

THE IMPORTANCE OF PHYSICAL FITNESS IN EMPLOYEES OF INTERNAL AFFAIRS BODIES

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Annotation: *this article provides scientifically based suggestions and recommendations on the importance of physical fitness in employees of internal affairs bodies.*

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The role of physical fitness in society is huge. It plays an important role not only in improving the health of people, but also in changing their social, spiritual and psychological state. Physical fitness increases human activity, long-term wellness, stress tolerance.

In order to promote a healthy lifestyle among the population in our country, the president of the Republic of Uzbekistan dated January 24, 2020 on measures to further improve and popularize physical education and sports in the Republic of Uzbekistan PF-5924.

According to the decree, in order to form a fully mature and physically healthy person with a high culture in the country, it is established to set priorities aimed at improving the skills and knowledge of the population in the field of physical education and sports, to introduce innovative forms and methods into the selection process of talented athletes.

In the fight against the Prevention of offenses, crime, the requirements for the physical training of employees of the internal affairs bodies are very important. Because their tasks require physical strength, endurance, agility and the ability to make hasty decisions during the activity. Therefore, in order to

regulate service, combat, physical and moral and psychological training in the employees of the internal affairs bodies, the Order of the Ministry of internal affairs of the Republic of Uzbekistan dated September 22, 2022 No. 383 "on the organization of service, combat, physical and moral and psychological training of employees of the internal affairs bodies" was signed.

The order approved "instruction on the organization of service, combat, physical and moral and psychological training of employees of internal affairs bodies" established the procedure for conducting service, combat, physical and moral and psychological training and receiving tests from them with serving officers, sergeants, ranks, listeners and cadets of educational institutions in the internal affairs bodies.

Internal affairs bodies the service, combat, physical and moral and psychological training of employees is organized and carried out according to the law of the Republic of Uzbekistan "on internal affairs bodies", the regulation "on the procedure for serving in internal affairs bodies", orders and orders of the minister of internal affairs and his deputies.

Physical education in the activities of internal affairs bodies is a planned educational process aimed at ensuring the physical readiness of employees of internal affairs bodies to perform operational tasks and maintain high performance. Physical training includes general physical exercises and practical exercises related to service, as well as a high level of physical qualities, knowledge of combat techniques, excellent control of service weapons are an integral part of the professional training of personnel.

Based on the order, the purpose of physical education in the employees of the internal affairs bodies is to perfectly know the general and special physical, as well as mental qualities, practical motor skills and abilities necessary by them to effectively solve operational and official tasks, taking into account the direction of their activities.

At the same time, the main tasks of conducting service, combat, physical and moral and psychological training conducted with IIO personnel:

improving the skills of management, training and training of personnel at hand in operational-service and combat activities in the leaders;

improving the knowledge and skills of employees in New Work Methods, advanced experience in service activities;

Organization of activities on newly adopted regulatory legal and departmental documents and formation of business performance skills;

strengthening theoretical knowledge and practical skills of employees in special plans, shooting training and saf training;

improving the professional knowledge and skills of employees in conflict situations in the procedure for applying special tools and safety rules in relation to persons who are not subject to the legal requirements of employees of internal affairs bodies;

improving the practical skills of employees in hand-to-hand combat and sambo types of sports in order to be able to perform physical loads suitable for service tasks, increase endurance and agility, as well as prevent encroachments on the individual and society;

formation of mental stability, development of elegance, alertness, memory and other professional and psychological processes;

improving the skills of Transportation, special equipment, communication and other means, the use of modern Information Communication Technologies;

it was considered to prepare personnel for the successful performance of joint combat and other service tasks in non-standard situations, independently or as part of a unit, as well as with other ministries and departments.

It is important for employees of the internal affairs bodies to conduct physical training in maintaining public order, ensuring public safety, protecting the rights and freedoms of citizens. In this, the following physical skills are improved in employees:

Ensuring health. Improving the overall health of employees, reducing stress and improving physical condition.

Increase durability and strength. Increasing the resilience and physical strength of employees through physical training, training to act effectively in emergency situations, focusing on resilience as employees of internal affairs bodies often work in stressful and difficult conditions;

Quick decision making. in the event of problematic situations, the development of the ability of IIO employees to make quick and correct decisions when the service is obstructed in activity and in cases where they are not subject to legal requirements.

Psychological tolerance. To maintain a positive psychological state in stressful situations, to develop the ability to resolve conflicts and teamwork.

Create the best team. Promote team morale, cooperation and support for each other through physical training in the group.

Professional efficiency. It consists in ensuring the physical fitness necessary to effectively and safely carry out the professional activities of employees.

At the same time in society, the effects of physical fitness include:

Healthy lifestyle. Physical activity can help you eat healthy and reduce stress.

Social contacts. In a group, physical activities (for example, sports) help to establish communication between people, to bring them closer.

Spiritual development. Physical fitness increases human self-esteem, efficiency, and moves towards achieving goals.

Psychological tolerance: physical activity can reduce stress and help fight depression and interruptions.

Physical fitness activates people in society, forms healthy competition among young people.

In place of the conclusion, it should be noted that physical fitness is important in the development of society, in the formation of a healthy generation.

And in employees of internal affairs bodies, it further improves their skills, such as the formation of healthy lifestyle skills, the performance of combat

techniques aimed at neutralizing and holding the enemy in conditions of high psycho-emotional stress and physical fatigue in standard and non-standard situations.

Suggestions for physical fitness:

1. Increase in duration. Organization of the participation of employees in physical training at the allotted time to conduct regular physical training to employees.

2. Training programs. Creation of training programs of various levels for the development of physical fitness. In this case, offering separate programs for beginner, intermediate and advanced participants.

3. Promote health. To increase the physical activity of employees, voluntarily conduct health-promoting activities, provide information about healthy nutrition and fitness.

4. Motivation programs: creating an incentive system to increase the physical activity of employees. For example, to give gifts or certificates for successful participants.

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