

ABSTRACT

The authors of the article reveal the influence of a scientific and pedagogical worker on the formation of a student's legal awareness during the teaching of the disciplines of the legal cycle, in particular: "Constitutional law", "Labor law", "Administrative law" and "Criminal law and process". The author's own (author's) vision of the formation of the principles of legal awareness among student youth during the mastery of legal disciplines of the "Law" specialty is presented for consideration and discussion. In particular, it is emphasized that a scientific-pedagogical worker should individually choose a system of scientific methods in each specific case, which he should use during educational "work" with students, and which should be abandoned in this case; each time to decide which content and volume of legal cycle disciplines should be revised during teaching, and which should be preserved and improved for the formation of a strong legal position and legal awareness among college and institute students. The authors of the article emphasize that when organizing legal "educational" work with students, at all its stages, the teacher should creatively use any legal advice and recommendations of the Ministry of Education and Science of Ukraine, since the activity and success of this work largely depends on legal maturity the teacher himself, his socio-legal activity, pedagogical skill, from the improvement of efficiency and quality of work in relation to the process of legal "education", and, of course, from the teacher's personal example. The significance of these novels and the latest approaches in the implementation of scientific and pedagogical activities regarding the formation of patriotic legal awareness of young people in the system of pedagogy and law is revealed, and an assessment is given. The need for further research in the appropriate direction is substantiated, as the latter will create prospects for theoretical and practical studies, as well as contribute to solving problematic issues in this area of law and pedagogy. Attention was drawn to the need for further scientific cooperation of scientists, scientists, specialists in the field of material law and pedagogy.

Keywords: *administrative law, student of education, Constitution of Ukraine, criminal law, scientific and pedagogical worker, pedagogy, legal awareness, legal norms, theory, labor law.*

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FEATURES OF PHYSICAL TRAINING OF POLICE OFFICERS UNDER MARTIAL LAW: CHALLENGES AND TASKS

Петрушин Дмитро, Карина Лагун. ОСОБЛИВОСТІ ФІЗИЧНОЇ ПІДГОТОВКИ ПОЛІЦЕЙСЬКИХ В УМОВАХ ВОЄННОГО СТАНУ: ВИКЛИКИ ТА ЗАВДАННЯ. У статті розглядається актуальна проблема фізичної підготовки поліцейських під час воєнного стану. В умовах конфліктів та загроз національній безпеці, поліцейські мають виконувати важливі функції з підтримання громадського порядку та забезпечення безпеки громадян. Однак воєнний стан ставить перед ними ряд складних викликів та завдань, пов'язаних із збільшеною загрозою та вимагає підвищеної готовності.

Досліджуються особливості фізичної підготовки поліцейських в умовах воєнного стану, а також аналізує ключові аспекти цього процесу, включаючи вимоги до фізичної готовності, методи навчання та тренування, а також оцінку ефективності цього підходу. Автори висвітлюють важливість системного підходу до фізичної підготовки поліцейських, враховуючи специфічні

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потреби та обставини воєнного стану.

Дослідження також висвітлює можливі стратегії та рекомендації для поліцейських у плані підготовки до дій у воєнних умовах, сприяючи підвищенню їхньої ефективності та забезпеченню безпеки громадян. Результати цієї статті можуть бути корисними для поліцейських організацій, а також для розробників стратегій та політики з питань підготовки силових структур в умовах воєнного стану.

Ключові слова: фізична підготовка, поліцейські, воєнний стан, національна безпека, тренування

Relevance of the study. The conditions of martial law are undoubtedly extremely difficult and dangerous for society. This period is characterized by an aggravation of the conflict, an increased risk of terrorist attacks, a threat to national security and the possibility of large-scale military operations. In such conditions, ensuring public safety and fulfilling national defense tasks is a critical task.

The police are one of the key links in ensuring public safety and performing national defense tasks under martial law. It is responsible for maintaining order, preventing crimes, detecting and stopping terrorist acts, as well as ensuring the protection of citizens. The police should provide support to troops and other military structures in large-scale conflicts.

Recent publications review. The research on the issues of modernizing the special physical training system under extreme conditions was conducted by such scientists as Ye. S. Hidenko, I. P. Zakorko, Yu. M. Kolomiets, A. Z. Pashaev, O. Yu. Uvarova, Yu. M. Korniychuk, O. O. Sushkov and S.M. Bortnik. Their studies indicate that a crucial aspect of police professionalism is indeed the level of physical fitness and self-defense skills.

The article's objective is to examine and analyze the unique challenges and responsibilities faced by law enforcement officers in maintaining physical readiness during periods of martial law.

Discussion. The physical training of police officers is an important component of their professional training and is of great importance for several reasons.

Police officers must be able to overcome the physical challenges they may encounter in the course of their duties. This may include chasing criminals, physical confrontations, and other situations where physical strength and endurance are required to ensure the safety of oneself and citizens.

Physical training of police officers helps to increase their productivity and efficiency in the performance of official tasks. Increased physical readiness helps police officers to be more durable, more agile and faster, which can be an important attribute in various situations. It can also have a positive effect on the psychological stability of police officers. Sports and physical activity help to reduce stress, improve well-being and increase the feeling of confidence. The opportunity to rest and relax after a hard day's work is also important [1, p.85].

Physically trained police officers can be an example of a healthy lifestyle for citizens. This can help improve police-community relations and foster greater trust in law enforcement. Also, strength training helps to maintain health and physical fitness throughout the entire career of a police officer, which is important for ensuring the reliable functioning of the law enforcement system.

Physical training for police officers includes various aspects such as running, pull-ups, jumping and other exercises that help develop various physical skills. It can also be used to assess and maintain the physical fitness of police officers through regular physical testing [1, p. 87].

For the successful functioning of the police under martial law, proper physical training is necessary. This is due to the following factors:

1. High risk. Martial law conditions are usually accompanied by a great risk to the life and health of police officers. They may encounter armed groups, hostilities and dangerous situations.
2. Physical requirements. Martial law police work may involve physical activity such as lifting weights, running, jumping, and other efforts that require physical strength and endurance.
3. Stress and emotional load. Police officers are also exposed to significant psychological stress under martial law. Physical fitness can help support mental health.

Therefore, proper physical training becomes a critical aspect for police officers working under martial law. It helps to increase their efficiency, survival and ability to cope with emergency situations that can arise in such difficult conditions.

Martial law actually poses multiple challenges to the police, each of which is critical to ensuring security and fulfilling national defense missions. These challenges are described in more detail below:

- Ensuring the safety of citizens. Martial law conditions often include threats to the safety of citizens, such as terrorist attacks, aggression by neighboring states, or other forms of violence. The police are tasked with taking all possible measures to protect the civilian population. This includes deploying patrols, organizing evacuations, controlling access to dangerous areas and providing assistance to victims.

- Participation in military operations. In some situations where the threat to national security is extreme, the police may be mobilized to participate in nationwide or international military operations. In such cases, police officers may receive military training and participate in combat operations alongside the armed forces.

- Maintenance of law and order. Even under martial law, it is important to maintain law and order wherever possible. This helps to avoid chaos and violence in the society. The police may be involved in the performance of official duties related to the investigation of crimes, arrests and maintenance of order in dangerous situations [2, p.17].

These tasks pose serious challenges to the police, as they must be prepared to work in dangerous and high-risk environments. Physical, psychological training and special skills are critical to successfully perform these tasks under martial law, and police must be as prepared as possible to respond to various scenarios and threats.

Physical training of police officers under martial law requires specific approaches and skills. Police officers need to have a high level of physical endurance as they may be involved in long operations or long periods of work without rest. Martial law conditions may require police officers to work all day and night, without a break for rest. This is especially important in cases where it is necessary to maintain constant surveillance and safety of citizens.

Physical endurance allows police officers to be more effective and withstand the physical and psychological stress that accompanies their work in the conditions of a military conflict.

In martial law situations, where there may be distractions such as ruins, uneven ground or other obstacles, physical endurance helps police officers to be more adaptable and respond more quickly to the situation.

Having sufficient physical strength is an important aspect for police officers, especially in martial law. In such situations, a variety of physical tasks may arise that require strength. Here are some of them:

- Lifting heavy equipment. Martial law conditions may include the need to lift or move heavy military equipment, including weapons, armored vehicles, communications equipment, and more. Police officers must be strong enough to handle these tasks and ensure its effective use.

- Transfer of injured persons. Martial law conditions are often accompanied by wounds and injuries. Police officers can be part of rescue teams and take part in transporting the injured from the scene to medical centers. This requires physical strength and endurance, especially when carrying heavy or immobile persons.

- Defense of one's own life. In military conflicts, police officers may find themselves in situations where their own lives or the lives of others depend on their ability to protect themselves or others. Physical strength can be a decisive factor in such moments [3, p. 75].

In order to perform these tasks, policemen need to have an appropriate level of physical strength and muscular readiness. Physical training, which includes strength training and increasing muscle mass, helps police officers to be more competent and cope with different situations in martial law. Thus, proper physical training becomes an important element for the effective work of police officers in the conditions of a military conflict.

Physical training of police officers in martial law should be more diverse and specialized, as they need to possess special skills and knowledge to perform various tasks in difficult military conditions. Police officers must learn how to effectively use fire support, including shooting and weapon handling. This includes the skills of shooting from various positions, the use of aimed and automatic weapons, as well as the techniques of camouflage and concealment [4, p.242].

General physical training, such as running, lifting weights and endurance, maintains a general level of physical fitness. However, specialized skills and training allow police officers

to effectively perform specific tasks under martial law and ensure the safety of citizens.

The tasks of physical training of police officers in martial law are aimed at preparing them to perform complex and high-risk tasks. Let us describe these tasks in more detail:

1. Increasing general physical endurance. Physical endurance is key, as police officers may find themselves in situations where they must work long hours without the opportunity to rest. Military conflict or extreme events can lead to long and grueling operations, and physical endurance becomes a critical factor in ensuring police officers perform productively. Training on treadmills, swimming and other types of aerobic activity contribute to the improvement of the cardiorespiratory system. This increases the volume of oxygen that the body can use and provides better resistance to physical exertion. Police officers are able to overcome fatigue and maintain clarity of mind in stressful and emergency situations.

In martial law, where there can be long operations and unexpected situations, physical endurance allows police officers to continue to function at their maximum level of functionality for long periods of time. This can be critical for their own safety and the safety of citizens [5, p.15].

Physical endurance also contributes to rapid recovery after physical exertion. Police officers who have good physical endurance can recover more quickly after a hard day's work or physical operations, allowing them to be ready for the next tasks.

2. Development of strength characteristics. In situations of military conflict or emergency situations, police officers may be assigned tasks that require physical force. This may include lifting heavy objects such as barriers or equipment, carrying injured persons or interacting with heavy special equipment. Physical strength allows police officers to perform these tasks without losing productivity and ensure the safety of citizens. Under martial law, police officers may find themselves in dangerous situations where their physical strength can save lives. For example, the ability to quickly remove a wounded comrade from a danger zone can be decisive.

Even under martial law, police officers have to ensure compliance with law and order. Making arrests, controlling mass events or preventing illegal activities can require physical strength and efficiency [6, p.217].

The development of physical strength contributes to the general physical readiness of police officers. This helps to maintain energy and stamina during long operations or activities under high stress conditions. Regular strength training also helps strengthen muscles and bones, which can reduce the risk of injury during physical operations.

3. Tactical training. Police officers must be trained in the effective use of special equipment such as body armor, gas masks, communication devices and other equipment that help ensure their safety and effectiveness in the performance of their duties. It is important to train police officers in concealment and camouflage skills to maintain their privacy and safety in a military conflict environment. They must know how to use natural or man-made objects to hide from the enemy's view [7].

In wartime, teamwork becomes extremely important. Police officers must be trained to cooperate, coordinate and interact with other team members, including the military, to achieve common goals.

Tactical training helps police officers ensure the safety of citizens, their own safety and effectiveness in performing tasks in the conditions of a military conflict. It develops their skills and ability to make decisions in stressful situations, which are critical for ensuring national defense and public safety.

4. Simulation of situations. Simulations should be as realistic as possible and reproduce various scenarios that police officers may encounter in real conditions of a military conflict. This helps them adapt to different situations and realistically assess threats. Police officers have the opportunity to practice and improve their tactical skills in a simulated environment, including movement tactics, concealment, communication and the use of equipment and weapons [8].

Simulations can create a stressful environment similar to real combat conditions. It helps police officers learn to work effectively in stressful situations and make decisions in extreme circumstances. After completing the simulations, police officers can carefully analyze their reactions and actions during the scenarios. This allows them to identify weaknesses, improve strategies and avoid mistakes in real situations.

The general purpose of the simulation of situations is to prepare police officers for the real conditions of a military conflict and provide them with the ability to respond effectively to

the most difficult situations and make the right decisions in extreme circumstances. It is an important stage of physical training that helps to increase the readiness and competence of police officers in the conditions of martial law [9, p.145].

General physical training, specialized tactical skills, and simulation training help police officers be as ready as possible to perform tasks in martial law and ensure their effectiveness in maintaining public safety and national defense.

Conclusions. In the conclusions of a scientific article, it is important to emphasize the key aspects of the research and their significance.

The first important observation is that the physical training of police officers in martial law is crucial. Military conflicts and internal conflicts can create extraordinary circumstances where police officers must operate at the limit of their physical capabilities. Therefore, ensuring their physical readiness is a critical aspect of ensuring public safety during martial law.

The second conclusion concerns the challenges facing police officers under martial law. The specificity of such situations includes not only the response to criminal acts, but also possible confrontation with armed groups, explosions and other dangerous scenarios. This requires police officers to have a higher level of physical fitness, as well as survival and medical aid skills in a combat environment.

In addition, it is important to note that the physical training of police officers requires systematic and constant maintenance. Martial law conditions can last for a long time and police officers must be able to maintain their physical fitness for long periods. This involves regular training and assessment of physical abilities.

In general, the physical training of police officers in martial law is an extremely important aspect for ensuring the safety of citizens and maintaining law and order in dangerous conditions. It requires a serious approach and investment in training and equipment to ensure that police officers are prepared to meet any challenges that may arise in martial law.

Conflict of Interest and other Ethics Statements

The authors declare no conflict of interest.

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ABSTRACT

The article addresses the pressing issue of police physical training during times of martial law. In the midst of conflicts and threats to national security, police officers are tasked with crucial responsibilities in maintaining public order and ensuring citizen safety. However, martial law presents them with a series of complex challenges and tasks, heightened threats, and demands increased readiness.

The article explores the specifics of police physical training in martial law conditions and analyzes key aspects of this process, including physical fitness requirements, training methods, and effectiveness assessment. The authors emphasize the importance of a systematic approach to police physical training, taking into account the specific needs and circumstances of martial law.

Additionally, the research sheds light on potential strategies and recommendations for police officers in preparing for actions in wartime conditions, enhancing their effectiveness, and ensuring citizen safety. The findings of this article may be valuable for police organizations and policymakers involved in developing strategies and policies related to the training of law enforcement personnel during martial law.

Keywords: *physical training, police officers, martial law, national security, training.*