

7. Administrative activity - logistics.

In conclusion, we mention that ethical behavior must be an integral part of the institution, a way of living that must be deeply rooted in the collective body of the institution; it must be a way of its existence that is transmitted from one generation to another.

The results of the observations allowed us to determine the need to develop a new theoretic course that will contribute, through its practicality, to the formation of theoretical/practical knowledge in accordance with the need to acquire the general and specific skills of professional and sports ethics necessary for the specialist in the field.

<https://doi.org/10.52449.soh22.92>

PRINCIPLES AND METHODOLOGICAL APPROACHES OF PROFESSIONAL-APPLICATIVE PHYSICAL TRAINING OF POLICE OFFICERS

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***Rezumat.** Pregătirea fizică profesional-aplicativă a polițiștilor cu destinație specială va deveni mai eficientă dacă se bazează pe metodologia dezvoltării integrate a calităților semnificative din punct de vedere profesional. În același timp, natura complexă implică dezvoltarea tehnicilor de luptă, deținerea de arme de serviciu, precum și pregătirea fizică bazată pe dezvoltarea calităților de putere, viteză, coordonare motrică, dar cu un accent semnificativ pe îmbunătățirea vitezei și abilități de forță. Un nivel ridicat de dezvoltare a abilităților motrice necesare profesional ale angajaților va contribui la creșterea eficienței îndeplinirii sarcinilor lor de serviciu și operaționale.*

***Cuvinte-cheie:** pregătire fizică profesional-aplicativă, polițiști, principia, metode.*

The process of training the professional-applicative physical training (PAPT) of police officers should consist of general and special training. This requires the use of targeted means of mastering the martial arts technique and improving the priority physical qualities necessary for professional activity [9, 18, 22].

The professional-applicative physical training of employees of special purpose units aims at:

- to promote the full manifestation and development of the necessary motor skills,
- expands and maintains the body's functional capacities for these activity conditions,
- intentional development of physical qualities,
- to develop skills of overcoming opposition to the criminal when performing technical and tactical actions,
- to improve skills for their most complete implementation in the structure of basic technical and tactical actions,
- creating a dynamic stereotype.

It is known that the task of optimizing personnel training involves the search for new approaches, the development of appropriate models and procedures to determine the optimal content of training to ensure the required level of employee training.

Analyzing the scientific literature, we considered it appropriate to dwell on those methodological principles that are most often used in practice. In the authors' studies [3, 4, 5, 15], the importance of the relationship between the principles of PAPT "priority of applied training", "unit of general and special training" and "adequacy and appropriateness of training tasks". This brings to the fore a number of priority tasks of the training methodology:

- systematic and intentional work for the maximum development of the special functional performance of the body,
- the scientifically based effectiveness of the means and methods used that form this work capacity,
- the maximum transformation of functionality in the corresponding engine technology.

The *principle of "applicability"* of training implies that priority attention should be paid to the development and improvement of those qualities, skills of internal affairs officers that are of the greatest practical importance for effective operations in modern conditions. This implies the main requirement for determining the strategy of physical improvement of personnel - means, methods and forms that have greater practical importance, are appropriate for the task and are not inferior to other factors that ensure the solution of this task in terms of their effectiveness [20].

General physical training is intended for the harmonious development and maintenance of a person's physical capabilities. During the special physical training of police officers, the necessary professional skills are developed, which are manifested in the performance of specific actions. It occupies the largest part of the entire educational and training process, also affecting general training.

The *principle of "suitability and appropriateness of training tasks"* aims at the full use, if possible, of the potential capabilities of employees for maximum professional growth with a possible minimum training impact – this is the essence of optimizing the entire process of physical training.

The *principle of "the universality of the training of physical qualities"*, since the professional-applicative physical training of employees of special police units aims to develop physical qualities and motor skills in relation to the specifics of the activity, therefore it is a process of direct training for the implementation of operational tasks. In this case, the optimal coordination of the activity of all organs and systems of the human body should be carried out. With this in mind, the operation to apprehend the criminal requires the employee to be fully prepared - physically, technically, tactically, morally and psychologically. In each individual detention of a criminal, success can be brought by the predominant manifestation of any individual aspects of training, depending on the specifics of professional activity.

The efficiency and quality of motor actions depend not only on the level of development of physical qualities, but also on the ability to implement them in professional

activities. For this purpose, in the training process, special exercises are used in which individual muscles or groups of muscles work in the same or similar way [in direction, speed, amplitude of movement, in the extent and nature of the effort]. This type of physical training also includes the so-called competitive training, that is, participation in various competitions. It has been proven that competitive training allows better solving of psychological problems of training, increases the level of technical and tactical training of a special purpose police officer for professional activities.

Many authors emphasize in their works [1, 2, 5 etc.] that the quality of the training process is largely determined by the extent to which the orientation of training influences meet the requirements of professional activity.

Experts in practice note that a specific feature of the work carried out in special-purpose departments of internal affairs bodies is an increased requirement for the level of speed-force training of employees. This is due to the very essence of the activities of these units almost every time an employee is retained, to some extent, a new task is performed. He must repeat (or exceed) the achievement of one or another physical parameter and arrest the offender, whose physical condition cannot be inferior to the training of this employee.

Studies conducted by a number of scientists [6, 11, 13, 17 etc.] have shown that with the help of special physical exercises and methodological techniques, it is possible to make intentional the development of police officers with general as well as special physical fitness. Often, using quite traditional means and methods, employees are also effectively trained for professional activities in a fairly short time. This happens as a result of a positive transfer of the training effect of PAPT to professional activities.

In the theory and methodology of physical education, it is legitimate to consider any means, both general and special, as means of physical training that contribute to obtaining the highest result in the stage of mastery perfection. The main means of PAPT are, first of all, teaching exercises or their elements.

The use of the listed means in physical training should lead to the mastery and confident display of technical skills. This effect can be achieved only if there are clear ideas about the future activity, its main features, using to build a controlled process of professionally applied physical training of special forces employees.

In the physical condition of a person, the most important characteristics of motor activity include the form, nature, frequency and duration of power gradients, switching in muscle work modes, switching in the work of antagonistic muscles. In general, they determine those main components that constitute the object of pedagogical influence in order to ensure the employee's physical fitness for the actions that make up the professional activity.

The studies carried out by the authors [7, 10, 14] of athletes from various sports (rowing, skating, handball, judo) made it possible to establish the following regularities that the physical dynamics, working capacity of men is the following until the age of 17-18 years, the non-specific aerobic and anaerobic capacities of their bodies almost reach their maximum.

In this sense, the means of training should be specialized and aimed at the achievement of motor skills.

Considering the above, it can be assumed that the basis of professionally-applied physical training of special purpose policemen is the improvement of speed-endurance qualities. For special police detachments, based on the goals and objectives of the unit, and especially the conditions of activity, it should consist in the development of speed-strength qualities.

Practice shows that the modern training of employees of special purpose units provides for the use of various means of physical education that can cause the necessary functional and morphological changes in the body. General preparatory exercises are a necessary addition to the predominant development of individual physical qualities that require a targeted volumetric impact on certain muscle groups or functional systems during general physical training.

At the same time, the improvement of speed should follow the path of careful and rationally grounded selection of only such general developmental exercises which, from the point of view of coordination, are as close as possible to the main special exercises.

Experts in practice [5, 23] note that most of the training load should fall on the execution of special preparatory exercises in conditions as close as possible or simulate professional actions.

Along with this, when choosing physical exercises, it should be remembered that martial arts are characterized by maximum tension, followed by short relaxation breaks, explosive tension, static and dynamic muscle efforts.

Considering special exercises, both in terms of the structure of the movements and the efforts developed, the authors [7, 12, 19] note that they should be close to the mastered exercise. In this sense, the regularities of the relationship between the varieties of strength qualities are very important. Between these qualities, complex, often without feedback, relationships were found.

It is known that strength training leads to an increase in muscle mass, which in turn increases its inertia, increases the difficulty of switching flexion-extension movements and worsens an athlete's speed skills, that is, the speed of his actions.

At the same time, the passion for strength training without the parallel use of all means of physical development can lead to a decrease in the qualities of speed, decrease in mobility in the joints and cause general stiffness. This relationship is typical not only for cyclic sports, but even for players and wrestlers, whose competitive situations are distinguished by a significant variety.

Thus, the organizational and methodological approaches developed for the specialization of professional-applied physical training means and methods are associated with the morphological and functional organization of training, which greatly affects the physical capacity of employees and, above all, the level of improvement of speed, ability to strength and coordination, which, in turn, depends on the wealth of technical equipment.

Scientists have proven that in special classes for the development of physical qualities, first of all, speed-strength exercises should be used, and then exercises for the development of strength and endurance.

They also note that with the constant use of exercises of a speed-strength nature, there are cases of a significant increase in indicators of slow dynamic strength. In their opinion, this may be due to the fact that high-speed tension involves all the motor elements of the muscles working at the maximum level and improves coordination skills in the implementation of a strong initial tension, which is an integral part of any effort. As a result of this approach to training, the ability to show maximum strength appears.

In the scientific literature and their studies, the authors [8, 16, 21] note that with the development of strength and resistance qualities, the best result is the use of speed strength exercises, as fast as possible, focused on overcoming resistance, movements with weights (any difficulty) in 50-75% of the maximum force of the working muscles. In their opinion, when recommending a dose, you should pay attention to its reasoning. Also in their opinion, the reasons are simple, in speed-strength exercises, performing them more than indicated, the number of repetitions leads to a sudden decrease in movement speed, and in endurance exercises, the recommended load significantly reduces the quality of actions.

Returning to the consideration of the improvement of the reaction time and the improvement of the effectiveness of the protection, the authors consider the main means to be conditional, free and competitive fights. As a result, highly skilled athletes achieve such high rates of complex reaction speed that they approach a simple one over time.

So, the athlete begins to react not so much to the movement itself, but to the preparatory actions for it. To do this, it is necessary to fight with as many opponents as possible, who have a variety of styles, characters and fighting manners.

Thus, it can be assumed that the employee's use primarily of the simplest methods will also increase the effectiveness of protective actions, the implementation of which takes the least time.

With the development of the physical quality of speed, it is necessary to state that an important condition is the optimal state of excitability of the central nervous system, which can only be achieved if those involved have not exhausted themselves from the previous activity. Therefore, speed exercises are performed at the beginning of the session.

In the theory and methodology of physical education, it is well known that jumping ability is a complex quality, characterized by the ability to perform instantaneous neuromuscular efforts. It is based on the high strength of certain muscle groups, their contraction speed and the athlete's ability to make high volitional tensions. The main means for the development of speed-strength qualities and speed are jumping exercises, exercises with small weights, sprinting in different conditions (light, with weights, using various simulators). A series of studies allow us to state that, for the best possible development of the jumping ability, one must strive to perform all exercises with a fast elastic rebound from the support, thus so that the movements do not have a pressing, ductile character.

Special studies in elite sports have shown that an increase in jumping ability is associated not with the total number of jumping exercises, but with the jumps at maximum height. Another important factor is that not only a large number of exercises is important for the development of jumping ability, but also the magnitude of the speed-endurance load in each of them. In this sense, the most effective is the shock method of developing explosive resistance. The idea of the method is to precede the active effort in movement, being trained by stimulating the muscles with their shock stretch.

Along with this, for the development of jumping ability, the ability should be gradually developed to withstand high mechanical shock loads when compressing individual parts of the musculoskeletal system. Performing these exercises requires an increase in the power of the efforts manifested during the interaction of the hands or feet with a support. The latter places increased demands on the explosive abilities of the muscles of the arms and legs and has a training effect on them.

The extensive experience of specialists shows that the effectiveness of offensive and defensive actions, first of all, is closely related to the high level of development of all forms of special speed qualities. The established practice of distributing time in a lesson complicates the process of educating and improving all forms of special speed. Therefore, for the rational training of speed qualities, the most effective is the so-called circular method, which has been widely used in sports practice and professional-applied physical training.

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<https://doi.org/10.52449.soh22.93>

KINETOPROPHYLAXIS OF ATTITUDE DEFICIENCIES IN PRIMARY SCHOOL STUDENTS THROUGH PHYSICAL EDUCATION

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Rezumat. Tot mai multe cercetări în domeniu sunt dedicate căutării unui stereotip dinamic cu scopul depășirii atitudinilor vicioase la copii claselor primare, care se caracterizează prin anumite particularități în creștere și dezvoltare, atât a întregului organism, cât și la nivelul sistemelor de organe. Astfel creșterea și dezvoltarea normală a corpului este preponderent determinată și condiționată de factori atât interni cât și externi, care exercită influențe pe toată durata vieții, dar cu mai mare intensitate în copilărie și adolescență. Exercițiul fizic stimulează creșterea și dezvoltarea, fiind antrenate într-o mare măsură componentele aparatului locomotor. Exercițiul fizic este un mijloc de lucru în kinetoprofilaxie.

Kinetoprofilaxia este considerată ca parte integrantă și ramură a kinetologiei medicale, și constituie o axiomă unanim acceptată în științele medicale conform căreia „este mai ușor să previi decât să tratezi”. Kinetoprofilaxia studiază procesul de optimizare a stării de sănătate și de prevenire a îmbolnăvirii organismului uman cu ajutorul exercițiilor fizice, dar este practic imposibil fără organizarea unei activități locomotorii adecvate ținându-se cont de faptul că deficiențele de atitudine la elevii din ciclul primar constituie o problemă în context internațional. Kinetoterapia și kinetoprofilaxia se bazează nemijlocit pe mijloace proprii de lucru.

Cuvinte-cheie: kinetoterapie, elevi, teste psihomotrice, exerciții fizice, kinetoprofilaxie, dezvoltarea fizică.