

	<h2 style="color: #8B4513;">Features Of the Development of Physical Abilities Law Enforcement Staff</h2>
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<p><b>ABSTRACT</b></p>	<p>the article deals with the issues of physical training of law enforcement officers. It is an integral part of the professional training of law enforcement officers, aimed not only at improving the basic physical abilities (endurance, strength, speed, dexterity, etc.), but also at performing professional motor actions.</p>
<p><b>Keywords:</b></p>	<p>physical training, physical abilities, law enforcement agencies</p>

The processes taking place in all spheres of the life of our society present new, increased requirements for law enforcement officers. However, at present, there is an incomplete correspondence of the special preparedness of graduates of higher educational institutions of law enforcement agencies, as evidenced by feedback from the place of service of graduates. However, the incoming information is fragmented and too general. It does not provide an opportunity to take specific measures to improve the effectiveness of training and education of trainees not only in major disciplines, but also in physical training.

Graduates often turn out to be professionally (especially psychologically and tactically) unprepared for competent practical actions - they become victims of provocations, physical and forceful attacks, do not skillfully use the legal right to use physical force, special equipment and weapons - as a result they die, remain disabled, are subject to various

sanctions up to dismissal from the authorities and criminal punishment.

Thus, the special preparedness of a certain part of graduates does not fully meet the requirements for them in the process of serving in law enforcement agencies.

In all likelihood, this circumstance is due to the fact that the current system of training specialists is overloaded with theorized classes and is characterized by isolation from the real conditions of future specialists' activity.

The educational process in educational institutions of law enforcement agencies is mainly aimed at improving the theoretical preparedness of trainees. Its main disadvantage is the lack of connection between related disciplines, which does not allow for the comprehensive formation of professional skills and abilities in students, i.e. simultaneously solve issues related to the main elements of operational and service activities.

Physical training is an integral part of the professional training of law enforcement

officers. This is explained by the fact that in the course of physical training classes, physical exercises are performed aimed not only at improving the basic physical abilities (endurance, strength, speed, agility, etc.), but also at performing professional motor actions of law enforcement officers (self-defense techniques, persecution, rescue of a drowning man on the water, etc.). In the course of performing these exercises, professionally important mental qualities are brought up (persistence, initiative, sociability, etc.).

In higher educational institutions of law enforcement agencies, physical training is carried out in the following forms: morning physical exercises, training sessions, training sessions in service-applied sports, physical culture and sports events.

Morning physical exercises are carried out for at least 50 minutes daily, except for weekends and holidays. The purpose of its implementation is to have a health-hardening effect on the body of trainees, reduce the time of transition from sleep to active work of personnel, increase efficiency, and educate the need for daily exercise.

Physical training lessons are the main form of training for cadets and students of educational institutions of law enforcement agencies. The content of the classes is aimed at the formation and improvement of basic physical abilities, applied motor skills. The time budget for these classes is determined by the curriculum, and the content is determined by the physical training program. It aims to prepare cadets and listeners for the persistent transfer of physical stress, neuropsychic stress and the impact of negative factors in the course of service.

Educational and training sessions in service-applied sports are aimed at strengthening the health of cadets and listeners, mastering the skills of performing professional motor actions in various conditions, and developing the ability to control one's body. This form of physical training involves preparation and mandatory participation in sports competitions, during which one's level of preparedness is compared with an opponent, the ability to control mental

processes occurring in the central nervous system, as well as the ability to behave in extreme situations is developed.

Sports work is aimed at promoting physical culture and sports, a healthy lifestyle among the personnel of educational institutions of law enforcement agencies, involving them in regular physical exercises, improving the sportsmanship of those involved in sections, and organizing active leisure. It is held in the form of various competitions, health days, sports holidays or hiking trips, etc.

Our observations indicate that a number of professional actions of employees of operational apparatus (criminal investigation, places of deprivation of liberty) take place in extreme conditions of activity.

Physical training of employees of operational units is considered as an integral part of the physical education system, designed to maintain efficiency, provide further comprehensive physical development and professionally applied physical training in accordance with the regulations of law enforcement agencies. At the same time, the requirements for physical fitness of representatives of a number of services and departments are specific and differ significantly from each other. Taking into account the specific conditions of professional activity, there is a real need for a differentiated development of building a physical training process for specialists of operational units.

An important feature for the correct construction of the physical training process is the study of the specifics of professional activity and, based on the results of the study, the preparation of a profiogram for this category of employees. The working day of an employee of the operational apparatus does not have strictly defined time limits. The average working day is more than 9 hours, the maximum value reaches more than 12 hours. Within a month, one employee of the operational apparatus has an average of 4 days of rest. The activity of these employees is associated with the performance of both strictly regulated and non-regulated official duties. The main duties include leaving and examining the crime scene, interrogating,

pursuing and detaining offenders, conducting searches, preparing official documentation, using technical means, and providing assistance to victims. The performance of such a variety of official duties requires the employee, from the point of view of his physical fitness, to overcome physical loads that are significant in direction, volume and intensity.

For law enforcement officers, the following abilities are most important: dexterity and speed of movement, general endurance, emotional stability, coordination abilities, working memory, practical thinking, and in extreme conditions of activity their value increases even more. This must be taken into account when building the process of physical training in educational institutions that train law enforcement officers.

Physical training contributes to the development of the most important professionally important abilities. For this purpose, it is necessary to apply the following exercises: overcoming obstacles using imitation means, exercises with kettlebells, fighting techniques of struggle, exercises with kettlebells, sports and outdoor games to ensure the maintenance of readiness, as well as the restoration of the basic functions of the body after intensive operational activities.

Thus, the development of professionally important abilities of law enforcement officers to ensure special physical readiness during operations in normal and extreme conditions allows you to adjust the further activities of educational institutions in the training of cadets and trainees.

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