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### **SOME ISSUES OF IMPROVING THE LEVEL OF PHYSICAL FITNESS**

*Анісімов Дмитро. Про деякі питання підвищення рівня фізичної підготовленості*

*Ключові слова: фізична культура, фізична підготовка, спорт, забезпечення, професійна підготовка.*

*Keywords: physical culture, physical training, sport, provision, professional training.*

Physical education and sports play a pivotal role in the professional training of future officers in the National Police. The operational duties of Ukrainian National Police officers unfold in extreme conditions, amidst a plethora of adverse factors, including constant exposure to conflict situations, the likelihood of armed attacks, the necessity for instantaneous decision-making regarding the use of police measures, timely transition from preventive to coercive measures and vice versa, heightened fatigue, stress, and the constant burden of heavy equipment (body armor, weapons, specialized gear, etc.). Moreover, the low physical activity during patrol duties in vehicles adversely affects the physical condition and overall health of the personnel. Actions involving pursuit and apprehension of offenders demand high physical fitness and proficiency in specialized motor skills and techniques.

Therefore, we concur with V.V. Bondarenko's assertion that the development of nerve-psychological resilience, communicative, and volitional

traits is essential for police officers to establish effective communication with diverse categories of citizens, including individuals under the influence of alcohol and drugs, as well as those with mental disorders. Furthermore, the perpetual escalation of demands for physical preparedness among law enforcement personnel is dictated by the realities of the contemporary situation both domestically and globally. These realities necessitate an expansion of scientific research aimed at refining the methodology of preparing personnel for actions in extreme situations, as well as the exploration of novel approaches to organizing the physical training process, encompassing not only pedagogical and psychological but also physiological, medical-biological, and sociological aspects [1, 2].

Therefore, adequate physical fitness serves as a crucial prerequisite for the high-quality professional training of graduates from higher education institutions with specific learning conditions tailored to practical activities [3]. However, the issue of enhancing the quality of physical fitness among students of such institutions, despite numerous scientific developments, remains insufficiently explored [4, 5].

In pursuit of elevating the level of physical fitness and refining the process of physical training for higher education aspirants at the Dnipropetrovsk State University of Internal Affairs, a team of authors from the Department of Special Physical Training of the Faculty for Preparing Specialists for Units of Criminal Police (D.O. Anisimov, V.V. Bohuslavskiyi, and O.A. Zhuravel) has devised methodological recommendations for overcoming situational obstacle courses (Certificate of Copyright Registration for the Work No. 118015 dated April 11, 2023).

The implementation of obstacle course scenarios, considering time constraints and subsequent self-defense, aims to cultivate in higher education students of institutions tailored to specific learning conditions the ability to apply physical strength and hand-to-hand combat techniques swiftly, effectively, and judiciously [6].

Before practicing the obstacle course scenarios, higher education students must familiarize themselves with the techniques for overcoming artificial and natural obstacles, as well as learn self-defense maneuvers in accordance with the provisions outlined in the "Regulations on the Organization of Professional Training of Employees of the National Police of Ukraine" No. 50 dated January 26, 2016, and the order of the Ministry of Internal Affairs of Ukraine "On Approval of Amendments to the Regulations on the Organization of Professional Training of Employees of the National Police of Ukraine" No. 51 dated January 21, 2020 [6].

Thus, the introduction of obstacle course scenarios within the academic framework of the Special Physical Training discipline in higher education institutions with tailored learning conditions is envisaged to offer a fresh perspective on the preparation of future law enforcement officers for the new societal challenges posed by armed aggression.

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**КОМПОНЕНТИ ЗДОРОВ'ЯЗБЕРЕЖУВАЛЬНОГО  
ОСВІТНЬОГО СЕРЕДОВИЩА**

**Lina Rybalko. The components of the health-saving of educational environment**

**Key words:** health-saving technologies, education, healthy lifestyle, educational environment.

В умовах оновлення суспільно-економічного життя актуальною є проблема формування, збереження, зміцнення та відновлення здоров'я людини. Адже нинішнє суспільство характеризується зниженням індексу людського розвитку, який характеризують стан здоров'я українців і їх тривалість життя. Постає об'єктивна потреба у створенні здоров'язбережувального освітнього середовища, яке забезпечить формування у підростаючого покоління належної культури здоров'я,