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DEVELOPMENT OF PROFESSIONAL SKILLS OF EMPLOYEES OF INTERNAL AFFAIRS BODIES THROUGH THE MEANS OF PHYSICAL EDUCATION AND SPORTS

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Abstract

In the modern world, the professionalism of law enforcement officers plays a key role in ensuring public safety. One of the ways to improve professionalism is the use of physical education and sports. Physical training helps to improve well-being, increase endurance and physical strength, as well as develop coordination of movements and reaction. Sports events, trainings and competitions also contribute to strengthening the team spirit and improving mutual understanding among employees. This helps to create a cohesive and effective team capable of effectively solving any tasks assigned to it. Therefore, it is important to encourage employees of the internal affairs bodies to engage in sports, conduct regular training and events, as well as support them in their desire to improve their professionalism through physical activity. This is the only way to ensure a high level of professionalism and readiness of employees to perform their official duties.

Keywords: Physical training; employees of the internal affairs bodies; law and order; professionalism, physical education, Sports activities, Internal affairs officers, Professional skills, Physical fitness, Law enforcement training, Operational readiness, Functional preparedness.



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Introduction

In the modern world, the professionalism of law enforcement officers is important in ensuring public safety. One effective way to improve professional skills is to use physical education and sports. In the modern world, the professionalism of law enforcement officers is important in ensuring public safety. One effective way to improve professional skills is to use physical education and sports. Physical fitness helps to improve the general condition of employees, increase endurance and strength, coordinate movements and develop the ability to react quickly. Sports training, competitions and activities serve to strengthen team spirit and improve mutual understanding among employees. As a result, a unified and effective team is formed, which makes it possible to successfully complete any task. As a result, a unified and effective team is formed, which makes it possible to successfully complete any task. Therefore, it is important to encourage employees of the internal affairs bodies to play sports, organize regular activities and activities, support them to improve professional skills through physical activity. Only in this way will it be ensured that employees have a high level of professionalism and readiness to perform service duties.

The physical training of employees of internal affairs bodies is based on the subject of “physical and combat training”, which is characterized by all the Basic Laws of the physical training process, theoretical and methodological knowledge of effective tools, methods and forms for the physical perfection of a person, as well as methodologies for their application in practical activities. The physical training of employees of internal affairs bodies is based on the subject of “physical and combat training”, which is characterized by all the Basic Laws of the physical training process, theoretical and methodological knowledge of effective tools, methods and forms for the physical perfection of a person, as well as methodologies for their application in practical activities. It opens up ways to successfully carry out physical training tasks in the structure and content of practical activities and takes into account the conditions and character of the



service activities of internal affairs personnel. Therefore, when developing special issues of the theory and methodology of physical fitness of employees of internal affairs bodies, specialists work with reference to the basic principles of the theory and methodology of physical culture, including its conceptual apparatus. Therefore, when developing special issues of the theory and methodology of physical fitness of employees of internal affairs bodies, specialists work with reference to the basic principles of the theory and methodology of physical culture, including its conceptual apparatus.

In the modern world, the professionalism of employees of law enforcement agencies is decisive in ensuring public safety. One of the ways to improve the professional skills of employees is the use of physical education and sports tools. Physical fitness helps to improve the general condition of employees, increase endurance and physical strength, coordinate movements and develop reaction rates. Physical fitness helps to improve the general condition of employees, increase endurance and physical strength, coordinate movements and develop reaction rates. This is especially important for employees of the internal affairs bodies, since they must always be ready for physical loads and be able to quickly respond to any situation.

Sporting events, training and competitions serve to strengthen the team spirit among the staff, to form a united and productive team. Sporting events, training and competitions serve to strengthen the team spirit among the staff, to form a united and productive team.

Psychological preparation

Psychological training also includes communication skills development training, as police officers regularly have to work with people, including potentially dangerous criminals. Psychological preparation

Psychological training also includes communication skills development training, as police officers regularly have to work with people, including potentially dangerous criminals. Being able to communicate effectively with different people, showing empathy and finding a common language with



different social groups is an integral part of a policeman's work and important for the successful results of operations.

In addition, psychological training also includes training to develop self-confidence, improve self-control and stress resistance. In addition, psychological training also includes training to develop self-confidence, improve self-control and stress resistance. Policemen must be prepared to adapt. In addition, psychological training also includes training to develop self-confidence, improve self-control and stress resistance. Policemen must be prepared to adapt to rapidly changing conditions, to think logically and rationally, as well as to make important decisions based on limited data. Regular training in realistic settings allows police officers to get used to stressful situations, test their skills and form necessary reactions and decisions.

Overall, psychological training is an important aspect of police officers' physical training. Overall, psychological training is an important aspect of police officers' physical training. It helps to strengthen psychological stability, develop communication skills, increase overall, psychological training is an important aspect of police officers' physical training.

Methods

Research Design

The study was conducted using a mixed-method research design that combined theoretical analysis and empirical investigation. The research aimed to evaluate the effectiveness of physical education and sports activities in developing the professional skills of internal affairs officers. The experimental approach allowed for objective assessment of changes in physical fitness and professional preparedness resulting from the implemented training program.

Participants

The participants of the study were internal affairs officers undergoing regular professional training. The sample consisted of officers of similar age, service experience, and baseline physical fitness levels to ensure the reliability and validity of the results. Participants were divided into two groups: a control group



and an experimental group. All participants took part in the study voluntarily and followed standard training schedules.

Training Program

The experimental group participated in a structured physical education and sports training program designed to enhance both physical fitness and professional skills. The program included endurance training (running, circuit training), strength development exercises (bodyweight training, resistance exercises), speed and agility drills, and sports-based activities such as team games and combat sports elements. These activities were selected to simulate real service conditions and improve functional readiness.

Results

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

No	Physical Quality	Pre-Test (Initial)	Post-Test (Final)	Change (%)
1.	Endurance (1000 m run, sec)	270	245	-9.3%
2.	Strength (Pull-ups, repetitions)	8	12	+50%
3.	Speed (100 m sprint, sec)	15.2	14.1	-7.2%
4.	Agility (Shuttle run, sec)	11.5	10.6	-7.8%

Note: Negative percentages for endurance, speed, and agility indicate improved performance (reduced completion time), while a positive percentage for strength indicates an increase in repetitions performed.

Analysis:

Endurance: A 9.3% improvement in the 1000-meter run time indicates enhanced cardiovascular capacity and physical stamina, essential for prolonged operational activities.

Strength: The experimental group demonstrated a 50% increase in pull-up performance, reflecting significant gains in muscular strength required for service tasks such as restraining offenders and handling equipment.



Speed and Agility: Both speed and agility indicators improved by approximately 7–8%, highlighting enhanced rapid-response ability and coordination, which are critical in unpredictable service situations.

Overall, the results indicate that a structured physical education and sports program, specifically tailored to the professional demands of internal affairs officers, effectively improves both physical performance and functional readiness. Comparative analysis with the control group (who followed conventional training) showed that the experimental group achieved significantly higher improvements across all measured indicators ($p < 0.05$).

Discussion

The findings of this study provide strong evidence that physical education and sports activities play a critical role in the development of professional skills and operational readiness of internal affairs officers. The observed improvements in endurance, strength, speed, and agility confirm that a structured, service-oriented training program effectively enhances both physical performance and functional preparedness.

Endurance and Operational Capacity

The reduction in the 1000-meter run time by 9.3% reflects a substantial improvement in cardiovascular capacity and fatigue resistance. Endurance is a crucial physical quality for law enforcement officers, as their duties often require sustained physical effort, including patrolling, pursuit of suspects, and prolonged operational activities. Improved endurance directly contributes to the ability to perform service tasks effectively under conditions of physical stress.

Strength Development and Functional Readiness

Strength gains, evidenced by a 50% increase in pull-up repetitions, indicate enhanced muscular capacity, particularly in the upper body. This improvement is essential for service-specific tasks such as restraining offenders, handling equipment, and overcoming physical obstacles. Enhanced strength also reduces the risk of musculoskeletal injuries and improves overall occupational safety.



The inclusion of functional strength exercises in the experimental program, designed to mimic operational scenarios, likely contributed to these significant gains.

Speed and Agility Improvements

The improvements in speed (7.2%) and agility (7.8%) demonstrate that participants gained better rapid-response capabilities and coordination. These qualities are critical in situations requiring quick decision-making, sudden changes of direction, and maneuvering in complex or unpredictable environments. The application of sports-oriented drills and agility exercises enabled participants to develop these essential professional skills, reinforcing the link between physical training and operational efficiency.

Psychological and Behavioral Effects

Beyond physical improvements, the integration of sports and service-oriented exercises also positively influenced psychological and behavioral factors. Participants exhibited higher motivation, discipline, and teamwork skills, which are crucial for successful law enforcement operations. This aligns with previous research indicating that structured physical activity enhances stress resilience, confidence, and cooperative behaviors in law enforcement personnel.

Comparative Analysis and Program Effectiveness

Comparative analysis between the experimental and control groups confirmed that the experimental program, incorporating sports and service-specific exercises, was significantly more effective than conventional physical training. The magnitude of improvements across all measured indicators supports the hypothesis that targeted, profession-oriented physical training enhances both physical fitness and professional competence.

Implications for Training Systems

The findings highlight the importance of integrating sports and physical education into the professional development programs of internal affairs



officers. Training programs should be systematically organized, periodically evaluated, and tailored to individual fitness levels to maximize efficiency. Long-term implementation of such programs is expected to produce sustained improvements in operational readiness, physical performance, and professional competence.

Limitations and Future Research

While the study provides compelling evidence of the benefits of physical education and sports activities, certain limitations should be acknowledged. The sample size was limited to officers participating in a single training program, which may affect generalizability. Additionally, long-term retention of physical and professional skill improvements was not assessed. Future research should investigate the long-term effects of structured physical training, explore the integration of advanced sports science techniques, and examine the impact on real-world operational performance.

Summary:

Overall, the discussion emphasizes that physical education and sports activities are not merely supplementary components but are essential tools for enhancing the professional competence, functional readiness, and operational efficiency of internal affairs officers. The study supports the implementation of systematic, profession-oriented training programs as a strategic approach to law enforcement personnel development.

Conclusion

The present study investigated the effectiveness of physical education and sports activities in the development of professional skills and operational readiness of internal affairs officers. Based on the results of the experimental training program, several key conclusions can be drawn.

Firstly, a systematically organized, service-oriented physical training program significantly improves the physical fitness of officers. Measured indicators of endurance, strength, speed, and agility showed substantial improvement,



demonstrating that physical education and sports are essential tools for developing the physical capacities required for professional duties. Enhanced endurance allows officers to perform prolonged tasks without excessive fatigue, increased strength supports operational effectiveness in physically demanding scenarios, and improved speed and agility facilitate rapid response and maneuverability during field activities.

Secondly, physical education and sports activities positively influence professional competencies beyond pure physical fitness. Participation in sports-based exercises promotes discipline, teamwork, stress resistance, and self-confidence—qualities that are critical for effective law enforcement operations. The integration of service-specific exercises simulating real operational situations enhances functional preparedness, ensuring officers are better equipped to respond to unpredictable challenges.

Thirdly, the comparative analysis between the experimental and control groups confirmed that a structured, targeted training program is more effective than conventional physical training approaches. This underscores the importance of designing training programs that are aligned with the specific demands of internal affairs service. Individualization of training loads according to baseline fitness levels further optimizes performance improvements and prevents overtraining or injury.

Finally, the study highlights that physical education and sports activities should not be considered supplementary but integral components of professional development in law enforcement. Long-term implementation of structured and evidence-based physical training programs is expected to yield sustained improvements in operational readiness, occupational safety, and overall professional competence.

In conclusion, incorporating scientifically grounded, systematic physical education and sports activities into the training system of internal affairs officers significantly enhances both physical and professional performance. These findings provide a methodological basis for improving law enforcement training systems and contribute to the development of highly competent, resilient, and



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effective officers capable of meeting the demands of modern service environments.

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