



The ratio of the legal field and the content of the physical readiness of a specialist

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Abstract

Objective of the study was to identify the legislative provision of the content of the specialist's physical readiness, as well as to present a classification of scientific views on the problem of legal validity of the formation of the specialist's physical readiness for activity.

Methods and structure of the study. In the course of work on the article, methods of theoretical and system analysis and synthesis of information, regulatory, legal, statistical and scientific sources on the research topic were used.

The paper formulates the problem and develops a partial classification of scientific views on the correlation of the legal field of the content of the specialist's physical readiness for activity, suggesting the special need for its authentic formation in the conditions of university graduate training, both with a pronounced manifestation of motor options in the process of future work, and of a mixed type, but state importance. The significance of the legal field is enhanced by the requirements of the federal state educational standard.

Keywords: legal field, physical culture, physical improvement, specialist, physical readiness, sports, university graduates.

Introduction. Understanding the issues of correlation between the legal field and the content of a specialist's physical readiness is now relevant for many social strata of the population and families, and also requires full-fledged deep knowledge about the essence of the concepts of "physical readiness", "physical improvement", "health", "functional state of the body".

The physical readiness of a specialist, being an integral part of his integral readiness, is interpreted as a specific physical condition that meets the requirements of labor and ensures the success of his activity.

The information field of legislation is represented by a mega-content of provisions that ensure the fullest possible use of the advantages offered by the integration of science and education at the present stage [4] in terms of personal health, norms and requirements of the TRP, physical exercises, sports and provisions on the physical readiness of a specialist [1].

The foregoing made it possible to formulate a problematic situation in which, on the one hand, any spe-

cialist a priori, in the process of implementing activities, uses certain parameters of his physical condition, their specific assimilation is interpreted as "physical readiness" and is directly related to the terms "physical improvement", "physical culture". and sport" and others, and on the other hand, many terms are "de jure" in nature, "fixed" by the same content in the legal field, thereby hindering the process of scientific knowledge and the logic of building research, creating informational confusion. Moreover, an objective clarification of the level of relevance of the issue of the need to form the physical readiness of a working person is required, maybe this is a far-fetched concept for "keeping afloat" the pedagogy of physical education, and the process itself should develop at the "gene level of ontogenesis", and in fact - how a child grows how the years go by (which cannot be stopped) and do not require "intermediary" extraneous intervention, except for nature itself and the personal choice of a person.

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Results of the study and their discussion. The process of physical improvement of a person is possible in three ways:

- physical education and sports;
- the most labor activity of a person;
- an independent independent isolated motor interpretation of a person (a special form) that does not accommodate attention and does not even "switch on" the cognitive process of sensation to the concepts "imposed" by someone about what he is doing, i.e. a person in a completely legitimate position his choice, enshrined in Ch. 2 Article 20, paragraph 1 of the Constitution of the Russian Federation "the right to life" [2]

by analogy with a person of a primitive society (but on a different evolutionary spiral of psychological development) does what he wants, performs any movements, moves, walks in the forest, swims as he can and wants in the river, etc. -thereby (without thinking about the phenomenon) also carries out the process of physical improvement [5].

Of the presented ways of physical improvement of a specialist, the second way is, of course, the most adapted to motor manipulations, the involvement of precisely the key muscle groups in labor, their load modes, the type of work clothing (for example, bullet-proof vests, protective suits for firefighters, coronavirus suits, etc.), working conditions.

Turning to the first - the main way in society for the physical improvement of a person - physical culture and sports, we specially emphasize that the definitions of the concepts "physical culture" and "sport" in the focus of their interpretation are focused on the "worker", specialist, athlete (athlete kind of also "specialist").

Thus, physical culture is a specific way of organizing a person's life activity for the purpose of physical perfection and the effective fulfillment of his social roles (handicraft and industrial work, scientific activity, defense of the Fatherland, etc.) determined specifically by historical conditions, knowledge and needs, interests and abilities). In its essence, "physical culture" is a consideration of the "physical improvement" of a person, but in the cumulative ontogenesis of "culture", since physical culture is a derivative of the

general culture of society and the individual, and the first basic law of pedagogy is the "law of inheritance of culture".

Analysis of the provisions of the Constitution of the Russian Federation and the content of the specialist's physical readiness made it possible to identify their correlation. Thus, in Ch. 1, article 7, paragraph 1 [2] reflects that the Russian Federation is a social state whose policy is aimed at creating conditions that ensure a decent life and free development of a person. Since the physical development of an individual is a derivative of "general development" and, in the broad sense of the word, in contrast to anthropometric indicators, can be understood as "the general development of a person's motor conditions or potential," the key position of the basic law of the state is the "free context" of progress, so a person has the right to make his own choice about the necessity or uselessness of personal physical improvement.

Of course, at the initial stage of a child's ontogenesis, the educational influence of parents (guardians) is especially necessary, it is the parents who form the initial basic values of a young personality, introducing the child to the need and usefulness of movement, labor and thought processes, especially for a healthy lifestyle and form the basics of motivation for choosing a future their professions, specialties in life. At the same time, Chapter 1, article 7, paragraph 2 of the Constitution [2] explains that the Russian Federation provides state support for the family, motherhood, fatherhood and childhood, the disabled and the elderly. Chapter 2, article 38, paragraph 2 [2] also stipulates that caring for children, their upbringing is an equal right and duty of parents. The relationship between parents and their children in the legal field is determined and regulated by the "Family Code of the Russian Federation".

Chapter 2, article 41, paragraph 2 [2] of the Constitution encourages activities that promote human health, the development of physical culture and sports, environmental and sanitary and epidemiological well-being. Requirements for the physical readiness of a person begin to be presented as part of his voluntary choice of the appropriate educational institution in his specialty. Chapter 2, article 43, paragraph 5 [2] establishes Federal State Educational Standard, supports various forms of education and self-education.

The requirements of the Federal State Educational Standard in the part related to the criteria for the estimated cost of a graduate are currently one of the main legal fields for the content of a specialist's physical readiness [3]. Another facet of the legal field is directly



the requirements for the physical readiness of a specialist in the field of labor operations as a certified professional and his further career growth.

For many specialties (humanitarian, pharmaceutical, industrial, financial and economic, sewing, art, designers, musicians, and many others), there are no special requirements in the legal field for the physical condition of workers. For the work of specialists, associated with special significance for the results and consequences of activities, there are, of course, increased requirements for physical and psychophysical condition. Even on the work of engineering specialists and their role of reliability and the tragedy of mistakes on a national scale, an example can be illustrated: the effectiveness of the tasks of strategic bombers, fighters, nuclear submarines, actions with explosive substances, poisonous liquids and gases. If we do not take into account specialized physical education universities in most universities, "physical culture" as an academic discipline is associated with the manifestation of human motor activity. With regard to higher education institutions of law enforcement agencies, the scoring system of verification and evaluation is largely justified as a context for monitoring the motor side of a person's preparedness. However, the verbal expression of the achievement of the indicators of competencies required by the requirements of the Federal State Educational Standard is not very logically justified. Physical culture operates with the concepts of control: hour, minute, second, number of times, repetitions, cycles, kg, m, cm (mm - in the aspect of more thorough control of flexibility). Clarification of the provisions of the equivalence of expressions, for example, "is able to organize and conduct something" requires specification.

Conclusions. Thus, based on the results of the analytical study, the following classification of scientific views on the problem of the correlation of the legal field of the specialist's physical readiness for activity is presented. Firstly: physical readiness is needed by a specialist in a high degree of significance (especially health), but is represented by a "free context" of progress; a person has the right to make his own choice about the necessity or uselessness of personal physical improvement; no one and nothing forcibly forces an individual to move towards improving the parameters of his physical condition. Secondly, the formation of favorable primary inclinations of physical readiness, associated mainly with the need for a child and adolescent to realize the importance of health parameters and their role in a prolonged period of life, largely depends

on the educational influences of parents (guardians). Thirdly: legal relations in the form of requirements for the physical readiness of a specialist in a more concentrated form are manifested in federal state educational standards, as criteria for the licensed level of physical condition of a professional graduate. Fourthly: increased requirements for the physical readiness of a specialist are imposed by federal state educational standards on graduates with a pronounced shade of motor fitness (graduates of higher educational institutions of law enforcement agencies, specialized physical education universities), as well as to persons of mixed type of labor, but of national importance on a national scale for reliable unmistakable actions that maximally exclude techno disasters due to the fault of the human factor (pilots, specialists in the nuclear industry, strategic engineering facilities, specialists in the chemical and biological industries, doctors, etc.).

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