



Physical culture and patriotic education of youth as an element of preparation for military service

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Abstract

Objective of the study is to identify the features of sports and patriotic education in preparing young people for military service.

Methods and structure of the study. In the period from 2023 to 2024, a scientific study was conducted, the object of which were young men of draft age (hereinafter referred to as young men) living in the city of Perm and the Perm region. All subjects underwent an assessment of their physical fitness and the degree of development of their main physical characteristics. Additionally, as part of the study, the experience of participating in competitions and events of military and sports orientation with patriotic themes, held in Perm and the Perm region, was analyzed.

Results and conclusions. The decline in health and physical fitness of pre-conscription age young men is becoming noticeable due to insufficient physical activity in physical education classes at educational institutions. There are unfavorable changes in the military-patriotic education of the new generation. One of the problems in preparing young people for military service is the fading of patriotism and the prevalence of consumer interests.

Physical and patriotic education plays a key role in preparing young men for military service. The practice of military-sports education of young people in Perm and the Perm Territory is a modern and relevant approach.

Keywords: *sports and patriotic education, teenagers, youth of pre-conscription age, military service, educational organization, physical education, sports, military-applied sports, competitions in sports disciplines, military university, cadets, officers, partnership, patriotism, military security, civil society.*

Introduction. Preparation of citizens for military service is an important component both in ensuring military security and in the process of building civil society in the Russian Federation. The basis of this process is the training and education of citizens, the formation of their moral convictions, knowledge, skills and abilities necessary for the performance of duties of military and other state service as intended. This is one of the forms of targeted socialization of young people, in which almost all institutions perform their own functions and tasks. This form of socialization involves complex specific activities, in which military-patriotic education is the basis for preparing young people for military service [2, 4].

Objective of the study is to identify the features of sports and patriotic education in preparing young people for military service.

Methods and structure of the study. In the framework of military-patriotic activities, special attention, in our opinion, should be paid to sports and patriotic education of "pre-conscription age youth, since the basic factor determining the ability of a citizen to perform military service is the state of his physical development and health.

We have identified the main negative factors affecting the preparation of citizens for military service:

- insufficient amounts of physical activity in physical education classes in educational organizations;
- insufficient development of military-applied sports.

The study was conducted during 2023-2024, in which young men of draft age (hereinafter referred to as young men) from Perm and the Perm Territory were involved. All participants were tested for their level of



physical fitness and development of basic physical qualities.

The overall assessment of the level of physical fitness was determined according to the regulatory requirements for physical fitness for this category of young men. The corresponding assessments were taken as a basis for determining the level of physical fitness and development of basic physical qualities. Thus, the grades “excellent” and “good” were defined as “passed”, “satisfactory” and “unsatisfactory” – “not passed”. This approach to assessing the physical fitness of young recruits is explained by the use of a conditional “reduction coefficient” to one point (hereinafter referred to as the Coefficient). This Coefficient provides for the correlation of the obtained results taking into account the influence of physical activity and the requirements for the fulfillment of physical fitness standards for young men in the process of adaptation to upcoming military service. The study also examined the experience of competitions and events in military-applied sports of patriotic orientation in the city of Perm and the Perm Territory.

Results and conclusions. The results of checking the level of physical fitness and development of basic physical qualities in young men of draft age (hereinafter referred to as young men) in 2023 and 2024 are presented in Table 1.

According to the presented data, along with a slight improvement in the quality of assessments of strength and speed exercises, a decrease in the results in endurance exercises can be observed (from 18.1 to 13.6%). In the future, it can be expected that young men with a low level of physical fitness and insufficiently developed basic physical qualities will subsequently experience significant difficulties in adapting to physical activity and meeting physical fitness standards, as well as mastering exercises with a military-applied focus and sports disciplines of military-applied sports.

According to the results of sports competitions in military-applied sports among young men of pre-

scription age, 76% of all participants fulfilled youth sports categories in 2023 and 2024;

It is expected that in 2025, a greater number of teams will take part in competitions in military-applied sports and, accordingly, the number of people capable of fulfilling youth sports categories. However, the low health and physical fitness of young people is due not only to their low physical activity, but also to the inadequacy of the educational and material base, provision of modern sports equipment and equipment in educational institutions. Despite the fact that in 2024, work was completed on the creation of school sports clubs in all educational organizations, today the organization of their work leaves much to be desired, due to the lack of financial support for the activity, which does not allow this work to be organized adequately.

Due to their specificity, sports and physical education have enormous educational potential, are one of the most powerful mechanisms for the formation of significant ideological qualities of the individual. [3]. A special direction in the development of personal qualities is the formation of a person's readiness to defend his Fatherland through sports with a military-applied focus. By order of the Ministry of Sports No. 829 dated August 25, 2015, the rules of the military-applied sport “Military-applied sport” were approved. However, there are currently very few competitions in sports disciplines of this sport with citizens of pre-conscription age. Thus, in the calendar plan of sports and physical culture and health events for 2025, only 15 events with a military-applied focus are planned for military-applied sports, which is 1.5% of the total number of events and only one event among pre-conscription youth.

Today, the city of Perm strives to become one of the first effective platforms for patriotic education of youth. Since 2025, the Perm regional branch of the military-patriotic movement “Guards Shift” in cooperation with the Perm Military Institute of the National Guard Troops of the Russian Federation (hereinafter referred to as PVI) has begun implementing the project “Young De-

Table 1. Results of checking the level of physical fitness and development of basic physical qualities in young men of draft age

Physical qualities (exercises)	Year of admission	Number of ratings (in percent)				Percentage of completion
		5	4	3	2	
Strength (pull-ups)	2023	52.6	13.1	10.0	24.3	65.7
	2024	58.3	12.9	8.5	20.3	71.2
Speed (100m dash)	2023	30.2	25.2	17.1	27.4	55.4
	2024	25.4	30.5	20.7	23.4	55.9
Endurance (3 km run)	2023	4.4	13.7	14.3	67.6	18.1
	2024	4.4	9.2	15.9	70.5	13.6



fender of the Fatherland" (hereinafter referred to as the Project), the content of which includes events with a military-applied focus. The project is planned to be implemented in two stages: the first (from February to May) – at the city level and the second (from September to November) – at the regional level. At this time, the first event was held - the city military-sports relay race "Ratnik", dedicated to the "Defender of the Fatherland" Day (hereinafter referred to as the Relay). In 2025, 42 teams from various educational organizations of the city of Perm and the Perm Territory took part in the relay with a total of 462 people.

The relay has been held since 1998, and due to its importance, since 2022 it has been included in the city sports and patriotic festival. It consists of eight stages, in which participants perform exercises and tasks with a military-applied and sports focus. One of the main goals of the Relay is to improve individual motor skills and abilities in young people in a limited time, to form the readiness of the future defender of the Fatherland for coordinated and effective actions as part of a team. The project is carried out with young people during the calendar year in two stages. At the first stage, a mass event accessible to most young people is held – the Relay Race. Subsequently, at the same stage, the Perm city championship (Competition) is held in individual sports disciplines of the sport "Military Applied Sports" for a more prepared category of pre-conscription age young people. The competition is dedicated to the Victory Day in the Great Patriotic War, the program of which includes grenade throwing exercises (F-1) for distance, swimming with a machine gun, and a militarized cross-country race.

At the second stage, two events are held, but with a more complex program, requiring comprehensive military-applied and sports training from the participants.

In order to expand the geography of the Project, it is planned to involve teams from neighboring regions of Russia. The program of the Sports Event includes a large number of sports disciplines and exercises of military-applied orientation. Young men in the age groups of 15-16 and 17 years old are invited to compete in four sports disciplines over three days: "Grenade throwing for distance", "Swimming with a machine gun", "Militarized cross" and "Officer's summer quadrathlon", the components of which are four exercises: pull-ups on the horizontal bar, freestyle swimming 100 (50) meters, shooting from an air pistol and running 3 (1) km.

The meeting of the regional divisions of the children's and youth military-patriotic movement "Guards

Shift" is the final event of the Project, the results of which determine the level of physical and psychological readiness of young people for action in conditions close to a service and combat situation.

Conclusion. Thus, the study showed that at present there is a decrease in the health and physical development of pre-conscription age youth due to insufficient amounts of physical activity in physical education classes in educational organizations. Negative trends are observed in the field of military-patriotic education of the younger generation. One of the negative factors in the process of preparing young people for military service is the weakening of patriotic feelings, the strengthening of consumer principles. Sports and patriotic education is one of the most important conditions for preparing pre-conscription youth for military service. The experience of sports and patriotic education of youth and adolescents in the city of Perm and the Perm Territory is innovative and in demand in modern conditions.

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