

IMPROVMENT OF PHYSICAL TRAINING OF STUDENTS OF EDUCATIONAL INSTITUTIONS OF MINISTRY OF HOME AFFAIRS OF RUSSIA

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Abstract. Directions of perfection of students' physical training and listeners of educational establishments of Ministry of Internal Affairs of Russia are considered. These statistical Ministries are resulted on crimes. It is marked that criminals perfect the actions constantly, apply the new methods of commission of crime, all more frequent utilize different armaments and explosive devices. The necessity of increase of professionalism and capacity of students is marked. The comparative analysis of normative acts of Ministry is resulted. The elements of alertness of employees are selected to implementation operatively-official tasks. Technical descriptions of equipment which is utilized by employees at implementation of the special operations are considered. The chart of distributing of clock is offered in the section of the program on a body-conditioning. It is suggested to extend the section of general and special endurance, utilize the methods of preparation of weightlifters. Directions of increase military efficiency of organs of internal affairs are shown through perfection of physical qualities: force, endurance, quickness, adroitness.

Keywords: police, physical training, criminality, physical qualities, teaching method.

Introduction.

On all stages of its development society faces "Thieves World" (TW) which is manifold by its nature, motive powers, aims and forms. The statistics of Home affairs ministry of Russia gives the following data: in the period from January to November 2012, 2 136.1 thousand of crimes were registered. From them there were 584 terrorist crime (by 1.4% more than (by 1,4% more than APPG) and 670 extremists crimes. (by 19,4% more than APPG). In public places there were registered 652.8 thousand of crimes (by 13.7% more than APPG). On streets, squares in parks and public gardens 428.6 thousand of crimes were registered that is by 14.6% exceeds. This figure includes: 192.4 thousand of larcenies (by 22.3% more the APPG)), 6.9 of armed robberies (by 2.8% more than APPG). On out of centers of population roads and highways there were committed 153 armed robberies (that by 10% exceeds APPG), 346 robberies (by 0.9% more than APPG), 104 acts of illegal acquisition, transfer, selling, storing, transportation or carrying of arm, ammunition, explosives and explosive assemblies (by 48.6% more than APPG) [<http://www.mvd.ru/presscenter/statistics/reports>]. The statistic data show that criminals permanently improve themselves in their evil deeds, using new methods of committing of crimes. Still oftener criminals use different arms and explosive assemblies, committing, as a rule, most cruel forms of violence.

Police has been called on to guard law, order and lives of Russian citizens. It is consigned to defend lives, health, rights and freedoms of Russian Federation citizens, foreign citizens, stateless persons and to counteract crimes, maintain public order, for protection of property and ensuring of public security. Police officers immediately help to everybody who needs its defense against criminal or other unlawful trespasses [Federal law of Russian Federation № 3-ФЗ, dt. February 7, 2011].

Crime-fighting demands that police personnel should be highly professional and hard-working. Every police officer, fulfilling his service task must be ready to any turn-up both: psychologically and physically; he must rely on himself, his knowledge, skills, his colleagues [1-7, 9, 10].

For young graduates of Russian Home Affairs educational institutions to start crime fighting is more difficult because they, unlike the operating police officers, have no practical experience in arresting criminals yet and the results of their crime-fighting will depend on their physical training.

Purpose, tasks of the paper, material and methods

The purpose of the paper is improvement of physical training of Russian Home Affairs educational institutions students.

The tasks of the research is development and maintaining of Russian Home Affairs educational institutions students' physical abilities (quickness, stamina, strength, dexterity) on appropriate level.

The methods of the research are theoretical analysis, summarizing of special and scientific methodological literature.

Results of the research.

Physical training is the main component of officers' combat readiness to fulfillment of operations and service tasks and it is one of directions Home Affairs bodies fighting efficiency improvement [Order of Russian Home Affairs ministry, № 663, dt. July 3, 2012, "On adoption of preparation procedure of personnel for filling the positions in Home Affairs bodies of Russian Federation"]. Physical training is organized and conducted as per statutory acts of Russian Home Affairs ministry "On adoption of physical training organization Instructions in Home Affairs bodies of Russian Federation".

The purpose of physical training is the formation of officers' physical and psychological readiness to successful fulfillment of operations and service tasks, skillful application of strength, combat techniques and specials means for suppressing unlawful actions as well as ensuring of officers' high efficiency in their service

[Order of Russian Home Affairs ministry № 510, dt. May 15, 2010, “On entering amendments and addenda in Home affairs officers’ physical training Instructions, adopted by order of Russian Home Affairs ministry № 412, dt. July 29, 1996”].

In order to find a positive trend in physical training of Russian Home Affairs educational institutions cadets, the comparative analysis of two statutory acts of Russian Home Affairs ministry has been made: the current Instruction on organization of physical training in Home Affairs bodies of Russian Federation, which was adopted on November 13, 2012, and Instruction on physical training of Home Affairs bodies’ officers, dated July 29, 1996.

The previous program of physical training program, which was adopted by order of Russian Home Affairs ministry, dt. July 29, 1996, consisted of three parts:

Part 1 – “Combat techniques of fighting”.

Part 2 – “Chase and accelerated movement”.

Part 3. – “Training-combat practice”.

The subjects of Part 1, aimed to development of strength:

Subject 1.11. Absolute strength. (Exercises for development of absolute strength of arms, legs body muscles with the help of loads (different weights, gym apparatuses, etc.) The main method: repeated exercises with overcoming of not maximum or close to maximum resistance.

Subject 1.12. “Explosive” strength (Exercises for development of “explosive” strength of legs muscles and sprint speed (jumping on eminence, multi hops, jumps in depth and other). Exercises for development of “explosive” strength of arms’ muscles (stones or medicine ball throwing, training on makivara or punching bag and so on). The main method: repeated exercise with highly intensive overcoming of not maximum resistance.

Subject 1.13. Endurance. (Repeated training of wrestling, boxing or martial arts fights in conditions of anaerobic, glycolytic organism operation (pulse 180-195 ictuses per minute). Contact sports and outdoor power games (Rugby, hand ball, basket ball). Main methods: alternative, interval, repeated).

Part 2 consisted of subjects, devoted to development of speed, general and special endurance:

Subject 2.1. Cross country. Accelerated motion (rushes at middle and long distances). Running technique on firm, soft, granular and slippery soil, running uphill, down hill with obstacles’ overcoming (trenches, streams, hummocks, fences, etc.). Main methods: even, alternative, repeated).

Subject 2.2. Overcoming of obstacles (fences of different height, motion on narrow or rocking surface, motion in a crowd, creeping in windows, jumping from different height, swarming up and horizontally a rope. Main method: repeated.

Subject 2.3. Skiing. Middle and long distances skiing. Skiing techniques, hills ascending and descending. Main techniques: even and alternative.

Subject 2.4. Applied swimming (freestyle, swimming crossing, diving at length and in depth, transportation of a drowning. Main methods: even and alternative.

Subject 2.5. Sports games (Contact outdoor games (Rugby, handball, basketball, football, etc.) including games by simplified rules. Main method: repeated.

Approximate quantity of class hours for coping with these subjects was 62 hours [Order of Ministry of Home Affairs of Russia, No. 412, dated July 29, 1996. “On adoption of Instruction on physical training of Home Affairs bodies’ officers.”

New Instruction on physical training of Russian Federation Home Affairs bodies’ officers has similar structure of parts, but Part “General physical training” has less number of class hours. In our opinion their quantity and distribution in the present physical training program is insufficient for improvement of physical abilities and skills, required for Russian police officers to fulfill operations and service tasks in modern conditions. The lack of subjects on development of general and special endurance in new Instructions will negatively influence on maintaining of high officers’ efficiency in the period of their service. Because, when fulfilling operations and service tasks police officers have to patrol by foot, to run for long time chasing criminals; they will have to carry out search operations on rugged terrain and so on.

Conducting special operations, Russian police officers, for personal safety, fulfill combat tasks in special bullet proof means. Using of bullet proof means minimizes the percentage of combat losses of sub-units manpower. But using of bullet proof means during fulfillment of service-combat tasks demands the officers’ high physical level and special methodology of training planning for improvement of skills, required for efficient execution of tasks without traumas.

For example, performance characteristics of equipment to be worn by an officer during special operation are the following:

1) Bullet proof vest “Korund” is designed for individual protection of man against fire arms. The breast section of it is additionally strengthened by steel elements, which at distance of 5 – 10 meters (protection class 5) protect against bullets with steel, heat strengthened cores of caliber 7.62 mm machine gun AKM and against bullets with steel cores of sniper rifle SVD of caliber 7.62 mm. The mass of the article is 9.7 kg, the time of continuous wearing up to 5 hours.

2) “Maska -1” – steel solid drawn bullet proof helmet with removable face guard with panoramic periscope ensures protection class 2 and is designed as equipment of field and special sub-units. Glass part is of class protection 1. The mass of helmet is 4.73 kg.

3) 5,45 mm Kalashnikov machine gun AK-74 M which is individual weapon and is designed for destruction of enemy's man and fire power. The mass of machine gun with loaded charger is 4.1 kg. Besides, as a unit of machine gun there are four loaded chargers. The weight of one loaded charger is 500 g.

4) 9 mm pistol "Makarov", which is a government issue weapon of protection and attack, is designed for destruction of enemy at short distance. The weight of pistol with loaded charger is 910 g [8].

Summing up the weight of the mentioned above equipment, we see that police officer carries out operations and service tasks during special operation, having equipment of 20 kg weight. Considering the fact that this operation can be conducted during long time, the load on officer's organism will increase very much. This can result in strong traumas of officer's supporting motor system with consequent long term treatment and even dismissal of the officer due to his state of health.

Summary.

To successfully carry out all operative-service and combat tasks officer shall constantly improve his physical level. For this purpose it is necessary to increase the quantity of class hours in part "General physical training" and distribute them so that the improvement of physical abilities should be the most efficient.

We suggest that increasing of the quantity of devoted to the development of physical abilities class hours in the program of Russian Home Affairs educational institutions cadets' physical training and adding the subjects on general and special endurance improvement to part "General physical training"; study of weightlifters' training methods and based on them implementation of innovative methods of Russian police officers' physical training would permit to more efficiently organize physical training classes improving: strength, endurance, quickness and dexterity, which are necessary for police officers to efficiently conduct crime fighting measures.

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