



# Scientific and pedagogical research in the field of theory and practice of professionally-oriented physical culture in higher education institutions of the Ministry of Internal Affairs of Russia

UDC 37.046:001.08



Dr. Hab., Professor **T.P. Gordienko**<sup>1</sup>  
PhD, Associate Professor **S.V. Uskov**<sup>2</sup>

<sup>1</sup>Crimean Engineering and Pedagogical University the name of Fevzi Yakubov, Simferopol

<sup>2</sup>Krasnodar University of the Ministry of the Interior of the Russian Federation, Crimean branch, Simferopol

Corresponding author: uskov\_iv@mail.ru

Received by the editorial office on 08.07.2025

## Abstract

**Objective of the study** is to provide scientific and theoretical justification for the use of sports-oriented technologies in the practice of professionally-oriented physical education for cadets at Russian Ministry of Internal Affairs universities.

**Methods and structure of the study.** Analysis and summarisation of scientific and methodological literature; synthesis of practical experience through interviews with veterans of the Ministry of Internal Affairs operational work, leading coaches and athletes, as well as viewing video recordings of operational and competitive activities; pedagogical observations and testing.

**Results and conclusions.** The author's interpretation sets out the provisions of a sports-based approach to the physical training of future police officers as arguments for the necessity and relevance of scientific and pedagogical research on the development of the theory and practice of domestic professionally-oriented physical culture. Important aspects of the use of sports-oriented technologies in educational organisations are noted: integrated training, the formation of motivation for the growth of professional skills, the conversion of the components of sports training, individualisation and a personality-oriented approach.

**Keywords:** *Russian Ministry of Internal Affairs, physical education, sport, cadet, professionally-oriented training.*

**Introduction.** Recent scientific studies on the process of professionally-oriented physical training in Russian police academies have shown that modern methods need to be updated, and a whole range of contradictions can be identified here [2, 3, 4, 6].

At present, it is extremely important to analyse and synthesise both all methodologies and methods, as well as the very objectives of professionally-oriented physical training. A completely new theory and practice is needed that responds to the realities of today.

Consequently, it is necessary to change both the target objective itself and all components of the didactic process. At present, it is desirable to 'sportify' the physical training process, which is possible by restructuring the content and target objectives of classes from general physical training to a pedagogical system of sports training.

**Objective of the study** is to provide scientific and theoretical justification for the use of sports-oriented technologies in the practice of professionally-oriented physical education for cadets at Russian Ministry of Internal Affairs universities.

**Methods and structure of the study.** Analysis and summarisation of scientific and methodological literature; synthesis of practical experience through interviews with veterans of the Ministry of Internal Affairs operational system, leading coaches and athletes, as well as viewing video recordings of operational and competitive activities; pedagogical observations and testing.

**Results of the study and discussion.** Physical education and sports training clearly indicate that their common unifying essence is sports culture, as an integral, albeit rather specific, part of the general cultural potential of the entire human society [1].



The scientific basis for the phenomenon of sports culture is revealed in the research of Russian professor L.I. Lubyшева [7]. From the scientist's point of view, sports culture is part of the general culture, uniting categories, patterns, as well as institutions and benefits created for the intensive use of physical exercise in competitive activities.

In cultural terms, in order to achieve high sporting results, motor activity involves the use of innovative sports technologies, for which the creative qualities of those involved are in demand. The vector of creativity is directly proportional to the social prerogatives of society. The intellectual, structural and spiritual components of any creative initiative are determined by the value-criteria section of a person's self-awareness.

For example, achieving a high level in Eastern martial arts can be a goal of self-improvement, or it can become a weapon for a criminal. The focus and indicators of creative activity must be based on the fundamental principles of universal human values. In the case of cadets at Russian departmental universities, these are the concepts of the so-called military morality of a Russian officer.

Thus, for the effective formation of applied skills and the education of the personality of cadets at Russian police training institutions, professionally-oriented physical training can be carried out on the basis of a creative-oriented sports-based approach and include the following aspects:

1) **Integral training.** 'In high-performance sports, pedagogical excellence is determined by the harmonious interconnection of skills and qualities. This multifaceted didactic task is solved primarily through integral training, a term introduced by N.G. Ozolin' [5, p. 15]. In addition to physical (speed-strength endurance, starting 'explosive' speed or impulse speed), coordination qualities of the body's sensory systems (visual, verbal, tonal and muscular sensitivity), special (active) flexibility and motor skills (technique of performing hand-to-hand combat moves), there are also a number of quite specific and even creative components:

- tactical training (operational-tactical intelligence) is the development and improvement of special skills for the operational, rational and adequate use of motor action techniques in a given tactical situation.

- psychological training is the formation and improvement of specific qualities that enable the most positive application of technical and tactical skills and physical qualities, which, in turn, involves the devel-

opment of stress resistance, patience, fearlessness, leadership qualities, etc.

- moral improvement – the cultivation of moral qualities that form the basis for the humanistic improvement of human society (compassion, justice, patriotism, etc.).

- cultivation of an acmeological, axiological, and synergistic worldview (striving for perfection, creativity, focus on the individual, sense of beauty).

Due to the fact that sports culture is not only a scientifically based methodology but also an art, hand-to-hand combat training creates favourable conditions for acmeological education when the educational process is competently organised. Although this conclusion is often difficult to accept, it is nevertheless true. It is no coincidence that Far Eastern martial arts have another name – 'combat arts'.

2) **Developing motivation to improve professional skills.** "As a psychophysiological quality, motivation is a dominant component of the learning process. Like a goal, a motive is a powerful psychological aspect that stimulates activity.

The energising power of motivation is determined by its effect on volitional qualities. In turn, volition is an active component of intelligence and morality that controls actions and deeds. The controlling power of motivation is determined by its stimulating effect, which helps and motivates intellectual, moral, psychological and physiological efforts related to the pursuit of goals [8, p. 387].

3) **Conversion of the components of sports training.** In the 1990s, Russian researchers began to develop a scientific concept of an innovative theory of physical culture in the projections of pedagogical technologies for sports training. These scientific developments determine the conversion of the didactic components of sports training into the educational process of educational organisations.

4) **Individualisation and a personality-oriented approach.** Professor D.V. Syshko notes that "personality-oriented systems and technologies are quite effective in the educational process, including in the professional and applied hand-to-hand combat training of cadets at higher education institutions of the Russian Ministry of Internal Affairs. All pedagogical systems and technologies used in the educational process of modern youth should be oriented towards meeting the highest level of needs, towards creating a personal philosophy of both the learner and the teacher. The priorities of education should be to work



on the personality and the high level of individual development of each young person. This proves the urgent need to 'sportify' the entire educational process of hand-to-hand combat training in Russian higher police schools [9, p. 260].

**Conclusions.** The above provisions serve as arguments for the necessity and relevance of scientific and pedagogical research on the development of the theory and practice of domestic professionally-oriented physical culture as a component of the training of future police officers through sports, integration, individualisation and, ultimately, motivation.

In this regard, the relevance of developing new methodologies for building the entire pedagogical process, focused on the formation and preservation of special skills and qualities, is beyond doubt, since the existing professional training in educational institutions of the Ministry of Internal Affairs no longer fully meets the current requirements for Russian police officers.

#### References

1. Bokiy A.N., Uskov S.V. Osnovy teorii i metodiki fizicheskogo vospitaniya: nauchno-prakticheskoe posobie. Simferopol: KF KrU MIA of Russia, 2018. 40 p. ISBN: 978-5-9266-1471-5.
2. Bychkov V.M. Metodika obucheniya kursantov obrazovatelnyh organizatsiy MVD Rossii priemam obezoruzhivaniya: dis. ... kand. ped. nauk. M., 2018. 153 p.
3. Efremenko M.A. Modernizatsiya soderzhaniya obucheniya boevym priemam borby kursantov obrazovatelnyh organizatsiy MVD Rossii: dis. ... kand. ped. nauk. M., 2019. 129 p.
4. Kalashnikov K.P. Formirovanie takticheskikh umeniy primeneniya udarov i broskov u kursantov obrazovatelnyh organizatsiy MVD Rossii: dis. ... kand. ped. nauk. M., 2018. 176 p.
5. Kovalenko Yu.A., Uskov S.V. Teoriya integralnoy trenirovki, kak kvintehssentsiya sportivnoy didaktiki. Fizicheskaya kultura, sport – teoriya i praktika. 2016. No. 1. Pp. 14-18. ISSN: 1999-6799
6. Lapin D.A. Modelirovanie sluzhebno-professionalnyh situatsiy v processe fizicheskoy podgotovki kursantov obrazovatelnyh organizatsiy MVD Rossii: avtoref. dis. ... kand. ped. nauk. M., 2021. 28 p.
7. Lubyshva L.I. Teoretiko-metodologicheskie i organizatsionnye osnovy formirovaniya fizicheskoy kultury studentov: dis. ... dok ped. nauk. M., 1992. 458 p.
8. Petrenko S.I., Uskov S.V. Problematika formirovaniya motivatsii na zanyatiyah fizicheskim vospitaniem v sovremennoy sisteme obrazovaniya Rossiyskoy Federatsii. Problemy sovremennogo pedagogicheskogo obrazovaniya Seriya: Pedagogika i psihologiya. 2018. V. 59. No. 1. Pp. 387-390. ISSN: 2311-1305.
9. Syshko D.V., Uskov S.V. Lichnostno-orientirovannyye sistemy i tekhnologii professionalnoy rukopashnoy podgotovki kursantov vysshey shkoly politsii. Problemy sovremennogo pedagogicheskogo obrazovaniya Seriya: Pedagogika i psihologiya. 2022. V. 74. No. 1. Pp. 257-260. ISSN: 2311-1305.