact of extreme factors of official activity of employees of internal affairs bodies causes increased requirements for their functional state and professional performance. The professional performance and social activity of a law enforcement officer largely depend on the level of his physical health, the equivalent of which is the physical condition. The physical condition of a person is characterized by a complex of morphological and functional indicators, the level of development of individual physical qualities (strength, speed, endurance, dexterity, flexibility), which determine his general and special physical performance, fitness, functional state of organs and systems. Among the main directions for solving the problem of maintaining professional health, one should highlight the conscious attitude of each law enforcement officer to their health, the formation of mental adaptation, the widespread use of special programs of physical training, rehabilitation and corrective measures.

Health care is an urgent problem in the world, and everyone uses its means during their life as much as possible, but everyone should be able to apply practical measures for health care, for this he should have theoretical knowledge and practical skills. Physical education, hygiene and massage have a special place in health. A healthy lifestyle is a set of measures aimed at maintaining health and improving it. It focuses on all-round development, maintaining and strengthening health, prolonging creative work ability, raising work ability to a high level, and opening positive qualities in every person.

According to most scientists who have investigated healthy lifestyle, the level of health defines each person. First of all, everyone should know about a healthy lifestyle and have a positive attitude towards it. If everyone follows the above rule, we should take all possible measures for the health of the born child.

In order for the police officers to fulfill their official tasks, it is necessary to conduct sports events on an ongoing basis that will contribute to the development of the physical qualities of both the employee and the individual as a whole, which will undoubtedly give a result in practical activities. Also, these activities have a beneficial effect on the physical abilities of a person: respiratory endurance, strength, etc.

The general tasks of physical training are: development and continuous improvement of physical qualities (speed, strength, agility, endurance); raising self-confidence and increasing the body's resistance to the effects of adverse factors; involvement of cadets in regular physical culture and sports, improving their skills in service-applied sports; active introduction of various forms of physical exercises in the mode of study and rest; cadets mastering theoretical knowledge and practical skills of self-control over the state of health in the process of group and independent physical exercises.

The special tasks of physical training of cadets are: mastering and improving the skills of performing combat fighting techniques, including after significant physical exertion; overcoming various obstacles; development of general and special endurance, dexterity, spatial orientation; education of courage, determination and resourcefulness when acting in difficult situations.

The need for constant development of the physical qualities of police officers is due to the fact that without regular training for the respiratory system, for strength endurance, as well as



training for the study of combat techniques of struggle, problems may arise in everyday activities, in various extreme situations, since such cases occur in practice. when the offender, or the offender himself, is more physically fit than the law enforcement officer. Also, the regular conduct of these activities has a beneficial effect on the mental and physical stability of the employee, since it is no secret to anyone that service in the internal affairs department overloads not only physically, but also mentally.

Physical culture is, first of all, a culture that is aimed both at maintaining health and at developing the psychophysical capabilities of a person. Scientists distinguish two criteria of physical culture: - spiritual criterion; material criterion. The material criterion should include the following items: gyms, fitness equipment, swimming pools and other institutions of this direction. The spiritual criterion should include: the process itself, as a result of which an employee acquires certain skills and abilities.

Sports activities, sports in general, play a key role in the professional activities not only of employees, but of each person as a whole. The use of combat techniques and physical skills by law enforcement officers is carried out quite often, since in practice there are cases when a person does not comply with the legal requirements of a representative of the authorities, resists and tries to hide, which is a key reason for police officers to use physical force in order to prevent unlawful encroachment, detention of a person, as well as his delivery to a state authority.

The use of this force during the fuzzy execution of combat techniques can cause injuries and injure offenders, in connection with which the employees of the Internal Affairs Bodies need to constantly improve their skills so that these situations do not arise in official activities. Also, civil servants need to constantly study the legal framework related to the use of physical force.

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