

## Physical training as a modern trend in the development of professional competence of law enforcement officers

V. V. Yevtushenko, V. Y. Artemov

National Academy of The Security Service of Ukraine, Kiev, Ukraine

Paper received 30.11.19; Accepted for publication 22.01.19.

<https://doi.org/10.31174/SEND-PP2020-219VIII87-02>

**Abstract.** The article deals with the problems of the problem physical training as a modern trend in the development of professional competence of law enforcement officers. The need for a more critical approach to the formation of programs of physical training of law enforcement officers and special services is ripe. The structure and content of certain areas of training should take into account the differences in the conditions of professional activity of law enforcement officers and special services and be based on the principles of professional training using physical exercises, combined with techniques of psycho-emotional correction, at various stages of professional preparation.. There is no doubt about the need to improve the content and methodology of sports training with the use of the latest achievements in the field of deontology and riskology.

**Keywords:** *professional competence, psychophysical properties, psychophysical preparation, psychophysiological properties, physical exercises, physical culture, endorphins, physical training, extreme situation.*

**The problem setting.** In the context of a steady increase in global threats in the process of communication, the problem of forming the professional competence of law enforcement officers and special services becomes a special consideration. Professional competence is a complex multifaceted entity that is the product of social development and psychological and pedagogical activity of specially authorized institutions. According to the Law of Ukraine "On Higher Education" competence is defined as "a dynamic combination of knowledge, skills and practical skills, ways of thinking, professional, ideological and civic qualities, moral and ethical values..." [1], and in our opinion, this definition is required to add also the presence of special psychophysical and psychophysiological qualities. This is especially important for determining the professional competence of law enforcement officers and special services, because the effectiveness of their activities depends significantly on the availability and status of these qualities.

Psychophysical properties - a complex complex of biological and mental properties of the organism, which determines: speed, endurance, muscle strength, flexibility, agility, in general, the ability to control their body. In other words, it is the ability to make and feel their own movements in the environment based on the plasticity of the nervous system. The importance of being able to own one's body is especially important in extreme situations: it helps one to navigate quickly and to ensure state, public and personal security. As scientists have established [2], the development of psychophysical qualities contributes to the formation of attention, speed of thinking, willpower, ingenuity and ingenuity.

**The analysis of recent studies and publications.** Psychophysical preparation is the process of formation of physical and mental qualities of a person for solving specific life and professional goals.

The **objective of this paper** is to discuss the problem physical training as a modern trend in the development of professional competence of law enforcement officers. Psychophysical preparation involves performing a certain set of exercises that physically develop the personality and simultaneously train the psyche.

**Research methods.** In the process of the problem of the data security communicative competence formation studying, theoretical methods were used, namely:

a systematic approach, analysis of research publications and normative documents, interpretation of survey results; synthesis of practical recommendations on the results of research.

**The results and discussion.** Psychophysiological properties - a much more complex formation. It is believed that psychophysiological qualities are formed on the basis of various genetic, biological, social and psychological factors. Psychophysical qualities can be considered an integral part of psychophysiological. However, it is necessary to differentiate them, because their training methods of physical culture and sports are different. Requirements for professionally significant psychophysical and psychophysiological qualities are especially high in the conditions of extreme and risky actions, which are inevitable in the conditions of activity of law enforcement officers and special services.

Physical exercises combined with techniques of psycho-emotional self-organization create a positive effect in the course of actions of employees in extreme conditions, which is manifested in the ability to concentrate attention; eliminate negative emotions and muscle strain; to exert concentration of physical efforts and to make psychological adjustment on realization of the set tasks.

For this purpose, physical culture and sport, as a way of psychophysical and psychophysiological training, should contain techniques that provide for the creation of a positive psychological mood and the setting of the desired end result.

The construction of training tasks in physical training and sports should emphasize understanding of their importance for professional activity, clarify the norms of behavior in connection with the peculiarities of professional activity, emphasize the importance of mutual assistance and self-discipline. It is well known for a long time that sport strengthens not only the musculoskeletal system but also the nervous system. The positive effect of physical exertion on the nervous system is usually associated with the release of endorphins [3].

Endorphins are involved in the process of remembering information, reducing pain, inflammation, and fever and, more importantly, affecting emotions. Thanks to them, a person becomes content with life, joyful, not concerned with the little things. If enough endorphins, a person's self-esteem increases, he or she feels stronger and more

energetic, purposeful and happy. Sports greatly increase the level of endorphins. This is especially true for those types that have a long-lasting nature: running, playing games. Endorphins are especially successfully produced in the body during long workouts. The mechanism of action of endorphins is inherent in man by nature.

During an extreme situation, they activate thinking, normalize the work of the heart and lungs, give rise to feelings of joy and satisfaction from the fact that managed to overcome difficulties. For this purpose in the course of preparation it is necessary to create adequate physical and neuro-psychological stresses.

Physical training and sports should be seen not simply as a system of events organized by a teacher or coach, but as a process of self-improvement by law enforcement and special services officers themselves.

The ultimate goal of physical training and sports in a higher education institution with specific learning conditions is to form personality traits that ensure the psychological readiness and reliability of a specialist.

Readiness is a broad concept that can be seen as a multicomponent structure, characterized for each activity by a certain set of features. In pedagogy distinguish between potential and instantaneous, situational readiness. In this case, potential readiness in pedagogy is competence [5]. In the activities of law enforcement officers and special services, psychological readiness forms a certain entity, the components of which are:

- firmness in performance in one's own strengths, based on a real assessment of one's strengths, abilities of the adversary and minds of the new operation;

- adequate level of physical development and health, which means the necessary skills.

Without going into detail about the issues of motivation for physical training and sports in law enforcement and special services units, let's just say that the real motive is the duty, but not just the duty as a need to fulfill some obligations, but as an imperative spiritual high motive. Law enforcement and intelligence agencies need to be aware that the state and society have given them high confidence by entrusting the protection of the security of the state and its citizens.

The issue of the formation of such a debt is the subject of deontological pedagogy [6], which is still in its initial stages of formation and, unfortunately, has not yet been addressed by the problems of physical education and sports training.

Formation of psychological readiness is closely related to overcoming the feeling of fear. In physical education classes, trainees and cadets of higher education institutions with specific learning conditions are prepared to overcome the cpax that arises in situations related to language. The skills and habits formed in these classes are extremely useful for identifying and overcoming occupational risks in the course of operational and operational activities. Few works are devoted to the problems of overcoming these risks, focusing mainly on the legal aspects of risks [7].

The implementation of risky actions in the course of operational and service activities is directly related to the state of volitional characteristics of the personality of the law enforcement and special services.

Will is formed by overcoming obstacles in the course of achieving a conscious goal. The development of courage is facilitated by gymnastic and acrobatic exercises. Cross-country skiing contributes to such qualities as patience and perseverance. Restraint is formed in the process of running sports games, despite the excitement and desire to win.

In addition, playing sports distracts people from everyday problems, which eliminates the negative impact of everyday stress.

**Conclusions and prospects for further research.** The need for a more critical approach to the formation of programs of physical training of law enforcement officers and special services is ripe. The structure and content of certain areas of training should take into account the differences in the conditions of professional activity of law enforcement officers and special services and be based on the principles of professional training using physical exercises, combined with techniques of psycho-emotional correction, at various stages of professional preparation. There is no doubt about the need to improve the content and methodology of sports training with the use of the latest achievements in the field of deontology and riskology.

#### LITERATURE

1. Закон України «Про вищу освіту»: [Е. ресурс]. – Режим доступу: <http://zakon.rada.gov.ua/laws/show/1556-18>
2. Зеер Э. Ф. Психология профессий. – М.: Академический проект, 2003. – 186 С.
3. Лесгафт П. Ф. Психология нравственного и физического воспитания: избранные психологические труды/П. Ф. Лесгафт – М: МОДЭК, 1998. – 410 с.
4. Эндорфины: сб.: пер. с англ./под ред. Э. Коста, М. Трабукки. – Москва: МИР, 1981.
5. Сластенин В. А. Педагогика и психология: учеб. пособие для студ. высш. учеб. Заведений/В. А. Сластенин, В. П. Каширин. – М.: Издательский центр «Академия», 2001. – 480 с.
6. Артемов В. Ю. Деонтологічна педагогіка як новий науковий напрям в освітньому процесі [Текст]/В. Артемов//Вища школа. – 2016. – № 9. – С. 57–66.
7. Ильин Е. П. Психология риска: пособие /Е.П.Ильин. – СПб.: Питер, –2012. – 280 с.

#### REFERENCES

1. Zakon Ukraini «Pro vishu osvitu»: <http://zakon.rada.gov.ua/laws/show/1556-18>
2. Zeer E. F. Psihologiya professij. – M.: Akademicheskij proekt, 2003. – 186 S.
3. Lesgaft P. F. Psihologiya nravstvennogo i fizicheskogo vospitaniya: izbrannye psihologicheskie trudy/P. F. Lesgaft – M: MODEK, 1998. – 410 s.
4. Endorfiny: sb.: per. s angl./pod red. E. Kosta, M. Trabukki. – Moskva: MIR, 1981.
5. Slastenin V. A. Pedagogika i psihologiya: ucheb. posobie dlya stud. vyssh. ucheb. Zavedenij/V. A. Slastenin, V. P. Kashirin. – M.: Izdatelskij centr «Akademiya», 2001. – 480 s.
6. Artemov V. Yu. Deontologichna pedagogika yak novij naukovij napryam v osvithnomu procesi [Tekst]/V. Artemov//Visha shkola. – 2016. – № 9. – S. 57–66.
7. Ilin E. P. Psihologiya riska: posobie /E.P.Ilin. – SPb.: Piter, – 2012. – 280 s.