

Проблемным обучением можно назвать обучение решению нестандартных задач, в ходе которого студенты усваивают новые знания, умения и навыки. Эта технология направлена на формирование профессионального мышления, развитие познавательной активности, творческой самостоятельности студентов. Суть проблемной интерпретации учебного материала состоит в том, что преподаватель не сообщает знаний в готовом виде, но ставит перед студентами проблемные задачи, побуждая искать пути и средства их решения. Методы, применяемые при внедрении технологии проблемного обучения, включают: метод постановки познавательных задач, моделирование психологических и педагогических ситуаций, ролевые, деловые игры, поисковые методы.

**Заключение.** Таким образом, методы и приемы названных технологий позволяют формировать отдельные компоненты профессиональной этики педагогов по физической культуре. В результате применения конкретного метода обучения субъект — студент может освоить соответствующие ему совокупности учебных действий, которые составляют подструктуры реальной профессиональной деятельности.

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## SPORT AS THE BASIS OF PROFESSIONAL ACTIVITY IN CUSTOMS AUTHORITIES

**Introduction.** Today, leading a healthy lifestyle is an increasing trend. It's not just about giving up unhealthy habits, but also about keeping diaries of proper nutrition, counting calories, avoiding gluten-free foods and animal products, drinking water properly, visiting fitness halls and much more. It is obvious that maintaining health is a personal responsibility of a person. However, it is increasingly possible to notice the interest of employers in relation to employed employees in the issue of health improvement. Government agencies, such as the Federal Customs Service, are no exception. Today, the issue of increasing the level of physical training of customs specialists is becoming a priority in the development of the customs service of the Russian Federation. Maintaining athletic fitness is one of the key necessities for customs officials, as it allows them to cope with many tasks during the performance of their professional duties. Therefore, the purpose of this work will be to study the basic principles and objectives of physical fitness development in the Federal Customs Service, to study the role of sports in the working life of federal employees, as well as to analyze the activities carried out to prepare sports programs for customs officers and their importance for customs officials.

**Main part.** Modern realities are undergoing a number of changes in various spheres of life, thereby elevating the role of the human factor. The growing trends of humanity put human beings, caring for human beings, and human relationships first. It is important for every employer that his subordinates, for whom he is responsible, are healthy. Taking care of health and improving physical development are among the main requirements of service in customs authorities. The development of character, will and other personal qualities of employees is one of the priorities of the personnel policy of the Federal Customs Service [1, p.49]. As part of the improvement of the work of the FCS, the issue of increasing the use of human resources and increasing the qualifications of customs officers regularly arises. The development of physical culture develops in a person such character qualities as endurance, strength, perseverance, patience and other strong-willed qualities that subsequently contribute to the effective solution of work tasks. Moreover, physical training is a dynamic process aimed at improving health [2, p. 134].

The issue of physical fitness is regulated at the legislative level. The main documents of the Department of Physical Culture of the Customs Service are the Constitution of the Russian Federation, federal laws, decrees and orders. The document defining the physical training of employees is called the "Manual on the physical training of law enforcement units of the customs authorities of the Russian Federation", consists of 6 chapters and contains the main provisions, instructions and the procedure for conducting and organizing physical training in customs authorities.

According to the regulatory framework of regulation, physical training is understood as an organized process aimed at developing the physical qualities and abilities of employees of departments, taking into account their professional activities [3, p. 246]. Properly organized physical training plays a key role, because the main tasks of physical training are (Figure 1).

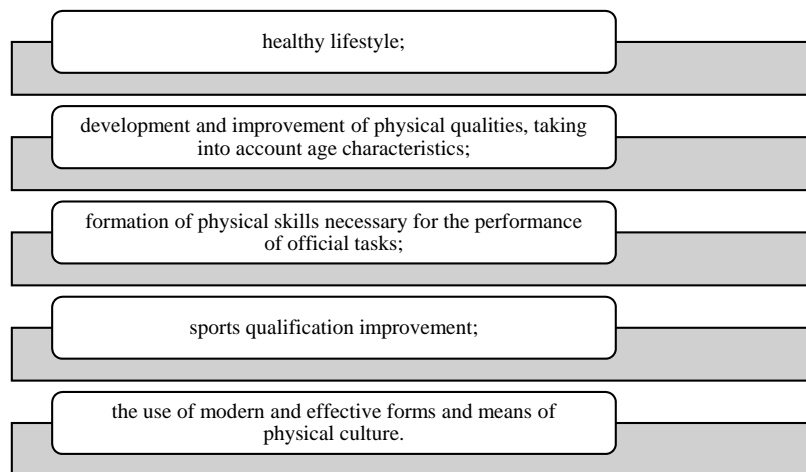


Figure 1 — The main tasks of physical training

The tasks are determined by the specifics of the work — it is necessary for customs officials to show concentration and high stress tolerance. The key means for completing the tasks are movements and actions, as well as other physical activity [4]. These methods stimulate the development of such strong-willed qualities as speed, strength, and endurance. Through regular training, applied knowledge, physical qualities, and motor skills are formed. Every customs specialist should have a high level of physical, moral and personal qualities and characteristics. This is due to the variety of activities of the federal service, since each area, whether it is operational investigative activities or the fight against smuggling, requires certain mental and physical skills. Physical force can be used in the following cases [5]:

- 1) to prevent an offense;
- 2) for the detention of offenders;
- 3) to overcome opposition to the legitimate demands of customs officials;
- 4) to prevent access to the premises and territory of goods that are under customs control.

On the territory of each customs department there are playgrounds equipped for sports activities, where customs officials can train their professional physical. In addition, sports are necessary not only to increase work efficiency, but also for competitive events. Every year, various events are held among the customs service staff in the following sports (Figure 2).

High-quality physical training of customs officials allows them to show professionalism in competitive events. So, on March 28, 2024, shooting competitions were held between the national teams of the executive branch. The FCS team took the first place among such rivals as the Ministry of Emergency Situations of Russia, the Federal Penitentiary Service of Russia and others.

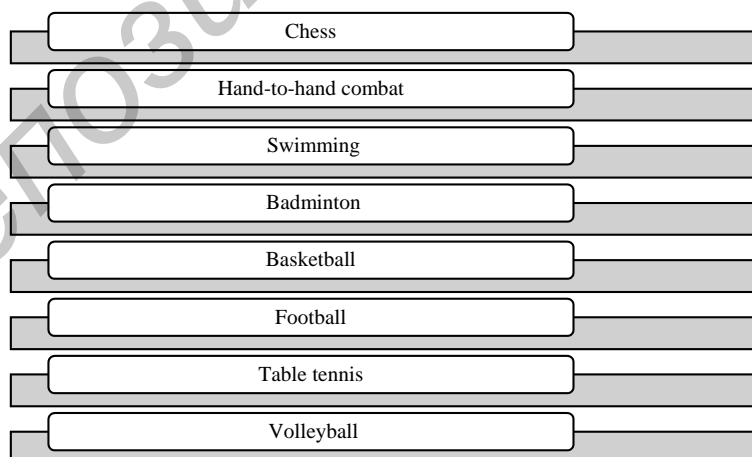


Figure 2 — Sports events of the customs authorities

**Conclusion.** Thus, the high-quality organization of physical training plays a major role in the activities of customs officials. Maintaining a high level of physical fitness increases the level of professionalism, efficiency and safety of employees. Regular workouts, comprehensive physical training and a conscious attitude to one's physical condition play an important role in maintaining a high level of professionalism and readiness to perform duties.

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## THE ROLE OF PSYCHOLOGY DEVELOPMENT IN THE HISTORY OF RUSSIA

**Introduction.** Psychology is an integral component of sports activity, and therefore a separate field in psychology stands out, which involves studying the effects of various psychological factors during a sports career. Sports psychology involves analyzing all areas of influence on an athlete, taking into account his condition, as well as third-party sources of influence in the form of judges or competitors.

**Main part.** The formation of modern sports psychology is based on the research of Candidate of Natural Sciences, Doctor of Medicine, and Nobel Prize winner I. P. Pavlov. His contribution was also made by V. M. Bakhterev, who opened the first laboratory of experimental psychology in Russia. But the works of all the scientists of that time were based on the works of I. V. Sechenov, who was the founder of the Russian school of physiology and materialistic psychology.

The importance of sports psychology in the history of the development of sports activity cannot be overestimated, as A.C. Puni wrote about, who noted Sechenov's work. The unity of internal and external mechanisms of mental activity, movement control and memory of acquired skills, all the merits of I. M. Sechenov, who worked extensively and fruitfully at the junction of medicine and psychology, were recognized by the international community, thanks to which in 1889 he was elected honorary chairman of the first International Psychological Congress in Paris [1].

Many experts give different names to the historical stages of the development of Russian sports psychology. For example, G. D. Gorbunov identified such a criterion as the leading problems, which gave reason to single out the following chronological framework (Table 1) [1].

Belarusian psychologists E.V. Melnik and J.K. Shemet give a different chronology, taking as the main criterion the features of the stage of formation of sports psychology as a science (Table 2) [1].

The 1920s became the foundation years for the development of a natural science approach to physical education and sports. This period did not yet involve the separation of physiological features and sports biomechanics, so the main focus was the theory of medical supervision, which considered sports training as an educational process. Psychology was rather considered a part of the educational process, but not a separate component that needs to be studied.

Table 1 — The development of sports psychology in Russia (according to G.D. Gorbunov)

Stages	Years	The leading issue
I	1920—1930	The effect of physical exertion on the mental sphere of a person
II	1940—1950	Formation and improvement of motor skills
III	1950—1960	Emotional and volitional training
IV	1970—1980	Psychological preparation for competitions
V	1980—1990	The problem of psychological support of sports activities
VI	XX—Until now	Studying the experience of the past years and integrating it into the latest knowledge

Table 2 — The development of sports psychology in Russia (by E.V. Melnik, J.K. Shemet)

Stages	Years	Stage Features
I	1920—1930	Descriptive and explanatory, defining the place of psychology in the study of physical education and sports
II	1930—1940	The formation of the psychology of physical culture and sports, related to the definition of the subject, problems, and the study of the psychological characteristics of sports activities
III	1945—1950	Recognition of the psychology of physical culture and sports as an educational, scientific and practical discipline
IV	1956—1980	Provision of sports practice, development of psychodiagnostics and social psychology in sports
V	1990—Until now	The transition from psychological support to psychological support of a sports career