

нятки, але не менше ніж 150 см); Маса тіла – не менша за 50 кг і не більша за 90 кг. Життєва ємність легенів – не менша за 3000 см³. Індекс маси тіла в межах 20–25 у. Це дає підставу на планування курсантам фізичних навантажень від незначних до максимально допустимих згідно з рекомендаціями дослідників для певних військових спеціальностей.

Надалі планується розроблення моделей фізичних навантажень для військовослужбовців, які мають надлишкову масу тіла, тобто ІМТ більше за 25.

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APPROACHES TO THE MODELING OF PHYSICAL TRAINING OF NON-COMMISSIONED OFFICERS AND PRIVATES CALLED UP FOR THE MOBILIZATION

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The professional military activity is quite specific. It is difficult, especially for many persons called up for the mobilization, because in a short time they should **assimilate rapidly large amounts** of material and be ready for a high level of both physical and emotional stress. In this regard, they are higher required in terms of professional military readiness. The problem is that there are no common approaches to studying the various factors affecting the success of professional activity, in-

cluding the transfer of various psycho-emotional stress on the health of military personnel etc. (Ю. В. Вереньга, 2015; С. В. Романчук, 2013; С. С. Федак 2015; І. Л. Шлямар 2015; and other). The efficiency of formation of units staff members requires the leadership of the Armed Forces of Ukraine to fill positions by non-commissioned officers and privates scaled up for the mobilization. As can be seen from the experience, the level of their professional, physical, psychological preparedness is not always possible to fully perform the duties assigned to them. Their level is also slightly different from the level of preparedness of contractors, who were already in the military and are more adapted. This in turn requires additional costs and time for adaptation to the conditions of military service and improvement of qualities necessary for effective professional activity. Today, it is necessary to proactively seek new ways to improve the effectiveness of physical, emotional and professional preparedness of those, who are called up for the mobilization.

A number of leading scholars in the field of military physical training as follows О. М. Ольховий (2005), В. М. Красота (2007), С. В. Романчук (2013), С. С. Федак (2015), І. Л. Шлямар (2015) and other, dedicated their scientific works to the mentioned above problem – to the adaptation of military personnel to the conditions of professional activity. However, they cannot solve all of our actual problems. There are many unresolved issues regarding adaptation to the military service of persons who did not pass previous high-quality training, or persons who have never served in the military and take up their duties after almost a month of training. Analysis of guidance documents on physical training, individual training programs and the content of the lessons found that after serving, people who were called up for military service are in common groups with these persons who have never served. The results of practice show that this category of servicemen is not sufficiently able to master the subjects of combat training.

The aim of our study was to identify approaches to modeling physical training of non-commissioned officers and privates called up for the mobilization. To accomplish this goal, we previously reviewed the organization of physical training in the Armed Forces of Ukraine and countries that are members of NATO.

Increasing the level of physical preparedness consists in the right combination of activities, which are aimed at optimizing functional preparedness. Therefore, the choice of means of physical training for military personnel called up for mobilization involves the following tasks in the period of adaptation to the service: to increase the overall endurance and to ensure the gradual transition from low to high and even close to maximum (for a certain age group) physical activity TSPT-2014 (Technical standards for physical training 2014) (Tab No. 5, Page 18); to remove neuro-emotional stress, to increase various types of resistance to the adverse conditions. Based on the above, approaches to modeling physical training of non-commissioned officers and privates called up for the mobilization might need to be con-

ducted in a phased manner. Phase I – preparation of the organism to the perception of further performance of physical loads and physical exercises aimed at increasing stamina (110–140 beats/min.). Phase II – improvement of the functional capacities of the organism by increasing of physical loads (115–155 beats/min.). Phase III – volume stabilization and increasing of physical loads intensity (120–175 beats/min.). It is important to use a variety of tools that generate interest in military personnel to create a positive emotional climate in the team. This means physical training tools should be as close as possible to the actions in professional activity. At the same time physical training should be in accordance with physical preparedness. It should not cause fatigue but to promote normalization or improvement of body functions. Therefore, physical loading is regulated in accordance with the value of physical loading that military personnel can show at baseline, taking into account individual and age-related opportunities [2]. The basic exercises that we recommend to include in the content of classes are: calisthenics, walking, jogging, floor exercises, outside sports games, exercises with weights, exercises on gymnastic apparatus. All classes are held by complex method. Periodic *heart rate monitoring* (HR) can accurately determine the pulse load for the temp of running.

Conclusions. In our opinion, the above approaches to modeling physical training of non-commissioned officers and privates called up for the mobilization will provide a quick and continuous adaptation of this category of persons to conditions of military service by means of physical training which are close by its dynamic to the professional actions. Prospects of further studies consist in the study of the pre-military service after the Department of preparation of reserve officers (DPRO) with a view to its rapid adaptation to professional activity and the conditions of military service.

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