Check for updates

DOI: https://doi.org/10.34069/AI/2024.73.01.22

How to Cite:
Gnydiuk, O., Chudyk, A., Reznik, O., Tomkiv, I., Rybak, L., & Pavlenko, O. (2024). Enhancing future officers' physical preparedness in the process of professional training: a higher military education institution case study. *Amazonia Investiga*, *13*(73), 263-272. https://doi.org/10.34069/AI/2024.73.01.22

Enhancing future officers' physical preparedness in the process of professional training: a higher military education institution case study

Формування фізичної підготовленості майбутніх офіцерів у процесі професійної підготовки: дослідження в умовах вищого військового навчального закладу

Received: December 28, 2023 Accepted: January 29, 2024

Written by:
Oleksandr Gnydiuk[1]
https://orcid.org/0000-0003-3154-1697
Andrii Chudyk[2]
https://orcid.org/0000-0002-6818-0082
Oleh Reznik[3]
https://orcid.org/0000-0001-7630-7509
Ihor Tomkiv[4]
https://orcid.org/0000-0001-9136-0228
Leonid Rybak[5]
https://orcid.org/0000-0003-0843-7613
Oleh Pavlenko[6]
https://orcid.org/0000-0001-8752-1949

Abstract

The article reveals the results of a study of physical preparedness of cadets studying at the tactical level of military education in a Higher Military Educational Institution of the State Border Guard Service of Ukraine. The authors of the article determine that in the result of physical training, the future officers form a complex ability that combines intention for constant professional physical development and self-improvement, readiness to utilize applied and methodological knowledge on physical culture, applied motor skills and personal safety skills, defense and attack skills using special means and techniques of hand-to-hand combat, ability to use

Анотація

У статті розкрито результати дослідження фізичної підготовленості курсантів, які навчаються за тактичним рівнем військової освіти у вищому військовому навчальному закладі Державної прикордонної служби України. Визначено, що в результаті фізичної підготовки у майбутніх офіцерів формується к омплексна здатність, яка поєднує в собі прагнення до постійного фізичного розвитку та самовдосконалення, готовність застосовувати в процесі майбутньої службової діяльності прикладні та методичні знання з фізичної культури, прикладні рухові навички та навички особистої безпеки, навички захисту та нападу

[1] PhD in Pedagogy, Associate Professor, Associate Professor of the Department of Physical Training and Use of Force, Bohdan Khmelnytskyi National Academy of the State Border Guard Service of Ukraine, Khmelnytskyi, Ukraine. WoS Researcher ID: ABB-6937-2021
[2] PhD in Pedagogy, Associate Professor, Professor of the Department of Physical Training and Use of Force, Bohdan Khmelnytsky National Academy of the State Border Guard Service of Ukraine, Khmelnytsky, Ukraine. WoS Researcher ID: JTU-0605-2023
[3] PhD in Psychology, Associate Professor of the Firearms Training Department, Bohdan Khmelnytskyi National Academy of the State Border Guard Service of Ukraine, Khmelnytskyi, Ukraine.
[4] Ph.D in Pedagogy, Professor, Professor of the Department of Military Art, Bohdan Khmelnytskyi National Academy of the State Border Guard Service of Ukraine, Khmelnytskyi, Ukraine. WoS Researcher ID: GGP-7330-2022
[5] Seniour lecturer of the Department of Physical Training and Use of Force, Bohdan Khmelnytsky National Academy of the State Border Guard Service of Ukraine, Khmelnytsky, Ukraine.
[6] PhD in Pedagogy, Head of the Combined Military Disciplines Department, Military Institute of telecommunications and informatization named after the Heroes of Kruty, Kyiv, Ukraine. WoS Researcher ID: HZW-3900-2023

physical force and special means. A group of 275 cadets of 3-4 courses who were studying at the tactical level of military education was selected for the study. The generalized data allowed to conclude that the majority of cadets have an average level of formation of knowledge, abilities, skills and their average value of physical preparedness equals 3,420 on a five-point scale. The authors note that in the context of the traditional educational process, cadets are not sufficiently motivated to engage in physical education and their level of physical preparedness is affected by age characteristics and service employment.

Keywords: physical preparedness, future officers, management, competence, military education, professional training.

із застосуванням спеціальних засобів і прийомів рукопашного бою. Для дослідження була відібрана група з 275 курсантів 3-4 курсів, які навчалися за тактичним рівнем військової освіти. Узагальнені дані дозволили зробити висновок, що більшість курсантів мають середній рівень сформованості знань, умінь, навичок, ціннісних орієнтацій та професійних якостей, а середній показник фізичної підготовленості дорівнює 3,420 за п'ятибальною шкалою. В умовах традиційного навчального процесу курсанти недостатньо мотивовані до занять фізичним вихованням, а на рівень фізичної підготовленості впливають вікові особливості та службова зайнятість.

Ключові слова: фізична підготовленість, майбутні офіцери, управління, компетентність, військова освіта, професійна підготовка.

Introduction

Improving the level of professional training of officers of the State Border Guard Service of Ukraine (hereinafter referred to as SBGSU) is an important task of the professional education, especially in the context of military operations against Russian troops trying to annex the territory of Ukraine. Personnel of the State Border Guard Service should not only be competent in the field of the state border protection, have formed military professional skills and abilities, but also be ready to apply in the course of future operational activities applied and methodological knowledge of physical culture, applied motor skills and personal safety skills, defense and attack skills using special means and hand-to-hand combat techniques, the ability to use physical force and special means when performing service duties. Officers must endure physical exertion without reducing their professional performance in everyday activities and when conducting modern combat. The solution of this problem is impossible without further improvement of the system of professional training of future border guard officers, without involving them in systematic independent classes in various types of professional training, including physical training. Ensuring the necessary level of physical development is one of the most important components of individual professional training of the SBGSU personnel (Didenko et al., 2020). This is noted in a number of regulatory documents. In particular, in the Integrated Border Management Strategy for the period up to 2025 (Decree No. 687-R., 2019). Among the strategic goals and objectives, this document defines the improvement of the SBGSU personnel training system, the introduction of European standards in the educational process and bringing the level of training of officers in line with the requirements of best European practices, the use of modern educational technologies in the process of personnel training, as well as updating the basic training programs taking into account the Common Core Curriculum developed by FRONTEX Agency (Balendr et al., 2019a), recommendations of the EU (TAXUD) and the World Customs Organization, the implementation of revision of training terms and curricula to optimize costs (Soroka et al., 2020).

The problem of improving the physical training of security and defense sector officers at various levels of education has repeatedly attracted the attention of scientists. Various aspects of training and upbringing of police officers, including their physical training, have recently been studied by O. Morhunov in the study of physical education of Ministry of Interior personnel (Morhunov, 2020). Also, K. Prontenko investigated the development of powerqualities of cadets of Ukrainian higher military educational institutions during kettlebell lifting training (Prontenko et al., 2019). Besides, military sports education researchers state that while studying at military academy future officers don't form enough interest in regular physical activities, thus authors started to research the motivational aspects of the cadets' activities at military academies (Balendr et al., 2019b). Besides, the influence of mass sports work was studied in an educational institution regarding formation of the value attitude of cadets to physical education (Romanchuk et al., 2020). The research of the

formation of health and fitness competencies of students in the process of physical education was conducted Griban and co-authors (Griban et al., 2020). Also of interest are studies that present various aspects of physical training of cadets of higher military educational institutions during classes (Prontenko et al., 2016), the peculiarities of formation of skills required for cadets of higher educational institutions (Bondarenko et al., 2020), an example of optimizing special physical training of cadets and describing the current state and directions for improving the physical training of the ground forces of the Armed Forces of Ukraine were the subject of attention (Romanchuk et al., 2010).

At the same time, the study of the quality of physical training of future border guard officers, in particular regarding their use in the course of future operational activities acquired applied and methodological knowledge of physical culture, applied motor skills and personal safety skills, defense and attack skills using special means and techniques of hand-to-hand combat, the ability to use physical force and special means when performing service duties, endurance to physical exertion without reducing professional performance in the conditions of daily activities, and if necessary, when conducting modern combat were not the subject of a separate study. The results obtained can be used to justify the holistic scientific and methodological support for continuous physical training of border guard officers at the tactical and operational levels of military education in modern conditions.

In the following sections of this article, we will analyze in detail the methodologies used to assess the physical readiness of future border guard officers at the tactical level of military education. Then, we will present the main findings of our study and discuss their relevance in the context of current military operations and the needs of the State Border Guard Service of Ukraine

Thus, the purpose of the article is to study the physical preparedness of future border guard officers at the tactical level of military education in the context of a traditional training system.

Methods

For experimental work, a group of cadets (recruited in 2016 and 2017) was selected in the amount of 275 people who studied at 3-4 courses of the first (Bachelor's) level of higher education (tactical level of military education). The study lasted from March to May 2019. It was aimed at obtaining quantitative parameters according to the selected criteria (psychological-axiological, subject-instrumental, behavioral-competence and individual-functional), each of which consisted of the correspondent indicators. A mixed approach was used to obtain data on these indicators (Schoonenboom et al., 2017), according to which the study applied qualitative and quantitative methods to obtain reliable data (Guest, 2013).

On *the first stage* of the study the scientific literature on the research problem was analyzed, the requirements for officers of the SBGSU units were summarized, and the subject of assessment and diagnostics was determined. From the analysis and generalization of sources, it was established that the result of complex physical training of cadets at higher military educational institution is *a skill, characterized by the desire for constant professional physical development and self-improvement, readiness to apply in the process of operational activities of acquired applied and methodological knowledge on physical training, applied motor skills and personal safety skills, defense and attack skills using special means and techniques of hand-to-hand combat, the ability to use physical force and special means in the performance of official duties, physical endurance to endure physical exertion without reducing professional performance in the conditions of daily activities to protect the state border, and if necessary, when conducting modern combat. This ability covers the physical and volitional properties of the officer's personality, general physical and special physical fitness, taking into account modern requirements for specialists of the border security sphere.*

On *the second stage* of the research the criteria and indicators were defined. So, the indicators of the psychological-axiological criterion encompassed the desire of cadets to master the skills and abilities of personal safety; developing their physical endurance, physical-volitional qualities, general physical and special physical preparedness; the level of formation of a value attitude to physical culture and sports classes, attitude to a healthy lifestyle; the formation of a desire for physical self-improvement. To obtain quantitative data on these indicators, we used a survey on the leading motives; "Rapid diagnostics of social values of the individual"; A. Rean's methodology "Satisfaction with the chosen profession"; methodology "Value orientations" by M. Rokich; a methodology of monitoring the actions of cadets in various situations of educational activities and sports,

expert assessment of these actions; survey to determine the attitude of cadets and students to a healthy lifestyle; questionnaire by B. Cretty (a special questionnaire that suggests using a ten-point scale to assess various factors that help to train well).

According to the indicators of the subject-instrumental criterion were studied: the level of knowledge of the theoretical foundations of physical culture and sports; knowledge of regulatory documents on the organization and conduct of physical training with personnel in the State Border Guard Service; knowledge of cadets of the methodology for conducting physical training classes with personnel as well as the sports and fitness activities in the units of the State Border Guard Service; knowledge of the principles of a healthy lifestyle and the requirements of personal and public hygiene. Quantitative data on these indicators were obtained using a survey (written and oral); testing (on paper and electronic media); performing control and project work; the method of observation; performing practical tasks; assessing knowledge during the participation of cadets in role-playing games and when solving situational problems; the method of expert assessment.

Using indicators of the behavioral-competence criterion, the level of proficiency in performing exercises and standards for physical training, the ability to apply physical measures, special means and techniques of hand-to-hand combat was studied. To obtain quantitative data on these indicators, we used the method of evaluating the performance of practical tasks and standards by cadets; the method of observation.

According to the indicators of the individual-functional criterion, the level of physical strength; endurance; speed; flexibility; dexterity; adherence to a healthy lifestyle; pedagogical abilities was studied. To obtain quantitative data on these indicators, we used the method of evaluating cadets in various situations of educational and official activities; the method of expert assessment; essays; interviewing; evaluating the properties of cadets when solving situational tasks, performing practical tasks and meeting standards.

On *the third stage* the study analyzed and interpreted the obtained data, presented certain aspects in professional articles in scientific journals. The reliability of the content and the results obtained was verified by expert evaluation. The selection of experts is implemented in two stages. At the first stage, 32 experts were selected from 48 applicants according to the criteria of documentary selection. The second stage of the selection provided for the use of an additional questionnaire, which provided for receiving answers to questions from expert-candidates in the subject area. Based on the results of the second stage, 24 experts were selected – heads of departments of the educational institution, professors and associate professors with more than 10 years of teaching experience from the Department of Physical Training and Personal Security of the Faculty of State Border Security, as well as officers of the State Border Guard Service who have experience in managing physical training and sports in the state border protection bodies.

Results

As a result of summarizing the numerical data (points) obtained by each survey participant in accordance with the indicators of the psychological-axiological criterion, the tables were constructed in Microsoft Office Excel format. The use of this program made it possible to summarize the scores obtained applying various research methods. Thus, it became possible to determine for each respondent (study participant) the average score for each indicator of all four criteria. Tables 1-4 show the distribution of physical fitness levels by indicators of each criterion. The average values of physical preparedness of the study participants were also determined by indicators in points, which are summarized in Table. 5.

Numerical data on indicators of the psychological-axiological criterion were obtained using appropriate research methods. This made it possible to build Table 1 with a distribution by physical preparedness levels of future border guard officers at the tactical level of military education.

Table 1.
Distribution by physical preparedness levels of future border guard officers (tactical level of military education) by indicators of psychological-axiological criteria (n = 275)

Levels	Low		Average		Sufficient		High	
Indicators	**Q-ty**	**%**	**Q-ty**	**%**	**Q-ty**	**%**	**Q-ty**	**%**
Intention to master personal safety skills and abilities	55	19.99	97	35.27	84	30.54	39	14.18
Intention to develop the physical endurance, physical-volitional properties, general physical and special physical preparedness	51	18.54	89	32.36	100	36.36	35	12.72
Value attitude to physical culture and sports classes	49	17.82	101	36.73	81	29.45	44	15.99
Value attitude to a healthy lifestyle	44	15.99	97	35.27	83	30.18	51	18.54
Striving for physical self-improvement	55	19.99	105	38.18	66	23.99	49	17.82

Source: calculated and built by the authors.

The study concludes that 19.99% of the study participants demonstrated the intention to master personal safety skills at a low level, and 14.18% of the participants - at a high level. As for the intention to develop physical endurance, physical and volitional properties, general physical and special physical preparedness, it is manifested at a low level by 18.54% of the participants, and at a high level - by the 12.72%. According to this indicator, the vast majority of cadets have average and sufficient levels – 32.36% and 36.36%, respectively. The value attitude to physical culture and sports classes and the value attitude to a healthy lifestyle at a high level were formed by 15.99% and 18.54% of the participants, respectively, which indicates the presence of certain pedagogical reserves for the formation of values of future officers.

Also quite noticeable is the proportion of cadets (55 participants) who showed a low level of intention for physical self-improvement. According to this indicator, 38.18% of survey participants are at an average level, 23.99% are at a sufficient level, and only 17.82% of future officers are at a high level.

Table 2 shows the distribution by physical preparedness levels of future border guard officers at the tactical level of military education by indicators of the subject-instrumental criterion.

Table 2.
Distribution by physical preparedness levels of future border guard officers (tactical level of military education) by indicators of subject-instrumental criterion (n = 275)

Levels	Low		Average		Sufficient		High	
Indicators	**Q-ty**	**%**	**Q-ty**	**%**	**Q-ty**	**%**	**Q-ty**	**%**
Knowledge of the theoretical foundations of physical culture and sports	49	17.82	114	41.45	75	27.27	37	13.45
Knowledge of regulatory documents regulating the organization and conduct of physical training in the SBGSU	57	20.73	101	36.73	86	31.27	31	11.27
Knowledge of the methodology of conducting physical training classes with personnel and mass sports work in the units of the SBGSU	47	17.09	98	35.64	88	31.99	42	15.27
Knowledge of the specifics of the use of physical force and special means in cases defined by law	36	13.09	108	39.27	78	28.36	53	19.27
Knowledge of the principles of a healthy lifestyle and the requirements of personal and public hygiene	45	16.36	103	37.45	66	23.99	61	22.18
Knowledge of the specifics of using special equipment and tools during all forms of physical training	40	14.55	98	35.63	74	26.90	63	22.90

Source: calculated and built by the authors.

The study allows us to conclude that the largest share of cadets at a low level is recorded in the indicator "knowledge of regulatory documents regulating the organization and conduct of physical training in the State Border Guard Service" – 20.73 %. According to this indicator, the smallest share of cadets who showed a high level was also recorded – only 11.27% of the total number of respondents. So, it can be stated that there are certain gaps in the mastering of educational material that concerns the specifics of regulatory-normative base of the organization and conducting of physical training in the State Border Guard Service.

Regarding the high level, the largest share of cadets was recorded by the indicators "knowledge of the principles of a healthy lifestyle and the requirements of personal and public hygiene" and "knowledge of the specifics of using special equipment and tools during all forms of physical training" – 22.18% and 22.90%, respectively. Table 3 shows the distribution by physical preparedness levels of future border guard officers at the tactical level of military education by indicators of the behavior-competence criterion.

Table 3.
Distribution by physical preparedness levels of future border guard officers (tactical level of military education) by indicators of behavior-competence criteria (n = 275)

Levels	**Low**		**Average**		**Sufficient**		**High**	
Indicators	**Q-ty**	**%**	**Q-ty**	**%**	**Q-ty**	**%**	**Q-ty**	**%**
Skills and abilities of performing exercises and standards of physical training	29	10.54	134	48.73	65	23.64	47	17.09
Knowledge of the methodology of conducting all forms of physical training of personnel and mass sports work in the divisions of the SBGSU	37	13.45	141	51.27	61	22.18	36	13.09
Ability to apply physical measures, special means and techniques of close combat;	55	19.99	123	44.72	56	20.36	41	14.91
Personal and public hygiene skills	32	11.64	121	43.99	71	25.82	51	18.54
Skills and abilities in organizing competitions in military-applied sports	39	14.18	168	61.09	51	18.54	17	6.18
Abilities and skills to control the physical preparedness of the subordinates and evaluate the physical training of the unit	49	17.82	132	47.99	71	25.81	23	8.36

Source: calculated and built by the authors.

Generalization of the results of the study allows us to conclude that the smallest share of cadets at a high level is recorded in the indicator "skills and abilities to organize competitions in military-applied sports" – 6.18%, as well as in the indicator "abilities and skills to control the physical preparedness of the subordinates and evaluate the physical training of the unit" – 8.36 %. This may indicate that during their studies at the Higher Military Educational Institution, cadets do not achieve program learning results based on these indicators. In addition, according to these indicators, a significant share of cadets with a low level was recorded – 14.18% and 17.82%, respectively. Quite unexpected, prompting for a deeper study, is the result regarding the ability to apply physical coercive measures, special means and techniques of hand-to-hand combat. In particular, about 20% of respondents showed a low level in this indicator. The cadets showed the best results in the indicator "skills and abilities of performing exercises and standards of physical training". In particular, 10.54% of respondents are at a low level, 48.73% are at an average level, 23.64% are at a sufficient level, and 17.09% are at a high level.

Besides, according to the indicators of the individual-functional criterion, the study aimed to study the level of physical strength; endurance; speed; flexibility; dexterity; adherence to a healthy lifestyle; pedagogical abilities. Generalized results by the distribution of study participants by level of physical preparedness according to the indicators of the individual-functional criterion are presented in Table 4.

Table 4.
Distribution by physical preparedness levels of future border guard officers (tactical level of military education) by indicators of individual-functional criteria (n = 275)

Levels	Low		Average		Sufficient		High	
Indicators	**Q-ty**	**%**	**Q-ty**	**%**	**Q-ty**	**%**	**Q-ty**	**%**
Physical strength;	21	7.63	119	43.27	78	28.36	57	20.72
Endurance;	25	9.09	125	45.45	80	29.09	45	16.36
Speed;	37	13.45	131	47.63	56	20.36	51	18.54
Dexterity;	40	14.54	83	30.18	73	26.54	49	17.81
Commitment to a healthy lifestyle;	39	14.18	98	35.63	77	27.99	61	22.18

Source: calculated and built by the authors.

The study suggests that the smallest share of cadets at a high level was recorded in the indicator "pedagogical abilities" – 15.63 %, as well as in the indicator "endurance" – 16.36 %. The largest share of cadets with a high level was recorded in the indicators "commitment to a healthy lifestyle" (22.18 %) and "physical strength" (20.72 %). As for the low level, the largest share of cadets was recorded in the indicator "dexterity" (14.54 %) and "commitment to a healthy lifestyle" (14.18 %). Therefore, this may indicate that there are problems in the educational process regarding the development of cadets' pedagogical abilities and dexterity. At least in relation to these indicators, it is advisable to find pedagogical reserves.

The results presented in tables 1-4 allowed us to determine the average score for the indicators of each criterion. To do this, we used the formula:

$$\chi = \frac{a\times 2+b\times 3+c\times 4+d\times 5}{n}, (1)$$

where x is the average score; a - the number of cadets at a low level, b - the number of cadets at an average level; c - the number of cadets at a sufficient level; d - the number of cadets at a high level; n - the total number of survey participants. At the same time, a low level corresponds to a value of 2 points, an average level - 3 points, a sufficient level - 4 points, and a high level - 5 points. Using the formula (1), calculations were performed, which were summarized in Table 5.

Table 5.
The value of average points according to the criteria of physical preparedness of future border guard officers (tactical level of military education) (n = 275)

Criteria	Average score
Psychological-axiological	3.433
Subject-instrumental	3.464
Behavioral-competence	3.341
Individual-functional	3.445
Average value	**3.420**

Source: calculated and built by the authors.

Discussion

The results of the study are of a particular interest, since they indicate the connection of the level of general physical and special physical training with the state of the value-motivational sphere of cadets. So, for example, the average value of physical preparedness of future border guard officers, which is not sufficient and is equal to 3,420 points on a five-point scale, is explained by the fact that only 12.72% of respondents have the desire to develop physical endurance, physical and strong-willed qualities, general physical and special physical preparedness is manifested at a high level. Similar results are observed in relation to the value attitude of cadets to physical culture and sports classes, the value attitude to a healthy lifestyle (15.99% and 18.54%, respectively, were formed at a high level).

The survey showed a necessity to conduct the in-depth analysis of the reasons for the low level of methodological training of cadets regarding control of the physical condition of subordinate personnel, the ability to assess the physical training of subordinate units, since only 6.18% of respondents showed a high level in the indicator

"skills and abilities in organizing competitions in military-applied sports".

Quite unexpected, prompting for a deeper study, is the result regarding the ability to apply physical coercive measures, special means and techniques of hand-to-hand combat. In particular, about 20% of respondents showed a low level in this indicator.

As part of the study, the motives that motivate cadets to engage (table. 6) in physical exercises, sports, as well as master the skills of personal safety and the use of force were also clarified. The attitude of cadets and trainees to attending physical education classes was also studied. To do this, cadets and officers of the Faculty of management staff training were asked to determine the rank through a questionnaire and choose ten main motives that encourage future officers to independently engage in physical exercises, sports, as well as master the skills of personal safety and the use of force.

Table 6.

Motives that encourage cadets of the tactical level of military education to engage in physical exercises, sports, as well as master the skills of personal safety and the use of force (n = 275)

Motives	Rating	Share, %
The desire to engage in physical culture and sports in order to prepare for future professional activities	1	33.09
The desire to improve the health and physical condition	2	31.64
The desire to increase the level of endurance, agility, flexibility, speed and develop strength	3	30.54
The desire to increase the level of physical preparedness	4	29.09
Striving to get positive grades in the disciplines of Physical Education, Personal Safety and the Use of Force	5	27.27
The desire for informal communication during physical education and sports	6	25.45
The need to be a member of a sports team, group, or part of a team	7	22.54
The desire to avoid trouble and punishment in connection with skipping classes	8	21.81
The desire to achieve success in a particular sport	9	19.90
Striving for physical self-affirmation	10	18.54
The desire to lose weight or be in optimal physical shape	11	17.09
Striving for social self-affirmation	12	16.36
The motive of emotional pleasure from physical education and sports	13	15.27
Striving for stress and overcoming it during physical education and sports	14	14.18
The desire to master the technique of performing self-defense techniques	15	12.72
The desire to be a student of a coach with outstanding personality	16	10.18
Desire to improve the technique of performing physical exercises	17	7.63
The desire to engage in physical culture and sports to compensate for the lack of mobile activity	18	6.54
Sports and educational motive	19	5.81
The habit of attending any classes in any disciplines	20	5.45
Orientation for an outstanding sporting achievement	21	3.63
Other motives	22	2.18

Source: calculated and built by the authors.

The data shown in Table 6 indicate that cadets in the rating show dominance of professional motives (the desire to engage in physical culture and sports in order to prepare for future professional activities – 33.09 %; the desire to increase the level of endurance, agility, flexibility, speed and develop strength – 30.54; the desire to increase the level of their physical preparedness – 29.09).

Conclusions

The study also clarified the attitude of cadets to attending physical education classes, personal safety and the use of force. Summarizing the results of the survey (the sample included 275 cadets) using an anonymous questionnaire allowed us to find out that 27.64% of cadets always expect classes with great desire; 32.36% of cadets attend classes, but without much interest and desire. The share of cadets who attend classes, but are looking for an opportunity to avoid physical exertion – 19.64 %. It also turned out that 11.64% force themselves to attend classes on physical education, personal safety and the use of force. In addition, 7.63% of cadets surveyed consider physical education, personal

safety and the use of force completely unnecessary.

The results obtained were discussed with psychologists of educational departments. They expressed the opinion that the attitude of cadets to physical fitness is influenced by the age characteristics of cadets, dominant trends in the youth environment, as well as academic and official employment of cadets. Because of this, the implementation of exercises and standards for physical training is often ignored by cadets, and as for personal and public hygiene skills, which cadets have shown high levels of, they practice them almost daily.

So, the article presents the results of a study of physical training of cadets in the conditions of the traditional system of training at the tactical level of military education at the Higher Military Educational Institution. The results obtained indicate the existence of educational and pedagogical reserves. For their implementation, it is necessary to substantiate the conceptual foundations of continuous physical training of border guard officers at the tactical and operational levels of military education. This task is promising for further exploration in this direction.

Bibliographic references

Balendr, A., Komarnytska, O., & Bloshchynskyi, I. (2019a). Ukrainian Border Guards Interoperability Assessment in the Framework of Common European Border Guard Standards Implementation. *Advanced Education*, *6*(12), 35-43. https://doi.org/10.20535/2410-8286.128196

Balendr, A., Biletskyi, V., Iakymchuk, A., Sinkevych, S., Korolov, V., & Bloshchynskyi, I. (2019b). Implementation of European Border Guards' Common Educational Standards in Ukraine: Comparative Analysis. *Romanian Journal for Multidimensional Education*, *11*(2), 1-17 https://doi.org/10.18662/rrem/114

Bondarenko, V., Okhrimenko, I., Tverdokhvalova, I., Mannapova, K., & Prontenko, K. (2020). Formation of the Professionally Significant Skills and Competencies of Future Police Officers during Studying at Higher Educational Institutions. *The Romanian Journal for Multidimensional Education*, 12(3), 246-267. https://doi.org/10.18662/rrem/12.3/320

Decree No. 687-R. On approval of the Integrated Border Management Strategy for the period until 2025. Cabinet of Ministers of Ukraine, No. 687-R of July 24, 2019 URL: https://zakon.rada.gov.ua/laws/show/687-2019-%D1%80#Text

Didenko, O. V., Androshchuk, O. S., Maslii, M., Balendr, A. V., & Biliavets, S. Y. (2020). Electronic Educational Resources for Training Future Officers of Border Guard Units. *Information Technologies and Learning Tools*, *80*(6), 39-57. https://doi.org/10.33407/itlt.v80i6.3816

Gennadiiovych Danilyan, O., Petrovych Dzebanb, O., Yuriiovych Kalynovskyi, Y., Oleksandrivna Pavlichenko, O., & Anatoliivna Serhieieva, H. (2023). Aplicación de las tecnologías de la información en las instituciones de enseñanza militar superior de Ucrania en el contexto actual: Aspectos pedagógicos y psicológicos. *Academia Y Virtualidad*, *16*(1), 147–162. https://doi.org/10.18359/ravi.6303

Griban, G., Kobernyk, O., Terentieva, N., Shkola, O., Dikhtiarenko, Z., Mychka, I., Yeromenko, E., Savchenko, L., Lytvynenko, A., & Prontenko, K. (2020). Formation of Health and Fitness Competencies of Students in the Process of Physical Education. *Sport Mont*, 18(3), 73-78. https://doi.org/10.26773/smj.201008

Guest, G. (2013). Describing mixed methods research: An alternative to typologies. *Journal of Mixed Methods Research*, 7, 141-151. https://doi.org/10.1177/1558689812461179

Morhunov, O. (2014). Improvement of physical training of law enforcement officers of the Ministry of Internal Affairs of Ukraine at the initial stage of training. *Chest I Zakon*, 2, 46-49. http://nbuv.gov.ua/UJRN/Chiz_2014_2_10

Prontenko, K., Griban, G., Bloshchynskyi, I., Boyko, D., Loiko, O., Andreychuk, V., Novitska, I., & Tkachenko, P. (2019). Development of powerqualities of cadets of Ukrainian higher military educational institutions during kettlebell lifting training. *Baltic Journal of Health andPhysical Activity*, 11(3), 27-38. https://doi.org/10.29359/BJHPA.11.3.04

Prontenko, K., Andreychuk, V., Martin, V., Prontenko, V., Romaniv, I., Bondarenko, V., & Bezpaliy, S. (2016). Improvement of physical preparedness of sportsmen in kettlebell sport on the stage of the specialized base preparation. *Journal ofPhysical Education and Sport.*, 16(2), 540-545. https://doi.org/10.7752/jpes.2016.02085

Romanchuk, S. V., Boyarchuk, O. M., & Romanchuk, V. M., (2010). The current state

and the perspective directions of improvement of physical training in Ground forces. *Preparation, psychology and medico-biological problems of physical education and sport*, 11, 102-105.

Romanchuk, S., Anokhin, S., Tychyna, I., Dobrovolskii, V., Pidleteichuk, R., Homanyuk, S., Kirpenko, V., Oderov, A., & Klymovych, V. (2020) The impact of mass sports work in educational institution on the formation of cadets' value attitude towards physical education. *Sport Mont*, 18(1), 81-86. https://doi.org/10.26773/smj.200214

Schoonenboom, J., & Johnson, R. B. (2017). How to construct a mixed methods research design. *Cologne Journal of Sociology and Social Psychology*, 69(Suppl 2), 107. https://doi.org/10.1007/s11577-017-0454-1

Soroka, O., Kalaur, S., & Balendr, A. (2020). Monitoring of corporate culture formation of specialists of social institutions. *Postmodern Openings*, 11 (1Sup1), 218-233. https://doi.org/10.18662/PO/11.1SUP1/131