

Valentyn Bondarenko – PhD in Pedagogy, Associate Professor, Associate Professor of Department of Firearm and Special Physical Training of Educational and Research Institute for Public Safety Militia and National Guard of Ukraine of National Academy of Internal Affairs;

Stephan Reshko – Professor, Professor of Department of Firearm and Special Physical Training of Educational and Research Institute for Public Safety Militia and National Guard of Ukraine of National Academy of Internal Affairs

Physical State of Cadets of the National Academy of Internal Affairs

The analysis of the level and dynamics of indicators of physical condition of cadets for training at the National Academy of Internal Affairs. The study involved 118 students of Educational and Research Institute of the Investigative Units and the Criminal Police of National

Academy of Internal Affairs set in 2011 (n = 118) who were trained under the three-year program during the period from 2011 to 2014.

Level of physical condition was determined from the physical condition index, based on a formula of relationship between physiological parameters at rest and the level of maximum physical performance.

To determine the initial level of the index of physical indicators alluring to take medical examinations of tested persons by the military-medical commission before joining the Academy (early 2011). Study of the dynamics of physical condition indicators provides processing and analysis of the results of medical examinations, which were conducted in March and April of each school year. It was revealed that the initial level of the index of physical condition of future students was estimated 0,669 and defined as «average». During my first year significant improvement in the physical condition index was found – 0,739 ($P < 0,01$). During the second study course parameters also improved and becomes 0,763 cond. u ($P > 0,05$). Third year revealed no significant deterioration – 0,745 ($P > 0,05$). Physical condition of students while studying at the academy is defined as «above average». The results of these studies show the effectiveness of physical training, but the deterioration of the physical condition of the index in the third year proves the necessity of improving the educational process by increasing the share is general fitness.

Keywords: physical state; cadet; physical training.