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PLACE OF PHYSICAL CULTURE IN THE COMBAT TRAINING OF PERSONNEL

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Abstract: In this article some aspects of the physical culture role and place in the combat training of personnel are considered. It is very important because the professional, modern mobile army according with modern requirements is forming now. Military personnel in this case must be not only professional but clever, physically developed, mobile, having experience in modern weapon, tactics and strategy of fighting.

Key words: physical culture, health, valeology, sanology, sanogenesis, military personnel, army, military reforms, mobility, professional army, combat training.

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Formation of a professional army in our country and its modernization based on modern requirements are one of the most important tasks of the military reforms, which are being implemented gradually. President of the Republic of Uzbekistan, Supreme Commander-in-Chief of the Armed Forces of Uzbekistan Islam Karimov on the occasion of the 24th anniversary of the Armed Forces of the Republic of Uzbekistan as a festive greeting to the Defenders of the Motherland as one of the tasks of the National Defense Army: "The gradual provision of the national army with modern weapons and technology, its combat composition

and changes in structure, taking into account the changing nature of armed conflicts, the structure of specialties, methodology and technology of teaching military science and a list of training programs are constantly being updated, they clarified the desirable noted that increasing the combat readiness of the personnel of the usual sights.

At the same time, it is one of the important factors to ensure the combat readiness of the personnel, and to increase their physical training. Indeed, Amir Temur's creative approach to the organization of the army, the structure of its personnel, and the

methods of military art use. Indeed, it is proved that Sahibkiran's strategy and tactics are both harsh and aggressive, and that he is a martial art expert. Physical training, exercise, and exercises have served to increase combat and psychological training of the military. It is also desirable to mention the teachings of Abu Ali Ibn Sino (Avicenna). Basic physical exercises were "small and large, very strong or weak, fast, calm, or slow". Ibn Sino's scientific significance today is that he has been physically involved in physical exercises such as pulling rope, hand fighting, bullet shooting, fast walking, spear fishing, fencing, horseback riding, swinging, swinging, boat rafting, rock climbing and so on.

If we go from one scientific point of view to the approach, it is desirable to learn valeology - as a science of individual health in increasing the combat readiness of the personality. Consequently, valeology is an integrative science, based on the theory of physical education, psychology, medicine, anatomy, genetics and ecology. In the late 60s of the XXth century, Russian scientists S.M. Pavlenko and S.F. Oleynik laid the foundations for the scientific direction called "sanology". Sanology is defined as "the general doctrine of the organism against disease". The basis of this contradiction lies in the dynamic complex of adaptive mechanisms that arise under the influence of a "sanogenesis", i.e. an emergency actuator. Military medicine specialists

engaged in emergency medical emergencies (divers, cosmonauts) have made a significant contribution to the development of sanogenesis. As a result of research in this field, I.I. Brechman, who worked in Vladivostok in 1987, wrote in his monograph, "Valeology - The Introduction to Health Science", valeology health science is not limited to single medicine [2].

Indeed, human health can be found in three main sections: its structure - functional health, physical health and psycho-emotional-spiritual health. From this point of view, valeology is a science about individual health improvement and learns the individual's activities, including physical education. If we look into the matter more deeply, the remarks made at the regular meeting of the Board of Trustees of the Children's Sports Development Fund at the Oqsaroy (Uzbekistan's Presidential residence) held on February 11, 2016, under the chairmanship of President Islam Karimov, are remarkable: "Another important outcome of our work is that the young men from 63.4 per cent in 2000 to 86.3 per cent in 2015, whose height increased by 5.9 centimeters in the same period, reaching an average of 171.7 cm, and weight increased by 6.2 kilograms to 67.8 kilograms rummy" [3]. Therefore, the involvement of young people in sports in this regard, undoubtedly, involves the popularization of sports on the basis of valeology, raising the combat

readiness of the human body in a general or separate dynamic assessment, its category of quality and self-understanding.

Therefore, training of physical culture in the Samarkand Higher Military Command School of Engineering, training of cadres on the chosen profession, attraction to physical training and sports, training of physically strong young men in the defense of independent Motherland, preparation of strong athletes for various military competitions, special attention is paid to the development of professionals who can promote physical education and sport in their future career. is being called. In order to provide the physical and psychological training of their personnel, to educate physically and spiritually healthy professionals, to promote national sports, to prevent various diseases through physical training, to teach self-control in sports, one of the main objectives is to encourage regular engagement, and to master perfect areas.

It is noteworthy that the following factors play a crucial role in the emphasis on physical education in raising their combat readiness, taking into account the above circumstances:

1. **Mastership (fast).** A variety of situations and acceleration in any situation is a key factor in increasing the combat readiness of the individual team. The basis of this is the quick tactics and timely fulfillment of individual tasks.

2. **Professional.** In fact, the epilogue of personality is formed on

the basis of the speed of the spirit, not the rush of the spirit of the battlefield. In other words, the alternative option is based on the most appropriate (optimally) decision that will enable you to achieve the goal of completing and completing a variety of complex tasks with a small number of personnel, with the use of professional skills.

3. **Relativity.** Stage-by-stage implementation of various complex, tactical tasks will lead to a clear strategic goal. That is, the will of the individual content becomes a key factor in its consistent, targeted and effective management.

4. **Mobility.** In doing so, mobility plays an important role in increasing the combat readiness of the personnel through the management of specialized military units and military equipment.

5. **Battle-shay.** Of course, courage is one of the traits of the military. It is a fact that courage does not require proof at the military level, which provides a high level of combat on the battlefield and does a great job of improving the combat readiness of its personnel.

6. **Patriotism.** In fact, though the foundations of the above five factors are examples of patriotism, it is natural that military situations or situations in the battlefield can not be overlooked. "Patriotism is a social, moral and ethical attribute that expresses its relationship with its native land, its place of residence, the land, the land, and the country" [4]. Indeed, the dedication of the intellectual capacity in the personal

composition is the main feature of patriotism.

As a result, physical training classes are mainly the case with practical exercises. This includes enhancing the knowledge of cadets and enhancing the combat readiness - mastership (M1), expressing courage in defending and timely assault on competitors, endurance, self-sacrifice, professionalism (P1), relativity (R), training in mobility (M2), courage - battle-shay (B) and the patriotism (P2) as a patronage of intellectual potential, which serves to ensure the combat readiness of the personal composition of the Physical Culture = M1 + P1 + R + M2 + B + P2 in physical training. In this regard, athletics, gymnastics, handicrafts, other sports, competitions, various physical exercise exercises and sports games are essential in increasing the combat readiness of the cadets. In particular, the national struggle, the Eastern Individual struggle has been a symbol of courage, honesty, friendship and peace for centuries.

In this regard, sport, such as national wrestling, eastern wrestling and hand-to-hand combat, helps to improve the physical fitness of the individual team.

It is noteworthy that this system is currently being used to counteract the growing threats such as international terrorism, extremism and radicalism, with a variety of contradictions, contradictions, conflicts and bloodshed in the world. Therefore, military, medical education, as well as the study of valeology as one of the military issues, not only increase the combat readiness of the personality, but also lead to the introduction of new methods and techniques for the further improvement of physical education in the development of their spirituality. As a result, today, young people have the ability to perceive the diverse ideas and destructive ideologies that contradict the rich spiritual values, culture and traditions of our people, make comparative analysis and form immunity to not being deceived.

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