The Content of the Physical Education in the Strategic Forces

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Abstract. The aim of the study was to examine the content of physical education in the strategic forces. The main techniques are testing the level of physical working capacity (Cooper test - 4 standard exercises); pedagogical experiment and others. In this work the physical training methodology (technique) for the Komsomolsk-on-Amur Strategic forces military unit service men who are preparing for the military takes texting is described and experimentally tested. New forms of physical training organization in the course of educational and fighting activity are introduced (the military takes testing imitation, physical education process realization according to individual routes). In our method we have used the following psycho-physical exercises and trainings: swimming on improvised means through a water obstacle with a fast current; throwing fighting hand grenades; covert movement on difficult area while solving tactical problems on the way; exercises to eliminate the fear of height, water, fire, explosions, closed space; crossing the rope railing across the river, ravine in full combat equipment; hand-to-hand fight with two or three opponents; resistance to painful and suffocating receptions; overcoming of a route of 30 km on the cross-country area at night on azimuth, etc. Thus, difficult tasks facing physical education in the formation and maintenance of physical readiness of the staff for combat activities require the integrated use of all forms of physical improvement of military personnel on the basis of their optimal combination and interconnection.

1. Introduction

To solve the problems of national security today it requires high-quality professional training for military staff, which is based on physical fitness of recruits entering the service.

If we consider the current stage of development of the Armed Forces of Russia, we can see the trend of increased attention to the problems of the most effective human functioning in the conditions of military activity [1, p.9]. The general level of physical fitness of the recruits did not meet modern requirements and hinders the development of the full program of combat training recruits.

In the last of the «Concept of perfection of process of physical training of military staff until 2016» presented a set of modern views of targets, principles and priorities of the Ministry of Defense of the Russian Federation to ensure the combat effectiveness and improve the combat readiness of the Armed Forces of Russia.

Reviewing and analyzing the system of physical education in the Armed Forces of the Russian Federation, we have determined that this system formed the contradiction between the urgent need to find ways to optimize the process and the insufficient number of empirical studies. The traditional
means of assessing the efficiency of physical training in the strategic forces are specific qualification trials for the right to wear a military beret.

2. Methods and organization of research
Experimental work was carried out in 2017-2018 years on the basis of a military unit, Komsomolsk-on-Amur.

Contingent subjects: conscripts 18-20 years, serving in a special unit of the military unit of Komsomolsk-on-Amur. Among the divisions of a company was selected - 40 people - participants of pedagogical experiment, then the method of random sampling the control and the experimental groups were staffed. Methods: theoretical analysis and synthesis of information sources for materials research problem; pedagogical observation; testing of physical performance conscripts (Cooper test - 4 standard exercises); pedagogical experiment; method mathematical-statistical processing of empirical data.

3. Results and its discussion
During the experimental work we have attempted to update the content of the system of physical education of servicemen on conscription in the strategic forces.

The essence of the standard preparation for passing the test for the right to wear a military beret is to use traditional forms of physical education in the strategic forces; as part of the experimental procedure conducted classes, accentuated on the development of physical and psychological qualities to ensure the success of passing the tests for the right to wear a military beret: cardiorespiratory (aerobic), strength, static, general endurance, static strength, agility, and mental stability.

The experimental group (20 soldiers) were engaged by the experimental procedure and the control group (20 soldiers) according to the standard (typical) method prescribed program NFP-2009. In the implementation of the pedagogical experiment was also attended by Head of the Physical Training, the specialists of the psychological service.

Incoming diagnosis was carried out in September 2017, coming out - before first passing the test in April 2018.

Planning the process of physical training in the 2017-2018 biennium conscripts in strategic forces of physical training experimental procedure is presented in Table 1.

| Periods          | Priorities Physical Education | Physical Education Methods                                                                 |
|------------------|-------------------------------|---------------------------------------------------------------------------------------------|
| September 2017   | Incoming diagnostic           | testing for C. Cooper.                                                                     |
| September-October 2017 | The development of cardio-respiratory (aerobic); general endurance; increasing functional reserves; working out methods of unarmed combat | Using conventional techniques (long run continuous, intermittent running, competitive and others.) Is combined with a high intensity interval method, in a continuous circular training mode, common martial arts techniques. |
| November-December 2017 | Development of power endurance, strength, combat training | Circuit Training Mode Interval operation, the competitive method, the unsaturated effort with the maximum number of repetitions «to failure»), the method of isometric effort, the method of dynamic forces. |
Table 1.

| Periods                  | Priorities Physical Education                  | Physical Education Methods                                                                 |
|--------------------------|------------------------------------------------|---------------------------------------------------------------------------------------------|
| January – February 2018  | Development of speed endurance, agility         | Repeated method interval method, passing competitive distance with the maximum intensity     |
|                          |                                                | (running sprint with a gradual increase in the length of segments, jumping exercises)        |
|                          |                                                | Using conventional techniques (long run continuous, intermittent running, competitive, etc.)|
| March - April 2018       | Maintaining a high level of overall strength    | blends of high intensity interval method, in a continuous circular training mode; methods    |
|                          | and endurance, combat training, psychological  | of psychic self-regulation                                                                 |
|                          | training                                       | Testing K. Cooper, simulation tests passing                                                |
| May 2018                 | Intermediate testing                            | Methods are selected taking into account the need to improve the physical qualities         |
|                          |                                                | with the development of the middle and lower level, the degree of psychological readiness   |
| June-August 2018         | The process of physical education is carried    | For passing the test for the right to wear a military beret                                  |
|                          | out on an individual route                      | - a 10-kilometer march,                                                                    |
|                          |                                                | - a special obstacle course (to overcome the «infected» areas with gas masks and water      |
|                          |                                                | obstacles, fighting off sudden attacks of the enemy, a reflection of the attack from the   |
|                          |                                                | air, to overcome blockages, marshy terrain and other natural obstacles, obstacle course      |
|                          |                                                | in a smoke-filled areas, minefields, fire)                                                |
|                          |                                                | - the assault of a tall building - 3 floors                                                |
|                          |                                                | - review of skills rapid-fire against the background of fatigue, 1 SUUS of the machine    |
|                          |                                                | - close fight                                                                             |
|                          |                                                | - a 100-meter sprint.                                                                     |

The Planning was based on several periods, each of which carried a certain task.

The experimental method of training conscripts to undergo testing for the right to wear a military beret included a section of psychological preparation in order to achieve optimal at the time of testing marital status.

The main means of psychological preparation is the psychophysical training for improving individual and prerequisites for the successful solution of complex problems of stability and mental balance.

Psychophysical training was carried out in the framework of the main directions proposed by A.A. Kadochnikova [3]:
- forming the inner self-confidence;
- control their condition with the help of inner speech, autosuggestion;
- development of abilities to regulate activation level of concentration.
- ideomotor training.

In addition, in the training of military personnel actively used psycho-physical exercises, which are complex techniques and activities carried out in high-risk (risk) and associated with significant physical and mental stress.

In our method, we used the following psycho-physical exercises and trainings:
- Ferry swim on improvised means through the water obstacle with fast-flowing;
- throwing hand grenades fighting;
- covert movement on difficult area with a fair solution of tactical problems;
- exercises to eliminate the fear of heights, water, fire, explosions, confined spaces;
- crossing the rope handrail across the river, the ravine in full combat gear;
- dogfight with two or three opponents;
- resistance to pain and suffocating techniques;
- overcoming route 30 km over rough terrain at night in azimuth, etc.

The analysis of the results in terms of physical fitness of soldiers experimental and control groups indicates the absence of any significant difference between them on this criterion at the beginning of teaching. At the end of the year under the influence of the different methods (standard and adapted) revealed some differences in the level of physical fitness of soldiers to test the right to wear a military beret control and experimental groups. Within both groups there is a positive trend, but in the experimental it is the most severe (Table 2).

**Table 2.** Results of evaluation of physical readiness of the military K. Cooper experimental and control groups after the experiment.

| № p/p | Time performing exercises control cycles | Experimental group | Control group | The significance of differences (φ) |
| --- | --- | --- | --- | --- |
| 1. | 3 minutes or less – «excellent» 8 people – 40 % | 5 people – 25% | φ* = 1,018 |
| 2. | 3 minutes - 3 minutes 30 seconds. – «good» 10 people – 50 % | 6 people – 30 % | φ* = 1,491 |
| 3. | 3 minutes 30 seconds. - 4 minutes – «satisfactory» 2 people – 10 % | 8 people – 40 % | φ* = - 2,292 |
| 4. | More than 4 minutes – «unsatisfactory» | 1 people – 5% | |

4. Conclusion

To summarize our work, we can say that we effectively apply that military training methodology has been proven experimentally at the call to undergo testing for the right to wear a military beret. As a result of the pedagogical experiment experimental group surpassed the control in the percentage of men who have successfully passed the test for the right to wear a military beret.

These differences were statistically significant in a number of tests. Thus, the hypothesis initially put forward that the change in the content of physical education in the strategic troops will increase the level of physical qualities of military personnel at the call and ensure the successful completion of tests of control on the right to wear a military beret, has found empirical support.

5. References

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