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# **ADVANCED TECHNOLOGIES FOR THE IMPLEMENTATION OF EDUCATIONAL INITIATIVES**

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# **CHALLENGES OF ENHANCING THE PHYSICAL READINESS OF THE STATE EMERGENCY SERVICE OF UKRAINE PERSONNEL DURING TIMES OF MARTIAL LAW**

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Physical training of the personnel of the State Emergency Service of Ukraine is an obligatory part of their professional preparation aimed at acquiring skills, physical, and mental qualities that contribute to the successful performance of their official duties and the maintenance of high workability. The everyday activities and combat operations of the personnel of the fire and rescue units manifest in extraordinary situations and are one of the specific forms of human activity. Emergency situations are situations that present rescuers with complex tasks requiring the adoption of non-standard decisions under conditions of emotional tension and high physical pressure.

The profession of a firefighter is characterized by constant nervous and psychological tension awaiting a call, extreme conditions of combat actions (danger of fire, explosion, collapse, etc.), continuous physical exertion, a high pace of work, and negative emotions. The experience of combat application of the fire and rescue units of the State Emergency Service of Ukraine indicates that the successful execution of fire extinguishing tasks is largely determined by the prompt and coordinated work of fire teams and depends to a large extent on personal qualities, professional, physical,

and psychological readiness of the employees of the State Emergency Service of Ukraine.

Therefore, the professionally important qualities of this profession are discipline, organization, responsibility, punctuality, decisiveness, courage, the ability to organize one's activities in conditions of a large flow of information and a variety of tasks, stress resistance, tolerance of static physical loads, maintenance of efficiency in the absence of readiness for the influence of adverse factors of professional activity, endurance to emotional stresses, and teamwork skills. To maintain the constant readiness of the personnel of the fire and rescue units of the State Emergency Service of Ukraine for firefighting actions, combat training of the shift is conducted every shift. Combat training includes theoretical classes aimed at forming the necessary knowledge and practical classes intended for practicing techniques of working with fire equipment, as well as physical training sessions aimed at improving such physical qualities as speed, endurance, strength, agility, and flexibility.

The system of physical training of the personnel of the fire and rescue units is defined in the order of the Ministry of Internal Affairs of Ukraine dated June 12, 2023, No. 480 "On Approval of Amendments to the Procedure for the Organization of Professional Training of Personnel of the Civil Protection Service of Ordinary and Commanding Personnel." According to this order, physical training of the personnel of the State Emergency Service of Ukraine is an obligatory part of their professional preparation aimed at acquiring skills and abilities, physical, and mental qualities that contribute to the successful performance of their official duties, the maintenance of high workability, and includes general physical exercises (for speed, strength, agility, and endurance) and service-applied exercises (overcoming obstacle courses).

The content of physical training includes physical exercises, theoretical knowledge, methodical skills, and techniques. Physical training is organized and conducted in the following forms: training sessions, morning physical exercises, physical training during official duties, sports and mass events, and independent training. The necessity of developing physical training of firefighters has led to the emergence of professional-applied sports.

Having analyzed the peculiarities of physical training of the employees of the fire and rescue units of the State Emergency Service of Ukraine and athletes engaged in fire-applied sports, we found that the physical training of the employees consists of regular warm-ups and practicing physical exercises aimed at developing specific physical qualities. Athletes, in their training, use sets of exercises aimed at developing physical qualities in combination, for example, speed-strength qualities and endurance. If we compare the performance of such exercises as climbing stairs to the 4th floor and overcoming a 100-meter obstacle course, the results of athletes are significantly better than those of firefighters.

Additionally, developing individualized training plans considering personal physical capabilities and the demands of the profession can lead to higher achievements. It is also important to improve the system of motivation for employees to support their interest and perseverance during training.

Overall, enhancing the physical training of firefighters and rescuers through the implementation of modern methods and approaches can significantly increase their effectiveness in work and ensure greater safety for both themselves and those they serve.

Thus, improving the physical training of the employees of the fire and rescue units is a relevant and possible way to introduce methods used by athletes in fire-applied sports into the training process. The improvement of these methods should significantly enhance the physical qualities of the employees of the State Emergency Service of Ukraine, which is crucial in the combat work of the fire and rescue units.

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