

**Part 5. COMBAT HORTING AS A MEANS OF PHYSICAL EDUCATION
OF A HARMONIOUSLY DEVELOPED, SUCCESSFUL, A VITALLY
ACTIVE PERSONALITY – PUPILS, STUDENTS AND CADETS:
RESULTS OF RESEARCH WORK**

**5.1. Educational programs for Combat Horting – implementation during
training classes strength fitness for a successful personality: athletes (pupils,
students and cadets) of Combat Horting (experimental work)**

Actuality of theme. Systematic training and competitive activities of athletes (pupils, students and cadets) of Combat Horting is characterized by work on the development of various forms of strength. In the scientific and methodological literature [1-21] one of the most important components of sports training is physical training, aimed to developing of motor skills – strength, speed, endurance, flexibility, coordination skills.

Thus, general physical training ensures the comprehensive development of Combat Horting athletes and creates conditions for the most effective manifestation of special physical qualities in the chosen type of martial arts. Acquired functional potential in the process of general physical training is an essential prerequisite for successful improvement in sports. High indicators of general physical training provide a basis for the development of special physical qualities and promote the transfer of the training effect from general to special and competitive exercises. Thus, the search for means of using strength exercises in the process of martial arts training requires the development of exercise dosing and recommendations for athletes (pupils, students and cadets) of Combat Horting with different levels of physical preparedness [1-21].

Analysis of literature sources shows that the scientific substantiation for the use of strength fitness in the process of training martial arts revealed in their

works: Arzyutov, G., Dilenyan, M., Yeromenko, E., Kuptsov, A., Platonov, V., Silin, V., Sychov, S. and others.

Today, Combat Horting, the national professional and applied sport of Ukraine, is actual among pupils, students and cadets. Development of effective Combat Horting programs is aimed at conducting classes in both classroom and extracurricular activities. Thus, there are already scientific publications on Combat Horting, published outside of Ukraine: Dikhtiarenko, Z., Yeromenko, E., Fedorchenko, T. («Combat horting» as a means of forming a successful personality in terms of ideological and ideological confrontation (on the example of pupils, students, cadets), 2020); Malynskyi, I., Boyko, V., Dovgan, N., Dikhtiarenko, Z., Yeromenko, E., Fedorchenko, T., Lytvynenko, A., Khatko, A., Pustoliakova, L., Ostapenko, O., Zubalii, M., Khimich, V., Koval, A., Zhivolovich, S., Korobchenko, A., Ostapchuk, L. (Horting as a Means of Physical Education for Pupils and Students, 2020); Khatko, A., Dikhtiarenko, Z., Yeromenko, E., Lytvynenko, A. (Use in Google Fit Combat Horting to control the physical activity of students, students, cadets, servicemen, security personnel, 2020); Dikhtiarenko, Z., Shcherbina, Y., Pustoliakova, L., Gontar, J. (The potential of pedagogical technologies during distance learning in the study of theoretical material by adolescents and students (cadets) with the possibility of forming an active life position by means of Combat Horting, 2021); Dikhtiarenko, Z., Shcherbina, Y., Pustoliakova, L. (The impact of information technology and Combat horting on the pupils and students, cadets, 2021); Dovgan, N., Fedorchenko, T., Yeromenko, E., Dikhtiarenko, Z., Kukushkin, K., Lavrentiev, O., Sergienko, Y., Khatko, A., Khimich, V., Shcherbina, Y., Pustoliakova, L., Hulai, V., Demchenko, N., Hrek, T., Vaskivska, T., Yeromenko, V., Ovsiukova, O., Zub, R., Melnik, B. (Horting as the tool of comprehensive education of pupils, students, and cadets, 2021); Khatko, A., Dikhtiarenko, Z., Yeromenko, E., Yeromenko, V. (The use of cloud technologies in the training of specialists (pupils and students, cadets) in Combat Horting, 2021); Dikhtiarenko, Z., Korzhenko, I., Steshyts, A. (Training of future

physical education teachers and martial arts coaches – Combat Horting to the application of healthcare technologies, 2022) etc. [2-7; 8-10].

Connection with scientific topics. Thus, the analysis of recent research and publications makes it possible to state that this is a topical issue aimed at implementing the results of research work in secondary and higher education [1-21]. And, therefore, research is carried out according to research works: 1) Educational and Scientific Institute of Special Physical and Combat Training and Rehabilitation of the University of the State Fiscal Service of Ukraine for 2017-2020 on «National sport Horting as a means of physical education for students» state registration number 0118U001989); for 2021-2026 «Increasing the physical capacity of various groups of people in the process of training in physical culture and sports» (state registration number 0121U113261); 2) Institute of Problems of Education of the National Academy of Pedagogical Sciences of Ukraine for 2020-2022 on the general theme: «Military-patriotic education of students in terms of ideological confrontation» (state registration number 0120U100443); 3) Department of «Theories and Methods of Physical Education» of the Private Higher Educational Institution «Ukrainian Institute of Arts and Sciences» for 2021-2026 on the topic «Principles of a healthy lifestyle in the system of physical education» (state registration number 0121U113032).

The purpose of the publication is scientific substantiation of the feasibility of implementing Combat Horting during strength fitness training sessions for athletes (pupils, students and cadets), and, therefore, the use of a block system of training in Combat Horting training programs; developed: a questionnaire for students of grades 4-5; questionnaire for students of grades 6-9; a questionnaire for pupils (10-11 grades), students and cadets on the general topic: «Study programs for Combat Horting: understanding the main terms».

Presentation of the main material of the research. Many years of research have shown that strength training causes an increase in muscle strength due to hypertrophy of muscle fibers.

Combat Horting is a national professional and applied sport of Ukraine. This is a high and responsible appointment. Its creation at the beginning of the XXI century can be considered the time of introduction in 2008 in Ukraine and abroad, the founder of all Ukrainian Horting Yeromenko, E. new to the sports community, he invented the name «Horting», competition rules and training system for athletes which have not been used in the world so far. Currently, the Combat Horting is working to help improve the functional training of law enforcement officers, as well as cadets and students of specialized departmental institutions of higher education. Elementary school students are starting to train professionally in «Combat Horting» clubs, and teenagers are already actively participating in competitions of various levels [1-10; 12-17; 19]. Thus, it is difficult to overestimate the importance of Combat Horting at the stage of personality formation.

Athletes (pupils, students and cadets) of Combat Horting for the use of strength exercises in the training of martial arts, we recommended to pay attention to the types of strength qualities – speed strength, maximum strength and strength endurance. An important component in the use of strength exercises in the training process was the determination of the dosage of the load for Combat Horting athletes with different physical preparedness.

For novice athletes (pupils, students and cadets) of Combat Horting, we advised to use training exercises with an expander or rubber bandages. Accordingly, these exercises included stretching the expander from different positions, which involved a significant amount of muscle load. For physically fit athletes in Combat Horting was offered sets of exercises with different weights and barbells. Such sets of athletic exercises included a variety of weightlifting and barbell lifting, bench presses, squats, jerks, pull-ups, and exercises on the simulators in the isometric mode of muscle work.

The next action in the use of strength exercises was to determine the dosage of the load. Thus, recommendations for load dosing were developed using special strength training complexes with a load of 30-50% of the maximum, which significantly increased the speed and strength capabilities of athletes (pupils, students

and cadets) of Combat Horting up to 18 %. Strength training of athletes with a load of 70-90% of the maximum contributed to building muscle mass, significantly improved strength, and also contributed to the harmonious and proportionate construction of the athlete's body [3; 7; 10; 18-20].

In addition, the application of recommendations with dosing load took into account the peculiarities of the physical condition of Combat Horting fighters, where they were divided into levels of physical preparedness: low (beginners), medium (mass ranks), high (sports improvement).

For Combat Horting athletes with a low level of physical fitness to increase muscle strength, we would recommend performing athletic exercises in 5-6 approaches with a weight of 65-75% of maximum weight and 6-8 repetitions.

The duration of rest between repetitions is 2-3 minutes. The rate of exercise is medium. For speed and power qualities, we recommend a load of 30-40% of the maximum weight in 5-6 approaches with 8-10 repetitions at a slow or medium pace. The duration of rest between series is 1.5-3 minutes. The development of strength endurance involved the use of a load of 20-25 % of maximum weight, the number of repetitions was 25-30 times at a slow pace and the duration of rest was 2-3 minutes.

Combat Horting athletes with an average level of training were offered a load of 75-85% of the maximum weight in 4-5 approaches at a medium pace with 5-6 repetitions and a rest duration of 1.5-2.5 minutes.

For speed and power qualities, the amount of load is 40-50% in 4-5 approaches at a fast pace and the duration of rest is 1-2 minutes. Strength endurance provided 25-30% in 3-4 approaches at a medium pace and a rest duration of 2-3 minutes.

The method of strength development for Combat Horting athletes with a high level of physical preparedness is somewhat different from previous levels. Thus, the load increases to 85-100% of maximum weight, the number of approaches and repetitions decreases to 3-4 times and up to 1-3 times. Exercises are recommended to be performed at a medium pace with a break of 1-2 minutes between approaches. Similarly, for speed and power qualities, the quantity of the load is 50-60%,

the number of approaches 3-4 times with 14-18 repetitions at a fast pace. Rest between approaches 0.5-1 minutes.

For strength endurance was proposed 30-40% in 3-4 approaches and 18-22 repetitions at a medium pace and a rest duration of 2-3 minutes.

In training programs for Combat Horting, authored by E. Yeromenko, a block system of sportsmen's training is applied [12; 15].

This system facilitates both online and offline training of athletes.

The educational and thematic plan of all programs provides 172 hours of training per year (4 hours per week) for Combat Horting athletes of the first and second year of training. For educational and training groups – Combat Horting athletes in the third and fourth year of training: 258 hours per year (6 hours per week).

The author's experimental methodology regarding the expediency of implementing during strength fitness training sessions for athletes (pupils, students and cadets) Combat Horting, and, therefore, Z. Dikhtiarenko proposed the use of a block system of training in training programs for Combat Horting.

Questionnaire for pupils of grades 4-5

«Combat Harting Training Programs: Understanding Basic Terms»

(methods: cross-examination, questionnaire, «unfinished sentence»)

Dear friends!

Help us understand your interpretation of concepts related to Combat Horting training programs.

All answers to questionnaire questions are anonymous and the results of the questionnaires will be analyzed in percentages.

Please read the questionnaire carefully and complete the sentences as you think. If you do not know the answer to a certain question, mark «----».

Schoolboys _□_, Schoolgirls _□_.

Full years _____ year of birth _____.

Sex: male _□_, female _□_.

1. Combat Horting is ... _____

2. A Hort is ... _____
3. Physical culture is ... _____
4. Dueling is ... _____
5. Sport is ... _____
6. The competition is ... _____
7. Khortytsya is ... _____
8. The student is ... _____
9. The teacher is ... _____
10. The coach is ... _____
11. The institution of general secondary education is ... _____
12. Training is ... _____
13. Please list the exercises for developing strength _____
14. Strength fitness is ... _____

15. Do you independently read Training programs on Combat Horting, Programs on Combat Horting?

16. Does your coach, trainer-teacher tell / show you about Training programs for Combat Horting, Programs for Combat Horting? _____

17. What is provided in the content of the program: «Educational program of recreational classes on Combat Horting for children of primary school age» (author: E. Yeromenko)?

18. What is included in the content of the program: «Educational program of group work on Combat Horting for younger schoolchildren» (author: E. Yeromenko)?

19. What is provided in the content of the program: «Program of extracurricular activities on Combat Horting for children of primary school age» (author: E. Yeromenko)?

20. What is provided in the content of the program: «Program of physical culture and health training on Combat Horting for children and young people» (author: E. Yeromenko)?

21. What is included in the content of the program: «Combat Horting program for children's and youth sports schools and schools of higher sports skills» (author: E. Yeromenko)?

22. Please list the types of training that are included in the block system of training of Combat Horting athletes for educational and training classes

Thank you very much for participating in the study. We wish you success!

Questionnaire for pupil of grades 6-9

«Combat Harting Training Programs: Understanding Basic Terms»

(methods: cross-examination, questionnaire, «unfinished sentence»)

Dear friends!

Help us understand your interpretation of concepts related to Combat Horting training programs.

All answers to questionnaire questions are anonymous and the results of the questionnaires will be analyzed in percentages.

Please read the questionnaire carefully and complete the sentences as you think. If you do not know the answer to a certain question, mark «----».

Schoolboys _□_, Schoolgirls _□_.

Full years _____ year of birth _____.

Sex: male _□_, female _□_.

1. Combat Horting is ... _____

2. A Hort is ... _____

3. Physical culture is ... _____

4. Dueling is ... _____

5. Sport is ... _____

6. The competition is ... _____

7. Khortytsya is ... _____

8. The student is ... _____

9. The teacher is ... _____

10. The coach is ... _____

11. The institution of general secondary education is ... _____

12. Training is ... _____

13. Please list the exercises for developing strength _____

14. Strength fitness is ... _____

15. A teenager is ... _____

16. Training is ... _____

17. The educational and training process is... _____

18. Do you independently read Training programs on Combat Horting,
Programs on Combat Horting?

19. Does your coach, trainer-teacher tell / show you about Training programs
for Combat Horting, Programs for Combat Horting?

20. What is provided in the content of the program: «Program of physical
culture and health training on Combat Horting for children and young people»
(author: E. Yeromenko)?

21. What is included in the content of the program: «Program of extracurricular
work on Combat Horting for middle school students» (author: E. Yeromenko)? _

22. What is included in the content of the program: «Program of educational and
training classes on Combat Horting for athletes of youth, cadet and junior age»
(author: E. Yeromenko)?

23. What is included in the content of the program: «Combat Horting program for children's and youth sports schools and schools of higher sports skills» (author: E. Yeromenko)?

24. Please list the types of training that are included in the block system of training of Combat Horting athletes for educational and training classes

Thank you very much for participating in the study. We wish you success!

Questionnaire for pupil (grades 10-11), students and cadets

«Combat Harting Training Programs: Understanding Basic Terms»

(methods: cross-examination, questionnaire, «unfinished sentence»)

Dear friends!

Help us understand your interpretation of concepts related to Combat Horting training programs.

All answers to questionnaire questions are anonymous and the results of the questionnaires will be analyzed in percentages.

Please read the questionnaire carefully and complete the sentences as you think.

If you do not know the answer to a certain question, mark «----».

Schoolboys _□_, Schoolgirls _□_, student _□_,
student (cadet of the military training department) _□_

Full years _____ year of birth _____.

Sex: male _□_, female _□_.

1. Combat Horting is ... _____

2. A Hort is ... _____

3. Physical culture is ... _____

4. Physical education is... _____

5. Dueling is... _____

6. Sport is ... _____

7. The competition is ... _____
8. Khortytsya is ... _____
9. The student is ... _____
10. A student of higher education is ... _____
11. The teacher is ... _____
12. The teacher is ... _____
13. The coach is ... _____
14. The institution of general secondary education is ... _____
15. The institution of higher education is ... _____
16. A teenager is ... _____
17. Training is ... _____
18. The educational and training process is ... _____
19. Please list the exercises for developing strength _____
20. Strength fitness is ... _____

21. Do you independently read Training programs on Combat Horting, Programs on Combat Horting?

22. Does your coach, trainer-teacher tell / show you about Training programs for Combat Horting, Programs for Combat Horting? _____

23. What is included in the content of the program: «Program of extracurricular educational and training classes on Combat Horting for high school students» (author: E. Yeromenko)?

24. What is included in the content of the program: «Program of the sports section of Combat Horting for students of higher education» (author: E. Yeromenko)? _____

25. What is included in the content of the program: «Combat Horting program for children's and youth sports schools and schools of higher sports skills» (author: E. Yeromenko)?

26. What is provided in the content of the program: «Educational program of sports and recreation classes on Combat Horting for different population groups» (author: E. Yeromenko)?

27. Please list the types of training that are included in the block system of training of Combat Horting athletes for educational and training classes

28. Please list what is included in the block: theoretical training _____

29. Please list what is included in the block: physical training _____

30. Please list what is included in the block: technical training _____

31. Please list what is included in the block: tactical training _____

32. Please list what is included in the block: psychological preparation ____

33. Please list what is included in the block: educational work _____

34. In your opinion, is a block system of educational and training sessions for Combat Horting athletes appropriate?

Thank you very much for participating in the study. We wish you success!

Conclusions. The implementation of the recommendations for the use of strength fitness in training [1-21] confirmed their effectiveness in the process of training athletes (pupils, students and cadets) of Combat Horting. Defined purpose of the publication: s: scientific substantiation of expediency of introduction of strength fitness for athletes (pupils, students and cadets) of Combat Horting during training sessions – was achieved through the developed recommendations for load dosing with the use of special strength exercises with weights.

Thus, the purpose of the publication is determined: scientific substantiation of the feasibility of implementing during strength fitness training sessions for athletes (pupils, students and cadets) Combat Horting, and, therefore, the use of a block system of training in Combat Horting training programs – was achieved through

the developed load dosage recommendations using complexes of special strength exercises with weights and a description of the block system of training (theoretical, physical, technical, tactical, psychological) and educational work) of Combat Horting athletes during training sessions; Z. Dikhtiarenko developed: a questionnaire for students of grades 4-5; questionnaire for students of grades 6-9; a questionnaire for pupils (10-11 grades), students and cadets on the general topic: «Study programs for Combat Horting: understanding the main terms».

The following title and purpose of the publication will be directed to the development of tests that can be conducted during distance learning, in martial law conditions at physical education classes and the «Combat Horting» sports club – this will reflect the prospects of further research and confirm the relevance and timeliness of the chosen topic.

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Part 5. Combat Horting as a means of physical education of a harmoniously developed, successful, a vitally active personality – pupils, students and cadets: results of research work

5.1. *Tetiana Fedorchenko, Zoia Dikhtiarenko, Tamila Berezghna, Halyna Kolomoiets.*

Educational programs for Combat Horting – implementation during training classes strength fitness for a successful personality: athletes (pupils, students and cadets) of Combat Horting (experimental work). In a scientific article «Educational programs for Combat Horting – implementation during training classes strength fitness for a successful personality: athletes (pupils, students and cadets) of Combat Horting (experimental work)» the justification of the expediency of implementation during training sessions of strength fitness for athletes (pupils, students and cadets) of Combat Horting is revealed.

Based on the theoretical and practical research of S. Sychoy and Z. Dikhtiarenko, recommendations on the use of strength fitness in training have been developed, which confirmed their effectiveness in the process of training athletes (pupils, students and cadets) in Combat Horting. Therefore, the authors of the publication considered in detail the block system of training (theoretical, physical, technical, tactical, psychological) and educational work) of Combat Horting athletes during educational and training sessions.

The author's experimental methodology regarding the expediency of implementing during strength fitness training sessions for athletes (pupils, students and cadets) Combat Horting, Z. Dikhtiarenko proposed the author's experimental methodology regarding the expediency of implementing strength fitness during training classes for athletes (pupils, students and cadets) of Combat Horting, and, therefore, the use of a block system of training in training programs for Combat Horting. The scientist developed: a questionnaire for students of grades 4-5; questionnaire for students of grades 6-9; a questionnaire for pupils (10-11 grades), students and cadets on the general topic: «Study programs for Combat Horting: understanding the main terms».

Thus, the authors of the scientific publication proved the timeliness and relevance of Combat Horting training programs developed by E. Yeromenko with a block training system for Combat Horting athletes: Educational program of recreational classes on Combat Horting for children of primary school age; Educational program of group work on Combat Horting for younger schoolchildren; a Program of extracurricular classes on Combat Horting for children of primary school age; a Program of physical culture and health training on Combat Horting for children and young people; a Program of extracurricular work on Combat Horting for students of secondary school age; a program of educational and training classes on Combat Horting for athletes of youth, cadet and junior age; a Program of extracurricular educational and training classes on Combat Horting for students of high school age; Program of the sports section on Combat Horting for students of higher education; Combat Horting program for children's and youth sports schools and schools of higher sports skills; Educational program of sports and recreational classes on Combat Horting for different population groups.

This system facilitates both online and offline training of athletes.

Part 5. Combat Horting as a means of physical education of a harmoniously developed, successful, a vitally active personality – pupils, students and cadets: results of research work

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ENSURING STANDARDS OF QUALITY OF LIFE IN A TURBULENT WORLD

Monograph

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