

EFFECTIVE DIRECTIONS AND MODELS OF ORGANIZING THE PHYSICAL TRAINING SYSTEM OF LAW ENFORCEMENT AGENCIES IN INTERNATIONAL PRACTICE

Muhammadov Ulugbek Umedjonovich,

Independent Researcher at the Criminology Research Institute
of the Republic of Uzbekistan.

Abstract: *The analysis of global practice demonstrates that the organization of physical training for law enforcement officers and military personnel is a crucial component of national security systems. The experience of the United Nations and NATO highlights that the physical and moral resilience of personnel plays a decisive role in ensuring public safety and maintaining peace. Furthermore, models from developed countries indicate the necessity of integrating international functional training standards into national systems to enhance service effectiveness under extreme conditions.*

Keywords: *Physical training, law enforcement agencies, military personnel, international experience, NATO, UN, functional resilience, security policy.*

Analyses of global practices show that the effectiveness of organizing the physical training system for law enforcement officers and military personnel is emerging as one of the strategic foundations of national security. This trend occupies a strong position in both international and national systems as a universal direction of modern security policy.

United Nations Secretary-General António Guterres, in his addresses, has recognized the physical and moral resilience of personnel as one of the key conditions for ensuring public safety and peace. He emphasized that the development of unified international standards for physical training and their integration into national security systems is an urgent requirement of global security policy [1].

Similarly, NATO's experience is acknowledged as an effective model in organizing physical training. In his speech at the 2022 summit, NATO Secretary-General Jens Stoltenberg highlighted that physical endurance and functional preparedness play a decisive role in maintaining the sustainability of military strength. NATO models focus on assessing personnel's mobility under extreme conditions, stress tolerance, and functional capabilities through innovative technologies [2].

Within the framework of the European Union's security and defense policy, the need to introduce unified physical training criteria for personnel has been specifically reflected in the decisions of the European Council. In this model, physical training is interpreted not only as a means of ensuring a healthy lifestyle but also as a tool for effective communication with the public and for strengthening trust in law enforcement agencies [3].

In U.S. practice, "Functional Fitness" programs occupy a central place. Former President Barack Obama, in one of his speeches on the national security strategy, identified personnel's physical preparedness as one of the main pillars of state security. In the U.S., personnel undergo regular comprehensive testing, and the evaluation processes are carried out on the basis of innovative technologies [4].

In the experience of Eastern countries, national and spiritual factors are paramount. In China, national sports have been integrated into the training programs of police and military personnel, while in Japan, physical endurance is required to be cultivated in harmony with spiritual discipline. Prime Minister Shinzo Abe described this issue as an integral part of ensuring the country's security [5].

From this perspective, a legitimate scientific and practical question arises today regarding the fact that in the experience of developed countries, various effective models of organizing physical training systems have been developed to enhance the professional capacity of law enforcement and military personnel, and that these models are being widely applied in practice.

The U.S. model—based on functional physical training and innovative technologies—according to scientific analyses, shows that the U.S. system of physical training for law enforcement and military personnel is not limited to classical sports standards, but is organized in accordance with real and extreme conditions that may arise in service. In particular, at the FBI Academy and police training centers, training programs based on "Functional Fitness" have been established, aimed at developing endurance, mobility, and psychological resilience simultaneously. Through these programs, personnel's daily healthy lifestyle and professional fitness are ensured in harmony [6].

In addition, U.S. practice has scientifically grounded testing systems for evaluating physical training. For example, the Physical Fitness Test (PFT) measures personnel's ability to run, overcome various obstacles, maintain endurance over long distances, and operate under stress. Such tests are conducted regularly, and the physical condition of employees is objectively assessed with the help of innovative simulators and digital monitoring tools [7].

Scientific research also shows that in the U.S. model, personnel's physical training is developed in harmony with a healthy lifestyle. For this purpose, nutrition programs, stress management courses, and mental resilience training have been widely introduced. These directions ensure that physical training is integrated not only with sports exercises but also with personal lifestyle and professional activity [8].

From the perspective of state policies, physical training in the U.S. is evaluated as an integral part of the national security strategy. For example, Barack Obama, in his speeches, particularly emphasized that the physical and psychological endurance of police and military personnel is one of the main pillars of ensuring state security. This indicates that strategic importance is attached to the physical training system [9].

The German model—endurance and discipline under extreme conditions—when analyzed from a scientific standpoint, shows that the physical training system in Germany's law enforcement and military structures is based on strict regulatory frameworks and practical training. At its core lies personnel's mobility under extreme conditions, stress resilience, and collective discipline. Personnel regularly participate in simulated exercises where artificial scenarios such as fires, explosions, or terrorist attacks are created, and their ability to make correct decisions is also evaluated. This makes the German model a system that integrates not only physical exercises but also psychological endurance and professional mobility in extreme situations [10].

Furthermore, Germany has developed unified physical training standards for internal affairs bodies and Bundeswehr troops, which are enshrined in "Polizeidienstliche Standards" and military regulations. These standards require personnel to continuously improve indicators such as running, strength, agility, obstacle overcoming, and swimming. The main focus is on ensuring that personnel maintain mental and physical resilience over long periods [11].

In the German experience, the integration of physical training with psychological preparation is of particular importance. Modern simulators and digital technologies are widely used in training, which enhances personnel's readiness for real-life situations. Scientific studies emphasize that stress resilience and psychological stability are among the decisive factors determining service effectiveness [12].

At the same time, promoting a healthy lifestyle for personnel has been defined as an important task in German police academies and military units. Training continues regularly even outside of duty hours, and endurance and agility are maintained through sports clubs. This ensures that personnel remain constantly ready for service [13].

In conclusion, the German model of organizing physical training relies on a strict regulatory framework, simulated exercises under extreme conditions, the development of psychological resilience, and the promotion of a healthy lifestyle. This not only enhances personnel's professional capacity but also guarantees their effective participation in ensuring state security and public order.

The Japanese model—harmony of physical and moral discipline—when analyzed scientifically, shows that Japan's law enforcement and military training system is distinguished by its focus not only on improving physical performance but also on strengthening moral discipline and ethical stability. In this system, traditional national sports such as aikido, kendo, and judo are integrated into training programs, enabling personnel to develop strength, endurance, and agility, while simultaneously reinforcing inner discipline, responsibility, and a sense of duty [14].

Furthermore, in training conducted at Japanese police academies and within the Self-Defense Forces, physical preparation is always carried out in harmony with psychological preparation. During training, personnel are evaluated not only physically but also mentally, with attention given to their stress tolerance, decision-making ability, and teamwork. From a scientific perspective, this ensures that personnel remain stable in emergencies and can communicate effectively with the public [15].

Another important aspect of Japan's experience is that physical training is viewed not only as a professional duty but also as a life philosophy. Training has become an integral part of personnel's lifestyle, resulting in the fusion of a healthy lifestyle with professional discipline. From a scientific standpoint, this contributes to long-term professional efficiency and strengthens personal resilience [16].

In conclusion, the Japanese model of organizing physical training combines traditional sports, moral discipline, psychological resilience, and the philosophy of a healthy lifestyle. This ensures personnel's physical and moral preparedness, granting the model strategic significance in maintaining national security and public order.

The Japanese model—harmony of physical training and moral discipline—when analyzed scientifically, also demonstrates that Japan's law enforcement and military systems view physical training not only as a means of ensuring health and professional performance but also as a strategic mechanism that strengthens moral discipline and ethical stability. In this system, physical exercises are organized in harmony with traditional national sports such as aikido, kendo, and judo. Through

these disciplines, personnel not only develop strength, endurance, and agility, but also cultivate inner discipline, duty, and responsibility [17].

In addition, physical training exercises in Japan are always carried out in harmony with psychological preparation. Great importance is attached to developing personnel's stress resilience, rapid decision-making ability, and constructive communication with the public. According to scientific analysis, this ensures professional stability, the ability not to lose control in emergencies, and the preservation of collective discipline [18].

In the Japanese model, physical training is also interpreted as a personal life philosophy. Personnel carry out training not only as part of their service duties but also as part of their daily lifestyle. Such an approach develops a healthy lifestyle in personnel and ensures their long-term professional effectiveness [19].

In conclusion, the Japanese model of organizing physical training is implemented by combining traditional sports, moral-ethical discipline, psychological resilience, and a healthy lifestyle. This ensures personnel's readiness both physically and morally, granting the system strategic significance in maintaining national security and public order.

The Russian model—physical training system of law enforcement and military personnel—when analyzed scientifically, shows that in Russia the physical training of law enforcement officers and military personnel is regarded as an important factor in ensuring state security and public order. This system is based on a strict regulatory-legal framework and is aimed at ensuring personnel's physical endurance, mobility, and professional effectiveness under extreme conditions. For example, within the Ministry of Internal Affairs of the Russian Federation and the National Guard (Rosgvardiya), every employee is required to pass established normative tests annually, which assess their level of physical and functional preparedness [20].

An important feature of the Russian model is that physical training is interpreted not as a means of promoting a healthy lifestyle, but as a criterion of serviceability and professional effectiveness. Personnel regularly participate in simulated exercises, improving their skills for responding to terrorism, mass disturbances, and emergencies. Through this, their stress resilience and rapid decision-making abilities are developed [21].

In addition, innovative technologies are being widely integrated into Russia's physical training process. Personnel's physiological condition is monitored through medical devices and modern fitness equipment. Scientific research on physical training has been established in internal

affairs academies and military universities, aimed at assessing personnel's functional capacity and improving effectiveness [22].

In the Russian model, physical training is organized in harmony with moral and ideological education. During the training process, personnel strengthen their sense of loyalty to the state, patriotism, and collective solidarity. From a scientific perspective, this fosters harmony between physical preparedness and moral stability, resulting in high levels of service efficiency and state security [23].

In conclusion, the Russian model of organizing physical training is implemented by combining a strict regulatory framework, comprehensive testing, simulated exercises, innovative technologies, and moral-ideological education. This model enhances both the physical and moral readiness of personnel, thereby increasing their professional effectiveness in ensuring state security and public order.

The NATO model—collective resilience and an innovative evaluation system—when analyzed scientifically, demonstrates that NATO's experience in the physical training of military personnel and law enforcement officers is based on unified standards and specific criteria. Its main objective is not only to ensure individual preparedness but also to maintain collective stability and strategic defense capacity. As NATO Secretary-General Jens Stoltenberg emphasized in his 2022 address, the physical endurance and resilience of personnel are among the most important pillars of the overall security system [24].

In this model, personnel regularly undergo standardized tests. These tests cover criteria such as running, strength exercises, mobility in extreme conditions, and stress tolerance. Conducting the tests uniformly ensures a common level of preparedness for the armed forces and police systems of NATO member states, while allowing an objective assessment of individual capabilities [25].

At the same time, NATO's experience integrates modern simulators, digital monitoring technologies, and specialized psychological training programs into its physical training system. For example, Stress Inoculation Training programs strengthen personnel's psychological resilience and enhance their ability to operate effectively in conditions of collective solidarity [26].

From a scientific perspective, the NATO model evaluates physical training not only at the individual level but also as a criterion of collective effectiveness. During training, emphasis is placed on cooperation among personnel, supporting one another in extreme situations, and

adherence to collective discipline. This ensures the stability of the overall defense and security system [27].

In conclusion, the NATO model of organizing physical training is based on unified standards, innovative technologies, psychological resilience programs, and the principles of collective solidarity. This model, while developing the individual capabilities of personnel, also represents a scientifically grounded approach that ensures the effectiveness of the overall defense system.

The experiences of foreign countries and international organizations described above show that in organizing and evaluating the physical training of internal affairs personnel, clear legal norms, innovative evaluation methods, and incentive systems serve as key factors in increasing service efficiency. For example, in the “Functional Fitness” program introduced at the U.S. Federal Bureau of Investigation (FBI) Academy, criteria for assessing personnel’s endurance, stress resilience, and readiness to perform professional duties are legally regulated [28]. Meanwhile, Japan’s National Police Agency legally establishes the integration of physical training with moral discipline as a foundational principle [29]. Similarly, in the practice of China’s University of Internal Affairs, the integration of elements of national sports into law enforcement training programs ensures the harmony of legal and moral factors [30].

In NATO and Russian practices, the evaluation process of personnel’s physical training is specifically regulated by law, with the use of innovative simulators and electronic platforms being given a legal basis. In particular, NATO’s Training and Education Command reports note that the use of modern technologies to accurately measure personnel’s preparedness indicators is legally guaranteed [31]. According to Order No. 340 issued in 2017 by the Ministry of Internal Affairs of the Russian Federation, if a service member achieves high results in physical training, they may be awarded “extraordinary special ranks,” legally enshrined as a norm [32].

Based on this scientific analysis, it becomes clear that harmonizing the national legal framework with international legal standards is a requirement of the times. For instance, in the Law of the Republic of Uzbekistan “On Internal Affairs Bodies,” physical training of personnel is defined as a general duty, but precise standards and evaluation mechanisms are not fully detailed. From this perspective, based on scientific analysis, it is advisable to introduce the following amendments to the law:

First, an addition to Article 16 (Duties of Internal Affairs Bodies) of the Law of the Republic of Uzbekistan “On Internal Affairs Bodies”—introducing the proposed norm into legislation—

would enable the evaluation of personnel's physical preparedness not only based on general sports indicators but also on functional tests and psychological stability criteria. In U.S. practice, in particular, the Law Enforcement Fitness Standards developed by the U.S. Department of Justice provide for the use of comprehensive physical and psychophysiological tests in objectively assessing police officers' fitness for service [33]. This system serves as an important factor in increasing service effectiveness.

Second, an addition to Article 32 (Dismissal of Internal Affairs Personnel from Service) of the Law of the Republic of Uzbekistan "On Internal Affairs Bodies"—based on the Japanese model—would integrate physical training with moral and ethical education programs. This would strengthen the serviceability of internal affairs personnel not only physically but also morally. In Japan's National Police Agency's "Police Service System," the combination of physical training and moral discipline for personnel is identified as a factor ensuring the long-term stability of the law enforcement system [34]. Therefore, this amendment would contribute to the creation of a modern model of personnel development in national legislation.

Third, an addition to Article 26 (Recruitment into Internal Affairs Bodies) of the Law of the Republic of Uzbekistan "On Internal Affairs Bodies"—introducing an evaluation system based on innovative technologies—would be a necessary requirement in modern conditions. In NATO practice, Simulation Training Systems are used, and in the Russian Ministry of Internal Affairs Academy, electronic platforms have been established to assess physical tests, providing a rapid and objective evaluation of personnel's readiness for service [35]. Thus, including this norm in national legislation would ensure the integration of Uzbekistan's internal affairs bodies with digital reforms.

Fourth, an addition to Article 29 (Special Ranks of Internal Affairs Personnel) of the Law of the Republic of Uzbekistan "On Internal Affairs Bodies"—awarding extraordinary special ranks to personnel with many years of experience and high performance in physical training—is effectively implemented through existing orders of the Russian Ministry of Internal Affairs. This method enhances the personal motivation of personnel, creating an environment of fair evaluation and encouragement within the system. Introducing such an addition into national legislation would strengthen personnel's aspiration toward long-term service, dedication, and professional effectiveness.

Undoubtedly, integrating these proposals into legislation will not only contribute to the effective organization of physical training for internal affairs personnel but will also positively

impact the efficiency of the entire system. Based on scientific analysis, the expected outcomes can be outlined as follows:

First, legally defining clear standards and functional criteria for physical training will create opportunities for the objective evaluation of personnel's serviceability. This will reduce subjectivity, ensure that personnel remain constantly prepared for service, and increase their personal accountability.

Second, an evaluation system for physical training, introduced through innovative technologies based on NATO and Russian practices, will make it possible to accurately measure personnel's functional abilities and stress resilience. As a result, the professional preparedness of personnel will be adapted to higher standards, and their service effectiveness will increase.

Third, based on Japanese and Chinese practices, organizing physical training in harmony with moral and ethical education will ensure that personnel are stable not only physically but also morally. Consequently, the level of discipline and professional ethics within internal affairs bodies will rise.

Fourth, as in Russian practice, awarding extraordinary ranks and incentives to experienced personnel with high achievements in physical training will play an important role in recognizing their work. This, in turn, will strengthen motivation among staff, increase retention in service, and enhance the transfer of experience from generation to generation.

Fifth, the proposed amendments will ensure that national legislation aligns with international standards, raising the international reputation of Uzbekistan's internal affairs bodies, expanding their capacity for cooperation, and strengthening their adaptability to modern requirements in law enforcement.

In conclusion, integrating these proposals into the norms of the law will ensure efficiency, discipline, innovation, and compliance with international standards within the internal affairs system. This, in turn, has strategic importance in strengthening public safety.

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