



BASICS OF ORGANIZING THE PROCESS OF PHYSICAL TRAINING OF INTERNAL AFFAIRS OFFICERS

Kdirova Mukhabbat Allaniyazovna

Senior Lecturer of the Department

Combat and Physical Training (PhD) Associate Professor

Ministry of Internal Affairs of the Academy of the Republic of Uzbekistan

e-mail: gulzaabatova@gmail.com

Abstract

This article examines the specific aspects of organizing the physical training process of cadets of the Academy of Internal Affairs. Physical training is an independent section of service and combat training and is one of the most important components in the formation of professional skills of employees of internal affairs bodies. It involves the formation of professionally important physical qualities and movement skills applicable to service, including combat combat techniques and methods of overcoming various natural and artificial obstacles. The article analyzes the physical qualities necessary for cadets of the Academy of Internal Affairs and the features of their formation, as well as indicates the problems and solutions that make the training process more effective. A high level of physical training significantly affects indicators such as the effectiveness of apprehending criminals, the coordination of the activities of service and combat groups, the maximum use of the combat capabilities of weapons and equipment, the effectiveness of firing from combat weapons, tolerance to adverse factors of service and combat activities, and the reduction of losses and other damaging factors during special operations.

Keywords: Physical training, Physical fitness, Internal affairs officers, Law enforcement personnel, Professional readiness, Endurance development, Strength training, Speed and agility, Service-oriented physical training,



**WORLD BULLETIN
PUBLISHING**

Online Publishing Hub

World Bulletin of Physical Education and Sports Science (WBPESS)

ISSN (E) : 3072-1768

Volume 2, Issue 1, January 2026



This article/work is licensed under CC by 4.0

<https://worldbulletin.org/index.php/2>

Functional fitness, Operational effectiveness, Physical preparedness, Professional performance, Training methodology, Physical conditioning, Occupational fitness, Police training system, Performance improvement, Service duties, Physical readiness assessment.

Introduction

The physical training of cadets of the Academy of internal affairs is extremely important in achieving their effective activities and goals set before the service. The physical training of cadets of the Academy of internal affairs is extremely important in achieving their effective activities and goals set before the service. In particular physical training of cadets of the Academy of internal affairs is extremely important in achieving their effective activities and goals set before the service. In particular, a high level of physical fitness is relevant for Precinct overseers, operational unit personnel, road patrol personnel, as well as patrol post service personnel. It is the employees of these units that in the process of service can face the use of physical force in the capture of a person, chasing the offender and the like. [1,2,3]

A high level of physical fitness is also necessary for employees of other units, such as investigation and inquiry bodies, as it allows you to protect yourself from attack, catch a criminal or suspect. High level of physical fitness is also necessary for employees of other units, such as investigation and inquiry bodies, as it allows you to protect yourself from attack, catch a criminal or suspect. In general, employees of all branches of the police should have decent physical training and special skills, since this will help to achieve the set goals.

The Academy of Internal Affairs has a distinctive feature in the physical training of Cadets, which differs from the training of professional athletes, amateurs or individuals engaged in physical activities to maintain a healthy lifestyle. The Academy of Internal Affairs has a distinctive feature in the physical training of Cadets, which differs from the training of professional athletes, amateurs or individuals engaged in physical activities to maintain a healthy lifestyle. These differences are related to the preparatory goals of different categories of



individuals. For example, if it is important for professional athletes to demonstrate high results in a particular sport in physical fitness (running a set distance for an athletics athlete within a certain period of time, raising the maximum weight for a weightlifter, etc.), for amateur athletes and those involved in physical education, the goal is to improve health, reduce weight or achieve amateur-level results.

Based on the purpose, tasks and characteristics of physical training, the training process of a police officer is formed. This process should be material and technical and scientifically based.

The material and technical support of the physical training process implies the provision of sports equipment, training equipment for training the skills of pulling a weapon from an attacker, physical training facilities (manegs, wrestling halls, etc.).¹ and technical support of the physical training process implies the provision of sports equipment, training equipment for training the skills of pulling a weapon from an attacker, physical training facilities (manegs, wrestling halls, etc.). Only when there is full material support can scientific approaches be effectively implemented and training objectives be achieved.

The scientific justification of the training process refers to the use of a complex of scientific developments and proven theories that allow you to increase efficiency and achieve the set goals.^[4]

For cadets of the Academy of internal affairs, endurance is a very important quality, which is necessary not only in physical training, but also in professional activities. or cadets of the Academy of internal affairs, endurance is a very important quality, which is necessary not only in physical training, but also in professional activitior cadets of the Academy of internal affairs, endurance is a very important quality, which is necessary not only in physical training, but also in professional activities. Scientific sources note the use of continuous exercises (with a load of 60-70%) or repeated-interval exercises (with a load of 75-85%) for the development of endurance. In the process of training, the heart rate should not exceed 170-180 beats per minute. However, these indicators are conditional, and the optimal heart rate is determined individually, depending on



the characteristics of the organism and the level of preparation of each individual.

Methods

It is also necessary to develop strength endurance, for which the method of repeated exercises and circular training with light weights up to 20-70 times is used. It is also necessary to develop strength endurance, for which the method of repeated exercises and circular training with light weights up to 20-70 times is used.

Qualities such as agility, agility, flexibility is also necessary to develop strength endurance, for which the method of repeated exercises and circular training with light weights up to 20-70 times is used.

Qualities such as agility, agility, flexibility are also important for employees of the interior, which are developed through appropriate exercises.

Teaching combat methods is carried out in three stages:

1. theoretical training and demonstration;
2. training under standard conditions;
3. strengthening skills under non-standard conditions.

The main purpose of using combat techniques is not to injure an individual, but to eliminate and capture resistance. For this reason, it is also important to know the basics of anatomy.

In conclusion, the physical training of cadets of the Academy of internal affairs occupies an important place in their service activities. It requires an individual approach, periodization of training, harmonization of physical fitness with legal and psychological training. In conclusion, the physical training of cadets of the Academy of internal affairs occupies an important place in their service activities.

This study was aimed at studying the process of physical training of employees of internal affairs bodies on a scientific basis, in which pedagogical, theoretical and practical research methods were used in a comprehensive way. The research process was carried out in several stages.



1. Method of analysis of scientific and literature

Through this method, domestic and foreign scientific sources related to the theory of physical education and sports, professional training of internal affairs personnel, methodologies for organizing physical training were studied. Through this method, domestic and foreign scientific sources related to the theory of physical education and sports, professional training of internal affairs personnel, methodologies for organizing. [5]

2. Pedagogical observation method

In the process of pedagogical observation, physical training sessions taking place in the internal affairs bodies were directly observed. This method made it possible to assess the content, structure, sequence of exercises and the physical activity and discipline of employees during training. In the process of pedagogical observation, physical training sessions taking place in the.

3. Pedagogical experiment method

During the study, a pedagogical experiment was carried out in which a complex of exercises aimed at improving physical fitness training was tested. In the experimental process, employees were divided into two groups — control and experimental groups. During the study, a pedagogical experiment was carried out in which a complex of exercises aimed at improving physical fitness training was tested.

Physical Fitness Indicators of Internal Affairs Officers (Experimental Group) Table 1.

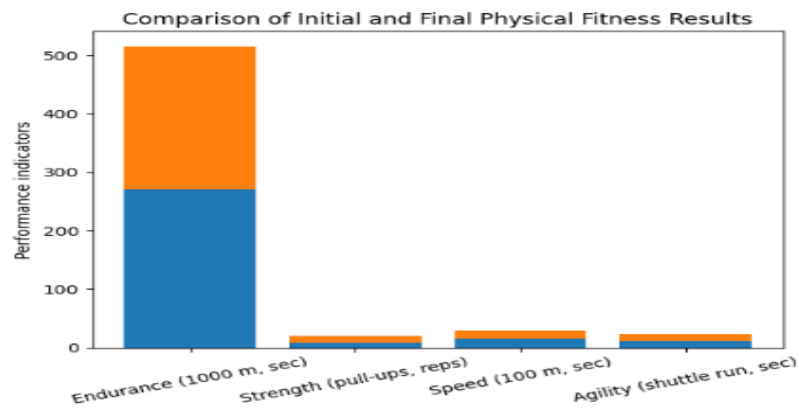
| No | Physical qualities | Initial result | Final result |
|----|----------------------------------|----------------|--------------|
| 1. | Endurance (1000 m, sec) | 270 | 245 |
| 2. | Strength (pull-ups, repetitions) | 8 | 12 |
| 3. | Speed (100 m, sec) | 15.2 | 14.1 |
| 4. | Agility (shuttle run, sec) | 11.5 | 10.6 |

Note: The table shows a positive improvement in all physical fitness indicators by the end of the experiment.



Figure analysis:

The diagram demonstrates that the specially organized physical training program led to a significant improvement in the physical fitness level of internal affairs officers. Notable progress was observed in endurance, strength, speed, and agility indicators, confirming the effectiveness of the applied training methodology.



Explanation:

As shown in Figure 1, all measured physical qualities demonstrated positive dynamics after the completion of the experiment. The most significant improvements were observed in endurance and strength indicators, while speed and agility parameters also showed noticeable enhancement.

Discussion

The findings of this study confirm that a systematically organized physical training program plays a crucial role in improving the professional readiness of internal affairs officers. The observed improvements across all assessed physical fitness indicators demonstrate the effectiveness of integrating service-oriented exercises into the training process.[6]

One of the most significant outcomes of the study was the improvement in endurance performance. Endurance is a key physical quality for internal affairs officers, as their service activities often involve prolonged physical exertion, patrolling, pursuit of suspects, and maintaining operational readiness under



conditions of fatigue. The reduction in time required to complete the 1000-meter run indicates enhanced cardiovascular capacity and improved resistance to physical fatigue, which directly contributes to higher efficiency during operational tasks.

Strength development also showed considerable progress, particularly in upper-body strength as measured by pull-up performance. This improvement can be attributed to the inclusion of functional strength exercises that simulate real service situations, such as detaining offenders, overcoming physical resistance, and handling equipment. Enhanced muscular strength not only increases operational effectiveness but also reduces the risk of injuries during physically demanding tasks.

Improvements in speed and agility indicators further support the effectiveness of the applied training methodology. Speed is essential in situations requiring rapid response, pursuit, or evasion, while agility is critical for coordinated movements, quick changes of direction, and maintaining balance in unpredictable environments. The positive dynamics observed in these indicators suggest that the training program successfully addressed the complex physical demands faced by internal affairs officers.

The results of this study are consistent with findings reported in previous research on law enforcement and military personnel, which emphasize the importance of targeted physical training programs tailored to professional duties. Unlike general physical education approaches, service-specific training enhances not only physical fitness but also functional preparedness and situational adaptability.[7,8]

It should be noted that individual differences in baseline fitness levels may influence the rate and magnitude of improvement. Therefore, the implementation of differentiated training loads based on individual capabilities is recommended to maximize effectiveness and prevent overtraining. Additionally, long-term application of the proposed training program may yield even greater improvements, particularly in endurance and strength parameters. Overall, the discussion highlights that physical training for internal affairs officers should be viewed as an integral component of professional development



rather than a supplementary activity. A scientifically grounded and systematically implemented physical training program contributes significantly to operational effectiveness, occupational safety, and overall professional performance.[9,10]

Conclusion

The present study examined the organizational foundations and effectiveness of physical training programs for internal affairs officers. Based on the obtained results, it can be concluded that a systematically planned and professionally oriented physical training process significantly enhances the physical readiness and operational performance of officers.

The analysis demonstrated that targeted physical training led to measurable improvements in key physical qualities, including endurance, strength, speed, and agility. These physical attributes are essential for the successful execution of service duties, particularly in high-risk and physically demanding situations. The improvement in endurance indicators reflects increased resistance to fatigue, which is crucial for prolonged operational activities. Similarly, gains in muscular strength and agility contribute to more effective physical control, rapid response, and injury prevention during service tasks.

The findings confirm that physical training programs tailored to the specific demands of internal affairs service are more effective than generalized training approaches. Incorporating service-specific exercises that simulate real operational conditions enhances not only physical fitness but also functional preparedness and psychological confidence of officers. This integrated approach supports the development of professional competence and overall service efficiency.

Furthermore, the study highlights the importance of regularity, continuity, and individualization in physical training. Adjusting training loads according to individual fitness levels ensures optimal adaptation, minimizes the risk of overtraining, and promotes sustainable physical development. Long-term implementation of such training programs is expected to yield further improvements in physical performance and professional resilience.



**WORLD BULLETIN
PUBLISHING**

Online Publishing Hub

World Bulletin of Physical Education and Sports Science (WBPESS)

ISSN (E) : 3072-1768

Volume 2, Issue 1, January 2026



This article/work is licensed under CC by 4.0

<https://worldbulletin.org/index.php/2>

In conclusion, physical training should be regarded as a fundamental component of the professional training system for internal affairs officers. The adoption of scientifically grounded and systematically organized physical training programs contributes to enhanced operational effectiveness, occupational safety, and long-term professional performance. The results of this study may serve as a methodological basis for improving physical training systems within internal affairs institutions and provide direction for future research in this field.

References

1. Methods of improving physical and combat training in educational institutions of the ministry of internal affairs of the republic of Uzbekistan. Kdirova Muxabbat Allaniyazovna Innovation in the modern education system part 44, september 2024 collections.
2. The role of physical education in the universal and professional training of cadets. PEDAGOGS International research journal-65. ISSN:2181-3027.” // Илимий мақола. Volume-67 Issue-1. сентябрь-2024й.
3. The advantage of developing the skills in accordance with technical methods (in the example of volleyball). Kdirova Muxabbat Allaniyazovna. Муғаллим ҳам узликсиз билимлендириу журнали 4 (4), 571-574.
4. Jangovar va jismoniy tayyorgarlikning ichki ichki ishlar organlari xodimlari jangovar shayligiga ta'siri. Kdirova Muxabbat Allaniyazovna PEDAGOGS International research journal-73/1. ISSN:2181-4027.”. Volume-73 Issue-1. январь-2025й. 167-173 бетлар.
5. Герасимов И. В., Моськин С. А., Подрезов И. А. Самостоятельные занятия в системе подготовки сотрудников // Наука-2020. 2016. № 4. С. 159-165.
6. Канукоев А. М. Боевые приемы борьбы как наиболее важный раздел физической подготовки сотрудников ОВД // Наука и спорт: современные тенденции. 2018. Т. 20. № 3. С. 104-108.
7. Курсант ва тингловчиларнинг жисмоний ва жанговар тайёргарлигини такомиллаштиришнинг асосий босқичлари. Scientific Academy “Ўзбекистонда янги ўйғониш-Учинчи Ренессанс: Илим-фан тараққиётида



**WORLD BULLETIN
PUBLISHING**

Online Publishing Hub

World Bulletin of Physical Education and Sports Science (WBPESS)

ISSN (E) : 3072-1768

Volume 2, Issue 1, January 2026



This article/work is licensed under CC by 4.0

<https://worldbulletin.org/index.php/2>

ёшларнинг ўрни” мавзусида халқаро илмий-амалий конференциянинг материаллар тўплами 1-қисм.// илмий мақола. 28.09.2025.

8. Sport turlari bo'yicha tadbirlarni tashkil etish va o'tkazish (voleybol). O`ZKITOBSAVDONASHRIYOTI Darslik T.: 2023.

9. Организация и проведение мероприятий по спортивным видам (волейбол). O`ZKITOBSAVDONASHRIYOTI Учебник Т.: 2023.

10. “Волейбол спорт турини курсантларнинг жисмоний тайёргарлиги ва жамоавий ҳамкорлигига таъсири. “Педагогик акмеология” халқаро илмий-методик журнали.// илмий мақола..-2025 №9. 185-189 бетлар.

11. Теоретико-методологические основы влияния волейбола на уровень здоровья и физической подготовленности спортсменов. Тадқиқотлар жаҳон илмий методик журнал журнали. // илмий мақола.. -2025 январь. 109-114 бетлар.