

**METHODS OF ORGANIZING CLASSES
IN SPECIAL PHYSICAL TRAINING IN THE SYSTEM
OF PHYSICAL EDUCATION AND SPORTS**

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INTRODUCTION

The essence of special physical training of students, the strategy of the main directions of its development are interconnected with socio-economic factors. The state policy in the field of higher education determines the social order of the future specialist and the intensity of his/her physical fitness. Higher education provides ample opportunities for rethinking the values of physical culture of students, covering its educational, upbringing and health functions in a new circle. These defined values of students' physical culture bring it closer to an independent sphere of activity in the federal socio-cultural space, highlighting its educational benefits for students. This is realized through the introduction of specialists of a new formation. In addition to in-depth professional knowledge of the choice of specialty, such a specialist must have high physical conditions, personal physical fitness, spirituality, and informal leadership qualities. He or she should not be afraid of competition, be able to make independent decisions, in other words, be a creative, active, and highly moral person. During the course of study at the university, the special physical training course aims to solve the following tasks: education of students of high moral, volitional and physical qualities, readiness for highly productive work; preservation and strengthening of students' health, promotion and formation of comprehensive proper development of the body, promotion of increased efficiency throughout the entire period of study; comprehensive physical training of students; vocational and applied physical training of students with the peculiarities of their future work; acquisition of necessary skills and knowledge of the necessary physical and mental qualities. The educational process is organized depending on the state of health, the level of physical development and fitness of students, their sports qualifications, as well as their contagiousness with their dependence on the conditions and characteristics of daily professional work. One of the main tasks of a university is to provide physical education for students. In a higher education institution, the rector is responsible for the general management of physical education and sports activities among students, as well as for organizing supervision over their health, and for their specific implementation by organizational units and public organizations of the university.

The essence of the state program for higher education institutions, its structure and priorities reflect the views of the state policy in the field of vocational education. The needs for professional training of specialists determine the specifics and technology of higher education: the market conditions of modern society place higher demands on university graduates. The application of new conceptual approaches proposed by the European experience of higher education allows for the gradual training of specialists in the chosen specialization.

The multi-level organization of training is aimed at the optimal integration of general cultural and social and scientific training of graduates in the formation of highly professional skills. The system of higher education implemented in Ukraine is closest in its structure to the Anglo-American system. Its important feature is the presence of three levels. Bachelor's and Master's degrees allow for study at mass higher education levels, and the higher degree corresponds to the qualification of "bachelor" (from the Latin root – the first degree), which allows for the possession of professional skills of independent activity based on extensive and systematic fundamental training¹.

1. The main features of physical education classes

For physical education classes, all students of any institute are assigned to the following classes: leading, special and sports. The allocation will be made at the beginning of the academic year, taking into account the student's notes, health (medical report), physiological development, physiological and sports and technical fitness, and interests. On the basis of these characteristics, any university student is assigned to one of 3 universities to take a compulsory course of physiological education.

The leading educational branch enrolls students who are assigned to the leading and preliminary medical groups based on the results of a medical examination, i.e., who have no health problems but are physically poorly prepared. At the leading university, the educational process is focused on:

- multifaceted bodily formation of students, increasing the importance of their general and physiological professional, applied and methodological and practical preparedness;
- developing an intensive attitude to body culture and sports.

Classes should have a clearly embodied complex direction by the type of physical education, with an emphasis on the formation of aerobic endurance, because it guarantees an increase in general physiological performance and

¹ Ластовкін В.А., Счастливец В.І. Методика організації та проведення занять зі спеціальної фізичної підготовки в системі фізичного виховання і спорту. *Збірник матеріалів Всеукраїнської н-п конференції «Фізична культура в університетській освіті: інновації, досвід та перспективи розвитку в умовах сучасності»*. 2022. С. 179–182. <https://er.dduvs.in.ua/handle/123456789/10578>

the work of the cardiovascular and respiratory systems. Due attention is paid to the development of strength and coordination capabilities, and the study of movement techniques within the framework of both general, for example, and vocational and applied areas. take on a predominantly educational and training character. The motor density does not fall below 50%, and the intensity of the load by heart rate ranges from 130-160 beats per minute².

The special education branch enrolls students who have been identified as a special group according to a medical examination, i.e., who have some differences in their health. Practical fabric for the special educational branch is developed by teachers taking into account indications and contraindications for each student, corrective and health-promoting use of physiological education means

The educational process in a special medical branch has specifics and is mainly aimed at

- consolidation of students' health, elimination of active deviations, defects in physiological development and physiological fitness in the direction of the entire period of study;

- use of knowledge about the nature and course of their disease by students, independent formation and performance of ensembles of general developmental and special exercises aimed at disease prevention;

- Acquisition of important knowledge on the doctrine, methods and organization of physiological education by students.

The focus of the training sessions should be on health-improving and restorative activities.

According to scientifically based advice, students of the special branch should be divided into 4 groups depending on the nature of the disease: A, B, C and healing.

Group A consists of students with diseases of the cardiovascular, respiratory and central nervous systems. Therefore, the main content of borrowing in this group is breathing exercises, exercises that are strictly personalized (running, swimming, skiing, etc.), which allow improving students' aerobic abilities³.

Group B consists of students with diseases of the digestive system, liver, kidneys, genitals, endocrine system, and visually impaired. In this group, the leading exercises are head exercises included in the treatment program for certain diseases.

² Ануфрієв М. І., Бутов С. Є. та ін. Основи спеціальної фізичної підготовки працівників органів внутрішніх справ : навчальний посібник / Заг. ред. Я. Ю. Кондратьєва та Є. М. Моїсєєва. К. : Національна академія внутрішніх справ України. 2003. 338 с.

³ Кузенков О. В. Проблеми професійної підготовки курсантів мвс України у процесі занять спеціальною фізичною підготовкою. *Юридична освіта і навчальний процес у вищій школі*. 2013. № 2. С. 115–122. <http://elar.naiu.kiev.ua/jspui/handle/123456789/4453>

Group B is made up of students with musculoskeletal disorders. This group is dominated by exercises that improve posture, musculoskeletal assembly, as well as general developmental and physiological corrective exercises⁴.

The healing group is made up of students with pronounced important health disorders. Classes in this group are conducted independently according to personal healing programs and methods. The physical load in all 4 groups is strictly and uniquely regulated, excluding exercises with tension and strict intervals of entertainment. The motor (movement) density of the occupant is low, and rest between individual loads may be necessary for recovery. Cyclic exercises are performed with moderate intensity.

For a sports school (sports group), students of the leading medical group who have proven good general physical and athletic fitness and a desire to deepen their interest and improve their professionalism in one of the sports are enrolled. Classes are based on the basics of sports training (cyclicality, undulation, combination of general and special training, etc.). Students of the sports university fulfill direct responsibilities: credit requests and standards set for the main branch and within the same time frame.

2. Issues of improving special physical training

In the current conditions, the system of forming professionally important qualities of higher education students requires the search for new and more effective ways of conducting professional and applied physical training, the implementation of which will help to overcome the negative phenomena that arise in emergency or crisis conditions.

The principle of organic linkage of physical education with the practice of traditional activities is most concretely embodied in special physical training. Although this principle applies to the entire social system of physical education, namely professional and applied physical training, it finds its specific expression⁵.

One of the possible ways of solving this problem can be considered a combination in the context of innovative technologies of special means

⁴ Маяцька Є. Спеціальна фізична підготовка як обов'язкова складова професійної готовності поліцейських до здійснення ефективного несення служби з охорони громадського порядку. Матеріали міжнародного н.-п. круглого столу «Службова-бойова підготовка як основа професійної діяльності поліцейських». 2022. С. 113–116. <http://dspace.oduvs.edu.ua/handle/123456789/4032>

⁵ Chobotko M.A., Chobotko I.I., Lastovkin V.A., Schastlyvets V.I. Evaluation of the performances of judoists (cadets) of one weight category at competitions of different levels for five years. *III Correspondence International Scientific and Practical Conference. AN Integrated approach to science modernization: Methods, models and multidisciplinary*. 2022. P. 670–675. <https://doi.org/10.36074/grail-of-science.29.04.2022>

of physical training, various complexes of physical exercises with elements of mobile games, exercises aimed at developing the qualities necessary in hand-to-hand combat, exercises aimed at developing physical qualities and strengthening the functional systems of the organization⁶. This will give grounds to combine various factors into a single system to ensure the formation of a holistic personality of a professional who will have a high level of physical and psychological readiness to work in the field of state security.

As a type of physical education, special physical training is a pedagogically oriented process of ensuring specialized physical fitness for a chosen professional activity. In other words, it is basically a learning process that enriches the individual fund of professionally useful motor skills, the development of physical and directly related abilities, which directly or indirectly affect professional capabilities.

Improvement of special physical training will require the development and scientific substantiation of methodological specialists, which will ensure the development of the personality of a higher education student. Thus, the rethinking of approaches to special physical training of students, namely the introduction of a personality-oriented system of physical education, should be considered a justified direction. Such a system should be based on personal and professional motives, determining the importance of individual components of such training, which will contribute to the formation of professional reliability of future specialists. The personality-oriented system of special physical training can be considered a kind of combination of the content, procedural and personal aspects of the educational process. On the one hand, it will act as a program for identifying and revealing the physical capabilities of certain attributes, and on the other – as a system of actions aimed at realizing its psychological readiness for professional activity. This will help to increase motivation for regular training, including self-training, as well as a positive change in attitude towards specially organized classes and standards.

It is known that the effectiveness of many types of professional activity depends, among other things, on special physical fitness acquired by regular physical exercises, which is somewhat adequate to the requirements of this professional activity and its conditions and functional capabilities

⁶ Скрипченко І.Т., Рожеченко В.М., Скрипченко О.Т. Інноваційний підхід в підготовці майбутніх правоохоронців зі спеціальної фізичної підготовки. *Сучасні тенденції та перспективи розвитку фізичної підготовки таспорту Збройних Сил України, правоохоронних органів, рятувальних та інших спеціальних служб на шляху євроатлантичної інтеграції України* : тези IV Міжнародної науково-практичної конференції (Київ, 19 листопада 2020 р.) Національний університет оборони України імені Івана Черняховського. Київ : НУОУ, 2020. С. 116–117.

of the organism⁷. This dependence is scientifically substantiated in the light of profound concepts about the regularity of the influence of different aspects of physical and general development of the individual in the process of life.

Professional training is carried out primarily as one of the sections of the compulsory physical education course in higher education institutions, as well as in the system of scientific organization of work during the main professional activity of employees, when it is necessary by the nature and conditions of work.

The main tasks of improving professional and applied physical training are to

- to replenish and improve the individual fund of motor skills, skills and physical culture and educational knowledge that contribute to the development of the chosen professional activity, useful unique and at the same time necessary in the process of professional and applied physical training as its means;

- to activate the development of professionally important physical and directly related abilities, to ensure the sustainability of increasing the level of performance on this basis;

- to promote the successful implementation of common tasks implemented in the system of professional training, the development of moral, spiritual, volitional and other qualities that characterize purposeful, highly active members of society.

3. Prevention of injuries during special physical training of law enforcement officers

Special physical training is a class during which students learn various techniques in stances and conduct training fights, which significantly increases the risk of injury. According to statistics cited in the literature, the percentage of injuries sustained by students during such classes is much higher than in the teaching of other sports disciplines. This trend has continued in recent years^{8 9}.

⁷ Скрипченко І.Т., Маркечко К.А., Скрипченко О.Т. З досвіду використання інтерактивних методів навчання у ЗВО МВД при викладанні дисциплін професійного спрямування. Зб. матеріалів ІV Міжнар. наук.-практ. конф. «Сучасні тенденції та перспективи розвитку фізичної підготовки транспорту Збройних Сил України, правоохоронних органів, рятувальних та інших спеціальних служб на шляху євроатлантичної інтеграції України». 2020. С. 114–115.

⁸ Вербовий В. Особливості фізичної підготовки майбутніх правоохоронців. *Архів матеріалів міжнародних наукових конференцій*. 2020. С. 39–41.

⁹ Хацаюк О. В., Соколов О. А. Перспективи застосування сучасних технічних засобів навчання під час навчально-тренувальних занять зі спеціальної фізичної підготовки курсантів-правоохоронців ХНУВС та НАНГУ. *Підготовка поліцейських в умовах реформування системи МВС України* : зб. матеріалів. Харків: ХНУВС. 2016. С. 167–170.

Starting from the first lessons, the teacher should cultivate in students a specific culture of behavior characteristic of martial arts, where it is necessary to categorically stop rudeness towards partners, which will be the key to injury prevention.

The use of physical training standards in the educational process allows to determine the suitability of the applicant for classes in which they master combat self-defense techniques, which is important for solving organizational and methodological problems in the prevention of injuries¹⁰. When learning techniques and conducting training fights, it is desirable to form pairs taking into account their weight and technical fitness.

In order to prevent injuries during training, special attention should be paid to the preparation of the training site and the preparation of the body of students for the performance of exercises, techniques and actions. Here, great importance should be given to warm-ups, which help prepare the body for specific loads, activate the nervous system, neuromuscular apparatus, and enhance the activity of the cardiovascular and respiratory systems. Experts recommend including a set of physical exercises in the warm-up, which consists of a general and a special part. The special part is aimed at activating the work of those parts of the neuromuscular system that will be directly involved in the planned physical activity. The load is given taking into account the individual approach to each applicant. For this purpose, 2 teachers per group are provided, i.e. 10–14 applicants are planned for one teacher, in order to control each person. The duration of the warm-up is recommended to be no more than 20 minutes, after which it is necessary to reduce the pace and volume of the load and only then proceed to the main part of the training. Under the supervision of the teacher, the applicant must monitor the heart rate not only during the warm-up, but also during the main part of the lesson. The heart rate is affected by the intensity and rhythm of the tasks, which can lead a person to a state of combat readiness, apathy, and fatigue.

Scientists have proven that injuries are directly related to human fatigue during work, which leads to a decrease in attention, speed of movement, and reduced strength and coordination abilities. Therefore, technically difficult elements should be performed only in the first part of the lesson to prevent injury to students.

¹⁰ Скрипченко О., Скрипченко І. Профілактика травматизму на заняттях зі спеціальної фізичної підготовки правоохоронців. Збірник матеріалів круглого столу / за заг. ред. В.В. Богуславського «Правові аспекти застосування прийомів рукопашного бою при силовому затриманні та проблемні питання надання домедицинської допомоги». 2021. С. 21–24.

When mastering special techniques, it is important to perform rational insurance and self-insurance techniques, which will increase the density of the lesson and improve the quality of teaching techniques. During the lesson, not only the teacher, but also a partner (i.e. another student) can perform insurance. Good insurance involves: supporting the person who falls on the tatami in order to mitigate the force of the body's impact on the ground; directing the body to roll; preventing the person from falling on the partner in case of loss of balance.

Self-insurance is the use of safe falling techniques. Mastering self-insurance techniques should begin with learning how to land softly after throws and falls. The lack of such skills is often the reason for refusal to perform such exercises, especially by girls. Each student should learn to automatically perform appropriate actions in different fall scenarios. It is advisable to include self-insurance exercises in the preparatory part of each lesson with a gradual increase in the complexity of the exercises (for example, rolls on the back and diagonally, side turns, grouping, etc.) All methods of insurance are carried out by soft rolling from side to side with the back bent, except for forward falls. It is forbidden to put your hands out at point-blank range when falling on the carpet and to interlock your fingers in a binding when grabbing.

In special physical training classes, the heaviest loads are on the joints (shoulder, knee, and lower leg) and the musculoskeletal system (cervical and lumbosacral spine). Experts emphasize that people who cultivate an attacking style suffer fewer injuries than those who cultivate a defensive style of fighting. The authors emphasize that the most commonly injured persons are those who are being held.

As you know, the most common injuries during training are bruises, abrasions, and sprains. Moderate and severe injuries (fractures, dislocations, concussions, etc.) are not typical for SPS classes and can only be a consequence of the teacher's incompetence, indiscipline and inattention of students in class.

Therefore, a teacher of physical education and sports must possess the necessary competencies, which include: knowledge and consideration of anatomical, physiological, psychological, age and gender characteristics of students; knowledge and compliance with sanitary and hygienic requirements for the gym, equipment and sports uniforms; knowledge of the basics of technical and tactical techniques and actions, rules for their application; knowledge of safety rules and skills in providing first aid.

CONCLUSIONS

Thus, the educational process of physical education of students includes 2 interrelated content components: 1) basic physical education classes that meet the physical needs of the individual's culture; 2) a sports component that complements the basic one, including classes in the chosen sport, taking into account the originality of each student, his or her motives, interests, and needs.

SUMMARY

The essence of special physical training of students, the strategy of the main directions of its development are interrelated with socio-economic factors. The state policy in the field of higher education determines the social order of the future specialist and the intensity of his/her physical fitness. Higher education provides ample opportunities for rethinking the values of physical culture for students, covering its educational, upbringing and health-improving functions in a new circle. These defined values of students' physical culture bring it closer to an independent sphere of activity in the federal socio-cultural space, highlighting its educational benefits for students.

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