

INDEPENDENT PHYSICAL TRAINING OF CADETS AND TRAINEES IN EDUCATIONAL INSTITUTIONS OF THE MINISTRY OF INTERNAL AFFAIRS OF THE REPUBLIC OF UZBEKISTAN

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ANNOTATION

The professional training of police officers is an actual subject of discussion not only at scientific and practical conferences in educational institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan, but becomes the subject of a deep and detailed theoretical and practical understanding of the problem under consideration by specialists in this field. This suggests that in theory and especially in practice, certain difficulties arise in this direction.

Keywords: physical training, cadet, training, performance, sport, cadet, discipline.

Analyzing the curricula and programs for the discipline "Physical training", we can say that the success of students' mastering the knowledge, skills, abilities that are provided for by the above plans and programs are largely determined by the process of personal self-education of students. Since physical training classes are provided for only a few hours a week, due to the lack of time to give great knowledge in the field under consideration, the cadet's training process should be focused on the professional readiness of cadets and trainees. This indicates that one of the main requirements of specialist training is a purposeful educational process, which is aimed at ensuring that cadets and trainees develop skills that are related to the nature and specifics of the upcoming professional activity. For teachers of the Department of Physical Training, it is important to educate both physical and psychological readiness for the upcoming professional activity in cadets and students.

Professional psychophysical readiness includes professional performance, the presence of the necessary physical and functional capabilities of the body for effective performance of service and combat tasks, including in extreme situations and in rapidly changing external conditions, the appropriate level of interest and focus of students on a positive result and professionally important personality qualities.

Within the framework of physical training, the professional formation of the personality of cadets and trainees can be defined as a permanent, multi-level process. Considering the preparation of cadets and trainees for the successful performance of official tasks of professional activity, it is necessary to highlight the following aspects of the process under consideration: independent work of the individual in the direction of improving professionally significant qualities, including self-education of the individual; stable orientation of the individual, which is determined by the continuity of development and its activities; correction of the formed and education of the necessary qualities of personality; as well as the connections of personality with the external environment. Thus, the professional training of cadets and trainees should not be limited only to specially organized physical training classes, it should also include

independent, conscious and active motor activity for effective psychophysical adaptation to the prevailing socio-legal conditions of modern life. In accordance with the curricula and programs, the study of the discipline "Physical Training" by cadets and students is carried out during the entire period of study at the university. In order to monitor the educational and training work of teachers, as well as to assess the level of development of educational material by cadets, the training course is accompanied by the acceptance of tests and exams. In order to pull up some cadets and trainees in physical training, it is necessary to pay special attention to the issues of methodology and organization of independent physical training of cadets and trainees.

Independent physical training is a complex, purposeful process, one of the forms of professional training of cadets and trainees, carried out by students individually, but with proper pedagogical support during extracurricular time, which is aimed at developing and improving physical professionally significant qualities. In the process of independent physical training, cadets and students develop independence in cognitive activity and also the ability to independently apply existing knowledge, skills, abilities, pedagogical technologies in teaching and practical activities. One of the essential features of the process of independent physical training is purposefulness. To do this, before starting classes, it is necessary to clearly formulate the goals and objectives of the work. In order to avoid an irrational waste of time, the goal should be formulated clearly. The defining role here is assigned to the teacher, since the effectiveness of work depends on how much the established goal motivates students. The planning of independent work by cadets and trainees to improve their psychophysical professional readiness is determined by the passage of a number of stages of personal self-development with the obligatory consulting participation of a teacher.

Independent physical training is one of the forms of pedagogical activity, therefore, its organization should be based on certain principles of pedagogy. The analysis of the definition of the concept of "independent physical training" shows that one of the defining principles of the organization of additional classes is that, although the teacher is not directly involved in this process, but his role is to some extent decisive, since consultation with the teacher is one of the key stages of the process under consideration. The formation of the initial motor skills and abilities, including when performing combat techniques of wrestling, cadets and students should take place under the guidance of a teacher so that mistakes when performing techniques are not fixed in the technique of its execution. It seems more expedient to transfer the formation and improvement of physical qualities to independent work.

In addition to the mandatory participation of the teacher in the process of independent physical training of students, one of the defining principles of the organization of these events is the regularity and moderation in the distribution and increase of physical activity. The principle of regularity and moderation in the distribution and increase of physical activity is associated with the principle of phased types of load. That is, in the course of classes, there is a gradual transition from simple to more complex types of classes. The principle of electivity finds its manifestation in the fact that independent physical training serves to solve additional tasks for the development and improvement of professionally significant qualities in cadets and trainees. The teacher, when organizing independent training, must carefully and differentially approach each student, taking into account his individual mental and physical characteristics that determine the speed and completeness of the assimilation of the material. In the process of

training, the teacher should pay special attention to the students who are not coping in order to adjust the training program for them. In addition, it is important to ensure and maintain the interest and motivation of successfully coping students. In this case, the tasks offered by the teacher should differ in the appropriate level of complexity, novelty, non-standard. Speaking about the ratio of the main (provided by the curriculum) load and additional (within the framework of independent training) load, it is worth noting that at first they should be equal. Then, gradually, the amount of additional load must be increased, and the ratio of these categories can be represented as 1:6. Structurally, the system of independent physical training of cadets and trainees can be designated as a unity of three stages: preparatory; working; control. During the preparatory stage, during lectures and practical classes, cadets and listeners create motivational attitudes to the need for independent work, provide training in forms, methods, means of self-control, types of independent work. The working stage consists directly in the independent psychophysical training of cadets and trainees. During this stage, it is necessary to provide consultation of students with a teacher. The purpose of the control stage is to determine the effectiveness of independent work of students. As part of this stage, it is advisable to conduct control tests, the results of which will make adjustments to the self-training programs.

Summing up all of the above, it should be noted that in conditions of constantly increasing requirements for professional physical training of police officers, the work of cadets and trainees to maintain and improve the knowledge, skills, and abilities acquired in physical training classes is an important component of the professional formation of the personality of students. It should be emphasized that when organizing the independent work of cadets and trainees in physical training, the teacher faces the responsible task of familiarizing students with the basic principles of self-study, forms, types of exercises to improve professional physical fitness, as well as with methods of load distribution and control over the physical condition of the body. Thus, classes on physical training of specialists of higher education institutions of the Ministry of Internal Affairs, provided for by curricula and programs, must be supplemented with organized independent classes of students during extracurricular time.

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