

Applying Exercises for Physical Fitness Development in Training Martial Arts for the People's Public Security at University of Fire Fighting and Prevention

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Abstract:- University of Fire fighting and prevention (UFFP) is under the system of the People's Public Security School, and it is the only educational institution specialized in training, fostering staff, science research in fire fighting and preventing in Vietnam. Students are required to have a certain health condition in order to be able to meet learning martial arts for people's police. This is also considered a sharp weapon in fighting against and preventing crime, contributing to maintaining national security and ensuring social order and safety. Therefore, the requirement on physical fitness for students attending study at university as well as after their graduation from university to receive working assignment is very high. Students are required to actively participate in learning, training and improving physical fitness for later learning and working.

Keywords:- Martial Arts for People's Public Security, Fire Fighting and Prevention, University of Fire.

I. INTRODUCTION

Martial Arts for People's Public Security is a mixed type of martial arts, which is researched and built up by the People's Public Security Forces on the basis of selective inheritance of the quintessence from various types of martial arts, in combination with practical review of combating work of the Vietnamese People's Public Security Forces. Training and practicing martial arts for People's Public Security will help train health, comprehensively develop physical qualities, train morale, will, fighting spirit and solidarity for each police officer and police soldier. Besides, martial arts for People's Public Security is also considered a sharp weapon in fighting against and preventing crime, contributing to maintaining national security and ensuring social order and safety.

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solidarity for each police officer and police soldier of People's Public Security Forces. Besides, martial arts for People's Public Security is also considered a sharp weapon in fighting against and preventing crime, contributing to maintaining national security and ensuring social order and safety.

Being aware of the importance of martial arts for People's Public Security for the professional tasks of the Police sector, so since the very first days of its establishment, People's Public Security force has introduced the contents of martial arts into the training programme for police officers and soldiers throughout the police forces. Nowadays, martial arts for People's Public Security is officially taught in the police schools with huge learning time.

In order to improve the quality of teaching and coaching martial arts for People's Public Security at university, in addition to paying attention to investing facilities, innovating the testing, assessing of learning results, etc., the regular changing of teaching methods along with researching, setting up system of training exercises that are scientific and highly effective in the coaching is very important and necessary making contribution to improving the quality of training, teaching, coaching, as well as reducing the time, coaching effort....

In the process of coaching martial arts for People's Public Security, physical qualities are always considered an important issue. Therefore, the comprehensive development of physical qualities is a top priority task for those who do the coaching work. The physical qualities such as (quickness, strength, endurance, motive coordination capacity, flexibility, dexterity ...) have a dialectic, tight and unified relation with each other. According to the principle of law: "The extreme development of a certain physical capacity is achieved only on the basis of improving the general functional abilities of the whole body." Therefore, when using professional means, methods and conditions to develop physical qualities, the unified development of physical qualities of the human body; the mutual development between the physical qualities and their mutual transfer and mutual limitations in the development of the physical qualities are often considered.

II. REAL SITUATION

2.1 Assessing the real physical condition of boy students at UFFP

Martial arts for People's Public Security is an indispensable subject in the people's public security schools. This is a subject to train the mind, determination, courage for each police officer and police soldier in the police force. Based on the training purpose, each school has different amount of training time. In order to perform well the coaching work, each coach must pay attention on the morals, wills, techniques, tactics and physical strength of athletes. In which physical activity ability plays a fundamental role. However, in the current coaching work at the training centres, the local units in general and at University of Fire in particular, the preparation in terms of psychology, physical strength, techniques and tactics is still not very good. Therefore, the training and coaching work has encountered a lot of difficulties, and the achieved results have not been high.

Table 1. Ratio of time for training and coaching physical fitness for boy student learning martial arts for People's Public Security

| No. | Content of coaching physical qualities | Coaching time (period) | % |
|-----|--|------------------------|------|
| 1 | Quickness | 3 | 23,1 |
| 2 | Strength | 3 | 23,1 |
| 3 | Endurance | 3 | 23,1 |
| 4 | Ability to coordinate when exercising | 4 | 30,7 |
| 5 | Total | 13 | 100 |

Through Table 1, we can see that the total time of physical training in the martial arts module for People's Public Security is 13 periods, in which the training of quickness quality is 3 periods, accounting for 23.1%, strength training is 3 periods accounting for 23.1%, endurance training is 3 periods accounting for 23.1%, and

coordination training ability is 4 periods accounting for 30.7%. This shows that the percentage of time spent on training does not meet the requirements of improving the general physical fitness and professional physical fitness for Students.

2.2 Selecting physical assessment tests for boy students learning martial arts for People's Public Security at UFFP.

In order to select physical assessment tests for boy students learning martial arts for People's Public Security at UFFP, the information collection, research and reference to the books, magazines and scientific documents have been conducted by the theme. Preliminary research findings of the theme have collected the tests related to the assessment of physical quality of boy students at University of Fire fighting and prevention, which are trusted to used by a lots of experts. These tests are: 30-metre, 60-metre running with high start , 3-steps , running then jumping up to kick 2 feet to touch 2 hands , Lying on stomach pushing body up and pulling down and then lifting the whole body up to run 100m, turning on toad, 100-meter running with changeable speed 100m fast, 100m slow , the exercise of sitting and squeezing, the exercise of jumping rope, standing still at the straight punching position within 20s (a time), punching the back hand into 2 targets which are 3m apart within 60s (a time), kicking the sphere in place within 20s (a time), two people kick the sphere in the opposite within 1 minute (a time), kick the sphere in combination with punching hands continuously within 10 seconds (a time), running at 30-meter speed (a second), lifting continuously 15-kilo weight in front of and behind (a time), surfing the stone horizontally continuously into 2 targets at 3-metre distance within 90s (a time), rolling elastic band and punching continuously within 15s (a time).

Some of the content of the test to improve students' fitness:



Figure 1 : The turning on toad and push-up.



Figure 2 : Two people kick the sphere and rolling elastic band and punching continuously within 15s.

The physical fitness of 2 groups through the selected tests. The achieved results are presented in tables 2.

Table 2. The test results of assessing the physical fitness level of the boy students group at UFFP after the experiment .

| No. | TEST for assessment | The experimental group (n=15) $\bar{x} \pm \sigma$ | The collatable group (n=15) $\bar{x} \pm \sigma$ | t | P |
|-----|---|--|--|------|--------|
| 1 | Standing in spot punching straight within 20s (a time) | 62.8±2,44 | 59.5±2,58 | 3,67 | P<0,05 |
| 2 | Kick the sphere continuously within 20s (a time) | 46.1±2,24 | 42.5±3,12 | 3,67 | P<0,05 |
| 3 | Rolling elastic band and punching continuously with 15 seconds (a time) | 27.65±3,17 | 27.65±3,17 | 2,87 | P<0,05 |
| 4 | Gliding stone horizontally into 2 targets consecutively at a distance of 3m within 90s (a time) | 18.25±1,46 | 15.75±1.91 | 4,08 | P<0,05 |
| 5 | Punching the back hand into 2 targets 3 meters apart within 60s (a time) | 21.3±2,45 | 18.4±3,33 | 2,8 | P<0,05 |
| 6 | Two people kick the opponent targets within 1 minute (a time) | 51.4±2,4 | 49.5±3,6 | 2,01 | P<0,05 |
| 7 | Kicking the sphere punching hands repeatedly 10 times (s) | 8.14±0.21 | 8.89±0,31 | 8,33 | P<0,05 |

From the obtained results in Tables 2 and 3 it is found out that in all the assessment tests between the 2 collatable and experimental groups after 21 days of experiment, there was a significant difference showing the calculation. $t > t_{table} = 1.96$. This confirms the application of the exercises for main physical and professional physical development selected by the theme initially showed the effectiveness in improving the physical fitness for the research subjects.

III. CONCLUSION

In teaching Martial Arts for People's Public Security at University of Fire fighting and prevention, the physical fitness training has been paid kind attention on researching and being applied in practical teaching practice, with identified 5 sufficient reliable exercises to improve the physical strength for Martial Arts of the People's Public Security for boy students at University of Fire fighting and prevention .

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