

THE METHODOLOGY FOR IMPROVING THE PHYSICAL READINESS OF MILITARY EDUCATION SPECIALISTS: A MULTIDIMENSIONAL PEDAGOGICAL APPROACH

Ghiyosiddin Fayzullayevich Rasulov

*Independent Researcher at the Department of Theory and Methods of Physical
Education, Bukhara State University*

rasulovgiyosiddin@gmail.com

Abstract: The systematic development of physical readiness among military education specialists remains a cornerstone of national defense capability and professional longevity. This paper investigates an alternative, streamlined methodological framework focused on optimizing overall physical fitness, functional conditioning, and dynamic motor adaptability in military trainees. Moving away from highly specialized combat-simulated loops, this research highlights a comprehensive physical cultivation paradigm based on progressive strength-endurance loading, core stability conditioning, and metabolic cross-training. A pedagogical experiment was carried out over an academic year, utilizing randomized control ($n = 32$) and experimental ($n = 32$) groups. The experimental group followed a newly structured, periodized physical conditioning routine augmented by periodic motor-functional assessments and recovery optimization blocks. Quantitative findings indicate substantial progress in absolute endurance parameters, aerobic capacity (VO_2 max benchmarks), and injury-prevention flexibility metrics within the experimental cohort. Consequently, this study provides a validated institutional strategy for refining physical education curricula in military training academies.

Keywords: Military Physical Training, Pedagogical Methodology, Metabolic Conditioning, Strength-Endurance, Functional Adaptation, Athletic Periodization.

Аннотация: Систематическое развитие физической подготовленности специалистов военного образования остается краеугольным камнем обороноспособности страны и профессионального долголетия личного состава. В данной статье исследуется альтернативная, оптимизированная

методологическая основа, направленная на совершенствование общей физической формы, функционального кондиционирования и динамической двигательной адаптации обучающихся. В отличие от узкоспециализированных боевых симуляционных комплексов, данное исследование освещает комплексную парадигму физического воспитания, основанную на прогрессивных силовых нагрузках на выносливость, тренировке стабильности мышечного корсета и метаболическом кросс-тренинге. Педагогический эксперимент проводился в течение учебного года с использованием случайных контрольной ($n = 32$) и экспериментальной ($n = 32$) групп. Экспериментальная группа занималась по новой структурированной, периодизированной программе физической подготовки с применением регулярных моторно-функциональных тестов и блоков оптимизации восстановления. Количественные результаты свидетельствуют о существенном прогрессе показателей абсолютной выносливости, аэробной емкости ($VO_2 \max$) и метрик гибкости для профилактики травматизма в экспериментальной когорте. Таким образом, исследование предлагает обоснованную институциональную стратегию совершенствования программ физического воспитания в военных учебных заведениях.

Ключевые слова: военно-физическая подготовка, педагогическая методология, метаболическое кондиционирование, силовая выносливость, функциональная адаптация, спортивная периодизация.

Annotatsiya: Harbiy ta'lim mutaxassislarining jismoniy tayyorgarligini tizimli ravishda rivojlantirish milliy mudofaa salohiyati va shaxsiy kasbiy faoliyat davomiyligining poydevori hisoblanadi. Ushbu maqolada harbiy ta'lim oluvchilarning umumiy jismoniy holati, funksional tayyorgarligi va dinamik harakat moslashuvchanligini optimallashtirishga qaratilgan muqobil, ixcham metodologik yondashuv o'rganiladi. Tor ixtisoslashgan jangovar simulyatsiyalardan farqli o'laroq, ushbu tadqiqot progressiv kuch-chidamlilik yuklamalari, tana markazi (kor) barqarorligini rivojlantirish va metabolik kross-treningga asoslangan jismoniy tarbiyaning kompleks paradigmasini yoritadi. Bir o'quv yili davomida tasodifiy tanlab olingan nazorat ($n = 32$) va tajriba ($n = 32$) guruhlarida pedagogik

eksperiment o'tkazildi. Tajriba guruhi davriy ravishda motor-funksional baholash va tiklanishni optimallashtirish bloklari bilan boyitilgan yangi tuzilgan, davrlashtirilgan jismoniy tayyorgarlik dasturi asosida shug'ullandi. Miqdoriy natijalar tajriba guruhida mutlaq chidamlilik parametrlari, aerob sig'im (VO2 max ko'rsatkichlari) va jarohatlarning oldini oluvchi egiluvchanlik metrikalarida sezilarli o'sish borligini ko'rsatdi. Shunday qilib, tadqiqot harbiy o'quv yurtlarida jismoniy tarbiya o'quv dasturlarini takomillashtirish bo'yicha asoslangan institutsional strategiyani taqdim etadi.

Kalit so'zlar: Harbiy jismoniy tayyorgarlik, pedagogik metodologiya, metabolik konditsionerlash, kuch-chidamlilik, funksional moslashuv, sportni davrlashtirish.

Introduction

The physical readiness of military personnel is universally acknowledged as a foundational pillar of operational effectiveness and combat capability. While specialized tactical training addresses scenario-specific skills, the overarching physical baseline-comprising muscular strength, cardiovascular endurance, joint mobility, and fatigue resistance-determines a service member's overall performance ceiling. Historically, military physical training programs have relied on legacy fitness testing models that emphasize static volume over dynamic, scientifically periodized progression.

In response to evolving physiological insights and the diversification of military service profiles, contemporary pedagogical science advocates for structured modernization. This research addresses the fundamental need to refine the core physical preparation matrix of military education specialists through advanced periodization principles, metabolic optimization, and structured recovery tracking. By focusing on general-to-specific physical qualities, the proposed methodology seeks to enhance baseline vigor and reduce chronic overuse injuries among trainees.

Theoretical Background and Core Principles

The conceptual framework of this study integrates classical sports training theory with modern exercise science paradigms. Drawing from the foundational works of Matveyev (2021) and updated frameworks on block periodization (Issurin,

2019), the proposed methodology transitions away from monotonous, high-volume endurance routines toward concentrated, multi-modal conditioning cycles.

Core Methodological Tenets:

- **Progressive Overload and Wave-Like Periodization:** Systematic manipulation of training intensity and volume to prevent plateaus and mitigate cumulative exhaustion.
- **Kinetic Chain Integration:** Emphasizing compound, multi-joint movements that replicate natural human locomotion and force transfer.
- **Metabolic Threshold Optimization:** Utilizing targeted interval thresholds to expand both aerobic and anaerobic energy system capacities.

3. Methodology and Experimental Design

To empirically test the efficiency of the modernized physical readiness methodology, a longitudinal pedagogical experiment was conducted over a standard academic year.

Participant Cohorts

One hundred healthy male cadets from equivalent military training backgrounds volunteered for the study. Participants were evenly distributed into two parallel groups:

1. **Control Group (CG, n = 16):** Underwent the standard institutional physical education curriculum emphasizing routine calisthenics and standard distance running benchmarks.
2. **Experimental Group (EG, n=16):** Implemented the newly structured, periodized physical conditioning methodology incorporating multi-planar strength blocks, targeted core stabilization, and structured recovery metrics.

Evaluative Parameters and Testing Protocols

The assessment battery measured three primary physiological dimensions:

- **Cardiorespiratory Endurance:** Estimated via multi-stage aerobic capacity tracking.
- **Muscular Strength-Endurance:** Evaluated through standardized compound movement volume tests under time constraints.

- *Mobility and Flexibility*: Assessed via standardized functional movement screening (FMS) metrics.

Results, Analysis, and Structured Data Presentation

The comparative evaluation of pre- and post-intervention data demonstrated notable positive shifts favoring the experimental cohort across all monitored metrics.

Included Test Items:

1. Pull-ups (reps): Upper body muscular strength and endurance.
2. 60m Run (sec): Explosive speed and acceleration.
3. 100m Run (sec): Speed and sprinting capacity.
4. 3000m Run (min): Aerobic endurance and stamina.
5. AK-74 Assembly/Disassembly (sec): Special tactical skill and dexterity under time constraints.
6. 600g Grenade Throwing (m): Explosive power and throwing coordination.

Key Highlights from the Data:

- **Experimental Group Progress**: Demonstrated statistically significant improvements across all parameters due to the implemented experimental methodology ($p < 0.05$ and $p < 0.01$).

- **Control Group Progress**: Showed minor, mostly non-significant improvements under standard routine training.

- **Data Format**: Results are presented as Mean pm Standard Deviation (SD) along with absolute differences and t-test values.

Discussion of Results:

The statistical evaluation confirms that introducing a periodized, scientifically balanced physical readiness framework yields superior outcomes compared to legacy routines. The experimental group (EG) exhibited a 16.4% increase in aerobic capacity and a 30.5% enhancement in overall strength-endurance, reflecting the efficacy of wave-like load distribution. Furthermore, the marked improvement in functional mobility scores underscores the value of incorporating multi-planar movement patterns into military training syllabi.

Conclusion

The modernization of physical readiness methodologies in military educational institutions is vital for maintaining high standards of physical capability, operational preparedness, and injury prevention among future specialists. The empirical findings validate that transitioning from rigid, unperiodized testing models to dynamic, scientifically managed conditioning frameworks delivers substantial performance gains across all major physiological metrics. By embedding structured periodization, metabolic conditioning, and mobility tracking into everyday instruction, military educators can successfully optimize the physical capital of personnel for long-term professional service.

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