

FEATURES OF ORGANIZATION AND EXTRA-CURRICULAR CLASSES ON THE SUBJECT “SPECIAL PHYSICAL TRAINING” WITH THE CADETS OF INSTITUTIONS OF HIGHER EDUCATION OF MINISTRY OF HOME AFFAIRS OF UKRAINE

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Abstract. Concepts “Off-hour employments” are considered in the system of physical training of students of higher educational establishments of Ministry of Internal Affairs of Ukraine. The ways of perfection of method of their organization and leadthrough are shown taking into account modern requirements to physical training of officers. It is suggested to unite in a single process preparations educational, sporting mass and athletic-health-improvement work by bringing of proper *корректив* in curricula and programs of preparation. It is recommended to examine off-hour employments as component part of educational training process. The necessity of account of results of participation of students is marked for competition activity to on professionally-applied to the types of sport. Preparations which conform to the modern requirements and standards are resulted recommendation on the correction of curricula and programs.

Keywords: professional, physical, training, students, off-hour, employments.

Introduction.

The problems of Physical training of the cadets of Ukrainian home affairs institutions of higher education are rather elucidated in scientific and in law regulatory literature [3, 5-11]. Governmental, military and policing authorities pay great attention to theoretical questions of this subject. However, due to some objective and subjective reasons, the quality of future officers’ professional physical training leaves much to be desired. These reasons are as follows:

- Low level of entrants’ and candidates’ to service at home affairs bodies physical condition;
- Unreasonable planning and organization of cadets’ training courses;
- Absence of clear interconnection between all kinds of special physical training.

Well-adjusted system of home affairs officers’ physical training, corresponding to basic principles of physical education and the system of sports training [6] exists in theory. It is regulated by the current instructions on organization of Ukrainian home affairs rank and file and command staff physical training, which, by many items, is identical to the same instructions of Russian Federation and Republic of Belarus and imitates the training program of the lapsed USSR [1,2,8].

In practice, as a rule, physical training classes are planned as per “leftover” principle, without any regularity, evenness in class hours’ distribution [4]. In the course of educational training process there is no clear interconnection between the subjects of classes, parts of “special physical training”, their natural sense.

The present researches have been carried out within the frames of professional advanced physical training of Home Affairs ministry of Ukraine higher educational institutions’ graduate cadets.

Last time the prospect of militia reorganization to police is one of the most discussed questions. Such reformation will naturally increase the requirements to professional qualification of personnel, physical training inclusive.

The practical task of the present paper is to determine and introduce into educational training process some essential corrections which would permit to match the professional qualification of militia-police officer with modern demands in the context of departmental educational system reformation and the reformation of home affairs authorities in general.

Purpose, tasks of the paper, material and methods.

The purpose of the paper is definition of conception “extracurricular classes” in the system of physical training of the cadets of Home Affairs ministry higher educational institutions of Ukraine, optimization of their organizational methods and their conducting considering modern demands to physical training of home affairs officers.

The tasks of the paper

1. Analysis of the existing forms of extra curricular classes in “special physical training”.
2. Determination of the correspondence of educational course content to the tasks of highly qualified law enforcement specialists’ preparation at present stage.
3. Determination of improvement ways of cadets’ physical training by optimization of educational-training process, combination of all types and kinds of classes into integral system of preparation.

The materials of this paper are the results of researches and observations of the cadets educational process during the whole study period at higher educational institution, analysis of the cadets’ physical condition dynamics and the indicators of their future activity as home affairs officers.

The methods of research are: analysis of literature and regulatory documents, pedagogical experiment, tests and comparative analysis of their results, mathematical statistics methods.

Results of the researches.

In our opinion, the conception, considering cadets' physical training process as a form of professional applied complex sports [I.P. Zakorko, 2000, 2001, 2010], is the most reasonable. With this, the training process covers not only the period of education at higher educational institution, but, as a rule, the preceding period of study at school and, as mandatory component, future period of service as home affairs officer.

The main task of training is, of course, preparation of an officer to possible power conflict with a law breaker independently on the cadet's sex and specialty. However, successful mastering of martial arts is possible only if a cadet has sufficiently trained main motion skills, while his further service as a home affairs officer will require permanent maintaining of these skills considering natural age-related changes. The compliance with the a.m. conditions is possible only with the help of regular physical training.

The comparison of the existing time indicators of educational process and modern physical training methodologies permits to assert that high leveled physical training of cadets demands much more class time than it is usually given.

Besides, the organizers of educational process pay insufficient attention to extra-curriculum physical training. On the one hand quite a lot of mass sports and fitness actions are conducted. These actions are not the part of educational process and rather limited quantity of cadets and employees participate in them.

We offer to consider extra curriculum classes not only as a form of passing leisure time away and a method of sports team members' improvement, but as a component of educational process for all cadets and employees without exceptions. All kinds of extra curriculum classes shall be planned in compliance with general orientation of integral system of education and training process.

General planning will permit to use competition forms of professional skills, physical and psychological abilities improvement in educational process. In this case the range of class hours, covering the hours of culture education, physical training and sports actions and self preparation significantly widens.

It is worthy to remember about individual classes which assist to significantly widen the performance range of the cadets' motion skills, and it is especially important for mastering of self-defense techniques and professional-applied martial arts.

Summary.

Using of extra curriculum classes is an effective reserve of efficiency improvement of educational process (discipline "special physical training") of higher educational institutions of Home Affairs ministry of Ukraine cadets.

In order to improve methodology, organization and conducting of classes in the system of professional-applied preparation, improvement of physical level of home affairs cadets and officers it is offered:

1. To combine educational, physical training, sports and fitness work into integral process by corresponding corrections of curriculums and training programs.
2. To consider extra curriculum classes as a component of educational training process with main task: preparation of highly qualified home affairs officer.
3. To estimate the results of a cadet's participation in competitions in professional-applied kinds of sports as one of the criteria of his physical level.

To consider the creation of universal, common for all departmental educational institutions of Home Affairs ministry of Ukraine, model of educational process (discipline "special physical training") as a prospective direction. Such model shall cover both the period of study at higher educational institution and the whole period of service at home affairs bodies. It must be created considering the specificity of the cadet's future service as an officer.

The creation of such model will permit to significantly improve educational process and approximate it as much as possible to practical conditions of service.

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