

# Exploration on Developing and Strengthening Ways of Physical Fitness Training for Police School Students

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**ABSTRACT.** As the main source of the police force, the police academy has formulated scientific and reasonable physical training methods, which can enable the police academy students to quickly adapt to police work and various environments such as resisting arrest of criminals, continuous and long-term operations, overload and fatigue operations, and improve the police academy students' ability to crack down on various illegal and criminal activities. For police school students, it is particularly important to strengthen physical training, which is also the basic quality of the police. Physical fitness training in police academies is related to the police's physical quality, adaptability and athletic ability, and even to tactics and skills, which determine their survival in combat. Therefore, physical fitness training is of great significance in police academies. Based on the basic theoretical concepts and training contents of physical fitness training in schools, this paper makes an in-depth analysis on how to effectively carry out and further strengthen the physical fitness training paths of students in police colleges, which provides a useful reference for training application-oriented police professionals and formulating targeted physical fitness training strategies in the new era.

**KEYWORDS:** Police school students, Physical training, Strengthening approach

## 1. Introduction

Physical fitness, also known as physical ability refers to the ability of various parts or systems of the body to respond to unexpected situations. It covers a wide range and its contents are divided into two types: basic activity ability and physical quality. [1] The problem of social security in China has also gradually emerged, which has hindered the economic and social progress [2]. Therefore, the training of the polices has been attracted more and more attention. The physical ability of the police is the main standard to measure a police officer's comprehensive professional application skills, and it is also an important factor for students to effectively crack down on various criminal acts while stepping back from various high-risk tasks [3]. Physical training can enable police school students to quickly adapt to police work, adapt to various environments such as resisting arrest of criminals, continuous and long-term operations, overload and fatigue operations, improve the ability of police school students to crack down on various illegal and criminal activities, and improve the effect of physical training. For police school students, they must have good physical fitness, strong physique and reaction ability. Only in this way can they better perform their duties as police officers.

## 2. An Overview of Physical Training

Physical fitness training refers to the sum of strength training, speed training, aerobic and anaerobic training, coordination ability training and endurance training. Physical fitness is the basic athletic ability of human body through strength, speed, endurance, coordination and agility, and is an important component of athletic ability. Physical fitness mainly includes physical quality and activity ability, which is the standard to judge the whole or part of the body's ability to cope with emergencies. Muscle strength includes internal resistance and external resistance, wherein internal resistance includes viscosity and resistance between muscle structures; External resistance includes object gravity, air resistance, friction, etc. Because the quality and level of different students are different, and their constitutions are also very different, teachers must carry out safety training in a planned way [4]. The term physical fitness was originally proposed by the United States and refers to the human body's ability to adapt to the external environment or to something. After widespread dissemination, it only entered China in the 20th century, causing extensive discussion and research in academia. The basic activity standards in physical ability include running, jumping, climbing and wading. Physical quality includes strength, speed and endurance indexes. Physical quality and basic activity ability influence each other. On the one hand, obvious short board will affect the comprehensive quality of police school students [5]. For example, long-distance running can enhance respiratory function, sprint can enhance anaerobic metabolism, but these exercises have less training for upper limbs, so weightlifting and gymnastics training should be arranged. That is,

physical training should adhere to the characteristics of diversity.

### **3. Specific Contents of Physical Fitness Training for Police School Students**

#### ***3.1 Basic Physical Fitness Training***

Basic physical fitness training mainly involves two aspects: the study of comprehensive theoretical knowledge system including students' sports physiological function, psychological quality theory, sports health care, etc. Students practice physical quality training including speed, flexibility, endurance, strength, flexibility, etc. Strength includes the maximum strength of body parts, speed strength, relative strength, endurance, etc. Muscle strength and speed are the core strength of guards, and they are interrelated. The society is facing many unstable factors, there are many hidden dangers of development, the domestic environment is deteriorating, seriously threatening the life safety of the broad masses of people, the social and economic development is also constantly impacted and affected, the development process is slow. Therefore, scientific and effective physical training should be carried out for police cadets to meet the functional needs of various organs and systems of the body in future police work, to meet the professional requirements of the police, and to earnestly perform the duties of police posts. When setting up students' basic physical fitness training, the police college can divide it into training courses such as speed, strength and endurance, and arrange targeted courses according to the actual situation of students.

#### ***3.2 Special Physical Fitness Training***

The so-called special physical fitness training refers to physical fitness training related to the police profession and directly related to police skills, such as special physical fitness, adaptability and psychological quality training. Special physical fitness is directly related to criminal investigation and high-risk professional characteristics. It is an important link to realize individual comprehensive physical fitness. It inspects students' special actual combat technical ability and comprehensive physical quality, and provides the basis for forming psychological quality with high bearing capacity in the later period [6]. The actual combat courses offered by the police academy include guard fighting, swimming, climbing obstacles, catching, etc. Guard fighting requires strength, endurance and speed. Good sensitivity, high explosive force and balance are required in climbing obstacles. Swimming mainly tests students' endurance. If the amount of training is too large, it will lead to the decline of students' functions, affect the study of other courses, and even may lead to the injury of students' physical functions. However, if the amount of exercise is too small, the effect of physical training may not be achieved and the goal of physical training cannot be reached. The special course of climbing obstacles should train students' sensitivity, balance and explosive force when crossing obstacles. The special course of high-efficiency capture needs to train students' endurance and physical function, and all aspects of high-load sports behavior. In a word, the special professional physical training of police school students should take speed as the core, endurance and explosive force as the two wings, and aerobic endurance as the guarantee.

#### ***3.3 Comprehensive Physical Fitness Training***

Relevant staff in police scientific research and training should increase the research on students' physical fitness training, and realize all-round training on various comprehensive application skills and high psychological quality in traditional physical fitness training. The training and competition time adopted by police school students will not exceed 10 minutes, which belongs to anaerobic endurance [7]. However, in the future actual work, although facing unexpected events may occur at any time, this requires the endurance quality of the security personnel. Police schools should formulate physical training plans for each semester in combination with teaching plans, take physical training as an important part of teaching contents, scientifically set up training hours, and ensure the time for physical training. Speed quality and special movement speed are one of the essential elements for police school students, and are also important standards to measure students' physical level. For the police schools in our country, there are often misunderstandings in speed training. They attach too much importance to action training and neglect reaction speed training. In the training, repetitive special simulation training and conditional actual combat are mainly adopted to simulate different crime scenes or designate additional actual combat scenes, so as to improve the students' ability to respond efficiently and improve their tactical comprehensive ability when facing different environments, different criminals and different resistance behaviors. According to the traditional view, physical fitness can be divided into endurance, strength, speed and other aspects, but for the police, it shows a combination of various abilities and qualities, so comprehensive physical fitness training must be strengthened.

It can be seen from this that excellent psychological endurance and good fighting skill and physical ability can be the effective guarantee for practicing the physical ability training of police college students. Efficient physical training

can not only eliminate students' fear, anxiety and blind psychology in the face of criminal acts, but also improve students' sensitive observation ability. To improve the reaction speed, signals such as gestures, light and sound can be used to transfer targets so that students can make corresponding technical actions accurately and quickly. It is necessary to strengthen infrastructure construction, strengthen social management, improve judicial control ability, speed up the progress of improving the combat effectiveness of the police force, and explore ways to carry out and strengthen physical training for police school students.

#### **4. Exploration on Developing and Strengthening Ways of Physical Fitness Training for Police School Students**

##### **4.1 Strengthen Strength Training**

Strength training refers to a multi-level and systematic weight-bearing exercise to improve the strength, endurance and endurance of muscle groups. Strength training is mainly anaerobic exercises such as weight-bearing squat, push-ups, barbells, etc. Different levels of training and negative weight will produce different effects. To increase the movement speed, the movement speed connection can be improved by reducing the movement time, movement distance and weight of the instrument. Such as fast barbell lifting, fast empty boxing, fast sandbag kicking, etc. This kind of high-intensity aerobic training can improve students' endurance and professional skills to a certain extent, and can ensure that students can always maintain high combat effectiveness and improve their overall endurance quality in long-term criminal concealment investigation activities [8]. Record the test results in the student's assessment files and give them appropriate rewards and punishments. Training departments should also strengthen the organization and management of physical fitness training and increase the number of inspections and examinations. Proper strength training can delay aging, reduce obesity, strengthen physique, improve posture, reduce injury and pain, which is not only beneficial to ordinary people, but also has an important impact on police school students, and is the basis for police school students to participate in physical training and improve combat effectiveness. Targeted training method is to carry out local muscle training first, repeat 4 groups to muscle fatigue under 75%~85% intensity, and then carry out another group of training for about 1 minute interval. Its goal is to focus on training muscle groups to achieve the goal of enhancing muscle strength [9].

##### **4.2 Speed Training**

Speed is a physical quantity that indicates how fast an object moves. It is expressed in basic forms such as reaction speed, movement speed and movement speed of simple or complex actions. To improve the displacement speed, various training links such as sprint run, fast run, chase and relay run can be adopted. For example, students can quickly make emergency response according to practical requirements through light sources; It is also possible to effectively control the students' physical behaviors through whistles, and the rapid and short sounds correspond to different punching directions and strength, etc. The training department of the judicial organ should formulate reasonable physical training regulations, increase the training time and funds to ensure the smooth development of the training work; In addition, public security organs can also carry out various drills and competitions to enhance students' ability to deal with emergencies. Therefore, speed training can greatly develop the police cadets' reaction ability and explosive force, improve their body's ability of rapid movement and the highest speed, which is conducive to the rapid arrest of criminals in judicial work, maintain superiority in combat and better protect their own safety. The simulated actual combat method is to simulate the actual combat environment of the police in the teaching of the police academy. Through setting reasonable situations and students playing roles, the physical training task can be completed. In short, only by ensuring the speed and quality of police school students can they be quick-witted and quick-growing in emergencies.

There are also various methods of speed training, with different advantages and disadvantages. The main speed training method is downhill running to assist speed training. Through the impact of downhill running, people's instantaneous explosive force and initial speed are improved, which is helpful for quick response in stress situations. Repetitive training method is to stimulate students' cerebellum and subcutaneous tissue purposefully through repetitive technical action training, thus enhancing students' reaction ability. In physical fitness training, the police academy can repeat training through certain difficult technical movements to improve the training quality of students. Introduce the concept of adapting actual combat to training, formulate scientific and effective training plans, and diversify training approaches. Subdivide the training methods of endurance, speed, muscle strength, explosive force and flexibility, and implement the principle of analyzing specific problems and teaching students in accordance with their aptitude. In this way, when participating in basketball matches, students can be treated with a positive attitude and maintain their normal basketball level, thus providing a good foundation for the improvement of basketball match results. In addition, basketball is a sport that pays attention to team cooperation, so if you want to get excellent results in basketball matches, you must pay attention to team cooperation. After adjusting the balance one by one, the traction run is

completed, the intensity is increased one by one, the potential of police cadets is continuously stimulated, muscle memory is improved in repeated training, and reaction speed and movement speed are enhanced. For example, support running, multi-direction running, agile ladder speed training, etc.

### **4.3 Flexibility Training**

Flexibility is the range of motion of human joints and the elasticity and stretching ability of ligaments, tendons, muscles and other units. Flexibility is an important component of physical health quality. Good flexibility helps to enhance the flexibility of human joints, broaden the range of activities and reduce soft tissue injuries caused by intense activities. However, the integration of general teaching method into basketball teaching and training and the shift of teaching focus to teaching of basketball characteristics and tactics can not only improve students' understanding of basketball, but also play a key role in stimulating students' interest in learning [10]. The method can stretch the ligaments and muscles of limbs, is relatively safe, and can meet the physical training needs of people with different flexibility qualities. In flexibility training, it is generally required to stay for 6 to 8 seconds in acid, swelling and pain positions, and the training frequency should be 2 to 4 groups. Flexibility tests, such as one-character split, eight-character split and leg test. Strength and comprehensive tests, such as pull-up, push-ups, rope skipping, sit-ups, standing long jump and other specific tests. Good static stretching can also effectively reduce delayed muscle soreness; It is beneficial to carry out physical training before and after it starts. It can not only expand the range of movements for physical training, but also promote the recovery of limbs after high-intensity training. To enable students to always treat the competition with a calm attitude, so that each individual role in the team can be brought into full play, which is of great significance to the realization of the established goals and the improvement of students' comprehensive quality.

### **4.4 Endurance Training Method**

Endurance is the basic embodiment of physical quality. Through systematic endurance training, students' respiratory function can be enhanced and their fatigue resistance and recovery ability can be improved to adapt to high-intensity police practice. To improve the ideological and moral level and psychological quality of police cadets, and to correct the misunderstanding and deviation of police cadets in their understanding of physical training. To enable students to attach importance to physical fitness training, to achieve the effect of improving initiative and enthusiasm. Teachers can try to organize students to have autonomous discussions on some sports knowledge or events, and encourage students to exercise autonomously after class. In teaching practice, cross-country running is a common and effective endurance training method. Through 4-5km cross-country running training, students' leg strength and cardiopulmonary function can be effectively improved, and their physical quality can be enhanced. For example, all kinds of long-distance running (over 800 meters), long-distance swimming (over 400 meters), rowing, skating, skipping rope for a long time, running stairs, etc. Only in this way can we ensure that we will not be dragged down in long-term continuous operations and will win battles for a long time. According to the teaching plan and training intensity, the training difficulty of cross-country running can be appropriately changed, such as climbing obstacles, mountain slopes, complex terrain crossing, etc., so that students can quickly adapt to the complex terrain environment after taking up police posts.

## **5. Conclusion**

As the reserve force of the people's police, the police school students must have excellent professional skills and comprehensive qualities to be competent for the post requirements of the people's police, to curb illegal and criminal activities, and to ensure the safety of people's lives and property and social stability. Physical fitness, as the most basic and important component, must be given full attention. On how to scientifically and effectively strengthen the physical quality of the cadets in our police academy, overcome the problems of insufficient training initiative and formalization of training, we must conduct in-depth research and understanding and start from the very beginning. The coordinated development of physical education and sports training has obviously become an inevitable trend. Only in this way can the sports enthusiasm of the whole people be better stimulated, and at the same time, the comprehensive physical quality of students can be improved so that they can maintain a positive and upward mental state, thus serving the society and the country better.

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