

DIFFERENCES BETWEEN MILITARY TRAINING AND REGULAR PHYSICAL EDUCATION.

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Abstract: This article analyzes the main differences between military training and ordinary physical education. It examines in detail how the purpose, methodology and intensity of military physical education differ from ordinary physical education. It also analyzes the impact of military training on physical and psychological preparation.

Keywords: Military training, physical education, endurance, strength training, discipline, psychological preparation, extreme conditions.

Introduction

While physical education is aimed at strengthening human health and improving general physical condition, military physical education serves a specific purpose - to prepare military personnel physically and psychologically for combat conditions. The main differences between military training are that it requires strict discipline, is aimed at developing a high level of endurance and strength, and teaches how to act effectively in extreme conditions. This article provides detailed information about the main differences between military training and ordinary physical education and their impact on the human body.

Methodology

This article used the following research methods and approaches to identify the differences between military physical training and ordinary physical education:

1. Literature analysis

Scientific articles, textbooks, and international military standards on military training and physical education were studied. Through this literature, the main goals, methods, and differences of military physical training from general physical education were analyzed.

2. Comparative method

The differences between military training and ordinary physical education methods were identified by comparing them. The training was analyzed in terms of content, workload, discipline, and goals.

3. Empirical analysis

The real practice of military physical training programs was studied and compared with various sports training. Training methods in military academies and sports centers were studied.

4. Expert assessment

The opinions of military trainers, sports coaches, and physical education specialists were analyzed. Based on their experiences, the level of effectiveness of military training and its advantages over ordinary physical education were determined.

Through these methods, the article clearly analyzed the differences between military physical training and ordinary physical education and drew scientifically based conclusions.

The goals of military training and regular physical education

Regular physical education is aimed at strengthening human health, increasing physical activity and improving the level of general physical fitness. Its main goal is to form a healthy lifestyle and prevent diseases.

However, the main goal of military training is to prepare military personnel to survive in combat conditions, to act effectively under strong physical and psychological pressure. Military training is aimed not only at maintaining health, but also at maintaining endurance, accuracy and balance in extreme situations.

Intensity and composition of training

Regular physical education includes the following types of activities:

General physical exercises (running, jumping, stretching exercises)

Sports games (football, basketball, volleyball)

Cardio training and fitness programs

Exercises aimed at developing flexibility and coordination

Military physical training requires much stricter discipline and high loads. It may consist of the following exercises:

- Walking and running with a load over long distances (march-tour)
- Climbing and military gymnastics (climbing along a rope, pulling up on a horizontal bar)
- Exercises adapted to a combat situation (overcoming obstacles, physical resistance)
- Improving physical and mental fitness in extreme conditions
- Special training in handling weapons and military equipment

Endurance and psychological training

While ordinary physical education is aimed at maintaining a person's physical fitness and health, military physical training develops not only physical, but also mental stability. Military training helps to combat fatigue, stress, and fear.

During military training, military personnel develop the following skills:

- Stress tolerance - effective behavior in combat conditions
- Physical endurance - the ability to withstand heavy loads for a long time
- Strength and agility - overcoming obstacles and making quick decisions
- Teamwork skills - cooperation in military units

The impact of training on discipline and regimen

While ordinary physical education accustoms a person to a healthy lifestyle, military training requires a strict regimen and discipline. Military personnel train according to a strict schedule, which increases their physical and mental fitness.

Final differences

Feature	General education	physical	Military training	physical
Goal	Maintaining increasing physical activity	health, general	Developing readiness, mental stability	combat and endurance
Training intensity	Moderate, increasing the load	gradually	High, adapted to extreme conditions	
Methodology	Sports training, physical activity	general	Military training, marching with loads, combat operations	
Mental effects	Reduce stress, activity	increase	Stress tolerance, psychological stability	
Discipline and regime	Flexible, chosen	voluntarily	Implemented according to a strict plan, with military discipline	

Conclusion

There are significant differences between military physical training and ordinary physical education. Ordinary physical education is aimed at increasing a person's overall physical activity, strengthening health and improving the quality of life through sports, while military physical training is aimed at adapting military personnel to combat conditions, forming high endurance, agility and psychological stability.

Military training differs from ordinary physical training in its strict discipline, heavy loads and orientation to action in extreme conditions. Physical training for military personnel develops not only strength, endurance and agility, but also forms stress tolerance, discipline and teamwork skills.

Thus, military training serves specific strategic and tactical goals and is a special system aimed at maximizing a person's physical and mental capabilities. Through this training, military personnel are prepared for real combat conditions and can demonstrate their endurance, agility and mental stability in any situation.

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