

**REGULAR IMPROVEMENT OF THE LEVEL OF PHYSICAL
FITNESS OF PREVENTIVE SERVICE EMPLOYEES OF INTERNAL
AFFAIRS BODIES IS A DEMAND OF THE TIMES.**

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Abstract: In this article, the authors highlighted the further increase of physical activity of employees of internal affairs bodies, organization of competitions, wide promotion of healthy lifestyle among them, prevention of obesity.

Key words: Healthy lifestyle, sports promotion, reforms, Obesity-disease center, physical fitness.

Today, in the internal affairs bodies, based on the requirements of the Decree of the President of the Republic of Uzbekistan No. PF-6099 of October 30, 2020 "On the Wide Implementation of a Healthy Lifestyle and Measures for the Further Development of Mass Sports", further increasing the physical activity of employees, organizing competitions and among them Effective work is being done to promote a healthy lifestyle. Under the leadership of President Shavkat Mirziyoyev, fundamental reforms were implemented in the system of the Ministry of Internal Affairs, and the Ministry of Internal Affairs literally became a pro-people structure. On the other hand, we have certain tasks in front of us in terms of revitalizing the activity of the system and forming it in a spirit of harmony with the reforms.

Physical fitness of the employees of internal affairs bodies is very important for their effective work and achievement of service goals. A high level of physical fitness is relevant today, especially for preventive service workers.

Employees who do not have sufficient physical training may be injured by offenders in the course of their work. For example, in the course of enforcement actions in the Kungirotdistrict of Karakalpakstan, an MIB employee and a prevention inspector were also injured, in another case, i.e., on August 19, 2021, in the Narpaidistrict, when the prevention inspector of the district IIB arrived at the scene, stopped the citizen's hooliganism and tried to formalize the situation. Unfortunately, there are many such examples. These sad situations emphasize the need to further improve the physical and combat training of preventive inspectors today.

The physical fitness of the employees of the preventive service of the internal affairs bodies consists of their physical training, physical development and physical training, physical and intellectual maturity, improvement of their abilities and movement activity, formation of healthy lifestyle skills, a set of values, norms and knowledge created and used by society. Physical and combat training of preventive inspectors of internal affairs bodies implies the level of training in the performance of service activities. The level of physical fitness is characterized by aspects such as physical and moral-psychological fitness. In these areas, it is not only the acquisition of theoretical knowledge and skills, strengthening of health, spiritual maturity, development and improvement of personal characteristics, abilities and qualities, acquisition of practical qualifications and skills for determining one's place in the physical culture and sports system, but also their practical service activities and extreme situations. the ability to apply effectively and appropriately is also important.

In recent years, the heads of the ministry and regional internal affairs bodies have been paying great attention to the physical and combat training of internal affairs bodies, and improving its organization and coordination is one of the urgent

issues. Because every employee of internal affairs bodies should be a professional in his profession.

The professionalism of an employee of internal affairs bodies means the necessary knowledge, skills, mobility and practical ability, a high level of physical and moral psychological training.

Various situations may arise when the offenders do not comply with the legal request of the prevention inspectors to stop the crime, the need to use physical force, the need to catch the offender when he runs away, etc. Also self-defense, detaining a criminal or suspects, etc. In general, it can be said that it is necessary to regularly improve the level of physical fitness of the employees of any department of the internal affairs bodies. The physical training of the officers of the internal affairs bodies has its own characteristics, which distinguishes them from the physical training of professional athletes, these differences are explained by the fact that they have different goals. Sport (eng. sport — game) is a component of physical culture, a means and method of physical education, a system of organizing, preparing and conducting competitions in various sets of physical exercises. For athletes in physical education, it is important to perform at a high level in certain sports, for a track and field athlete it is running for a certain time, for a weightlifter it is lifting more weight in exercises, etc. Amateur athletes, on the other hand, are people who only engage in physical education to maintain their health, and whose goal is to train at an amateur level and achieve goals or other goals.

The purpose of physical training for employees of internal affairs bodies is to form and develop physical fitness for successful performance of operational tasks, skillful use of physical strength, including combat actions, as well as ensuring high efficiency during official activities. It can be seen that the physical training of the employees of the internal affairs bodies consists in achieving the official goals and tasks aimed at developing the qualities that help in their professional activities.

The tasks of physical education of an employee of internal affairs bodies consist of development and maintenance of important professional qualities,

exercise of physical strength, strengthening of general health, maintenance of working ability, etc. The process of physical training of internal affairs officers includes an individual approach, periodization, and the need to combine physical training with legal and psychological training.

Preventive service employees must maintain a satisfactory psychological state of professional qualities in life-and health-threatening situations against the background of psychological pressure in overcoming resistance to their legal requirements in their daily activities. According to statistics, people who exercise 3-4 times a week feel 65 percent less tired than [others](#). In order to strengthen the level of professional training of the employees of the preventive service of internal affairs bodies, to regularly engage in physical education and mass sports, to adequately master special physical training methods for self-defense during the performance of official duties of employees in sports (physical training) and treatment- special attention should be paid to reducing the number of employees belonging to the health care group (DSG-LFK).

In this regard, senior preventive inspectors should be a "personal example" by strengthening control over the participation of personnel in physical training on specified days of the week. During the training sessions, the coaches organize practical exercises in sambo (hand-to-hand combat and self-defense methods), individual wrestling, athletics, cross-country, swimming, sports games, and the use of force. It is important to focus on the perfect mastery of the exercises.

Creating sufficient conditions for prevention inspectors in training, ensuring full participation of employees, constantly taking into account the participation of employees in physical training exercises and their results when recommending them for the next special title, higher positions than the current position, and incentives, serves to increase the enthusiasm of preventive inspectors in participating in such exercises. Conducting service inspections of preventive inspectors who did not attend physical training sessions without reason and did not arrive on time, as well as review in the attestation commissions the question of whether or not inspectors

whose anthropometric indicators of obesity levels have not changed or remained stable (did not take measures to lose weight) remain in their positions based on the requirements of the current regulatory order of the Ministry of Internal Affairs necessary.

Also, involving doctors-dietitians and weight loss sports trainers, organization of educational seminars on the topic "Obesity-Disease Center" and "Obesity Prevention" and prevention inspectors are told by doctor-dietitians about the harm of excess fat in the human body and the negative aspects of obesity, the main causes of acute and chronic diseases. that the reason for the origin is obesity, to do regular sports to normalize body weight, to increase the number of greens, fruits and vegetables in the diet, in addition, to organize skill training on weight loss through light exercises at home by qualified specialist sports coaches, to the department of physical and combat training for employees It is important to provide weight loss guidance and a healthy weight loss program by staff and nutritionists.

In conclusion, the physical fitness of preventive service employees of internal affairs bodies is very important for their effective work and achievement of service goals. In general, high physical fitness to one degree or another is important for all employees of internal affairs bodies.

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