

PHYSICAL TRAINING-BASIC COMPONENT IN THE TRAINING OF THE FUTURE OFFICERS

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Abstract: *This work is designed to challenge the maintenance of the highest standards of physical training required to perform armed tasks. It is desired to accumulate a development experience that will culminate with the set up of very well-trained leaders. The training of the military is based on physical training. It ensures the possibility and availability of the military to cope with combat missions, obligations in the military environment, ensures the maintenance and development of resistance to intense physical and mental effort, and develops self-confidence and teamwork. The physical training considers the fulfillment of some general objectives and of some specific objectives, absolutely necessary in the conditions of carrying out the combat actions.*

Keywords: physical training, officers, effort, training

1. Introduction

On the territory of our country the systems, structures and forms of military organization have undergone changes from one epoch to another and even within the same epoch, in accordance with the changes that have taken place in the life and activity of the population on this territory.

One can speak of the military organization with the emergence of the slavery era, when the ruling class created a cohesive apparatus of repression, a apparatus of which the army was a part.

According to historical sources that in ancient times the great peoples evolved on the basis of physical exercise, one can notice the adoption of a healthy lifestyle that included the practice of physical exercises and games that ensured the strengthening of the body.

There are also references to the fact that "... coaches could refer to texts that contained exercises for physical training" [1].

The Dacian fighters, trained and educated in this style, performed to mastery exercises of sword fighting, throwing spear and spear, archery, marching, running, swimming and horseback riding, accustoming the body to fatigue, thirst, hunger, cold and heat, all for the formation of a good physical condition and the completion of the military training necessary to face the invading armies.

I chose this topic because I want to help optimize the specific physical training of future officers.

Quality physical training aims to achieve and improve some of the following goals:



2. Physical training – a necessity

Physical training, Bompă, the professor tells us, is "the keystone for all training factors" [2]. What we can understand is that a physical training carried out in accordance with the specific requirements during the fight leads to the successful fulfillment of the mission.

We must also not forget that physical and psychological training are closely linked. For a fighter these things can be vital. Awareness of the level of training by fighters is very important, the impact on the quality of decisions made under stress, in difficult conditions being clearly superior. In the defense of the homeland, there was and will always be a need, apart from military knowledge, for adequate physical training of every fighter. Thus, physical education and sports have always been multilateral components of man, and the idea of the usefulness of physical exercise has been found since ancient times.

Physical education was a component of the culture and civilization of the peoples that was in a continuous symbiosis with all the armies of the world, this being a basic foundation with implications on the other categories of training.

In the historical conditions specific to the evolution of the Romanian people, it should

be noted that the physical education of those times, even if it was in an incipient, empirical phase, could not exist separately, but was perfectly integrated in the training of fighters with real physical qualities. , strong and well-trained to withstand the invading armies, to maintain freedom, independence, faith and existence in this territory.

At all times, the problem of physical training has been related to the defense of the country, and the relationship between it and the army is indisputable.

"Physical training ensures the fighter a decrease in reaction time, the time elapsed between the time when the thought process takes place and the actual action following a stimulus" [3]. The military conflicts after the Second World War proved, once again, that the military was required to have a full physical and mental commitment on the battlefield.

"Physical training develops the motor qualities that must be subordinated to obtain maximum efficiency, especially in the unusual conditions of the battlefield, with minimal energy consumption" [4].

To shape and structure the military skills in students is achieved throughout schooling, progressively, through the multiple and complex activity carried out by military personnel in the field of military sciences, as well as by military instructors who ensure the stimulating climate of efficient training for all students.

The main objective of training students in the military field is to train and improve basic military skills so that the future military officer has a normal career development and is able to assume the responsibilities necessary to perform missions.

Through the practical solutions that I am going to present to them, I want to meet the development of physical training, which has on the one hand a practical and instructive-educational character on the other hand.

The importance of approaching this topic is given by the qualitative increase of the

modern military instructive-educational process, taking into account the specifics of each weapon:

Physical and mental training of military personnel, pupils and students in military educational institutions in accordance with existing scales and standards.

Planning training or Physical Education sessions on training periods or on training cycles (education).

Material provision of military training and physical training

At the same time, we cannot neglect to discuss the specific tasks of physical training:

Development of physical skills that meet the specific requirements of the professional activity

Motor skills development and education

Training and improvement of motor skills and abilities

Increasing the body's resistance to the unfavorable influence of environmental conditions

Development with the help of the means specific to the physical education of the volitional and character qualities of the military

"The development (...) of the skills necessary for fighters in the modern battlefield involves a complex physical process, materialized through a physical training that aims to form the physical potential necessary to fulfill individual and collective missions, over extended periods of time and space, in any terrain and weather conditions"[5].

With the development of sport, the determination of skills related to

performance has motivated numerous researches in the field of physical training.

The studies were also aimed to the difference between biomechanical energy components, representing the set of physical skills -developed during training- and the coordinating components that are under the control of cognitive factors, depending on the learning phenomena.

There is often, during the training phases, a real confrontation between physical qualities and coordinating abilities.

Studies have clearly shown that the improvement of strength skills during training corresponds in a first phase with intramuscular coordination. The evolution of endurance skills is partly related to the same process.

We mention in particular these two motor qualities in these lines because in the training programs for fighters they are found mainly.

The level of skills existing at a given time and the degree of qualitative accumulation in all their forms of manifestation, condition the quantity and quality of the system of skills and motor skills trained in the military, in order to successfully carry out combat actions in all environments.

With a high level of motor skills index, the military has the ability to run a longer distance in variable conditions, to transport and lift weights, to throw, ski or swim, to perform with segments or whole body exercises in actions complex and sometimes non-specific military, to resist in narrow or inappropriate spaces.

The optimal value of the morpho functional indices is influenced by both the training and the age of the soldiers participating in the physical training process.

After an overview of military organizations, we see that basic training provides recruits with both the skills they need and the fitness they need for their future careers. The effectiveness of training in improving fitness is an important quality of basic training [6]. Thus, it is tried that through the physical training of the fighters to develop a sixth sense [7].

Simulation of conditions during operations is very important in training fighters who will act in various operations. Since 1971 Ozolin has believed that the mental representation of movements can improve readiness [8]; Of course, these things and notions are specific to performance athletes, but why not consider performance athletes as well?

The officers, in this case the fighters, also prepare before missions-the athletes have a preparatory phase, prior to the beginning of the competitions-, here as objectives having the improvement of the general physical training, but also specific ones.

During missions, depending on the time allotted to them, they must maintain their level of physical training but be extra careful not to enter the so-called overload (injuries and exhaustion), where the consequences of armed missions would be devastating.

Conclusions

In the military field, as in other fields of activity, the value of performance has permanently increased. At their core was and is increasingly the science that has amplified its action, successfully applying cutting-edge technologies.

We can say that with the increase of the technical level, the same progress report must be maintained in the field of physical and mental training.

As in all areas of life- whether it is peace or war, time is gaining a new value and in the

field of physical training there is more and more the problem of shortening training time and increasing its efficiency.

Physical training is an essential aspect of military training, which derives from its very existence and recognition, being a unitary set of elements, "operative" motor actions, whose normal functionality depends not only on their nature and relations between them, but and the organization of the sports- military ensemble, of coordination of its components. Military physical training is carried out in the form of a system, in whose composition we find the legal framework of operation, specialists in the field, material base, time resource allocated for training, human resources, specialized education process with general objectives set, specialized teaching of physical education, regulation and instructions, management of the activity of physical training.

We can conclude that military physical training is a fundamental component of the process of training future fighters, which capitalizes on all forms of collective or individual activity that takes place in order to train, develop and maintain the motor capacity required for peace, crisis and war, contributing to the improvement of the physical and mental health of the army personnel.

In my opinion, to achieve a perfect physical condition command a good psychological state, so necessary for the fighters in missions.

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