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TÍTULO: Criterios para evaluar la preparación física de los agentes de policía de patrulla para realizar las actividades.

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RESUMEN: El artículo analiza las peculiaridades de las actividades de los agentes de policía de patrulla y confirma los requisitos para su preparación física. Se caracterizan los factores desfavorables que conducen al deterioro del nivel de aptitud física de los agentes de policía de patrulla. Se determina que los criterios existentes para evaluar el nivel de preparación física de los

agentes de policía de patrulla no tienen plenamente en cuenta los detalles de sus actividades. Según la investigación realizada, identificamos indicadores y criterios que caracterizan el nivel de preparación física de los oficiales de policía de patrulla: estado físico general, resistencia estática de los músculos centrales y nivel de desarrollo de las habilidades en las tácticas de defensa personal.

PALABRAS CLAVES: criterios, entrenamiento físico, preparación física, patrulleros policiales.

TITLE: Criteria for assessing the physical readiness of patrol police officers to perform the activities.

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ABSTRACT: The article analyzes the peculiarities of the patrol police officers' activities and substantiates the requirements for their physical readiness. The unfavorable factors of their activities which lead to the deterioration of the physical fitness level of patrol police officers are characterized. It is determined that the existing criteria for assessing the physical readiness level of patrol police officers do not fully take into account the specifics of their activities. According to the research conducted, we identified indicators and criteria that characterize the level of the physical readiness of patrol police officers: general physical fitness, static endurance of core muscles, and development level of the skills in the self-defense tactics.

KEY WORDS: criteria, physical training, physical readiness, patrol police officers.

INTRODUCTION.

The activities of the National Police of Ukraine advance increased demands on the physical readiness of the personnel (Alexandrov, Okhrimenko, Luta, Zhukevych, Okhrimenko, & Prontenko, 2019; Kyslenko, Bondarenko, Yukhno, Zhukevych, & Radzievskii, 2018; Morhunov, 2014). It is conditioned by the constant possibility of life- and health-threatening situations during the performance of their duties. This is especially the case for patrol police officers, as their activities take place in the conditions of constant contact with various segments of the population.

Every time they have to stand against the most complicated contingent of the population and problem people (who are under the influence of alcohol or drugs; emotionally excited; mentally ill; children). Such people are characterized by asocial orientation, unmanageability, aggression, the hidden nature of the criminal activity, confrontation and hostility to government officials. There is a constant threat of armed conflict. In such cases, police officers must be physically and psychologically prepared to repel an attack and detain the offenders (Alekseenko, 2010; Mayhew, 2001; Aleksandrov, Okhrimenko, & Drozd, 2017; Posokhova, 2016).

According to the results of the investigations (Kompaniiets, 2012; Kim, 2008; Serhiienko, 2002; Kyslenko, et al., 2019; Verenga, 2014), the physical readiness of police officers is a certain physical condition formed in the course of physical training that ensures high capabilities and successful performance of functional duties and operational tasks.

The reformation of the patrol police units supposed the extension of the functional responsibilities of the personnel. According to the provisions of the Law of Ukraine "On the National Police", the police patrol officers are assigned a number of functions, in particular, 24-hour patrolling of the area in order to ensure proper protection of public order, public safety and control over the abidance by traffic regulations, ensuring the safety of road traffic; the first response to a report of an offense; providing emergency assistance to victims of accidents, offenses, traffic accidents, fires, and other emergencies before the arrival of competent services; independent detection and suppression of offenses during patrolling; the apprehension of offenders and delivering them to units of law enforcement agencies; security of the scene; communication and cooperation with the community, etc.

The performance of the mentioned activities involves the use of a number of policy measures. According to statistics, the majority (81.3%) of patrol police officers provided preventive measures. The patrol officers had to apply coercive measures, including physical force, special equipment, firearms in 18.7% cases (Bondarenko, 2018). The actions related to the use of physical force require police officers to have not only a sufficient level of development of physical qualities but also developed motor skills (Didkovskyi, Bondarenko, & Kuzenkov, 2019).

The analysis of the patrol officers' activities states that the officers stay in a car in a forced position a significant part of the working shift (it is primarily related to night shifts) during patrolling (Bondarenko, 2018; Bondarenko, Radziievskyi, & Krymets, 2019). It is the convincing evidence of the effect of a large number of negative factors on the systems of an organism of law enforcement

officers: hypodynamia and hypokinesia, neuro-emotional tension, stress.

Hypokinesia in the motor apparatus leads to some degenerative phenomena that reflect atrophy of the muscle fibers – a decrease in weight and volume of the muscles, their contractile character. The blood supply to the muscles and energy exchange are deteriorated. Muscle strength, accuracy, speed, and endurance during work are decreased (static endurance). These factors lead to a significant decrease in mental and physical performance, deterioration of health, the activity of the basic systems of the body with age, and if they are systematic, they cause various diseases (Zhevaha, Prontenko, & Bezpalyi, 2013).

The nervous-emotional tension results in decreased performance, increased heart rate, breathing and pressure, impaired attention distribution, reduced attention span and memory, increased number of erroneous actions, the quickly reached exhaustion (Alexandrov, Okhrimenko, Luta, Zhukevych, Okhrimenko, & Prontenko, 2019; Valieiev, Tohochynskyi, Pekarchuk, Sobakar, & Iermakov, 2019).

According to the research of a number of scientists (Morhunov, 2014; Didkovskyi, Bondarenko, & Kuzenkov, 2019; Topchii, 2016), the physical fitness of policemen, whose activities have a pronounced hypodynamic focus, implies not the highest level of development of mainly one physical quality or motor skill, but their optimality with regard to the specificity of the tasks performed. The sufficient level of physical fitness makes it possible to reduce or weaken the effects of exhaustion, to cope with the unfavorable conditions of the external and internal environment easier, to maintain a high level of working capabilities, and thus to complete the tasks successfully. In this regard, according to scientists, it is necessary to improve qualitatively the overall physical fitness of patrol police officers (Plisko, & Nosko, 2010; Serhienko, 2002).

The analysis of normative documents and scientific literature (Kim, 2008; Zhevaha, Prontenko, & Bezpalyi, 2013; Morhunov, 2014; Prontenko, et al., 2019) gives grounds to state that the determination of the level of physical fitness of future patrol police officers is carried out during the selection of candidates for police service, and subsequently – during the annual final check in the police training system. The physical fitness level of candidates for police service is determined by testing the basic physical qualities and skills. The principal aim is to establish a person's ability to serve in the police and the ability to stand physical activities without the impaired ability to perform the tasks of the police agencies and units. However, the results of empirical studies show that the problematic issue is the selection of indicators and criteria for assessing the level of physical fitness of future patrol police officers.

In the psychological and pedagogical literature, different approaches to the interpretation and distinguishing the criteria and indicators of the efficiency of the educational process results were formed. The term "criterion" is interpreted as the features, characteristics of the phenomenon studied, which let to evaluate, determine or classify the state, and levels of functioning and development of a certain process (Stepanov, & Fitsula, 2012). The scientists are convinced that the criteria should reflect the basic patterns of personality formation, provide the links between all components of the pedagogical system; ensure the functioning of qualitative indicators in combination with quantitative ones; be scientifically sound and sufficient to identify the quality and degree of development of relevant skill; correlate with the ultimate goal of learning and reflect the characteristics that the learning is aimed at. Therefore, the criteria and indicators for assessing physical fitness should reflect the physical readiness of patrol police officers to perform their duties effectively.

The analysis of normative documents shows that after the creation of the National Police of Ukraine and, accordingly, the new patrol police, a number of orders regulating the procedure and conditions for checking the level of physical fitness of candidates for police service was signed. The main normative legal act which approved the Regulations on the organization of checking the physical fitness level of candidates for the National Police of Ukraine and to which amendments and additions were made, is the "Order of the Ministry of Internal Affairs of Ukraine" No. 90, dated February 9, 2016. The Regulation determines that people who passed a military medical commission are allowed to test their level of physical fitness. The level of physical fitness of the candidates is evaluated by the results of performing push-ups (for the females), complex power exercise (for the males), the 100 m and 1000 m race (for both females and males).

The criterion for assessing the physical fitness of police officers is the level of development of basic physical qualities that are covered by the indicator of overall physical fitness. The analysis of the normative documents shows a gradual decrease in the requirements for the physical fitness of candidates for police service and even actual police officers. It is conditioned by the tendency to deteriorated health and reduced the physical fitness of the youth (Vintiuk, 2008; Shkola, et al., 2019).

Achieving high results of professional activity is possible only under the conditions of proper physical fitness of police officers that is the basis of their professionalism. The scientists unanimously insist on the importance of physical training in the force units and the qualitative selection of candidates for police service (Morhunov, 2014; Kyslenko, Bondarenko, Yukhno, Zhukevych, & Radzievskii, 2018; Bondarenko, Radziievskiy, & Krymets, 2019; Zhukevych, et al., 2019).

The processing of normative documents shows that the assessment of the level of physical fitness of police officers is carried out by performing three control exercises that characterize general physical fitness and situational tasks in the tactics of self-defense and personal safety. However, despite the division of police officers into categories and age groups, the control exercises and tasks presented do not fully characterize the physical readiness of police officers to perform their duties effectively. The available criteria do not take into account the specific nature of the service activity which presupposes keeping a static position for a long time. This issue is particularly acute for patrol police officers. This updates the search for criteria for a comprehensive assessment of the physical fitness of patrol police officers.

DEVELOPMENT.

Methodology.

The aim of this work is to determine and substantiate the criteria for assessing the physical readiness of patrol police officers to perform the activities.

The research involved the use of theoretical and empirical methods. The theoretical methods are the method of conceptual-comparative analysis, structural-system analysis, synthesis, generalization. The empirical methods are the observation of the educational process; conversations with scientific and pedagogical staff involved in the educational process, instructors of the professional training departments of the patrol police departments in Kyiv and Zhytomyr; questionnaires for listeners and practitioners.

The questionnaire was conducted in order to identify possible areas of improvement of physical training in police units and to improve the criteria for assessing physical readiness for the efficient performance of the patrol police officers' activities. The questionnaire included a number of questions concerning the current control exercises for assessing the level of physical fitness, their correlation with the physical capacity and efficiency of the police officers' activities.

The listeners of the Police Academy of the National Academy of Internal Affairs (n=136) in 2019 who were trained according to the six-month program; scientific and pedagogical staff of the relevant departments of the National Academy of Internal Affairs (n=46); the patrol police inspectors of the Patrol Police Department in Kyiv and Zhytomyr (n=82); the inspectors of the Professional Training Office of the Patrol Police Department (n=18) took part in the investigation.

Results and discussion.

The physical training of police officers is an integral part of the system of official training and it provides the formation and improvement of the police officers' motor skills and skills required in daily activities and in case of extreme situations; endurance, speed and strength qualities which ensure the ability to prosecute the offender and the advantage of power confrontation during apprehension, including overcoming natural and artificial obstacles; skills in self-control over the physical state and health during physical exercises; practical skills in applying self-defense techniques, personal safety, physical influence, etc.

The components of physical training are general physical training and tactics of self-defense and personal safety. Thus, physical training classes should contribute to the formation of physical readiness for the efficient performance of the professional activity.

In the context of the specific nature of patrol police activity, the physical readiness of the patrol police inspector should be interpreted as a functional condition that contributes to the efficient performance of activities in the conditions of long working shifts.

On the basis of the empirical researches conducted, the set of physical readiness components of the officers of the patrol police units is established. These components are 1) sufficient development level of basic physical qualities (strength, speed, agility, flexibility, endurance); 2) sufficient formation level of special skills in applying the coercive measures; 3) psychological readiness for coercive measures.

The current provision "On the organization of the official training of the workers of the National Police of Ukraine" (2016) defines that general physical training is mastered by police officers independently. Some elements of general physical training, namely physical exercises that ensure rapid adaptation of the police officer to changing activities, are trained in self-defense tactics classes. The patrol police inspectors are required to have 108 hours of physical training per year (not less than 3 academic hours per week). The results of the analysis of the physical fitness state of police officers prove that the reduction of the number of physical training hours due to the independent mastering of general physical training does not contribute to the efficient development of physical qualities.

An integral physical quality that determines the manifestation of other physical indicators (speed, endurance, etc.) is the strength. Not displaying the muscular strength, one cannot perform any motor actions. In addition, patrol police officers should display the strength in certain movements when using physical coercion techniques, so when they develop strength, it is necessary to ensure the highest expression of strength capabilities within the motor skills that are appropriate for proper technique.

The researches of Yu. P. Serhiienko (2002), K. V. Prontenka et. al. (2019) proves that endurance is an important physical quality that has a positive effect on the level of physical performance of police officers. When a certain level of endurance development is achieved, functional changes of an organism, firstly, changes in the basic systems of life support, happen. The development of endurance makes it possible to form a reserve of organism adaptation and to provide high efficiency, the perfect mechanisms of regulation of vascular pressure in the conditions of neuro-emotional stresses and consequently, to prevent cardiovascular diseases.

A tight schedule of working shifts for patrol police units requires the development of the personnel's endurance. The endurance is interpreted as the ability to perform exercises efficiently, overcoming exhaustion. It is divided into general and special. General endurance provides the ability to perform work for a long time that places high demands on the cardiovascular, respiratory, and central nervous systems. It lets to perform a significant amount of motor activity; to maintain a high level of motor activity; to recover from hard activities quickly (Alekseenko, 2010; Kompaniets, 2012; Serhiienko, & Lyshevska, 2011).

According to the data of modern scientific investigations (Kyslenko, Bondarenko, Yukhno, Zhukevych & Radzievskii, 2018; Prontenko, et al, 2019; Kyslenko, Bondarenko, Plisko, Bosenko, Danylchenko, Kuzmichova-Kyslenko, et al., 2019), the important physical qualities for police officers whose activities are related to forced labor in the sitting position are the static endurance of the back and abdominal muscles. Static endurance of the trunk muscles (back and abdominal) increases the efficiency of policemen' activities and reduces the risk of occupational diseases, providing the formation of a core and improving the blood supply to the brain.

The exercises with kettlebells are quite efficient for the development of trunk muscles (Prontenko, et al, 2019). It is conditioned by the fact that a large number of exercises with these sports equipment are performed with a forward and back trunk bending. Such motor actions help to strengthen the back and abdominal muscles, shoulder girdle, and legs. Thus, the core is formed and, accordingly, the injuries in everyday life and professional activity are prevented. The regular kettlebell lifting activities help maintain high performance, efficient strength development, general and power endurance, the static endurance of trunk muscles, coordination abilities while making a positive influence on the cardiorespiratory system and the emotional state of those engaged in the activities.

The efficiency of performing physical influence techniques by patrol officers also depends on the development of speed qualities. In scientific literature, they are considered as a complex of functional qualities that ensure the performance of motor actions in a minimal amount of time (Didkovskiy, Bondarenko & Kuzenkov, 2019).

There are elementary and complex forms to display speed qualities. The complex forms of speed qualities are closely related to the level of the development of strength, flexibility, coordination abilities, the perfection of the technique of performing a certain motive action, the ability to mobilize and restore energy supply quickly, and the level of volitional qualities.

Performing physical influence techniques requires patrol police officers of a certain development level of flexibility. The specificity of the professional activity of patrol police officers involves performing various motor actions, some of which require small amplitude of movements in the joints, and others – almost extreme. Such actions occur when applying police coercive measures, prosecuting offenders, overcoming various obstacles, etc.

The officers with a sufficient level of agility development will perform motor tasks more efficiently in difficult unpredictable conditions. The specificity of agility as a physical quality is the complexity to display its components, a close connection with motor skills, organic unity with the human psychic characteristics. A certain level of the police officers' agility development is conditioned not only by the perfection of their motor sphere but also by the activity of the central nervous system, the development of muscular memory, accurate assessment of their actions and the environment.

The high level of agility and coordination abilities lets to acquire new methods of physical influence, self-defense, to use the acquired skills and physical qualities rationally, provides necessary variability of movements during the performance of a certain task. The achievement of the state of the police patrol officers' readiness involves a complex development of physical

qualities.

An integral part of the physical preparedness of patrol police officers to carry out their duties efficiently is a sufficient level of the development of special abilities and skills, applying coercive measures. One of the measures which usually precede the other coercive measures, according to the model of force use, is the methods of hand-to-hand combat.

The development level of the skills and abilities to perform techniques of physical influence takes place during practical classes in physical and tactical training within the course of primary professional training of police officers. The improvement of the skills mentioned is carried out while working over cases, and subsequently, as a result of gaining practical experience and during the professional training of police officers in the system of professional training. When contacting offenders, there are often cases of attacks on government officials.

The achievement of the state of physical readiness in such circumstances is possible due to the proper level of special skills development, among which the abilities to punch and kick, perform defensive actions and counterattack. The strikes are one of the efficient forms of physical influence that is an integral part of almost all attacking and defensive actions in the cases of facing an offender. At some moment combat, strikes can be multifunctional, play a major or supplementary role, expanding the range of combat capabilities. They can be used as a means of attack or defense (counter and first strikes), as starting and ending combat actions, as well as a means of moving from one technique to another (Didkovskiy, Bondarenko & Kuzenkov, 2019).

According to the results of studies of the practical activity situations of patrol police officers, real combat begins with the offender grabbing an officer by the clothes, body, neck, limbs or hair, preventing one's actions and strikes. In such cases, a patrol officer should react immediately and apply release techniques. The release techniques, like the rest of the techniques, are used not only to release but, to detain the offender. Depending on the situation, a patrol officer may use the throws

as a means of defense and attack during combat. Throws are a technically complex group of techniques that are used during physical combat at close range, mostly without the numerical superiority of offenders. The throws are not used to reach the end result of a combat, but only to create the most favorable conditions for its further resolution by striking and applying painful techniques or submission hold. In combination with tactical diversion activities, they are a reliable means of physical combat with an offender.

The cases of assault on government officials using various weapons (cold, firearm, etc.) are common in practice. The countering actions against an armed offender are one of the most complicated technical and psychological aspects of the type of physical combat and they have certain peculiarities. First, a patrol police officer has the feeling of fear and psychological discomfort, paralyzing the ability to act. Secondly, an offender has the opportunity to attack at a longer distance while remaining out of the reach of an officer. Therefore, the ability to assess the threat of an offender in time and to react with adequate defensive actions is one of the components of special skills.

The analysis of working activities shows that patrol police officers are mostly assaulted at the time of checking documents and detaining not only those who have committed particularly serious crimes, but also those detained for disorderly conduct, robberies, thefts, administrative offenses, as well as people who are suspicious. The efficiency of defensive actions in the case of an attack by an armed offender and the use of coercive measures ensure the level of psychological readiness of an officer and the willingness to apply police measures.

A psychologically trained officer is confident and focused, mobilizing internal physical and emotional reserves of the body; his confidence demoralizes an offender and gives benefits during combat. The disadvantages of psychological training lead to inadequate assessment of the situation; cause a disorder of motor function, dispersion of attention, reducing the speed and accuracy of

reaction.

The performance of duties by patrol police officers in a number of cases is related to the use of preventive police measures. In particular, these are surface checks and investigations. Their technically correct implementation involves the appropriate arrangement of the body areas of both an officer and offender, the use of force sufficient for disturbing the balance and holding, taking into account personal safety measures. In the conditions of escalation of the conflict situation with an offender, the main task of a patrol officer is to de-escalate. However, in the case of increased aggression by an offender and active or aggressive resistance, depending on the means of attack, the police officers have the right to use special means (rubber hose, handcuffs, equipment with lachrymator and irritants, etc.) to protect one's life and health.

The formed skills to perform defensive and attacking actions with a rubber hose are an important component of an officers' physical readiness for the efficient performance of activities. In addition, such type of special tool as handcuffs is constantly used in practice. In conditions of activities, there is a need to apply them from different positions in accordance with the external conditions and anthropometric features of an offender. Handcuffing should be carried out using personal safety measures. It is also applied to the situations in which an offender agrees to cooperate, but the disobedience is possible during direct contact. The patrol police officers must act in a coordinated manner. Every police officer must clearly know and fulfill one's duty when performing police coercive measures.

During the prosecution of an offender, overcoming various natural and artificial obstacles there is a high probability of falls. This requires patrol police officers to have sufficient skills to perform self-insurance techniques which reduces the risk of injury and contributes to a more efficient performance of activities. In the case of disobedience, sometimes the conditions that require the officers to use the techniques of coercive detention offenders in a car or other places with limited

space are created. The complex formation of these skills is one of the main tasks of the physical training of police officers.

The criteria for assessing the level of physical readiness of patrol police officers should take into account the specific requirements for the development of special motor skills and the development of key physical qualities. Therefore, in order to comprehensively assess the physical readiness of patrol police officers to perform their duties, it is advisable to use the following indicators: general physical fitness, static endurance of trunk muscles, and development level of the skills in the self-defense tactics.

The criteria for assessing the indicator of general physical fitness are a number of control exercises: complex power exercise, push-ups, the 100 m race and 1000 m race. The assessment of the development level of the power qualities of police officers is carried out by performing a complex power exercise. This exercise consists of two parts, which are performed for 30 seconds: 1) forward trunk bending from a back-lying position, with hands behind the head, and legs fixed; 2) push-ups. In general, a complex power exercise is carried out within one minute and it requires the maximum number of repetitions. The result of the exercise is the total number of forward trunk bending and push-ups.

Performing a complex power exercise requires a sufficient level of the development of the abdominal muscles and the muscles of the shoulder girdle. The results in this exercise provide sufficient information about the development of the officers' power qualities. However, this exercise does not sufficiently characterize the development level of the static endurance of the abdominal and back muscles. The testing of the development level of power qualities of the female police officers involves push-ups. However, it would be more efficient to apply complex power exercise, taking into account the specific activity of patrol police officers.

The development level of speed qualities is determined by the exercises in running (the 100 m race or the 10x10 m shuttle run depending on weather conditions). The 100 m race is performed on a run track, which is divided into separate lanes. The 10x10 m shuttle run is performed on a flat and non-slip playing field with marked start and turning lines. The endurance of the police officers is tested by the 1000 m race.

Considering that a significant part of the work shift is performed by the police in a forced position (sitting, standing), the indicator of the static endurance of the trunk muscles should be used to determine the level of physical readiness to perform activities. In national scientific research and practice of physical education, the control of the development of static endurance is limited by a small number of tests, including bent suspension, holding the legs at an angle of 90 degrees to the trunk, using various gymnastic equipment (wall-bars, crossbar, gymnastic bench) and others (Serhiienko & Lyshevska, 2011).

For the informative analysis of the static endurance of the trunk muscles, we recommend the following exercises: 1) dips (static endurance of the abdominal muscles); 2) holding the body in a horizontal position (static endurance of the back muscles). These exercises are determined by the availability and informativeness in the evaluation of these qualities. The dips are performed from the starting position – straight-arms support, keeping the body straight and legs down. With the command to bend the legs in the knees, raise the thighs to the right angle between the body and thighs (keeping knees above a fixed bar), hold the position. The time to lower the knees below the level of a fixed bar is counted. Holding the body in a horizontal position is performed from a lying-position, with face down, thighs on the supporting equipment, legs fixed, hands on the back of the neck, elbows held sideward. Do not lower your head or elbows down. The time from the moment of the body fixation in a horizontal position to its lowering below the horizontal position is counted. The results of the performance of the mentioned exercises are evaluated according to our developed

and tested scale.

Concerning the specificity of the patrol police officers' tasks, which imply the use of physical influence measures, achieving a state of physical readiness requires an adequate development level of the indicator of the skills in the self-defense tactics. This indicator is tested by performing three situational tasks.

According to the current normative documents, the first task involves complex actions of a police officer during the forceful detention of a person in any way (applying painful techniques or submission hold, throws, etc.), proceeding to handcuffing, external inspection, convoying; the second task is the complex police actions applying special means (defensive and attacking actions, arrest, release techniques using a rubber hose, handcuffing, conducting an external examination of a person, particularly in the case of the firearms threat); the third task is the complex actions of a police officer during the attack by an offender (release techniques, punching and kicking, strikes by the means that turned out to be at hand, counteracting the threat of firearms or cold weapons). The criteria for assessment are correctness, the accuracy of performance, compliance with personal safety measures. The conducted researches show that a more informative display of physical readiness of patrol police officers concerning the indicator of the level of the self-defense tactics skills formation implies the introduction of simulated situational tasks that cover the most common situations of the activity with complex application of police enforcement measures.

Therefore, the substantiated criteria characterize the development of the required physical qualities of patrol police officers sufficiently that contribute to their physical readiness to perform activities efficiently.

CONCLUSIONS.

On the basis of the study of scientific literature, normative documents, and the results of the police questionnaire, it is determined that the existing criteria for assessing the level of physical readiness

of patrol police officers do not fully designate their physical readiness to perform activities efficiently. It is conditioned by the fact that the available evaluation criteria do not take into account the specificity of the patrol officers' activities fully.

The research conducted allowed us to substantiate the criteria of the physical readiness of patrol police officers that take into account the specifics of their professional activity. The key indicators of assessing the physical readiness of police officers are general physical fitness, static endurance of the trunk muscles, and formation level of the skills in the self-defense tactics.

The criteria for assessing the indicator of general physical fitness are complex power exercise (for the males); push-ups (for the females); the 100 m race (the 10x10 m shuttle run); the 1000 m race. The indicator of the static endurance of the trunk muscles is tested by performing two exercises – dips (static endurance of the abdominal muscles); holding the body in a horizontal position (static endurance of the back muscles). Testing the formation level of the special motor skills is carried out concerning the indicator of the formation level of the skills in self-defense tactics which is determined by the implementation of situational tasks to apply coercive measures.

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