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### PROBLEMS OF PHYSICAL TRAINING OF FUTURE POLICE UNDER CONDITIONS OF QUARANTINE RESTRICTIONS

**Abstract.** This article analyzes and considers the practical experience of organizing distance learning in higher education institutions with special learning conditions on the example of teaching a particular discipline. The paper also analyzes the specifics of the National Police during quarantine restrictions, proposed organizational measures during physical education classes with cadets in quarantine.

It is analyzed that in higher education institutions of the Ministry of Internal Affairs of Ukraine to ensure full and comprehensive training of future police officers there is a question of implementing new approaches to classes on "special physical training", "physical education" and "tactical special training" and other disciplines. It is also worth noting that the educational process in the Ministry of Internal Affairs of Ukraine is closely related to the promotion of a healthy lifestyle, the involvement of cadets and students in sports sections and gyms.

**Keywords:** *quarantine restrictions, specifics of police activity in a pandemic, organizational measures, physical education, training.*

**Relevance of the study.** The beginning of 2020 put the civilization of mankind before a difficult test - the pandemic of the coronavirus COVID-19. In an attempt to counter this danger, governments have begun to introduce a number of restrictive measures. The government of Ukraine did not stay aside in this situation.

The times of quarantine restrictions related to the pandemic provide an opportunity to rethink the educational process in higher education institutions in Ukraine. Thus, conducting classes by videoconference, performing distance tests become necessary in the course of obtaining higher education in the new conditions.

Low physical activity of the younger generation, the rapid spread of the COVID-19 pandemic and quarantine-related psychological crisis, anxiety, fear and anxiety disorders, the traditional growth of chronic and cold diseases, and, as a result, deteriorating academic performance, aggression among children and youth encourage professionals to find optimal ways to improve the modern educational system.

**Recent publications review.** In the process of researching literature sources domestic and foreign specialists: Kukharenko V., Bondarenko V., Giorgio Marinoni, Hans de Witt found that in the domestic scientific space the question of the impact of the pandemic that led to the rapid transformation of education, as well as the consequences of such changes, challenges and prospects currently need better study. Features of physical education as an effective tool physical activity of man considered V. Buguslavsky [1], M. Pozhydaiev, D. Anisimov, K. Vozniuk, M. Logvinenko [2], D. Petrushin, V. Rohalsky, V. Sheverun [3] and others.

Organizational principles of introduction of information technologies in educational student environment are reflected in the works of M. Kozhokar, Y. Moseychuk, O. Tsybanyuk.

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But creating an online environment for motor activities of cadet youth, with the use of Internet resources in physical education classes have so far gone unnoticed.

**The article's objective** is to analyze the state and importance of physical education of cadets of the system of the Ministry of Internal Affairs of Ukraine in the conditions of quarantine restrictions.

**Discussion.** The 21st century is a time of transition to a high-tech information society, in which the quality of human potential, the level of education and culture of the entire population are crucial for the economic and social progress of the country. M. Denisenko and S. Breus notes that «the integration and globalization of social, economic and cultural processes taking place in the world, the prospects for the development of the Ukrainian state for the next two decades require a deep renewal of the education system, determine its advanced nature».

Today, the problems of communication in modern society both affect and pose new challenges to the remote form. For example, raising the level of digital skills and abilities of the teaching staff and students of the Free Economic Zone, the level of practical interaction between teacher and student in the process of organizing physical education; self-design of the student's activity on physical self-improvement, formation of self-analysis by the student of own activity and himself as the subject which is independently capable to form a high level of motor activity. From the methodological point of view of formation of value orientations of students on systematic physical exercises, preservation and strengthening of health is possible, in particular, at own choice, but on condition of integral and systemic influence on it of the health-preserving environment of HEI [4, p.11].

According to the Resolution of the Cabinet of Ministers of Ukraine on prevention of the spread of acute respiratory disease COVID-19 caused by coronavirus SARS-CoV-2 and the Order of the Ministry of Education and Science «On approval of the Regulations on distance learning» classes in free economic zones were transferred to distance learning; training in fitness, hand-to-hand combat, strength exercises, various types of martial arts - canceled or postponed indefinitely, and local public parks, sports grounds in general have become inaccessible to our youth.

Such quarantine measures imposed certain restrictions on the full educational process in higher education institutions, namely the issue of providing quality distance learning for students in various disciplines, especially physical education. Although this discipline is not always called the main subject area, teachers, educators and workers in the field of physical education and sports see good reasons to include it in daily schedules for today's youth, even when all training is conducted in Google meet, Zoom and others. to maintain physical culture and health as part of a full education during a pandemic and a way to help comply with the national recommendation on daily physical activity - regardless of full-time, online or both [5, p. 67]. Having switched to distance learning, the vast majority of teachers faced the problem of conducting physical education classes in sports (volleyball, basketball, football) and students' lack of understanding of the importance and necessity of physical exercises. Therefore, the Department of Special Physical Education faced the task of a more detailed explanation of the concept of physical education and its role in the development and formation of man as a person.

However, with the beginning of the quarantine of the broadcast of fitness classes on social networks Instagram, Facebook YouTube has become very popular among the younger generation. Fitness is a new modern trend in the system of physical education, which is very popular among the younger generation. Therefore, conducting online fitness classes was quite easy, there was support on the other side of the screen. Of course, the teachers thought over the technical points, checked the volume of the musical accompaniment, tried different options for the best shooting angle, so that all students could see what exercises the teacher shows. Of course, there are also disadvantages. For example, the teacher is not able to control those who perform the exercises. If second-year students already have basic classes and do everything right, then there is no opportunity to approach newcomers, to make comments [6, p. 185].

We would like to note that the concept of "fitness" is common in many other areas of physical education and sports, in particular the state system of physical education in higher education and indicates its priority. Recently, in many institutions of higher education in Ukraine, the process of physical education focuses on goals that are adequate to the concept of "fitness". We are talking about health fitness, which consists of those components of physical fitness that have a relationship with good health. It aims to achieve and maintain physical well-

being and reduce the risk of disease (cardiovascular system, metabolism, etc.). Increasing the level of health fitness in physical education classes is correlated with a low risk of disease and improved quality of life, which is more relevant today than ever.

Theoretical analysis of literature sources shows that the process of physical education in higher education requires the introduction of innovative fitness technologies in distance learning aimed at improving health, improving vitality, education of physical qualities, gaining vital energy, vigor, cheerful mood, counteracting and resistance to stress. Thus, we can say that the change in the education system, which was caused by the introduction of quarantine restrictions, affected physical education. Specialists in this field were faced with the issue of developing this type of classes and the scheme of teaching the subject to maintain the mode of motor activity of the student and interest at the appropriate level during distance learning.

In fact, never having to deal with distance learning, after the introduction of quarantine restrictions, physical education professionals had to make adjustments to their work fairly quickly. A feature of the profession of coach, instructor, and physical education teacher is a direct interaction with his student (student). This requires safety, visual analysis of the condition of students, timely correction of errors during the exercises. Equally important is the psychological component: support, words of approval, maintaining a high emotional background. The issue of abolishing the discipline "Physical Education" in higher education institutions and schools at the time of quarantine is completely wrong and irresponsible. Young people are already experiencing a significant deficit of physical activity, which, in turn, has led to the appearance of extra pounds and deterioration of health.

Also, the development of physical culture among young people during quarantine restrictions can take place in the consolidation of old and learning new theoretical knowledge, when you have more time and opportunities at home to explore in more detail and depth issues that you have not studied before, it is also a good opportunity to find a type of physical activity that will be practiced at home, without contact with other people and reduce the risk of getting sick [7, p.15]. In today's world, the Internet is full of all kinds of physical education, from regular videos on the YouTube platform to specialized sites that clearly indicate and display videos and describe how and what to do. There are also distance learning classes in educational institutions, which must be attended and improve their physical education skills.

During quarantine restrictions, you also need to strengthen not only muscles, but also strengthen your knowledge of physical culture, because it was not easy to perform exercises, of course you need to perform them with some knowledge, then classes will be more beneficial and will not harm health young people, because physical culture is aimed only at improving health. In the context of the acute epidemiological situation in the world and in Ukraine, competitive activity was stopped, this was done in order to reduce the risk of disease in athletes. Gradually, competitive activity returns to normal, but it will not immediately be as it was before, at first it will be without spectators during sports matches or competitions, people may be allowed to watch the competition, but the main condition will be social distance.

So, based on all the above, it becomes clear to us that physical education during quarantine restrictions has undergone significant changes, in particular, it is a change from the usual, habitual distance learning, but it did not prevent you from engaging in physical culture. The main thing is to find a good source of information, which will be clearly written theoretical material for physical education and will be supported by videos for proper implementation, it will not be difficult enough, because nowadays the Internet is full of different athletes, teachers and coaches who are happy will help to find exercises for all without exception.

While there is no opportunity to work in a group, there is time for deeper theoretical material, there is also the opportunity to find a new type of exercise, physical education at home, or outdoors, if the quarantine restrictions are not so severe. Eventually, the competitive activity will also return to its usual form, you just have to wait a bit. Therefore, it is possible and necessary to engage in physical culture even during quarantine restrictions, in order not to lose good physical shape. At the same time, in higher education institutions of the Ministry of Internal Affairs of Ukraine (hereinafter – HEI MIA of Ukraine) to ensure full and comprehensive training of future police officers, the question arises about the implementation of new approaches to training in "special physical training", "physical education" and "special training" and other disciplines (hereinafter - physical training). It is also worth noting that the educational process in the Free Economic Zone of the Ministry of Internal Affairs of Ukraine is closely related to the promotion of a healthy lifestyle, the involvement of cadets and students in classes in sports sections and halls. At the same time, future police officers for further

performance of tasks and implementation of functions must constantly maintain a high level of moral and volitional qualities, freely master the techniques of hand-to-hand combat [8, p.116].

The need for distance learning of the above disciplines in the Ministry of Internal Affairs of Ukraine is also dictated by the general needs of the population of Ukraine and the world in combating panic attacks in stressful situations, maintaining high efficiency in quarantine, effective time management, and maintaining proper physical condition streets.

At the same time, the National Police in quarantine implements the state policy on prevention and control of coronavirus in Ukraine, conducts daily patrols of public places, monitors compliance with the law, responds to relevant offenses and crimes in the field of sanitation and prevention of infectious diseases. Police officers are forced to work intensively, constantly communicate and interact with potentially infected citizens. In such conditions, the issues of a high level of physical fitness to perform the above tasks and strong immunity to prevent and combat coronavirus disease come to the fore. Cadets of the Free Economic Zone of the Ministry of Internal Affairs of Ukraine are involved in such activities during patrols together with employees of territorial police units [9]

Based on the new conditions in Ukraine and the world in connection with the spread of coronavirus, as well as analyzing the specifics of the National Police in a pandemic, we can identify the main tasks, the achievement is necessary during physical training of cadets of the Ministry of Internal Affairs of Ukraine in quarantine conditions:

- training of cadets in hand-to-hand combat techniques, actions when criminals are threatened with firearms or cold steel, as well as during the detention of offenders, their search and escort, methods of insurance and mutual assistance in the performance of official duties.
- training of highly qualified specialists for the National Police of Ukraine, who are able to quickly and clearly perform combat missions in a difficult operational environment;
- hardening of cadets, stimulation of their physical development, formation of strong immunity, psychological stability for performance by them of the duties connected with the big physical activity;
- strengthening the health of cadets, educating them in the desire to constantly improve their sports level and lead a healthy lifestyle in conditions of less mobility;
- formation of high moral and volitional qualities in cadets, necessary during the performance of combat missions in conditions of panic in society.

**Conclusions.** To implement the above tasks, we consider it appropriate to implement the following organizational measures:

- 1) active use in teaching disciplines of information and computer technology, including online conferences using Zoom or Skype services. We emphasize the fundamental importance of media literacy among teachers and cadets. This will allow for the interaction of coaches with athletes during their training, as well as provide distance learning with cadets;
- 2) development of memos for cadets on the importance of independent physical training, sets of exercises for morning exercise, video recording with demonstration of hand-to-hand combat techniques, actions when criminals are threatened with firearms or cold steel, as well as during the detention of offenders;
- 3) conducting briefings with cadets on the importance of a healthy lifestyle, healthy sleep, balanced diet, abandonment of bad habits, resistance to panic attacks in stressful situations under coronavirus, education of stress resistance, balance, willpower;
- 4) assistance to cadets scientific activity by organizing and conducting scientific-practical conferences, round tables in remote format, online meetings with leading athletes and coaches of Ukraine and the world, discussions of outstanding matches, sports games, relevant documentaries and feature films online;
- 5) creation of cloud storage, organization of mailings or posting on the site, in social networks of educational literature, useful links, regulations governing the use of physical force or special means by police, theoretical materials in relevant disciplines;
- 6) organization of online trainings aimed at acquiring related knowledge for the athlete, in particular learning a foreign language, which is desirable for participation in international sporting events; formation of comprehensive development of the athlete's personality, education of leadership qualities, critical thinking, which is achieved during the reading of fiction, creative activity;
- 7) organization of social (public) activities of cadets in the field of sports, in particular the organization of online training for peers, flash mobs, promotions and other events in a remote format, volunteer activities to help vulnerable groups.

Thus, during quarantine, the issue of conducting special physical training classes for cadets of the Ministry of Internal Affairs of Ukraine becomes extremely important. This issue is closely related to the support and development of sports activities in the Free Economic Zone of the Ministry of Internal Affairs of Ukraine. Thus, the active introduction of information technology and the development of media literacy become necessary conditions for conducting physical training classes for cadets of the Ministry of Internal Affairs of Ukraine.

*Conflict of Interest and other Ethics Statements*

The authors declare no conflict of interest.

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**Дмитро ПЕТРУШИН, Карина ЛАГУН  
ПРОБЛЕМИ ФІЗИЧНОЇ ПІДГОТОВКИ МАЙБУТНІХ  
ПОЛІЦЕЙСЬКИХ В УМОВАХ КАРАНТИННИХ ОБМЕЖЕНЬ**

**Анотація.** В даній статті аналізується та розглядається практичний досвід організації дистанційного навчання в закладах вищої освіти з особливими умовами навчання на прикладі викладання окремої навчальної дисципліни. Також у роботі проаналізована специфіка діяльності Національної поліції під час карантинних обмежень, запропоновано організаційні заходи у ході проведення занять з фізичної підготовки з курсантами в умовах карантину. Визначено, що часи карантинних обмежень, пов'язаних із пандемією COVID-19, дають можливість переосмислити освітній процес у закладах вищої освіти України. Так, проведення занять у режимі відеоконференцій, виконання дистанційних тестів стають необхідними у ході здобуття вищої освіти у нових умовах.

Проаналізовано, що у закладах вищої освіти системи Міністерства внутрішніх справ України для забезпечення повноцінної та всебічної підготовки майбутніх поліцейських постає питання щодо втілення в життя нових підходів до проведення занять зі «спеціальної фізичної підготовки», «фізичного виховання» та «тактико-спеціальної підготовки» та інших дисциплін. Також варто зауважити, що освітній процес у ЗВО МВС України тісно пов'язаний з пропагандою

здорового способу життя, залученням курсантів та студентів до занять у спортивних секціях та залах. Доведено важливість Проведення інструктажів з курсантами щодо важливості здорового способу життя, здорового сну, збалансованої їжі, відмови від шкідливих звичок, протистояння панічним атакам у стресових ситуаціях в умовах коронавірусу, виховання стресостійкості, рівноваженості, сили волі.

Виокремлено, що під час карантину стає надзвичайно важливим питання проведення занять з фізичної підготовки для курсантів ЗВО МВС України. Це питання тісно пов'язано з підтримкою та розвитком спортивної діяльності у ЗВО МВС України. Таким чином, активне впровадження інформаційних технологій та розвиток медіаграмотності стають необхідними умовами проведення занять з фізичної підготовки курсантів ЗВО МВС України.

**Ключові слова:** карантинні обмеження, специфіка діяльності поліції в умовах пандемії, організаційні заходи, фізичне виховання, тренінг.

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## **NEW COMMUNICATIVE METHODS OF TEACHING GERMAN AS A FOREIGN LANGUAGE**

**Abstract.** In this article, modern methods of teaching a foreign language are considered. Learning a foreign language in educational institutions is an integral part of the educational process and is now coming to the fore. From the methods used by the teacher in practice, corresponds to the success of the entire learning process. Among the modern teaching methods are: collaborative learning, the use of new information technologies and Internet resources, as well as various game tasks that help to implement a personality-oriented approach to learning, provide individualization of learning based on students' abilities, their level of foreign language proficiency and other important factors.

**Key words:** foreign language, teaching methods, learning process, German language, learning a foreign language.

**Relevance of the study.** At present, when studying foreign languages at a university, the practical mastery of a foreign language comes to the fore, i.e. the formation of students' communicative competence or the ability to speak in accordance with the speech situation. The task of the teacher is to activate the cognitive activity of students in the process of teaching foreign languages. Modern teaching methods: learning in cooperation, the use of new information technologies and Internet resources, shell programs, as well as various game tasks help to implement a personality-oriented approach to learning, provide individualization and differentiation of learning, taking into account the abilities of students, their level of proficiency in a foreign language, inclinations, etc. Due to the variety of training options and teaching tools, the requirements for the professional training of a teacher of foreign languages are increasing, who, in the new conditions, needs to become familiar with various methodological systems. An invaluable role here is played by internships in the country of the target language and the exchange of experience with foreign colleagues.

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