

Model of physical training for future specialists of the customs service

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Abstract

Objective of the study was to substantiate the model of physical training of future customs service specialists using elements of fitness programs with an emphasis on the development of professionally important physical qualities, increasing mental performance and psycho-emotional state.

Methods and structure of the study. As part of solving the research problems throughout the entire period of study (from 2016 to 2021), an analysis was made of the dynamics of the level of physical fitness, mental performance and psycho-emotional state of 50 students of the Bobkov Saint Petersburg branch of Russian Customs Academy.

Results and conclusions. As a result of the experiment, a model of physical training of future specialists of the Federal Customs Service of the Russian Federation was developed and tested. The model combines the organizational and pedagogical conditions for its effective functioning, the levels of adaptation to professional activities and directly the means of physical culture, chosen taking into account the profессиogram for classes with students of the experimental group. The effectiveness of the developed model is confirmed not only by the data on the increase in the level of physical fitness and the level of psycho-emotional state, but also by the percentage of graduates who remained in the profession.

Keywords: *physical training, basic adaptive attitudes, customs service, students, methodology.*

Introduction. Modern requirements for entering the civil service, as well as the nature and conditions of work, are becoming more intense and complex in content [1, 3]. The profession of a customs inspector makes not only high demands on the level of development of professional qualities, psychophysical characteristics of the individual, but also on a certain level of development of physical abilities. The professional activity of a customs officer who implements organizational and technological functions requires the formation of certain basic adaptive attitudes, sensorimotor coordination, as well as the ability to quickly master new types of technical devices accompanied by non-stereotypical motor actions. As a result, maintaining physical performance and the ability to correct one's emotional stress in difficult service situations acquire an important role [6–7]. In connection with these indicators, one can judge the need to change

the requirements for the training of future customs officers. According to the studies of many experts, it is in the classroom in the disciplines “Physical culture and sport” and “Elective courses in physical culture and sport” that the formation of basic adaptive attitudes takes place, which makes it possible to reduce the time for professional adaptation, improve physical fitness as the basis of working capacity due to faster development of professional skills. important motor qualities [1–4, 8, 9].

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Methods and structure of the study. The experiment involved 50 girls who entered the first year in the



direction of training specialists 05/38/02 - “Customs” (full-time education).

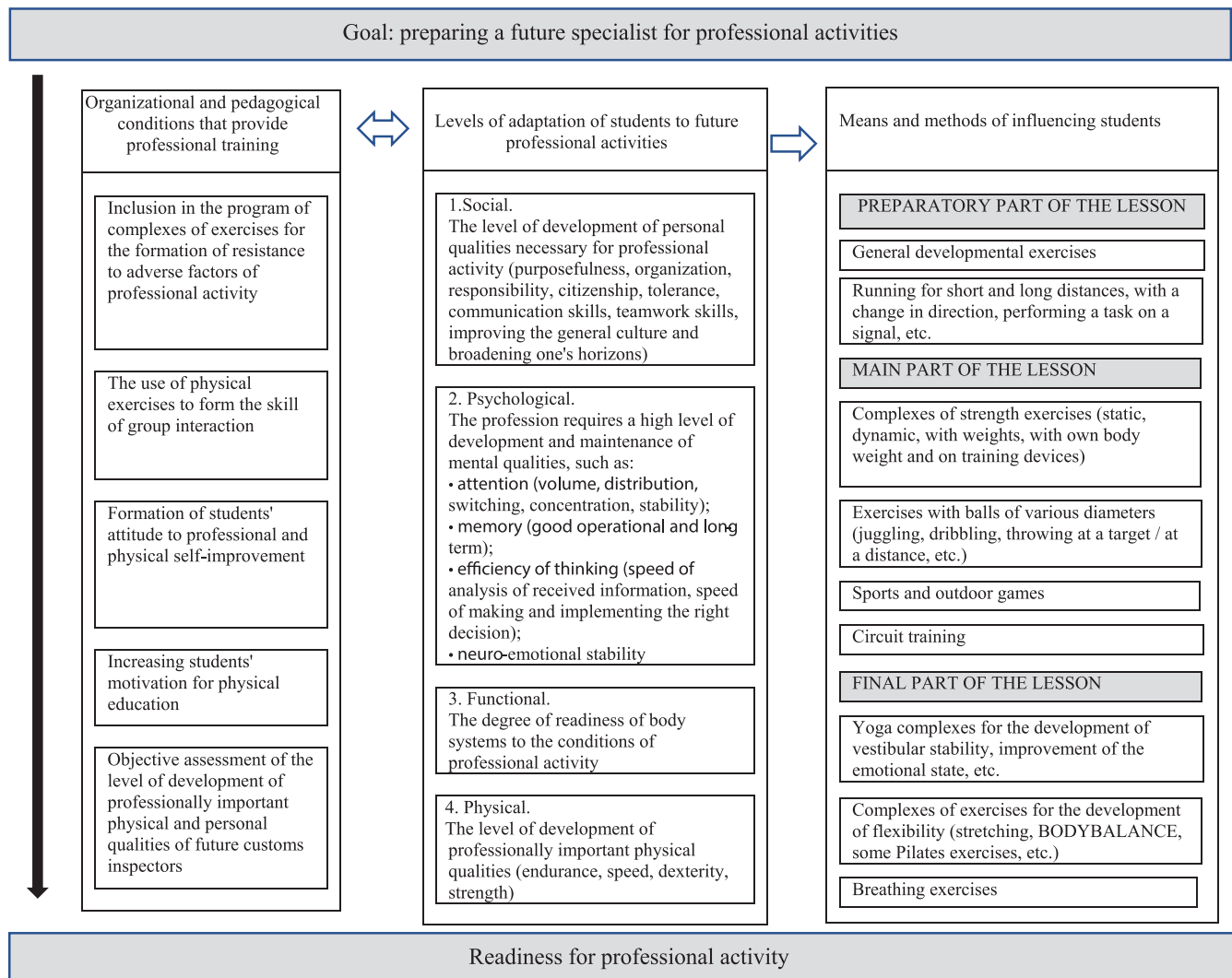
As part of solving the problems of our study, throughout the entire period of study, an analysis was made of the dynamics of the level of physical fitness, mental performance and psycho-emotional state of students of the Bobkov Saint Petersburg branch of Russian Customs Academy. The study involved 50 students of 2016 admission, 25 respondents in the experimental and control groups.

The dynamics of training was traced from 2016 to 2021 in the following indicators: long jump from a place, running 30 and 500 meters, pulling up in the hang with support, throwing the ball from behind the head, static holding a half-squat, leaning forward from a standing position (flexibility), the Harvard step test index, questionnaire on the methodology and diagnosis of well-being, activity and mood and

the test for optimism-pessimism (according to R.S. Nemov).

Results of the study and their discussion. When developing a model of physical training for future specialists of the Federal Customs Service of the Russian Federation (see figure), the following were taken into account:

- specificity of the professional activity of a customs inspector (difficulties and dangers in labor activity);
- levels of adaptation to professional activity;
- physical qualities required by the customs inspector according to the professionogram;
- features of organizational and pedagogical conditions in the implementation of the programs of disciplines “Physical culture and sports” and “Elective courses in physical culture and sports” in the Bobkov Saint Petersburg branch of Russian Customs Academy.



Model of physical training of future specialists of the Federal Customs Service of the Russian Federation



Dynamics of the level of physical fitness and mental performance of female students of the experimental (EG) and control (CG) groups

Indicator	1st semester of study		10th semester of study	
	EG	CG	EG	CG
Standing long jump, cm	173,4± 9,9	172,2± 8,5	190,9± 7,4	169,8± 6,3
30 m run, s	5,3±0,4	5,4±0,3	4,93±0,6	5,39±0,3
500 m run, s	120,1±2,6	119,6±2,5	110,7±1,9	115,1±2,2
Hanging pull-ups with support for 10 s, times	5,3±1,4	5,0±1,4	7,25±1,4	4,75±0,8
Ball throw from behind the head (3kg), cm	459±84,3	456±84,3	587,3±89,2	483±82,6
Static hold of a semi-squat, s	38,5±3,2	33±3,4	49±4,3	32±4
Flexibility, cm	10±3	8,4±3,2	13,3±3,9	7,6±2,8
IGST, points	62,4±2,7	57±2,7	74,3±2,3	58,4±2,5

An analysis of the special literature on the research problem showed that the physical training of students should not be reduced only to the development of professionally important physical qualities, it is advisable to influence the psychophysical readiness for future professional activities. The basis of the preparatory and main parts of the lesson were exercises and complexes provided for by the physical training program for employees recommended by the Department of Physical Training of the Federal Customs Service. In addition, part of the exercises were adapted taking into account the professionogram.

According to a survey of students, many wanted to improve flexibility and mobility in the joints, learn how to quickly and effectively relieve muscle and emotional tension, as well as fight fatigue and loss of concentration while working in difficult professional situations. Taking into account the requirements for the final part of the class, elements from fitness yoga, Pilates, stretching, BodyBalance, as well as various breathing practices were chosen. The exercise complexes based on the presented fitness programs were given at least 20-30 minutes at the end of each session. They were recommended for daily implementation at home at the end of the working day.

According to the survey, the most popular were breathing practices, in particular, artificial breath holding in proportions of 1:2:2:2 (less often 1:4:2:2) was often used by girls during classroom sessions and at the workplace during production practice. as a way to regulate psycho-emotional stress. On days without physical education at home, 87% of the surveyed girls from the experimental group regularly performed stretching and fitness yoga complexes, in their opinion, the exercises from these fitness programs allowed them to concentrate on themselves and their feelings, not to focus on experiences and relax, as well as improve physical fitness.

In 2016, in order to determine the initial level of physical fitness of students, primary testing was carried out, control exercises were also performed at the end of each year of study. For greater clarity of the effectiveness of the developed model of physical training of future customs service specialists, the table shows the data obtained in the control (n=25) and experimental (n=25) groups for the first and last years of study.

The results of the analysis of the survey of students of the experimental group according to the method of well-being, activity and mood at the beginning of the first year of study revealed poor health and mood in 68.9% of respondents. They associated this with adaptation to a new team, place of study and the requirements for them. By the end of the first semester, this percentage decreased to 45.7, and the first work practice contributed to a deterioration in well-being and mood, but most of the students who took part in the study noted that the skills of self-regulation of the psycho-emotional state through breathing exercises allowed them to respond less to stressful situations in professional activity. According to the results of the test for optimism, at the beginning of classes, the proportion of optimists was 35%, at the end of the study - 63%, the peak of this indicator was at the end of the 3rd course - 91%. We associate the decrease in the percentage of optimists at the end of the 5th year with worries about the upcoming final state certification, the defense of a diploma, and directly employment. Thus, the psycho-emotional state of a person changes throughout life under the influence of many factors that can be resisted with certain skills.

Conclusions. The level of physical and psycho-emotional preparedness of the future specialist of the Federal Customs Service of the Russian Federation is as important as the level of his special preparedness.



Thus, the consolidation of the organizational and pedagogical conditions of training and the gradual adaptation to professional activities in physical education classes with elements of fitness yoga, Pilates, stretching, BodyBalance and breathing exercises into a model of physical training for future customs service specialists contributed to an undeniable positive effect.

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