

REALITY OF THE PHYSICAL FITNESS AND BREASTSTROKE SWIMMING TECHNIQUE IN THE INCOMING INSPECTION OF THE COMMAND AND GENERAL STAFF OFFICER CADETS AT THE ARMY OFFICERS COLLEGE NO.1

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Abstract:

By means of routine research, the subject evaluates the physical fitness and breaststroke swimming technique in the incoming inspection of the command and general staff officer cadets at the Army Officers College No.1, providing a scientific basis for adjustment of content, form of training breaststroke swimming based on the characteristics of the first year cadets.

Key words: Reality, physical fitness, technique, breaststroke swimming, cadets, army no.1....

INTRODUCTION

The Army Officers College No.1 is a training school for command and general staff officer cadets of the combined arms teams, cadets graduating from the college aside from managing and commanding the military, also directly instructs the soldiers of the army, including physical training. Therefore, in the process of educating, training the physical fitness, especially durability, forming basic moving skills, training endurance spirit, self-confidence, enhance the flexibility in operation training and combat maneuvers.

In physical training for cadets, breaststroke swimming is an important part contributing to physical development in a comprehensive way, which is required for students to complete.

Actual results of teaching and learning in recent years have shown the limited results obtained that the main reason is haven't been able to select content, methods and forms of training in accordance with the entrance characteristics of the student. Therefore, the assessment of the physical and technical status of breaststroke swimming in the incoming inspection of the command and general staff officer cadets at the Army Officers College No.1 was identified as a critical issue.

RESEARCH METHODS

The research process used the following methods: Analyzing and synthesizing materials;

Pedagogical observation; Pedagogical examination and Mathematical statistics.

For the purpose of evaluating the physical fitness of the command and general staff officer cadets at the Army Officers College No.1, the topic investigated the physical fitness of 357 command and general staff male officer cadets session 85th (Battalion 9 of the first year) according to the standards of physical training of army and ground forces (Decision No. 1095 / QĐ-TM dated 28/7/2009 of the General Staff of the Ministry of National Defense on the promulgation of rules on inspection of physical training and sports activities in the army). The time to conduct the survey is in February 2017.

The standards of physical training of the army and ground force of the army is specified in 12 tests: 100m running (s) 50m x 2 running (s); Horizontal bar Pull-ups (times); Parallel bar Push-ups (times); Weightlifting 25kg (times); Long jump (m); Triple jump with feet together (meter); 3000m armed running (minutes); 3000m Running (minutes); Passing obstacles 100m + 100m (minutes); K91 obstacles course (seconds); Free swimming / 3 minutes (m).

Personal physical fitness assessment: Excellent: 100% of the tests content is excellent, good, including at least 60% of the content is excellent; Good: 100% of the test content is pass, of which at least 60% of content is excellent and good; Pass: At least 80% of the test content is pass.

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RESULTS AND DISCUSSION

1. Reality of the physical fitness of the command and general staff officer cadets at the Army Officers College No.1

The results show that the rate of cadets with “excellent” physical fitness level is 5.04%, “good” accounting for 32.77% and “pass” accounting for 62.18%. Thus, the level of physical fitness of the 85th session (first-year) officer cadets stop at the pass level, the rate of excellent and good cadets is still low compared to the standards of physical training of the military. The general assessment according to the criteria of collective assessment is at the pass level.

Table 1. Results of the physical fitness test of the command and general staff first-year officer cadets, 2016-2017 the Army Officers College No.1 according to the standards of physical training of the army (n = 357)

Results							
Good		Fair		Pass		Fail	
n	%	n	%	n	%	n	%
18	5.04	117	32.77	222	62.18	0	0

Table 2. Survey results of the breaststroke swimming technique of the command and general staff officer cadets session 85th (first year, 2016-2017) Army Officers College No.1 (n = 357)

Results					
Can swim				Can't swim	
Breaststroke Swimming		Didn't do Breaststroke Swimming		n	%
n	%	n	%		
19	5.32	117	32.77	221	61.9

As shown in Table 2, the percentage of cadets who knew how to swim was very low (5.32%), cadets who knew how to swim but not breaststroke swimming (32.77%). Thus, before entering the school cadets who knew how to swim in general only reached 38.09%, the rest of the cadets that didn't know how to swim accounted for 61.90%.

Thus, during the training of breaststroke swimming for the command and general staff officer cadets (first year), the Army Officers College No.1 needs to classify the cadets into three basic groups: Don't know how to swim; Know how to swim, but do not know the technique of breaststroke swimming and Know how to do breaststroke swimming. Based on that, the content, methods and means of training appropriate to the characteristics of cadets groups can be selected.

This result raises the need for specific solutions to be taken during the training to improve the physical fitness of the cadets.

2. Reality of being able to swim and swimming technique of the command and general staff officer cadets at the Army Officers College No.1

At the beginning of each school year, before training swimming for the cadets of the faculty of sports - the Army Officers College No.1 will have incoming inspection on the swimming technique to have a grasp of the situation, classify the subjects and then report to the school. The survey results of the reality of the subjects' swimming technique are presented in Table 2

CONCLUSION

The research process evaluated the actual physical fitness in the incoming inspection of the command and general staff officer cadets at the Army Officers College No.1, which was only at the pass level, the rate of excellent and good cadets is only 37.8%.

Most of the students did not know how to do breaststroke swimming (94.7%), and did not know how to swim (61.9%).

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