



sportsmenov. Vzgl'yad trenera. Gigiyena i sanitariya. 2019. No. 5. pp. 498-502.

4. Rukovodstvo k prakticheskim zanyatiyam po meditsinskoj mikrobiologii, virusologii i immunologii. Tets V.V. [ed.]. 2nd ed., rev., sup. Moscow: Meditsina publ., 2002. 352 p.

5. Fudin N.A., Khadartsev A.A. Mediko-biologicheskoye obespecheniye fizicheskoy kultury i sporta vysshikh dostizheniy. Vestnik novykh meditsinskikh tekhnologiy. 2010. Vol. XVII. No. 1. p. 150

## SCIENTIFIC NOTE

# Training police officers in the situational use of physical force based on a differentiated approach

PhD, Associate Professor **E.I. Troyan**<sup>1</sup>

<sup>1</sup>Tyumen Institute for Advanced Training of Employees of the Ministry of Internal Affairs of Russia, Tyumen

UDC 796.052.244

Corresponding author: troyan\_evgenii@mail.ru

**Key words:** *police, physical training, self-defense techniques, situations, differentiated approach to training, difficulty levels.*

**Introduction.** Police officers must be able to use physical force in various situations of self-defense and detention of criminals [1, 2]. However, as part of the professional training of police officers, a system of typical situations for the use of physical force by police officers has not yet been developed. The lack of a systematic perception of the content of situational training in the use of physical force does not allow modeling the educational process based on the didactic principle “from simple to complex.”

**Purpose of the research** – identifying levels of difficulty in differentiating situations of the use of physical force by police officers.

**Research methodology and organization.** The study was conducted in 2023 on the basis of the Tyumen Institute for Advanced Training of Ministry of Internal Affairs employees. The study used scientific methods: analysis and generalization of situations of the use of physical force, modeling of situations of the use of physical force by police officers; pedagogical experiment, testing. At the end of the training period for employees from the EG and CG, the skills of using physical force in typical work situations were tested.

**Results and its discussion.** As a result of the analysis of situations where police officers used physical force in their official activities, two groups of situations were identified. The first group included situations that are universal for all police officers. The second group

combined situations specific to the professional activities of individual job categories. Considering the process of development of learning in the direction from abstract to concrete, groups of situations are differentiated according to two levels of complexity: universal and specialized. Differentiation of situations by level of complexity was used and proved its effectiveness in structuring the content of physical training for students in the experimental group studying under professional training programs for the position of “Policeman”. At the final lesson, students in the experimental group demonstrated a higher level of preparedness to act in situations (28,4% more than in the control group).

**Conclusion.** The results of the study revealed that training in the situational use of physical force will be effective, provided that situations of the use of physical force are differentiated according to two levels of complexity: universal and specialized.

### References

1. Nasadyuk E.V. Sovershenstvovaniye fizicheskoy podgotovki sotrudnikov OVD metodom modelirovaniya. Izvestiya Tul'skogo gosudarstvennogo universiteta. Fizicheskaya kul'tura. Sport. 2022. No. 3. P. 27–33.
2. On approval of the Manual on the organization of physical training in the internal affairs bodies of the Russian Federation: order of the Ministry of Internal Affairs of Russia dated July 1, 2017 No. 450. – URL: <http://www.consultant.ru> (date of the application: 12.06.2019). – Text: electronic.

Received by the editorial office on 08.11.2023