



Physical Preparation to Improve Combat Ability

Bestard Revilla AC*, Alayo RS, and Wanton Prince EC

University of Oriente, Cuba

***Corresponding author:** C Alina Bestard Revilla, University of Oriente, Cuba, Email: abestard@uo.edu.cu

Investigation Paper

Volume 5 Issue 1

Received Date: January 11, 2022

Published Date: February 11, 2022

DOI: 10.23880/aphot-16000221

Abstract

The high physical preparation of the MININT agents is important for the development of their combative activity, for this reason the training institution prepares them to satisfy the physical competencies inherent to the basic profile. This physical preparation is part of the combat preparation system of the officers who are trained in the military education centers. Physical preparation is an activity that requires, on the part of the combatant in training, high physical resistance, strength, agility, speed in actions, mastery necessary for overcoming obstacles, carrying out the elements of attack and self-defense, strengthening health and temperance, the ability to act accurately in conditions of physical and mental stress, as well as limited mobility, educates boldness, decision, initiative, confidence in their strength, a sense of collectivism and help mutual between combatants. However, there are difficulties that negatively affect that physical preparation that affect the social order, among them: there is no manual of physical preparation, the study programs address physical preparation from a general approach, not particularized, the students present deficiencies in the physical capacities that are controlled and evaluated from the Personal Defense course. For this reason, this work is carried out, with the aim of analyzing the need to encourage the development of physical preparation in MININT combatants, to contribute to the effective fulfillment of the missions related to their social mandate.

Keywords: Social Impact; Physical Training; Fighter; MININT

Introduction

Prehistorically, the reasons that moved man to practice physical exercise, measuring his strength with others, were the search for security, subsistence and power. The group's survival depended on its members possessing agility, strength, speed, and energy. At first there are some bodily practices related to religion and hunting; But with the appearance of production surpluses, the recreational-recreational-competitive component begins. Finally, with the emergence of the first settlements, the warrior component appears. In recent years there has been a profound revolution in planned physical exercise; Physical education begins to be taken into account at different ages, and especially in the formation of children, who are in the most important and moldable period to achieve good habits, movement structures and adequate body and physical preparation. From the triumph

of the Cuban Revolution to the present, it has contributed to obtaining successes, becoming by its results one of the conquests of the people, based on the principle that "sport is a right of the people."

Military physical preparation is an essential matter of combat preparation, an important and inseparable part of military instruction and the education of MININT personnel; it is the process by which the institution prepares military personnel to satisfy the institutional physical competencies, inherent to the basic profile.

In this sense, Physical Preparation, as part of the combat training system for officers who are trained in military education centers, plays an important role, as it is one of the main ways to achieve optimal adaptation of the different organs and functional systems of the organism [1].

The development of physical preparation is one of those activities that require high physical endurance, strength, agility, speed in actions, mastery necessary to overcome obstacles, carrying out the elements of attack and self-defense, the strengthening of health and temperance, the ability to act accurately in conditions of physical and mental stress as well as limited mobility, educates boldness, decision, initiative, trust in their strength, the sense of collectivism and mutual help among fighters.

However, there are some difficulties that affect the physical preparation of MININT members that today affect the development of their social mandate: there is no manual of physical preparation, the study programs address physical preparation from a comprehensive approach, Students present deficiencies in the physical capacities that are controlled and evaluated, from the Personal Defense subject. Consequently, this work aims to: Analyze the need to encourage the development of physical preparation in MININT combatants, to contribute to the effective fulfillment of missions related to their social mandate.

Developing

Traits that identify physical preparation today at MININT. Physical preparation is the primary part, aimed at the development of motor qualities, the improvement of the functions of the organs and systems [2]. Matveev [3], defines physical preparation as the education of physical qualities, which are manifested in the indispensable motor skills in sport, which are characterized by physical overloads that influence the morphological and functional properties of the organism and these turn in physical development. Physical preparation is the main component of the athlete's preparation, which guarantees the mastery of skills and their effectiveness in the game, combat or competition.

The objective of physical preparation is: the development of general and special conditional and coordinative physical capacities related to sports performance; that contribute to obtaining and stabilizing the sports form in a specific modality. According to Matveev [4], physical preparation can be of two forms: General and special physical preparation.

General physical preparation: It is oriented to the development of capacities of the human organism in an integral way and with a specific direction. Special physical preparation: It is aimed at developing specific abilities that promote the basis of sports performance.

Starting in 1991, personal defense, physical preparation and sports developed by the members of the Ministry of the Interior in Cuba, acquire a more scientifically organized

and programmed character; tempered by the need to turn it into a task of the first order, as required in the indications of the country's leadership and the head of the Ministry of the Interior in this regard.

In September 1992, the Measures for the Instruction of personal defense and Physical Preparation were established, through Order No. 20 of the Vice Minister of the Interior, the governing document of these disciplines to date and that its technical-methodological and normative content has been been perfecting.

The Ministry of the Interior has paid attention to the preparation of its members. In this sense, various investigations have been developed, which deal with aspects related to the teaching of Personal Defense. Those that have been carried out by González [5] provided a study program for combatants with physical motor limitations for their practice, Silva [6] who designed a methodology for teaching self-defense in Teaching Centers of the Ministry of the Interior of the province Villa Clara, Mena [7] I contribute actions for the process of tactical preparation from the specific perspective of Karate-Do, Balmaceda [8] a methodological strategy with the objective of developing technical preparation -tactics, Days [9] Methodological actions for the improvement of professional combined techniques of personal defense, Silva [10], a combative competition. But none of these investigations addresses the issue of physical preparation that is so important for MININT members. Therefore, we propose a methodology with a systemic approach, based on a theoretical methodological conception of the training of physical capacities, which establishes a system of methodological integrative relationships with attention to the group and individual, which dynamizes the process of preparing this capacity. through the movement given between them, enabling a higher qualitative level.

Physical Preparation occupies an important place in the preparation of the members of the MININT, providing them with a physical development for their professional performance, together with the formation of a general culture that makes it easier for them to meet the demands of society at the present time.

Tasks of physical preparation

- Achieve a high work capacity of the body, economy, efficiency of physical efforts.
- Resist greater physical loads and improve the physical processes of organs and systems.
- Reestablishment or recovery avoiding fatigue during sports or exercise.
- Reach a high level of improvement, strengthening and

development of physical capacities, mainly resistance, speed, strength and flexibility.

- In addition, it allows the morphological, physiological, psychological and functional improvement of the organism as a bio-psycho-social-motor unit, which is guaranteed through systematic training to create technical physical skills, through physical and sports activity, the qualities are strengthened. moral, volitional of the learners. It is directly taxed on physical development to face intense work hours without reducing efficiency.

The work of physical preparation has repercussions in different directions in the work of the organs and organ systems of the subjects subjected to certain physical workloads of different magnitudes with an immediate effect that cause a group of biological and psychological modifications in the organism.

Cardiovascular system

- The physiological values of your cardiovascular system are modified obtaining patterns of your heart rate, maximum oxygen consumption, heart rate and respiratory rate that allow the body to work with a lower energy cost.
- It increases the size of the heart chambers, therefore, the amount of blood in each beat, improving the possibility of transporting nutritional substances.
- It improves cardiac work, in a general sense, as a result of its strength, so it can push the blood to places further away with greater speed and economy.
- Heartbeats increase in activity and decrease at rest.
- Blood vessels increase in number and size.

Respiratory system

- Pulmonary ventilation increases and the body oxygenates itself better.
- The respiratory rate decreases number of breaths per minute and increases the depth of each breath.
- Increases vital capacity.

Nervous system

- Increases reaction speed and coordination of movements.
- It favors the elimination of nervous tension produced by intense loads, as well as the monotony implied by long work sessions.
- Volitional qualities, self-control and self-confidence are strengthened, which arise from the need to face complex and prolonged stimuli.

Locomotor system

- Muscles gain strength, endurance, contraction speed, coordination.
- Muscle hypertrophy is improved from exercises with weight.

- The muscular aerobic capacity is increased from the work of local muscular resistance.
- The body is strengthened as illnesses are significantly reduced, defense mechanisms are perfected to unsuspected limits, health improves and the body's work capacities are improved to assimilate different physical loads, metabolism improves with the decrease in fat of the body and lowering blood sugar.
- Physical preparation constitutes a way that has been proven at an international level to prepare personnel; throughout history its use by different police forces has been evidenced. Hence the importance of the research that is presented, proposing ways to improve the preparation of combatants.
- Analysis of social, economic and technological problems related to physical preparation.
- The factors that negatively affect the poor physical preparation in MININT fighters, in the first place, the non-existence of a specialized manual of physical preparation, the study programs address physical preparation from a comprehensive approach, the students present deficiencies in physical capacities that are controlled and evaluated, from the Personal Defense subject, the non-existence of rustic outdoor and specialized gymnasiums, all these factors become a social problem, which lead to degrade the physical development of the members of the MININT and reduce the quality of life of its members and the non-fulfillment of its social order.
- From the analysis of the problem, the essential contradictions that are generated are identified: Cultural contradictions
- There are false patterns of people about physical preparation, this activity is associated with people who have nothing to do, the world of doping, wasting time, without understanding the benefits of such preparation. Currently there are people in the population who doubt the contributions of exercise to health and quality of life to fulfill their social mandate.

Educational contradictions

From the earliest levels of education, there is no awareness of the need for covers the practice of physical exercise from a health and quality of life perspective: the damage caused to the human body by not practicing physical exercise, circulatory disorders appear, pulmonary ventilation decreases, the muscles lose strength, resistance, contraction speed and coordination. In the study plans of the careers in higher education in MININT the subject of physical preparation is only contemplated from the subject Self-defense in the first two years of the degree. When, in the author's opinion, they should dedicate a greater number of hours, and be implemented in the four years of study as a subject.

Political contradictions

The political will to promote physical preparation strategies is still limited, there are no norms, nor is there a statement to establish such norms, the practice of morning gymnastics has been eliminated in all HEIs in the country. This political contradiction is strongly related to education that does not allow to promote an adequate conscience for the practice of physical activity.

Economic contradictions

Due to the collapse of the socialist camp, the disintegration of the USSR, the special period and the US blockade against Cuba, massive physical activity, physical education and sports have suffered great effects. Sports facilities have ceased to be used due to their deterioration, the theft of talent, the non-entry of resources and equipment to carry out and develop higher quality training.

All of the above in Cuba in recent times has manifested itself in instability in physical activity and as a consequence has significantly influenced the physical preparation of MININT members.

It is also found that the country does not have access to state-of-the-art technologies that allow greater development in physical activity, a situation that is reflected in the MININT combatants, although the latter, according to studies carried out by the author, may be economically viable, and recommends boosting with the use of alternative modes that meet the requirements to develop the preparation.

On the other hand, there has not been a strong commitment from the actors involved in seeking alternative ways to mitigate this situation. Physical preparation is the part of training, which seeks to put the person in the best possible state of shape, optimizing their natural aptitudes and developing their physical qualities to the maximum, through systematic, gradual and progressive exercises, it is a way that it has been widely proven internationally, however the lack of knowledge, the lack of a culture of practicing physical exercises has been factors that have slowed its development and efficient use.

Importance of physical preparation in MININT members

The complex process of Physical preparation, in all the directions that it encompasses today, has acquired new nuances with the experience of the previous century and the possibilities it has for the new century. It is worth asking now: Why is physical preparation important? This question then has several answers that are summarized in the first place is to condition the body in a generalized way so that it is not only beneficial for the correct performance of sport, but also

for the improvement of the quality of life of the athlete. The second purpose is to avoid injuries or reduce them as much as possible so that the performance of the exercises or the technical execution is as safe, with the best performance and with it, obtaining the best possible result. The third purpose is that a person in good shape will recover soon from an illness, will have greater resistance to fatigue, will use less energy to carry out any work; your metabolic rate will be better and more positive than that of a poorly trained person.

Physical Preparation occupies an important place in the preparation of the members of the MININT, providing them with a physical development for their professional performance, together with the formation of a general culture that makes it easier for them to meet the demands of society at the present time.

The fulfillment of the physical preparation is in the discipline, the will power of its practitioners, in the cooperation and support of the bosses in order to improve their preparation to fulfill their social order, maintain the internal order and the citizen tranquility of the country.

In the MININT many investigations lead in this field, fundamentally it should be noted that various scientific investigations have been carried out that demonstrate the cultural, educational, political, economic feasibility of physical preparation and propose solutions for the benefit of people covered by master's thesis, doctorates and research projects of national and territorial scope.

What problems still exist that must be solved through science?

The insufficient preparation of our forces to face the different events that threaten the Internal Order and State Security, such as the events of July 11 of this year, brought with it the need to introduce new ways to prepare our combatants such as the case of raising awareness of the need for physical, psychological and ethical preparation of MININT combatants, seeing all this from a scientific perspective. We will understand these if we analyze that the image of our daily actions is projected on citizenship as an object of the Ministry of the Interior's activity.

Referring to the foregoing, Army General Raúl Castro Ruz [11] in the Speech for the XI Anniversary of MININT on June 6, 1972 stated: "It is an Institution that carries out its activity in two areas as essentially different as the world of common crime and the counterrevolution increasingly identified against our country, and citizens in general." Apply quickly, efficiently and with the appropriate use of the means of defense and neutralization, in the face of the dynamics that occur during the performance of the service, taking into

account the essential foundations for a correct professional performance as a representative of the law. To internalize about the importance of contributing to the optimal development of conditional and coordinative physical capacities and flexibility, increasing the psychic-motor performance, in accordance with the physical efficiency regulations established in the MININT.

It is the obligation of the coach or physical trainer to direct and train, to be updated in all the theories of sports training and Physical preparation, all of which will result in raising the level of the fighter to the highest link based on their possibilities and physical sports aptitudes, not It must be overlooked that this demands from the combatant a constant and systematic daily sacrifice quota in the face of the hard work that will be submitted throughout their physical preparation and training periods to guarantee high results in their preparation, to fulfill their social order.

How to contribute to the solution of the social problem from our research?

Science has penetrated all spheres of life in society, specifically; it plays a fundamental role in the preparation of the organs that in different countries are in charge of guaranteeing the internal order and security of the states. This role in the case of Cuba is played mainly by the MININT.

- The fulfillment of this social order by the MININT combatants requires optimal preparation, which cannot be developed on the basis of spontaneity.
- This preparation is currently being developed on the basis of the contributions of science, hence the importance of carrying out investigations whose results allow an optimal preparation of the combatants from all points of view, psychological, physical and ideological for the fulfillment of their missions. Specifically, the application of science, essential to address problems related to physical preparation, as one of the ways to fulfill its social mandate, which is the maintenance of internal order and citizen tranquility in our country.
- The effective way of applying physical preparation in MININT combatants at present requires a high scientific level, taking into account remaining static in the knowledge of what has been learned, science advances in all spheres, and it includes the physical training.
- The physical preparation contains a set of theoretical and practical elements from the scientific point of view based fundamentally on the knowledge of science to be able to solve the problems that affect negatively. The approach must always be from science, taking into account the complexity in the improvement of said preparation.
- In order to improve physical preparation, the MININT has held meetings, national seminars, and instructional methodological classes at different levels, with the aim

of improving what is related to said preparation and thus achieve better results, which also influence the correct performance. of the combatants in the fulfillment of their social order.

Conclusions

From the analysis of the social contradictions that occur in the context of physical preparation, the following conclusions can be reached.

- Physical preparation is a way that allows to mitigate the deficit of preparation that the members of the MININT present and reveals the social impact that this represents, there is still great resistance on the part of the decision-makers in the province to promote this activity with greater force.
- The importance of achieving an awareness that allows establishing adequate strategies to achieve greater results in the preparation of our members is demonstrated.
- In the preparation of the combatants, results from the sciences of physical culture are applied and taken into account. Continue investigating generalizing the experiences that exist in our country on this aspect that constitutes an imperative of Cuban society one of the ways for its improvement, in this aspect we must also build a future of men of science [12-14].

References

1. (2021) Tactical Institute for Police Studies.
2. Ozolin N (1983) Structural schematization of the types of sports preparation. *Efdeportes magazine*. Year 10. No 89.
3. Matvéev LP (1983) *Fundamentals of sports training*. Editorial Ráduga.
4. Matvéev (1977) *Sports training planning model*. Editorial Ráduga.
5. González F (2009) *History of Physical Culture. Complementary material*. Faculty of Physical Culture. Villa Clara.
6. Silva A (2009) *Learning styles: relationship with motivation and strategies*. *Learning Styles Magazine*.
7. Mena J (2010) *Failure and school dropout in Spain. "La Caixa" Foundation*.
8. Balmaceda (2011) *The crime of fraud in Chilean jurisprudence*. *Law Magazine*.
9. Díaz W (2012) *Two decades of the Women's Marathon in*

- Cuba. 1986-2007. Havana: Editorial Sports.
10. Silva A (2013) Quantitative methodology: approach from complementarity in Social Sciences. Journal of Social Sciences.
 11. Castro R (1990) Speech for the XI Anniversary of the MININT. Taken from documents and pronouncements on the MININT. Political Direction.
 12. Almanza R (2001) Man and Technology in Jose Marti. Editorial Oriente.
 13. (1990) Collective of Authors .Military Ethics Manual. FAR.
 14. Toledo J (1994) Science and Technology in José Martí. Technical Scientific Editorial.

