

## **OPTIMIZATION OF PHYSICAL TRAINING FOR HIGHER EDUCATION APPLICANTS OF THE STATE EMERGENCY SERVICE OF UKRAINE AND INNOVATIVE APPROACHES TO EDUCATION**

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The interconnections between physical education and the socio-political, and socio-economic conditions of society are complex and diverse in various formations. Physical education, as a component of society and its subsystem, interacts with other social subsystems. It is shaped and modified under the influence of socio-cultural, material, and social conditions of society, impacting social-demographic groups in its functioning. Understanding the essence of physical education for higher education applicants in institutions of higher education (IHE) becomes a relevant issue. Only 19% of graduates possess good physical fitness, 54% barely cope with the school physical education program, and 27% have restrictions on physical activities.

Upon admission to IHEs, such as the National University of Civil Defense of Ukraine, a practical exam in physical training is mandatory. The majority of applicants, precisely 54%, do not pass the entrance exam, and those who do often face expulsion due to deficiencies in physical training after the first semester. This poses a problem for educators as it affects the retention of students in the university, especially in the power structures.

One of the reasons for this problem is poorly developed physical qualities, with endurance being a key factor. Endurance allows resisting physical stress over an extended period, making it crucial for students, especially those studying in power-related specialties. Organizing systematic training considering both general and specific endurance becomes a key aspect for successful learning and retention.

General endurance is developed through regular systematic exercises such as running, walking, swimming, and others that develop the muscular, cardiovascular, and respiratory systems. Special endurance is associated with specific activities and requires practical exercises that tune the nervous system to specific situations, such as firefighting or rescue operations. It forms the basis for the development of the student's specific endurance [1].

Taking these aspects into account, along with fostering perseverance and dedication, determines the success not only in retaining higher education applicants in the power structures but also in preparing highly qualified professionals, such as rescuers and fire safety workers.

Undoubtedly, the effectiveness of systematic physical education for students of the institutions of higher education of the State Emergency Service of Ukraine depends on a comprehensive approach and careful organization of training. At the initial stage, it is crucial to identify the individual characteristics of each student, their physical fitness level, and set goals to be achieved. One effective strategy is implementing various types of physical activities, such as team sports, which contribute to the formation of collective spirit and group interaction. Considering individual needs and offering personalized training programs aimed at developing specific physical qualities is also essential [2].

Additionally, to enhance overall endurance and strength characteristics, innovative methods like functional training can be utilized, combining elements of cardiovascular training and strength exercises. This not only develops the muscular system but also enhances the efficiency of the cardiovascular system.

In the process of preparing higher education applicants for practical exams, it is important to consider the specificity of their future duties, and the implementation of simulated exercises with partners allows tuning the nervous system to real conditions, which can be crucial in critical situations. Emphasizing prolonged exercises involving fire and specific rescue situations, the training of students should consider the dynamics of real circumstances. This contributes to the development of special endurance and reactions to stressful situations.

In conclusion, only a comprehensive approach to physical training can guarantee the successful adaptation of higher education applicants of the State Emergency Service of Ukraine to high-intensity learning and practical activities. Regular training, an individual approach, and the use of innovative methods form the basis for improving physical fitness, increasing endurance, and enhancing the quality of future professional activities for students.

**Reference**

1. Didkovskiy V. A., Bondarenko V. V., Kuzenkov O. V. Physical Training of National Police of Ukraine Employees: Educational Manual. Kyiv: National Academy of Internal Affairs; Kandyba T. P. (Private Entrepreneur), 2019. 98 p.
2. Bohuslavskiy V. V., Anisimov D. O. Motivation for Sports Activities among Cadets of Various Faculties and Courses of the University of Internal Affairs. Physical Culture, Sport, and Health of the Nation. 2018. Issue 6 (25). P. 251.