

The Dynamics of the Annual Development of Indicators of the Physical Quality of Military Servicemen

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ABSTRACT

the annual dynamics of the physical characteristics of military servicemen under the age of 30-35, as well as the dynamics of annual development, are discussed.

KEYWORDS: *military servicemen, physical qualities, special physical training, combat training, the physical quality of strength.*

The importance: Decision of the President of the Republic of Uzbekistan, No. PD-40 dated 10.12.2021. On additional measures to ensure a high level of physical training of the Armed Forces of the Republic of Uzbekistan.

Adequate defence of the sovereignty, territorial integrity, peaceful life and security of the population of the Republic of Uzbekistan directly depends on the high level of physical training of the military servicemen of the Armed Forces of the Republic of Uzbekistan.

The study of the scientific and methodical literature of our country and foreign scientists shows that a number of scientific researches have been conducted on the conduct of physical education in the Armed Forces.

For example, Antsupov A.Ya., Abdalina L.V., Abdurakhmanov R.A., Agapova G.V., Azarov V.M., Aminov N.A. and studied in the studies of others. analysis of age characteristics of military servicemen in physical training Abramov A.N., Rotkov L.Yu., Aksenov K.V., Yu.P. It was studied through the work of Samokhvalov and others.

In order to further increase the efficiency of the work carried out in the Armed Forces of the Republic of Uzbekistan on the training of military servicemen with high professional and physical qualifications, and to maintain the high combat readiness of the troops:

If we do not take into account some methodological recommendations within the scope of this research topic, a separate monographic study dedicated to solving the problem of strengthening the health of military servicemen will not be carried out.

The aim of the study: to determine the dynamics of the annual development of military servicemen under the age of 30-35.

Problems of the research:

- to analyse scientific and methodical literature on the topic;
- to determine the dynamics of the development of the physical quality of military servicemen.

The object of the study: the training process aimed at developing the strength and physical quality of military servicemen under the age of 30-35.

The subject of the study: study of the dynamics of the annual development of indicators of physical strength during the training of military servicemen under the age of 30-35.

Research methods: analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, mathematical and statistical analysis.

Organization of the research: Military servicemen under the age of 30-35 who are serving in the military units located in the city of Tashkent participated in the research, and the results of more than 100 military servicemen in a series of (physical test) exercises aimed at determining the level of development of the physical quality of the force were studied.

Age groups and evaluation indicators for military servicemen of the Republic of Karakalpakstan, regions and the city of Tashkent, military servicemen of operational combat units.

The results of the conducted research and its discussion

The following is a scientific and methodological analysis of the results of the test (test) exercises conducted during the pedagogical experiments in order to develop the methodology of increasing the special combat readiness of military servicemen under the age of 30-35 during training.

So, according to it, the results of the military servicemen of the control group on the exercise "Pulling up on the horizontal bars" were 14.76 times at the beginning of the academic year, and by the end of the year these results reached 16.36 times, it was found that the weighting increased by 9.77%.

The results of military servicemen under the age of 30-35 who are part of the experimental group on the horizontal bar exercise at the beginning and at the end of the study is as follows. So, it can be seen that the military servicemen of the experimental group were 15.39 times at the beginning of the pedagogical experiment and 19.42 times at the end of the experiment, it was found that the hesitation increased by 20.7%. It can be seen from the results of the return of the servicemen engaged in the control and experimental group that the development indicators of the experimental group are high. There is no reliability of statistical difference between indicators (>0.4), (>0.01).

In order to determine the physical quality of strength, the indicators of the military servicemen in the control group in the exercise "Pull-ups on the horizontal bar (with a 9kg combat armor plate)" is as follows. It was observed that the servicemen of the control group returned an average result of 5.07 times at the beginning of the pedagogical experiment, while the initial results of the experimental group on the same exercise were 5.38 times.

The results of the two groups of military servicemen who returned to the end of the pedagogical experience are as

follows. It can be seen that the results of the control group military servicemen reached an average of 5.55 times, and the results of the experimental group military servicemen reached 6.52 times. At the beginning and at the end of the pedagogical experiment, it was found that the growth index of the results of the military servicemen of the control group increased by 8.64%. It was found that the growth rate of the results of the military servicemen of the experimental group increased by 17.48%. There is no statistical difference reliability between indicators (>0.2), (>0.01).

It was found that the pull-ups on the horizontal bar was equal to 9.53 times on average at the beginning of the academic year and 10.52 times at the end of the physical exercise of the military servicemen in the control group for determining the physical quality of strength, and the pull-up increased by 9.41%. There is no reliability of statistical difference between indicators (>0.3) (>0.01).

It was found that the pull-ups on the horizontal bar was 10.09 times on average at the beginning of the academic year and 12.39 times at the end of the physical exercise of military servicemen in the experimental group for determining the physical quality of strength, and the pull-up increased by 18.56%. There is no reliability of statistical difference between indicators (>0.3), (>0.01).

It was found that the military servicemen engaged in physical exercise of the control group for determination of

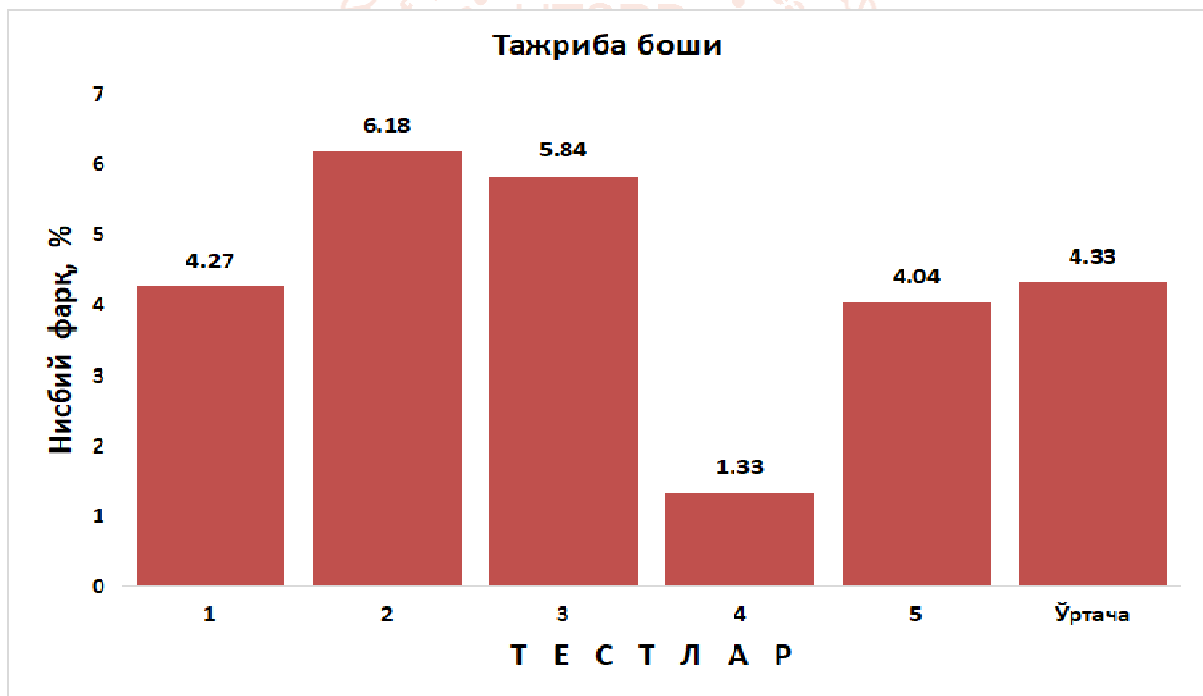
the physical quality of strength, muscle-ups on the horizontal bars was equal to 9.79 times at the beginning of the academic year and 10.86 times at the end of the experiment, the hesitance increased by 9.85%.

It was found that the military servicemen engaged in physical exercise in the experimental group for determination of the physical quality of strength, muscle-ups on the horizontal bars was equal to 9.92 times at the beginning of the academic year and 12.49 times by the end of the experiment, and the hesitation increased by 20.57%. There is no reliability of statistical difference between indicators (>0.7), (>0.01).

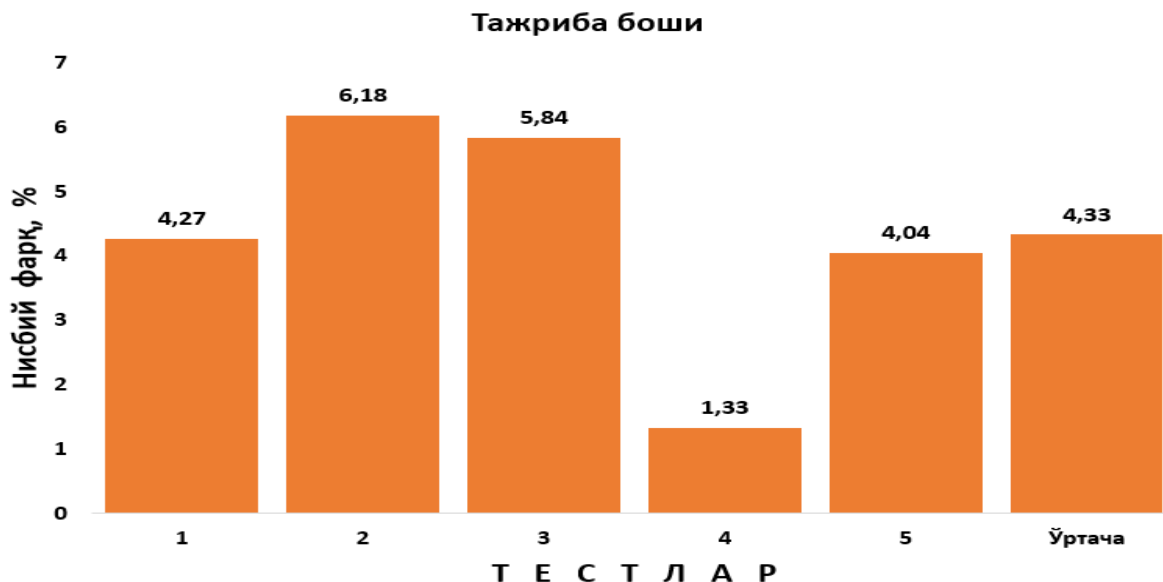
It was found that the pull-ups and over the horizontal bar, and then muscle-up on the horizontal bar was equal to 6.93 times at the beginning of the academic year and 7.74 times at the end of the physical exercise of the military servicemen engaged in the control group to determine the physical quality of strength, and the pull-up increased by 10.46%.

It was found that the pull-ups and over the horizontal bar, and then muscle-up on the horizontal bar was equal to 7.21 times at the beginning of the academic year and 9.25 times at the end of the physical exercise of the military servicemen engaged in the experiment group to determine the physical quality of strength, and the pull-up increased by 22.05%.

There is no reliability of statistical difference between indicators (>0.4), (>0.01).

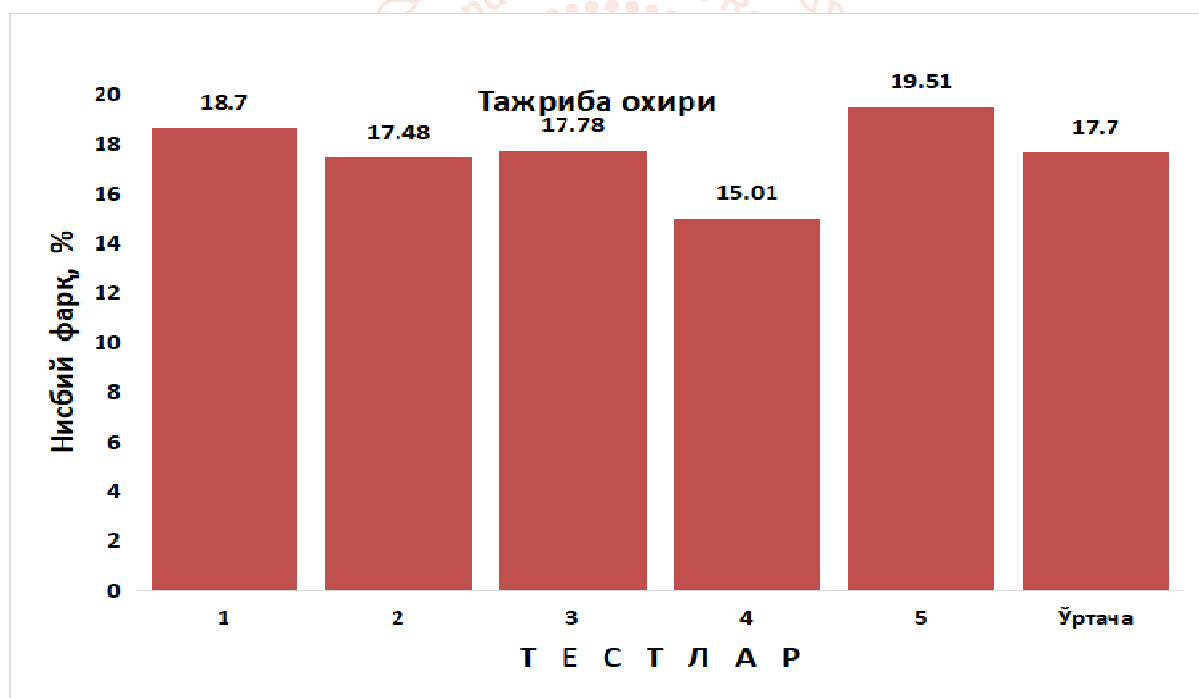


Notes: Таъриба боши- at the beginning of the experiment
 Нисбий фарқ- relative difference
 Ўртача- average
 ТЕСТЛАР- tests

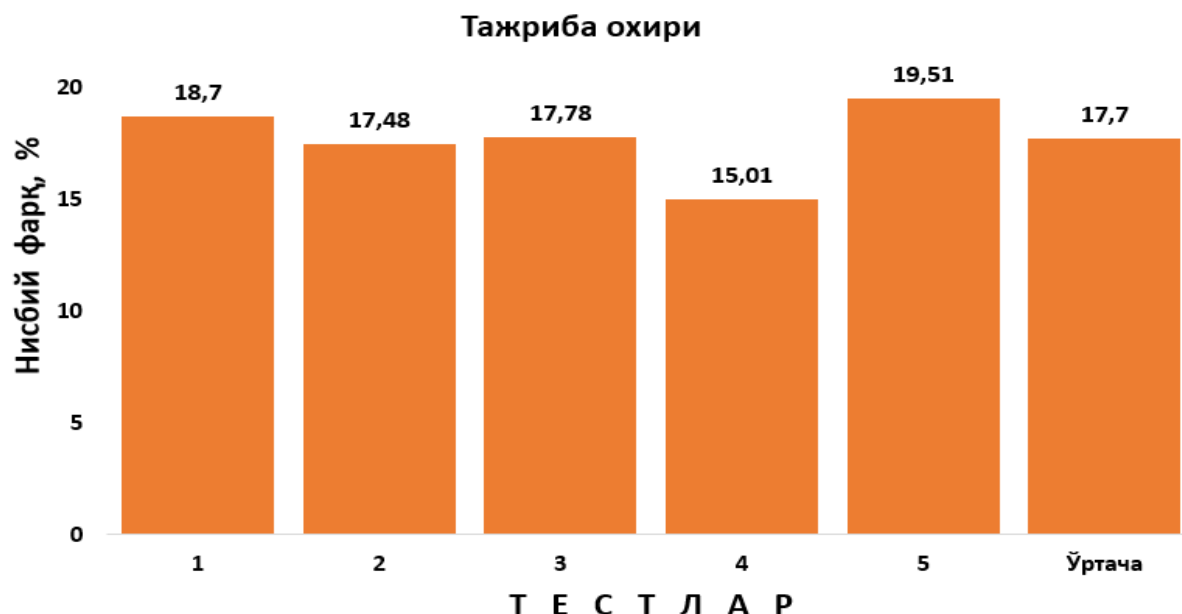


Notes: Тажриба боши- at the beginning of the experiment
 Нисбий фарқ- relative difference
 Ўртача- average
 ТЕСТЛАР- tests

Diagram 1. The dynamics of change (in percentages) of the relative differences of the average arithmetic values of the results of strength training of 30-35-year-old Control group (n = 15) and Experiment group (n = 15) military servicemen at the beginning of the pedagogical experiment.



Notes: Тажриба охири- at the end of the experiment
 Нисбий фарқ- relative difference
 Ўртача- average
 ТЕСТЛАР- tests



Notes: Тажриба охири- at the end of the experiment

Нисбий фарқ- relative difference

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ТЕСТЛАР- tests

Diagram 2. At the end of the educational experience, the dynamics of change (in percentages) of the average arithmetic values of the results of strength training of 30-35-year-old Control group (n = 15) and Experiment group (n = 15) military servicemen.

CONCLUSIONS

Based on the experience gathered as a result of the study of scientific methodical sources on the subject, it can be concluded that the methodical recommendations and techniques aimed at developing the physical quality of military servicemen under the age of 30-35, whose effectiveness has been proven through pedagogical experiments, and scientifically based methods and tools were found to be insufficient;

According to the results of the analysis of the scientific and methodical literature, there was a need to develop the tools and methods used in the training of military servicemen in physical training and development of their physical abilities based on the age-specific characteristics of the participants.

Military servicemen under the age of 30-35 performed pull-ups, pull-ups (9 kg combat armor plate), pull-ups and over the horizontal bar, muscle up on the horizontal bar, pull-ups and over the horizontal bar, and then muscle up on the horizontal bar under special control conditions with results. The reliability of the statistical difference between indicators does not exist.

It is necessary to develop a methodology aimed at maintaining their health and strengthening general physical training during the classes for military servicemen with different physical fitness.

Based on the experience gathered as a result of the study of scientific methodical sources on the topic, it can be concluded that in order to develop the physical strength of military servicemen, it was found that the methodological

recommendations aimed at developing the physical strength of military servicemen, which have been proven effective through pedagogical experiments, are insufficient.

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