

# INDIVIDUALIZATION OF PREPARATION IN MILITARY PHYSICAL EDUCATION – OPTIMIZATION MODEL OF PHYSICAL PERFORMANCE

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## ABSTRACT

*Individual physical, mental and functional qualities require a well-trained training system that can deliver the very complex tasks outlined in the training objectives. The individualization of the training process and the permanent monitoring of performance is an effective way to maximize the physical and mental potential of military.*

**KEYWORDS:** physical, mental, mentality, means, demands, requirements

## 1. Introduction

The development of the physical qualities specific to the demands of the military actions as well as of the physical and applied skills, in close relation to the training of the moral and will qualities must represent an important objective for the specialists in the field. This is because a good level of the development of physical capacity ensures the faster and more secure structuring of a set of knowledge and skills that are characteristic of all the military training categories, necessary for the successful accomplishment of the missions. Physical skills, such as running, jumping, throwing, climbing, are the essence of building and developing skills to overcome existing obstacles in military action or close battle areas, crossing watercourses with military equipment and the given weapons or crossing over mountains, in winter or in summer, with or without skis and other specific equipment. Of these exercises, priority is given to those with structures like the physical activities of armed struggle

actions generated by the diversity of the missions. In this way military actions are also managed considering the physical performance, analyzing the structures of all training actions, the nature and duration of the efforts to be made, the landforms, the climate or the nature of the military actions in which the fighters are involved. Considering the complex military training process and the need for continuous improvement of physical performance, we can appreciate that its optimization can only be achieved through the intervention of science that amplifies its action by transforming instructive-educational processes into activities based on cutting-edge teaching technologies. Being an extremely complex process, it must be done based on the general scientific requirements of the training and development of individual psychomotor capacity, depending on gender, physical and psychological qualities, way of life as well as motivation of the individual.

## **2. Planning, Organizing and Conducting the Training Process**

The training process of acquiring a level of psychomotor development required to fighters must be a way of adapting the body to the extremely demanding functional efforts of demonstrating physical skills as well as the ability to cope with the increasingly complex psychic demands existing in the battlefield (Floca, 1999). To respond to these demands, it is oriented towards three main directions of action closely linked and mutually conditioned. *Education* is the first one and has as main objective creating a winning mentality, maximizing moral-volitional components as well as increasing mental health and body resistance to fatigue, fear or panic. *Physical development* is the second component and is the process by which it acts on the systems and functions of the organism to maximize its functional capacity. *Training*, the third component provides a rich background of theoretical knowledge as well as the development of the body's physical ability.

### **2.1. The Constituent Elements of the Training Process**

The directions towards which the training system is oriented are found in a certain percentage in several components that follow, depending on a certain degree of complexity, the achievement of some objectives. *Theoretical training* is the first of them and represents the set of specialized knowledge delivered by teachers, instructors or coaches in order to apply in practice some notions, principles, rules to optimize the efficiency in the training process (Dragnea, 1996). The sphere of theoretical training is very broad, given the complexity of this process and requires the mastering of some specialized notions, specific to each category of training. Among the basic components of the theoretical training we mention the knowledge regarding the physical, technical, tactical and psychological training, the ones

regarding the physiological laws of the types of effort to which the body will be subjected or the knowledge regarding the development of some activities specific to the different categories of training. The main ways and means of achieving the theoretical training are the explanations given by the specialists, the collective and individual discussions on different aspects of the training, analyzes of cases from the training process of the study of video tapes showing the way of performing different activities and actions, as well as study of literature.

*Physical training* is the component of the sports training that ensures that the parameters of all the other components of the training are accomplished at higher indices and, together with the technical, tactical and psychological training, form the basic constitutive elements of the training process. There is a very close relationship between them, they are mutually conditioned, and physical training has a decisive role. Physical training plays a very important part within the total workload of the training program because the more advanced the physical qualities of speed, skill, strength and endurance, the greater the functions of the body, especially breathing and circulation, have a potential for activity and the more one masters several skills and moves, the better the assimilation and the improvement of tactical and technical actions. Physical training has different weights from one category of training to another and a differentiated character, and therefore, there are two types of physical training: general (multilateral) physical training and specific physical training. General physical training aims at developing basic motor skills, morpho-functional parameters of the body and strengthening as many basic physical skills as possible. The main task of this type of physical training is to broaden the parameters of the content of physical training so that the soldiers will not encounter any difficulties in carrying out

the actions required to achieve the training process, therefore making the positive transfer of the training to the specific area and supporting the subsequent training content. The specific physical training is mainly focused on the development of the effort specific to one category of training as well as on the physical qualities in strict accordance with their requests to obtain the highest possible performance.

*Technical training* represents all the actions performed for the execution of some physical structures in terms of their efficiency, assuming the rational and time-saving performance of a certain type of movement, specific to the different activities. The technique is different depending on the activities carried out and is largely conditioned by the level of development of basic physical skills, applicative skills, in close relation to the tactical training, psychological training, and theoretical training. Technical training is an essential component of specific training that takes place in several stages:

The stage of information and the representation of the movement, in which the conception and the bases of the learning process are formed.

The stage of basic or insufficiently differentiated movements; is characteristic of the first practical execution of the respective technical process, in which the main information received by the subjects is made up of verbal indications. This stage is decisive in the correct learning of the technique. If mistaken physical skills are learned, with inappropriate trajectories or inappropriate swings, there will be as many mistakes, very difficult to correct later.

The stage of fine coordination and the consolidation of the technical procedures, in which very effective are the indications regarding the perception and the sense of the movement, because this information can be transposed directly and coordinated by the subjects. Particular attention will be paid to perceptions, special reference being

given to the internal processes of motricity: improvement of differentiated perceptions, kinesthetic-vestibular responses, as well as intensive training of coordinated conditional premises.

*Tactical training* is a pivot in the training process and is an essential component in achieving superior performance, being in a relationship of interconditionality with the other components of training: physical, technical, psychological and theoretical.

Tactical thinking can be geared toward gaining the advantage of knowing that opponents often try to *misinform*, confuse, by misleading movements and actions, preparing real traps that the military must detect on time, avoid them to proceed accordingly. Solving problematic situations is done from one link to another (intermediate) and by establishing new connections between previous knowledge and concrete situations existing at a given moment. Tactical training, an integral part of the training, is a set of organizational measures, means and methods used to develop tactical knowledge, skills and tactics, which together with the other components of the training ensure the success.

*Psychological training* is an essential component of training that is in a conditional connection with the other components and which substantially influences the achievement of performance. By psychological training we understand the action organized in order to cultivate personality traits and educate the psychic component to achieve better performances.

In other words, it determines, through the means of training and through the educational ones, the increase of the psychic capacity which allows maximum efficiency in the activities carried out. In this way, consciousness is influenced, modeling it, motivation, personality and discipline of the attitude are also influenced, which leads to an increase in the body's ability to adapt to the physical and

psychic efforts required by the struggle. The psychological training action is an extremely precise process since it is necessary to identify and use, in addition to educational pedagogical precepts in this field, ways and means specific to the situations that may occur, each with specific characteristics.

Also an extremely important role in achieving efficiency is knowing the specific demands of different disciplines and their particularities. This is due to the fact that clear differentiation is involved in this large process regarding the share of education of various willing, emotional, moral, cognitive qualities, aspects essential to the particularisation of training.

The main steps to be taken in this program are: layout, anticipation, engagement, application, analysis, suggestion and self-suggestion (Epuran & Horghidan, 1994).

## ***2.2. Considerations on the Management of the Individualized Training Process***

Physical, mental and functional particularities of everyone require a well-planned, organized, developed and controlled training system that can ensure the fulfillment of the assumed goals. A first condition for achieving success is to obtain information on these aspects, an objective and as accurate approach, representing the essence of the choice of means, methods, nature, and duration of efforts as well as other elements to be used in the training plans. Thus, we can appreciate that, the clearer this information is, the better the efficient means and methods of work can be found, eliminating inconsistencies, and managing activity is easier. An extremely important place in the training process is the permanent appreciation of its effectiveness, through a strict record of both the obtained performances and of the possibilities of recovery after effort, because the psycho-physiological, working

ability and adaptability of each individual can be permanently changed, both because of the individual qualities and the influence of the external conditions in which the activity is carried out (Stănciulescu, 2008). These aspects allow for the dosing of efforts, changing the duration, volume, intensity, and the complexity of the coordination of movements and psychic strains. The monitoring of the health level to determine the state of the various organs and systems as well as the functional capacity of the body is also an essential condition for the efficiency of individual training. This way, the coordination of the training efforts and the possibilities of the individual can be done in optimal conditions, a way that will surely maximize the results. Another aspect that should not be overlooked is the individual awareness of the objectives of the training process, of the methods and the means of training that will be used to develop some physical skills or to develop and improve some physical or applied skills, as well as the timely distribution of tasks in the training process.

The individual's desire to achieve certain performances, the strengthening of will, confidence in his/her own forces and his/her mentality regarding the way of work facilitates the fulfillment of the objectives, therefore this component must be kept under constant control, the psychological aspects being known and demonstrated as an essential factor of success (Stănciulescu, 2017). Certainly, the individualized character of the training makes full use of the individual qualities of the subjects, because this type of training addresses equally to intellect, affectivity and will.

In the same context, an important role in individualized preparation is the diary of training and individual self-control that always provides information about the health condition, the training program as well as the body's response to the different stimuli used during the training. Very important in the preparation process is the

observance of a correct life regime that always leads to better performance because the body is not overcharged and the physical and psychic impulses, irrespective of their duration or intensity, do not produce adverse effects such as the stressful states of fatigue or psychic discomfort. A lifestyle lacking temptations of all sorts, compelling and with great daily sacrifices eliminates chronic fatigue and over-training, which, as it is known, reduces the body's ability to exercise and affects the state of health and the possibility to form and enhance combat skills and abilities. A proper lifestyle involves a rational alternation between effort and rest, high energy consumption, and ensuring the body's means for recovery, giving up on alcohol, cigarettes, or other harmful substances, no spending nights without sleeping and giving up excesses of all

kinds. Of course, the development of the whole activity on the coordinates of an honest collaboration and with the same objectives between specialist and the individual is the essence of superior results in this vast and complex process of training.

### 3. Conclusions

The modern battlefield requires combatants a complex baggage of physical and psychic skills to generate support of efficiency and functionality, a goal achieved through an intense training process that often pushes the body to its limits. Considering that the human body has physical and mental potential as well as different morphological characteristics from one individual to another, the adaptation of the training process according to the individual possibilities, are an efficient way to achieve the training objectives.

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