

Physical Training as the Factor in the Professional Adaptation of Reserve Officers

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Abstract

The activity of reserve officers, especially in responsible and difficult situations, often requires maximum physical effort, speed of action, skill and great volitional tension. Therefore, the problem of improving the reserve officers' physical training at the present stage is relevant.

Objective: To analyse the factors that influence the professional adaptation of reserve officers.

Results and discussion. The analysis of scientific research has shown that many factors influence the reserve officers' professional adaptation, including: physical training of young replenishment; the material and technical base condition; physical training places in the system of combat training funding that are allocated for its organization and holding; occupational leaders' professionalism; the reserve officers' motivation level of for physical training and sports and the conducting effectiveness. At the same time, a number of homeland scholars argue that the level of reserve officers' professional adaptation depends on the physical and functional state of their organism. It was found that the indicators of military and professional activity improvement are based on the general mechanisms of the adaptation process. As a result, rational proportions of the body are achieved, a high level of functional condition and physical training and also there are favourable opportunities for effective military and professional activity. In their writings, the scientists argue that military professional activity takes place under the influence of many unfavourable factors that require the reserve officers' mobilization for maintaining the level of employability. Thus, the adaptation mechanism is the physical training effect basis on the reserve officers' combat capability, which is formed over several stages.

Conclusion. Thus, in the long-term physical activity adaptation, an increase in body strength and endurance is largely determined by increased functional capabilities of the skeletal muscles and the apparatus for controlling motor reactions. Therefore, these adaptation mechanisms to physical activity can serve as the theoretical basis for the physical training organization, aimed at accelerating adaptation to the reserve officers military service of who begin their professional activities.

Keywords: Physical training Adaptation, Reserve officers