



Model indicators of physical fitness and development of military servants of the Venezuela army

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Introduction. In modern military conflicts, along with other types of training, the physical preparedness of military personnel of the armies of various countries, including military personnel of the Venezuelan army, is important for the effective performance of various tasks. The physical fitness of military personnel is based on the developed applied physical qualities necessary to perform various tasks assigned by the command. In this direction, it is necessary to effectively and quickly develop proper physical fitness among military personnel for the systemic and mobile readiness of the Armed Forces, to protect the sovereignty and integrity of the state. The developed model indicators of physical readiness, which show and direct to the necessary guidelines for the formation of proper applied physical qualities in military personnel, become important in the mobile physical training of military personnel. The present work was carried out in this direction.

Objective of the study was to substantiate and develop model indicators of physical fitness and physical development of military personnel of the Venezuelan army and recommend them for practice.

Methods and structure of the study. The study involved members of the Venezuelan army. The sample size was 100 people. During the year, the content and level of physical fitness of military personnel of 1 and 2 years of military service were monitored. The necessary factual material on the physical fitness of the Venezuelan army personnel was collected. Based on this statistical material, model indicators of physical fitness and physical development of military personnel of the Venezuelan army were developed.

Results and conclusions. During the scientific research, the following indicators of physical fitness were analyzed: strength indicators of the upper shoulder girdle and abdominals, general endurance and mobility of the musculoskeletal system. Physical development was also determined: height (cm), weight

(kg), dynamometry of the hands (kg). Table 1 presents model indicators of physical fitness and development of military personnel of the Venezuelan army.

Table 1. *Model indicators of physical fitness and development of military personnel of the Venezuelan army*

Indicators of physical fitness and development	$\bar{X} \pm \sigma$
Flexion and extension of arms while lying down per minute, number of times	30±4,6
Raising the body per minute, number of times	40±6,1
Running 2400 m, min/s	10,25±1,40
Bend forward from a sitting position, cm	1,4±0,6
Height, cm	1,69±6,0
Weight, kg	74,2±8,0
Hand dynamometry, kg: right hand	44,6±6,3
left hand	38,9±8,1

The table presents model indicators of physical fitness and development of military personnel of the Venezuelan army, which the country's military specialists need to focus on for effective physical training of employees of the Armed Forces of the state.

Conclusions. The scientific work carried out made it possible to identify and formulate model indicators of physical fitness and physical development of military personnel of the Venezuelan army. All this as a whole allows you to quickly, effectively and with the proper indicators to form the physical fitness of the Venezuelan army.

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