



Analysis of the system for control of physical fitness of army military servants of Russia, the USA and Venezuela

UDC 796.015

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Received by the editorial office on 23.12.2023

Abstract

Objective of the study was to conduct a theoretical analysis of the system for monitoring the physical fitness of military personnel of various armies of the world, systematize their content, identify general trends and directions of physical training of military personnel in world practice.

Methods and structure of the study. The relevant scientific and methodological literature was analyzed on the topic of the study. The basis was an analysis of the physical fitness monitoring system of the two best armies in the World: Russia and the USA, as well as the Armed Forces of Venezuela.

Results and conclusions. It is necessary to improve the content of physical training of military personnel of the armies of Russia, the USA and Venezuela, namely: to include complex control exercises to simultaneously assess all basic physical qualities, pay attention to the development of mobility of the musculoskeletal system of military personnel, expand the content of physical training based on the inclusion of modern technologies and means taking into account the changing tactics and strategies of military conflicts in the modern World.

Keywords: *physical fitness of military personnel, analysis, control exercises, army.*

Introduction. Currently, the physical fitness of military personnel of the Armed Forces of various countries is important. Modern military conflicts place high physical and psychological demands on military personnel, which include the ability to quickly and quietly move across various terrain, overcome complex obstacles, withstand high speed, power, aerobic and static overloads, and at the same time clearly and effectively carry out the tasks assigned by the command. All this is possible subject to the versatile and comprehensive physical training of military personnel. An important component of the physical training of military personnel is monitoring the effectiveness of its formation. Thus, the main direction of this work is to analyze the system of monitoring the physical fitness of the Armed Forces of various states using the example of Russia, the USA and Venezuela.

Objective of the study was to conduct a theoretical analysis of the system for monitoring the physical fitness of military personnel of various armies of the world, systematize their content, identify general trends and directions of physical training of military personnel in world practice.

Methods and structure of the study. The relevant scientific and methodological literature was analyzed on the topic of the study. The basis was an analysis of the physical fitness monitoring system of the two best armies in the World: Russia and the USA, as well as the Armed Forces of Venezuela. Analysis of control exercises allows us to see the content of the physical training of military personnel, the development of which physical qualities are given preference in various armies, how versatile and comprehensive the physical training of soldiers is, physical fitness standards, etc.



Control exercises on physical fitness of military personnel of the armies of Russia, the USA and Venezuela

Physical qualities	Control exercises		
	Russia	USA	Venezuela
General stamina	Running 3 km and 1 km; skiing 5 km	2 mile run	2400 m run
Speed qualities	100 m run	Shuttle run 10x10 m	-
Strength qualities	Pull-ups on a high bar; flexion and extension of the arms while lying down	Deadlift, flexion and extension of the arms while lying down	Flexion and extension of the arms while lying down
Flexibility	-	-	-
Speed and strength qualities	Raising torso from a lying position in a minute	Throwing a ball back over the head (P=5 kg); from hanging on bent arms, pulling your knees to your chest	Squats in a minute
Agility and speed	Shuttle run 10x10 m	Shuttle run 10x10 m	-
Static force	-	Deadlift	-

Results of the study and discussion. In the process of analyzing scientific and methodological literature, a table was formed in which the following indicators were systematized: basic physical qualities necessary for military personnel, control exercises of the Armed Forces of Russia, the USA and Venezuela.

The analysis of control exercises of physical fitness of military personnel of the armies of Russia, the USA and Venezuela showed the following results: to control the physical fitness of military personnel of the Russian army, 8 control exercises were selected and formed, in the US army - 6 control exercises, for military personnel of the Venezuelan army - 3 control exercises. Control exercises, designed to assess the physical fitness of military personnel of the Russian army, are aimed at monitoring the harmonious formation of all basic physical qualities; in the US Army, the emphasis is on developing speed and strength qualities; Among Venezuelan army personnel, the emphasis is on developing general endurance and strength qualities. We also draw attention to the fact that in the Armed Forces of Russia, the United States and Venezuela, insufficient attention is paid to the development of mobility of the musculoskeletal system of military personnel.

Conclusions. The analysis of the content of monitoring the physical fitness of military personnel in the armies of Russia, the United States and Venezuela showed the following analytical results: control exercises on the physical fitness of military personnel of the Russian army are aimed at assessing the harmonious formation of basic physical qualities; among US Army personnel, the emphasis is on developing speed-strength qualities and static endurance; In the Armed Forces of Venezuela, attention is paid to the

development of only general endurance and strength, a narrow focus on physical training.

Thus, it is observed that it is necessary to improve the content of physical training of military personnel of the armies of Russia, the United States and Venezuela, namely: include complex control exercises to simultaneously assess all basic physical qualities, pay attention to the development of mobility of the musculoskeletal system of military personnel, expand the content of physical training to based on the inclusion of modern technologies and means, taking into account the changing tactics and strategies of military conflicts in the modern World.

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