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ȘCHIOPU Costel-Gabriel

**APPLIED PROFESSIONAL PHYSICAL TRAINING OF
SPECIAL POLICE FORCES**

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Composition of the Commission for public support of the doctoral thesis:

1. **ONOI Mihail**, doctor in pedagogical sciences, associate professor, State University of Physical Education and Sport, Chisinau – president
2. **POPESCU Veronica**, doctor of educational sciences, associate professor, Alexandru Ioan Cuza University, Faculty of Physical Education and Sport, Iasi, Romania – scientific coordinator
3. **CHIRAZI Marin**, doctor of pedagogical sciences, university professor, Alexandru Ioan Cuza University, Faculty of Physical Education and Sport, Iasi, Romania – official reviewer
4. **JURAT Valeriu**, doctor of pedagogical sciences, university professor, State University of Physical Education and Sport, Chisinau – official reviewer
5. **GALAN Doru**, doctor in physical education and sport, associate professor, "Valahia" University, Târgoviște, Romania - official reviewer

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President of the Public Defense Committee

Onoi Mihail, doctor in pedagogical sciences,
associate professor

Scientific coordinator

Popescu Veronica, doctor of educational sciences,
associate professor

Author: Șchiopu Costel-Gabriel

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CONTENT

1. Conceptual guidelines of the research	4
2. Content of the thesis	9
3. General conclusions and recommendations	24
4. Bibliography	27
5. List of the author's publications on the topic of the thesis	30
6. Annotation (in Romanian, Russian and English)	31

CONCEPTUAL GUIDELINES OF THE RESEARCH

Actuality and importance of the topic addressed. The evolution of society in terms of knowledge requires structural and conceptual changes at the level of each category of concerns. Thus, the inclusion of Romania in various international police alliances determined both changes in the strategic concepts of action as well as an adaptation of the training of all categories of police officers to the new conditions.

The training of the Romanian police officers must rise to the level of those of the countries of the alliances of which it is a part. Thus, in the last 30 years, the level of training of police officers has been subject to a dynamic process of adaptation, completion and reconsideration from the admission/recruitment system to the graduation system, as well as the continuation of their training and evaluation within the police units at who were assigned after graduation.

Within the police units, a special role is played by the special police forces, which were conceived in Romania in the early 2000s to be able to face the daily realities with an increasingly strong criminal presence, participating in missions involving a high degree of danger, in areas and environments with serious criminality (the crime of murder, illegal deprivation of liberty, rape, escape, blackmail, usury, etc.) and high criminogenic risk, coming as an augmented force in support of the other police units within the jurisdiction.

The new daily realities on the line of special police forces, imposed by the contemporary situation of the last two decades, aim at their variation, proportion and strength, in which the human resource remains fundamental par excellence to face the missions with an advanced degree of danger for which the special police forces are requested by the operative structures

According to the Provision of the Inspector General of the Romanian Police no. 66 of 17.06.2020 at the level of each county police inspectorate and the General Directorate of Police of the municipality of Bucharest, the special troops of the inspectorates (directorate) are organized and operate and their activity is guided, supported and coordinated by the General Inspectorate of the Romanian Police - Service Independent for Interventions and Special Actions.

An elite unit of the Romanian Police, with a wide variety of attributions, the Independent Service for Interventions and Special Actions has specialized personnel who carry out missions with the highest risk factor, an extreme professional condition that imposed, as a major necessity, the development of tactical approaches for all environments and situations,

which the special troops of the Romanian Police would have to manage, but also the creation of a particular system of professional self-defense and control of suspects in the field of action.

The applied professional physical training of the special forces policemen must rise to the highest level within the Romanian Police and in this sense the continuous applied professional physical training program must be permanently adapted to the daily realities in terms of criminality.

The General Inspectorate of the Romanian Police - the Service for Interventions and Special Actions attaches great importance to tactical training and shooting with the weapons provided by coordinating them from the central level and also by their participation in the trainings organized, at least biannually, at county police inspectorates level or through internships organized by the Service for Interventions and Special Actions in different locations in the country, where several special troops are invited to standardize intervention techniques.

As for the applied professional physical training of the special forces, it is carried out at the local level, more precisely at the level of each county police inspectorate, and there is no standardization of the physical training method, there being large gaps between them, which was confirmed at the organized competitions locally, nationally or internationally.

Physical training is a content element, a component of sports training alongside theoretical training, technical training, tactical training, psychological training, etc.

The main objective of continuous applied professional physical training is to increase the operational capacity of special forces and, implicitly, to raise their training level, in order to be able to repel any aggression that occurs by surprise.

Bibliographic resources in the field of physical education are found in orders, regulations and specialist literature where the topics are particularly focused on athletics, gymnastics, bodybuilding and self-defense [31, 32, 33, 34, 36, 37].

This paper considers a continuous training program, realized and diversified within the applied professional physical training for the special troops of the Police Inspectorate of Iași County.

Regarding physical training, it has a defining role in overall training of the police and, in general, it was treated extensively by a multitude of specialists from the specialized literature both from Romania, B. Abălașei [1], N. Alexe [3], T., O. Bompa [6], R. Stănciulescu [22], Republic of Moldova, I. Arsene [4], V. Dorgan [10], A., C. Dragnea [11], V. Manolachi [16], G. Rață, C., R. Rață [20] as well as from other states, A. Alati [2], Grégoire de Saint-Quentin, T. Burkhard [13], R. Scholzen [21], И., М. Штут, [25], of which the special importance given by them to physical training is clearly evident.

The professional solution identified offers a new, modern concept of training, which facilitates the achievement of superior performance in intervention missions, the evolution of the motor qualities of special forces policemen, by designing a scientifically realized training, in which both the training and its planning are done considering the contemporary and forward-looking realities of the formation and improvement of special police forces training.

In the present work, the application during the applied professional physical training sessions of the special forces of a content of the training process restructured on the use of complex physical exercises as methods consisting of various trainings for the development of motor qualities speed, resistance, strength as well as of a utilitarian-applicative route, using as means, the specific intervention equipment, the accessories and the materials provided, in the form of individual training in conditions as close as possible to the specifics of the interventions.

In this context the level of specific motor capacity will register a significant progress in a much shorter period of time compared to the use of classical methods, because specific motor skills are developed and specific motor skills are improved, which are fundamental to the performance of the missions that the troops are required to perform special.

The purpose of the research consists in researching the effectiveness of professional applied physical training of special police forces through the application of specific intervention equipment and means of equipment or protection.

The objectives of the research: 1. Analysis of bibliographic sources on the issue of professionally applied physical training of special police forces. 2. Analysis of the opinions of specialists regarding the ways to optimize the level of professionally applicable physical training of policemen from special forces. 3. Evaluation of the level of physical training of policemen from special forces. 4. Elaboration and implementation of the experimental program in the training process of the policemen from the special forces.

Research hypothesis. It was assumed that by changing the applied professional physical training program, carrying out the training in specific intervention equipment and using tools that imitate the means of equipment or protection, it will contribute to increasing the level of applied professional physical training and implicitly to the efficiency of the intervention method and a best possible individual protection of special police forces.

Research methods: In the process of elaborating the thesis, research methods of a general nature provided in the specialized literature were used, I. Carp [7], M. Epuran [12], G. Rață, [19], V. Tudor [24], such as be: the method of studying specialized literature (documentation), the method of studying the normative acts of physical training of special

forces, the method of pedagogical observation, the method of sociological survey of the questionnaire type, the method of pedagogical experiment, the mathematical statistical method as well as evaluation methods and techniques.

Also, the research was based on the documentation from the legislation in force, as follows: Order of the Minister of Administration and Interior no. 154 of 03.03.2004, regarding physical education and sports activities in M.A.I. [33], Provision of the General Inspectorate of the Romanian Police – Service for Interventions and Special Actions no. 66/17.06.2020 regarding the organization of the activity of the Services for Special Actions within the Romanian Police [30], Law no. 218 of 23.04.2002 regarding the organization and operation of the Romanian Police [32], The Regulation regarding the continuous professional training of civil servants with special status within the MAI, approved by M.A.I order no. 114 of 04.05.2017 [34], Regulation on the organization of physical training and sport within the MAI, approved by MAI order no. 69 of 16.03.2017 [35].

The scientific novelty and originality of the research consists in the elaboration and experimental validation of the applied professional physical training program of the special police forces through the application of the specific intervention equipment and means of equipment or protection. The practical application of the experimental program will contribute to the optimization of the physical training process by carrying out training in specific intervention equipment and using tools that imitate the means of equipment or protection.

The results obtained that contribute to the solution of an important scientific problem experimentally demonstrates the effectiveness of optimizing the physical training process of special police forces by applying specific intervention equipment and means of equipment or protection. The practical implementation of the experimental program will contribute to increasing the level of physical training of the special police forces.

The theoretical meaning consists in the development and implementation of an experimental program intended for the specific physical training of special forces police officers, focused on the use of specific intervention equipment and instruments that imitate means of equipment or protection in conditions as close as possible to the missions carried out.

The applicative value results from the possibility of implementing the experimental program in the process of applied professional physical training of policemen from the special forces, and the recorded results will be applied to the efficiency of the professional training level of the special forces policemen.

Implementation of scientific results: The results of the experimental program were implemented in the applied professional physical training process of the policemen of the

special forces within the Iasi county police inspectorate. It can be applied as a methodological material for instructors responsible for applied professional physical training at the level of special police forces.

The volume and structure of the thesis. The thesis is composed of: introduction, three chapters, general conclusions and recommendations, bibliography from 215 sources, 15 appendices, 145 pages of basic text, 85 figures, 21 tables. The results obtained are published in 6 scientific papers.

Key words: special troops, police, applied professional physical training, motor quality, equipment, specific intervention equipment.

THESIS CONTENT

The Introduction explains the actuality of the treated topic and the significance of the research.

In this sense, the aim, the objectives of the work, the research hypothesis, the scientific novelty and originality, the theoretical significance, the applied value, the summary of the study procedure, the research methods of the completed thesis and highlighting the elements of scientific innovation of the achievements are mentioned.

In **Chapter 1, " Theoretical and methodological concepts regarding applied professional physical training of special police forces"**, the legislative and organizational framework of the special forces of the Romanian Police is exemplified, its attributions, the types of professional physical training of the special forces in Romania, the way of training and evaluation of special forces on an international level and the trends in this line using the current normative documents. Also, the skills and personality traits needed by police officers who make up the international special forces were analyzed.

The special troops of the Romanian Police carry out activities with a high degree of danger and in areas with serious crime and high criminogenic risk, having the following attributions:

1. Missions in support of judicial structures: searches, raids, operative supervision at the operative moment, the interception and blocking in traffic of motorized vehicles or a person/s or other activities at the request of the magistrates;

2. Escort missions: of a person/s who have committed crimes, on the occasion of carrying out home searches, reconstitution or driving in the field, etc., escorting a person for whom legal extradition measures have been ordered or bringing them from EU or non-EU states to Romania, escorting a person under legal detention or detention, persons to be presented before the judicial bodies, or are transferred from one place of detention to another.

3. Accompanying and protection missions: of magistrates, of official delegations visiting Romania (if they are not under the competence of the S.P.P.), of natural or legal persons who need protection, of special transports of values and classified correspondence.

4. Strictly specialized intervention missions: in the case of crisis situations regarding the taking of hostages, the kidnapping or sequestration of persons, in emergency cases, for the extraction of undercover investigators, investigators from law enforcement institutions, in the event of imminent danger to persons included in the witness protection program, in the event neutralization and apprehension of criminals armed with firearms or who threaten with

C.B.R.N.E means, anti-terrorist intervention, counter-terrorist intervention, other missions within the competence of M.A.I.

5. Missions on the line of public order: support for patrol activities, in areas with high criminogenic risk, support for road filter activities, participation in raids, in public places and premises, operational support for border surveillance.

Through the applied professional physical training of special forces within the county police inspectorates, the fulfillment of the following operational requirements is aimed as follows: increasing the effectiveness of the special police troops by executing missions that ensure national security and citizens' trust in the Romanian Police, structuring on levels and correct dimensioning of the system of training and training of special forces policemen, the joint training of policemen from the county special forces with those from the intervention structures of the County Gendarmerie Inspectorates or the Romanian Intelligence Service, the standardization of the application of intervention procedures and techniques for all types of risk during the training courses that take place biannually at the level of each county police inspectorate.

The physical training of the special troops within the Romanian Police is organized and carried out in accordance with the provisions of the Order of the Minister of Internal Affairs no. 140 of September 2, 2016 regarding the human resources management activity in the military units of the Ministry of Internal Affairs, Order of the Minister of Administration and Interior no. 154 of 03.03.2004 regarding physical education and sports activities in M.A.I and the annual orders of the Inspector General of the Romanian Police - Service for Interventions and Special Actions for each year of professional training in part regarding the organization and conduct of physical education and sports within the structures and the intervention subunits subordinated to the General Inspector of the Romanian Police.

According to MAI Order 154/2004 [35, p. 21] "the professional physical training sessions of the special troops within the county police inspectorates fall under the category of "special" physical request and will include general physical training (athletics, gymnastics sessions), specific (self-defense sessions, weapon-specific physical exercises, bodybuilding, swimming, sports orientation and skiing) and special type (mountaineering, parachuting and diving)".

The continuous professional training of the special forces is carried out on five levels: specialized training, physical training, tactical training, shooting with the weapons provided and defensive leadership.

The profile of the modern policeman calls for an elite policeman able to combine the intellectual capacities necessary to use modern technologies with the mental qualities necessary to quickly adapt to different environments, as well as the skills and physical abilities vital for action in extremely diverse areas, means specific to combat sports contributing largely to improving the level of applied professional physical training.

Mainly, special forces police officers must have the following qualities: the ability to be calm and keep control in complex and difficult situations, the ability to shoot accurately from all positions in different conditions of time or season, static or dynamic, rested or after intense efforts, the ability to shoot accurately from static or mobile vehicles or from helicopters at a height that allows effective shooting at targets, withstands cold, heat, dust, vibrations, rain, smoke, unpleasant odors or other factors with a stressful effect, the courage to take the initiative in situations where it is not possible to receive orders when there is no direct contact with colleagues or with the direct boss, resistance in terms of physical effort at the moment or for a long time, the ability to act on the basis of tactical signs and signals, physical condition at a very high level, the ability to act with effective results when deprived of sleep, water, food source or in case of an explosion nearby, the ability to work quietly in dark or light conditions, the cultivation of brotherhood, teamwork, helping team members and mutual trust among team workers.

Also, the special forces policeman must have the ability to act rationally, to be calm and to take responsibility, the courage to rescue people in hard-to-reach places and possess knowledge of first aid, the ability to operate and effectively use firearms that one does not know, the desire to complete the mission even if it has a minimal chance of success, to be patient in the case of a long mission, the ability to have distributive attention, with a wide field of vision in conditions of strong disturbances, the ability of entering buildings with many floors and landings after having previously been assessed on the basis of photographs, plans, schemes, models, drawings, the ability to recognize people from a crowd after having previously been seen in films and photographs, the ability to communicate non-verbally-verbal during the execution of the activities when normal communication is impossible or through the means provided, strong motivation in carrying out all the activities circumscribed by the notion of preparation and intervention, keeping professional secrecy, both before, during and after carrying out the mission regarding the details of some activity. the ability to act on the basis of tactical signs and signals.

In Chapter 2 of the thesis, with the title " Evaluation of the professional applied physical training process of the special police forces" the objectives of the applied

professional physical training process of the special police forces, the classic physical training program, the research methods of the experiment are presented preliminary and basic pedagogy, the results obtained following the application of the sociological questionnaire, the evaluation samples according to MAI Order 154/2004 corresponding to the scales of the "special" physical demand category and the results of the initial testing of the experimental and control groups.

According to MAI Order 154/2004 [35, p. 4,5] the physical training of special police forces provides for 2 major objectives: general objectives and specific objectives.

General objectives of physical training: systematic and permanent practice of physical exercises during physical training sessions to decrease / maintain / increase the body mass index of police officers in order to maintain optimal health and to carry out specific missions and activities, differentiated training of special police forces according to the particularities of the missions and activities to which they are requested, obtaining physical performances at competitions organized between special troops at national and international level, learning the habit of independently practicing physical exercises to improve motor qualities, recovery, as well as in recreational or prophylactic purpose, the improvement of basic procedures, the training, consolidation and improvement of other procedures, the formation of a pleasant working climate by conducting sports competitions dominated by fair play.

Specific objectives of physical training: training and perfecting the skills of handling with speed and precision the intervention technique provided, as well as the individual protective equipment, perfecting the way of carrying out the missions and activities specific to the management of the events to which they are requested in the area of competence , learning and developing endurance for long-term physical efforts and increasing the ability to endure long-term, static positions and reduced mobility, participating and obtaining very good physical performances, at the final stages of sports competitions organized at the level of the Ministry of Internal Affairs, the General Inspectorate of the Romanian Police as well as at the international level.

In order to carry out the scientific research, the scientific determination and argumentation was taken into account regarding the implementation of applied professional physical training using the specific intervention equipment and the means of endowment or protection in the continuous physical training plan.

In order to achieve the purpose of the research, research methods and evaluation techniques were used, such as the method of studying specialized literature (documentation), the method of studying the normative acts of physical training of special forces, the method of

pedagogical observation, the method of sociological survey of the questionnaire type, the method of pedagogical experiment, the mathematical statistical method as well as evaluation methods and techniques [8,14, 23].

The pedagogical experiment was carried out in 2 phases, a first ascertaining phase targeting 145 subjects (policemen of the special troops from the County Police Inspectorates of Iași, Suceava, Botoșani, Bistrița-Năsăud, Bacău and Vrancea) and the independent variable research phase targeting 15 policemen from the special troops of the Iași County Police Inspectorate (experiment group) and 15 policemen of the special troops of the Vrancea County Police Inspectorate (control group). The suggestions of the police officers questioned in a sociological research regarding the efficiency of the professional physical training process at the level of the special troops of the Romanian Police have come to fruition. The level of general physical training of the group of police officers from the special troops of the Iași and Vrancea County Police Inspectorates was evaluated.

The results of the survey highlight good assessments from the police regarding the training conditions and the number of hours allocated to physical training within the county police inspectorates and also a need to change the physical training programs by using the means provided in order to increase the level of physical training and quarterly assessment tests for the "special" physical demand category.

At the end of the sociological study, it was found that the questioned police officers show a lack of motivation due to stereotyped physical training programs, and proposals were also identified from those investigated regarding the modification of the evaluation method of special forces according to MAI Order 154/2004 and with regard to the use of means of endowment or protection in the framework of applied professional physical training by special police troops.

The evaluation of the level of general and specialized physical training of the special troops within the Iași and Vrancea County Police Inspectorates reflects a "good" and "very good" level in the category of "special" physical demand in both the running and the strength assessment. Since the value of the coefficient of variation was low both at the initial and at the final testing, it proves to us that the homogeneity of the groups is at a high level in both moments of the testing.

The experimental program consisted of physical training in the specific intervention equipment and the use of tools that imitate the means of equipment or protection in order to develop the motor capacities to higher indices for the policemen of the experimental group.

It should be stated that the diversified means were represented within the experimental program by carrying out physical training in specific intervention equipment (bulletproof helmet, balaclava, protective glasses, intervention suit, protective gloves, safety belt, mask holder with military gas mask , intervention boots) and the use of equipment or protection by the experimental group

All the conditions previously presented resulted from the analysis of the specific conditions encountered by the special forces policemen in the interventions they are requested by the operative structures. In missions, special forces policemen have to cope with the physical effort imposed by the particular context: moving at maximum speed over short distances, frequently climbing some steps, transporting some weights (specific equipment, suspect, etc.) in the context of using specific professional skills.

These aspects, encountered in the missions carried out by the special forces policemen, were the basis for the design of some methods and means of action within the physical training program, which are based on the use of the equipment used in the interventions but, at the same time, have the role of to diversify the activity.

The share of these means in planning is established by the specialist officer with physical training according to the training needs, possibilities and particularities of the special police forces, respecting the percentages of time allocated for the category of physical training (general/specialty/special type), at the "special" physical demand class and includes tasks and exercises adapted to the material base and sports equipment existing in each place of activity, in order to train and develop the motor capacities of special forces policemen.

The designed experimental program is the document that presents the activities that will be carried out in quantitative form of the methods and means carried out in the intervention equipment, adapted to the specifics of the weapon for: maintaining and developing motor capacities, acquiring some applied and specific skills, even for the accumulation of theoretical information .

The annual applied professional physical training plan for special forces police officers is based on the planning of the methods carried out with the intervention-specific equipment, adapted for each season, respectively the distribution of homework/sessions by months/weeks/days

Considering the results obtained in the sociological questionnaire, where the police officers stated that the training method is stereotypical, that the monotony intervened, that they want to change the physical training method by diversifying the methods and means of training, that aspects regarding the existing tests for evaluation within the MAI Order 154/2004,

determined the design of a program of means of action in intervention-specific equipment, adapted to the specifics of the weapon (Table 1).

Table 1. The share of means within the classic/experimental programs

No. crt	Composition %		Number of hours	Means used	Percentage	Total hours
1	General physical training	Classical curriculum 30%	110	Athletics means of action	80%	87
				Means of action from gymnastics	20%	22
		Experimental program 30%	110	Means of action from athletics	80%	88
				Means of action from gymnastics	20%	22
2	Specific physical training	Classical curriculum 40%	146	Means of action in self-defense	70%	102
				Weapon specific exercises	10%	14
				Means of action from bodybuilding	15%	22
				Means of action from a sports orientation	5%	8
		Experimental program 55%	201	Means of action in self-defense	60%	121
				Weapon specific exercises	30%	60
				Means of action from fitness	5%	10
				Means of action from a sports orientation	5%	10
3	Special type of physical training	Classical curriculum 30%	110	Mountaineering gear	40%	44
				Diving gear	30%	33
				Parachute gear	30%	33
		Experimental program 15%	55	Climbing gear	40%	23
				Gears from diving	30%	16
				Parachute gear	30%	16
4	Total hours	Classical curriculum				366
		The experimental program				

Also, the experimental program includes the weight of activities in the context of applied professional physical training. During the physical training sessions, the topic resulting from the specialized physical training (PFS) was most often used. The weight of the components of the experimental program, during the 6 months of training, highlight a total of 30% general physical training (PFG), 55% specialized physical training (PFS) and 15% special type physical training (PFTS) different from the classic curriculum that provided for 30% general physical training (PFG), 40% specialized physical training (PFS) and 30% special type physical training (PFTS) (Table 1).

Selecting the sequences from the experimental program, it was found that 110 hours are intended for general physical training (88 hours for athletics and 22 hours for gymnastics), 201 hours allocated for specific training (121 hours - self-defense, 60 exercises specific to the weapon, 10 - fitness, 10 - sports orientation), 55 hours for special type physical training (23 – mountain climbing, 16 – diving, 16 parachuting), different from the classic curriculum which provided for the same number of hours allocated to general training, 146 hours allocated to specific training (88 hours – self-defense, 43 exercises specific to the weapon, 8 – fitness, 8 – sports orientation), 110 hours for special type physical training (44 – mountaineering, 33 – diving, 33 parachuting).

The acquisition and improvement of specific skills, as well as the various forms of their execution, also determine the development of motor skills. Thus, the proposed experimental program has as its objective the development of motor capacities, at least at the level of the experimental group, as well as the improvement of specific motor skills (application utility routes) in order to develop the effort capacity (Figure 1).

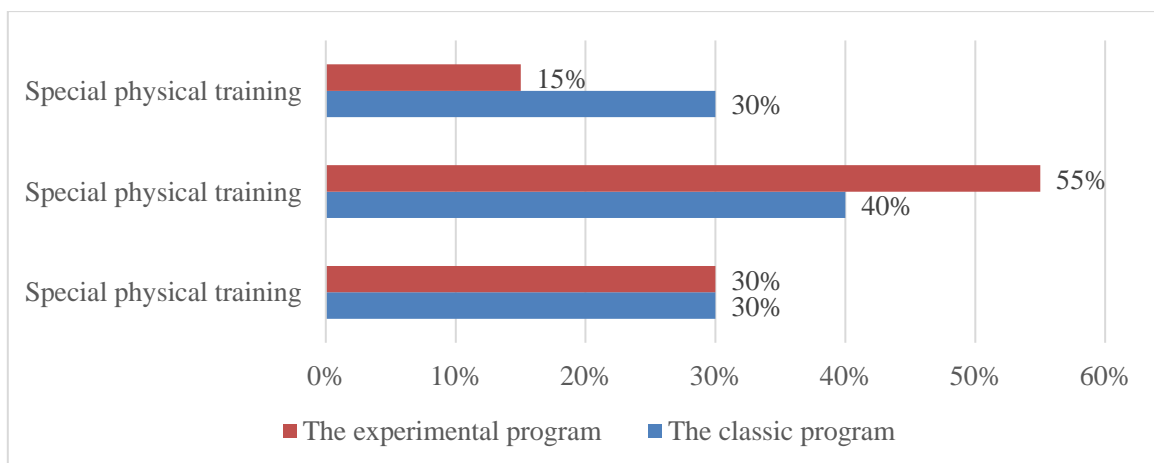


Fig. 1. Graphical representation of the percentage of physical training in the classical and experimental program

As can be seen in Figure 1, the experimental program includes the transfer of a large number of hours from the physical training component of the special type to the specific training.

In Chapter 3, "Experimental argumentation of the effectiveness of professional applied physical training of special forces through the use of specific intervention equipment and means of equipment or protection", it was aimed to put into practice the diversified content by carrying out physical training in specific intervention equipment and the use of means of equipment or protection, of accessories within the experimental program to

carry out physical training sessions for the special troops of the Iasi County Police Inspectorate. Also, the performances achieved in the pedagogical experiment are motivated from a scientific point of view, which includes a research on the evolution of the parameters of the physical training capabilities of the policemen from the special troops of the Police Inspectorate of Iasi County.

The results obtained by the two groups in the tests for the assessment of motor capacities are summarized in Table 2, together with the corresponding statistical indicators resulting from the processing.

Table 2. Initial and final testing values for experimental/control groups

No. crt.	Sample	Group		Arithmetic Mean	Standard Deviation	Coefficient of Variation	Amplitude
1	Speed running – 50 m	Experimental group	Initial testing	7.42	0.29	3.9 %	0.92
			Final testing	7.18	0.28	3.89%	0.87
		Control group	Initial testing	7.43	0.29	3.9 %	0.95
			Final testing	7.44	0.19	2.55%	0.67
2	Endurance running – 1000 m	Experimental group	Initial testing	3.45	0.06	1.73 %	0.2
			Final testing	3.26	0.07	2.14	0.27
		Control group	Initial testing	3.45	0.06	1.73 %	0.25
			Final testing	3.42	0.07	2.04	0.26
3	Pushups	Experimental group	Initial testing	66.13	3.37	5.09 %	12
			Final testing	73.26	4.23	5.77	15
		Control group	Initial testing	65.93	3.36	5.09 %	13
			Final testing	67.06	2.46	3.66	8
4	Abdominal flexes	Experimental group	Initial testing	58	2.42	4.17 %	9
			Final testing	66.4	2.97	4.47	10
		Control group	Initial testing	57.46	2.53	4.4 %	10
			Final testing	58	1.77	3.05	7
5	Abdominal flexes	Experimental group	Initial testing	85.13	1.88	2.2 %	6
			Final testing	94.13	2.64	2.8	9
		Control group	Initial testing	85.2	2.45	2.87 %	7
			Final testing	87.2	2.45	2.8	8
6	Standing long jump	Experimental group	Initial testing	2.28	0.03	1.31 %	0.1
			Final testing	2.33	0.03	1.28	0.12
		Control group	Initial testing	2.29	0.02	0.87 %	0.1
			Final testing	2.29	0.01	0.43	0.05
7	Squats	Experimental group	Initial testing	57.13	2.38	4.16 %	8
			Final testing	64.26	1.86	2.89	7
		Control group	Initial testing	56.06	3.45	6.15 %	11
			Final testing	57.33	3.81	6.64	11

The final tests indicate progress of the values, especially, in the experimental group, demonstrating the effectiveness of the use of the specific intervention equipment and means of equipment or protection in carrying out the training of the special police forces.

The analysis of the motor indicators, recorded after testing the policemen of the special forces from the 2 groups included in the experiment (the experimental group - the special forces of the Iasi County Police Inspectorate and the control group - the special forces of the Vrancea

County Police Inspectorate), allowed us to realize some findings regarding the effectiveness of the experimental physical training program by calculating the significance of the arithmetic mean, standard deviation, coefficient of variation, amplitude and relative frequencies by grade classes.

Regarding „the speed run test (50 m)", the data obtained by the experimental group at the final test and shown in table 2 indicate that it achieved better results at the final test, the value of the arithmetic mean being 7.18 seconds compared to 7.42 seconds at initial testing.

Following the classic training program, the control group achieved a regression at the final test in terms of „the speed running test (50 m)", the value of the arithmetic mean being 7.44 seconds in final testing vs. 7.43 seconds at initial testing.

For the most part, the values of the arithmetic averages obtained by the experimental and control groups fall within the limits of the standards provided for the special troops of the Romanian Police in MAI Order 154/2004 corresponding to the scales of the "special" physical demand category.

The difference between the two groups in the final test may also be caused by the reaction capacity at the start, speed being a quality in which one of the determining factors is attention and concentration [15, 18].

Regarding „the endurance running test (1000m)", the data obtained after the final testing and shown in table 2 indicate that both the experimental group and the control group achieved superior results compared to the initial moment of the testing. For the experimental group the value of the arithmetic mean is 3.26 minutes at the final test versus 3.45 minutes at the initial test, while for the control group the value of the arithmetic mean is 3.42 minutes at the final test versus 3.45 minutes at the initial one.

For the most part, the values obtained at the end of the test for „the endurance running test (1000 m)" fall within the limits of the standards provided for the special troops of the Romanian Police in MAI Order 154/2004 corresponding to the scales of the "special" physical demand category.

This result is explained by the fact that the policemen of the special forces had physical training, respectively good resistance. In this sense, we can say that their homogeneity, in both groups, is high, the coefficient of variation being small. The differences obtained in the resistance evaluation test can be attributed to the conditions for performing the adapted means that had as their objective, implicitly, the development of this motor quality. At the same time, the adapted means were also executed in the form of a circuit, when the aim was to develop general resistance, create diversity, perfect professional skills. Of course, the special forces

policemen in the control group had the same goal: the development of endurance, but we must not forget that endurance running also has a specific behavioral component, namely the appearance of monotony. In this sense, we can say that the subjects of the experimental group benefited from much more attractive and dynamic means, and the increase in resistance was achieved without any mental effort in this regard.

Regarding „the push-up" test, the data presented in table 2 at the end of the tests indicate better results for both the experimental group and the control group, in the experimental group, 73.26 repetitions compared to 66.13 repetitions in the initial testing, while the control group performed 67.06 repetitions compared to 65.93 repetitions in initial testing (figure 3.12).

For the most part, the values obtained by the control group for „the push-up" test fall within the limits of the standards provided for the special troops of the Romanian Police in MAI Order 154/2004 corresponding to the scales of the "special" physical demand category, and the results achieved by the experimental group are at the maximum level provided by the previously mentioned scales.

This test that evaluates the strength of the arm muscles, chest muscles and back muscles is of particular importance in the assessment of special forces because it represents the carrying capacity, either of the specific equipment or of the suspects. At the same time, push-ups are performed in all forms of physical training in the mandatory program of the special forces, both in the warm-up part and in the part of developing motor capacities. This exercise is both a permanent means used in the training process and an entrance test in many military institutions.

Regarding „the abdominal flexion" test, the data shown in table 2 at the final test indicate better results, both in the experimental group and in the control group. The value of the arithmetic mean for the experimental group at the time of the final testing is 66.4 repetitions compared to 58 repetitions at the initial testing, respectively 58 repetitions compared to 57.46 repetitions for the control group.

For the most part, the values obtained by the control group for „the abdominal flexion" test fall within the limits of the standards provided for the special troops of the Romanian Police in MAI Order 154/2004 corresponding to the scales of the "special" physical demand category, and the results obtained by the experimental group are at the maximum level provided of the previously mentioned scales.

Regarding „kept hanging", the data obtained during the final testing and shown in table 2 indicate better results, both in the experimental group and in the control group, the value of the arithmetic mean being 94.13 seconds compared to 85.13 seconds at the initial testing for

the experimental group, respectively 87.2 seconds compared to 85.2 seconds at baseline testing for the control group (Figure 3.22).

For the most part, the values obtained by the control group for the hanging sample fall within the limits of the standards provided for the special troops of the Romanian Police in MAI Order 154/2004 corresponding to the scales of the "special" physical demand category, and the results achieved by the experimental group are at the maximum level provided by the previously mentioned scales.

Regarding „the standing long jump" test, the final test data presented in table 2 indicate better results in the experimental group, where the arithmetic mean increased by 0.05 m from 2.28 m to 2.33 m, while the control group has the same results , the arithmetic mean being 2.29 m both at the initial and final testing (figure 3.26).

For the most part, the values obtained by the control group for „the standing long jump" test fall within the limits of the standards provided for the special troops of the Romanian Police in MAI Order 154/2004 corresponding to the scales of the "special" physical demand category, and the results obtained by the experimental group are at the maximum level provided by the previously mentioned scales.

Regarding „the squats" test, the value of the arithmetic mean of the experiment group shows better results by 7.13 repetitions compared to the initial testing, the progress being from 57.13 repetitions to 64.2 repetitions and in the control group it increased by 1.27 repetitions compared to the initial moment of the tests, from 56.06 repetitions to 57.33 repetitions.

For the most part, the values obtained by the control group for „the squats" test fall within the limits of the standards provided for the special troops of the Romanian Police in MAI Order 154/2004 corresponding to the scales of the "special" physical demand category, and the results achieved by the experimental group are at the maximum level provided by the previously mentioned scales.

Regarding the results, the experimental group, following the experimental training program, achieved progress in all tests at the final test. The greatest increase was achieved in „the abdominal flexion" test (14.48%) and the smallest progress in „the standing long jump" test (2.19%). The order of percentage increases is as follows:

1. Abdominal flexes – 8.4 repetitions (14.48%);
2. Squats – 7.13 repetitions (12.48%);
3. Push-ups – 7.13 repetitions (10.78%)
4. Kept hanging – 9 seconds (10.57%);
5. Endurance running (1000 m) – 19 seconds (4.92%);
6. Sprint (50 m) – 0.24 seconds (3.90%);

7. Standing long jump – 0.05 m (2.19%) (figure 2).

The control group, following the classic training program, at the final test achieved regression in „the speed run test (50 m)" and in „the standing long jump" test, the result was the same in the initial and final testing and the results will be presented in order of achievement at the final test in the assessment tests:

1. Kept hanging – 2 seconds (2.34%);
2. Squats – 1.27 repetitions (2.26%).
3. Push-ups – 1.13 repetitions (1.71%);
4. Abdominal flexes – 0.54 repetitions (0.93%);
5. Endurance running (1000 m) – 3 seconds (0.86%);
6. Standing long jump – 0 m (0%);
7. Sprint (50 m) - 1 second (- 0.13%) (figure 2).

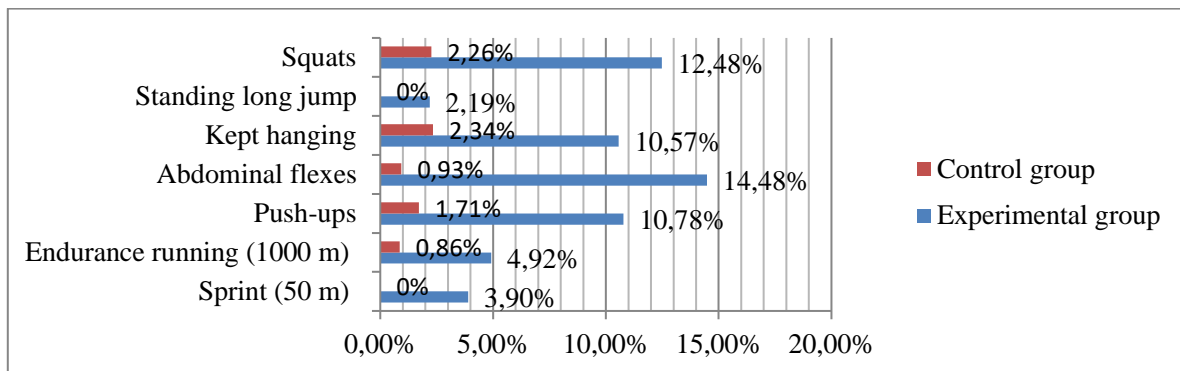


Fig. 2. Graphical representation in percentages of the increases recorded by the experimental/control groups at the initial/final testing on samples

Regarding grades, following the implementation of the experiment program, the 15 policemen of the experimental group, at the final testing, progressed in all tests and obtained the maximum arithmetic average (10) in 5 tests out of 7, less in „the speed run (50 m)" and „the endurance running (1000 m)". (figure 3).

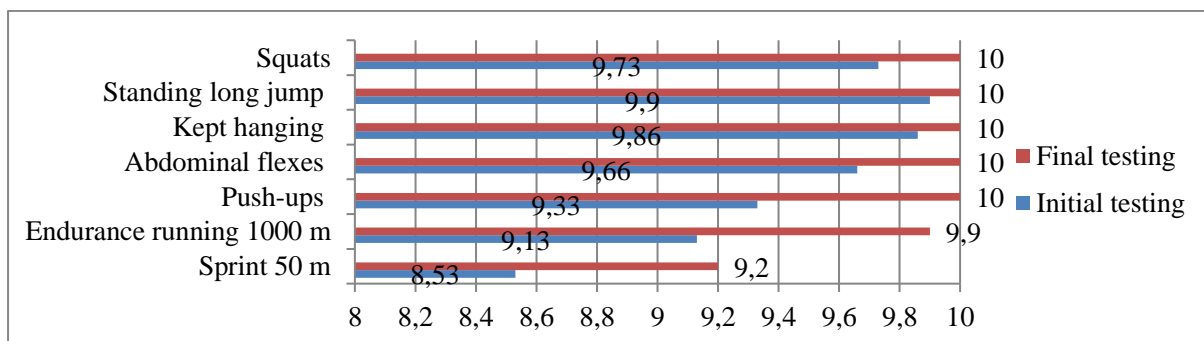


Fig. 3. The graphic representation regarding the evolution of grades in the experimental group at the initial and final tests

The 15 police officers of the control group, following the normal training program, did not progress on all tests, nor did they obtain the maximum arithmetic mean of 10 on any test (figure 4).

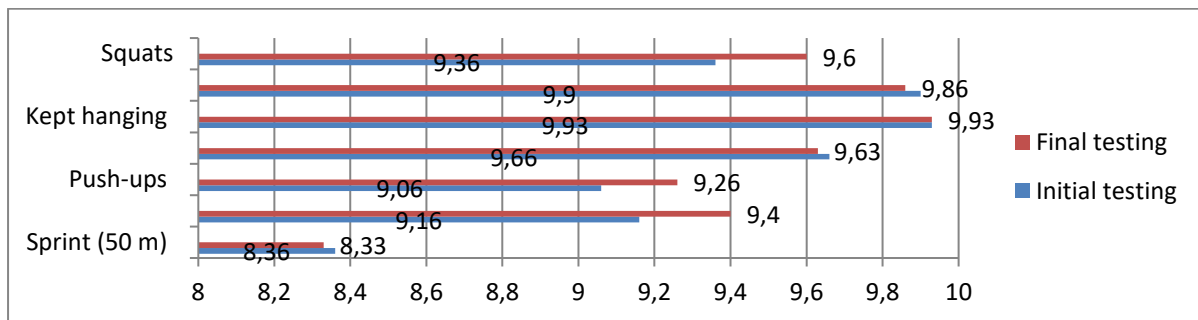


Fig. 4. Graphical representation regarding the evolution of grades in the control group at the initial and final tests

In the initial tests, the differences between the experimental group and the control group were very small, as follows: speed run (50 m), 7.42 seconds vs. 7.43 seconds (0.13%), endurance running (1000 m), 3.45 minutes vs. 3.45 minutes (0%), push-ups 66.13 repetitions vs. 65.93 repetitions (0.3%), abdominal flexions 58 repetitions vs. 57.46 repetitions (0.93%), hang 85.13 seconds vs. 85.2 seconds (0.08%), standing long jump 2.28 m vs. 2.29 m (0.04%) and squats 57.13 repetitions vs. 56.06 repetitions (1.87%).

After the final testing it is observed that the experimental group has superior values compared to the control group in all test categories: speed running (50 m), 0.26 seconds – 7.18 vs. 7.44 seconds (3.62%), endurance run (1000 m) – 16 seconds – 3.26 minutes vs. 3.42 minutes (4.9%), push-ups, 6.2 repetitions – 73.26 repetitions vs. 67.06 repetitions (8.46%), abdominal flexions, 8.4 repetitions – 66.4 repetitions vs. 58 repetitions (12.65%), held in the hang, 6.93 repetitions – 94.13 repetitions vs. 87.2 repetitions (7.36%), standing long jump, 0,4 m – 2.33 m vs. 2.29 m (1.71%) and squats, 7.13 repetitions – 64.26 repetitions vs. 57.33 repetitions (11.09%) (figure 5).

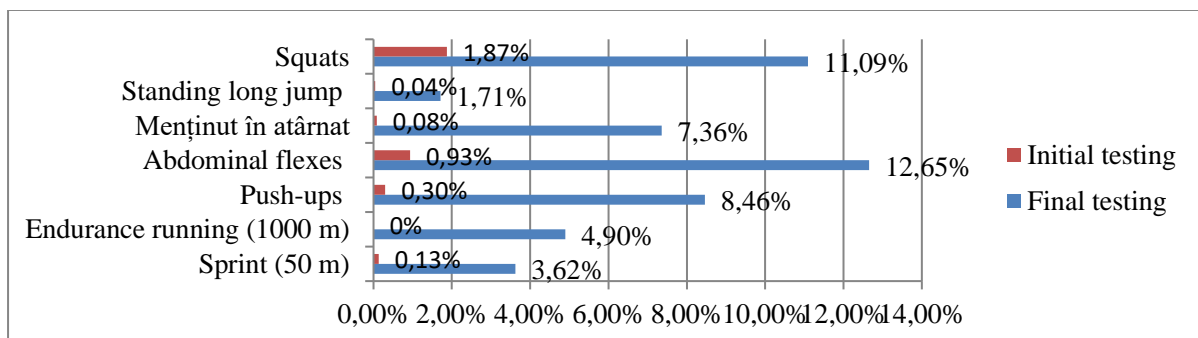


Fig. 5. Graphical representation in percentages regarding the differences at initial/final testing between the experimental and the control group

The fact that at the initial testing the control and experimental groups were balanced in terms of value, can also be demonstrated by the marks that were significantly equal (figure 6).

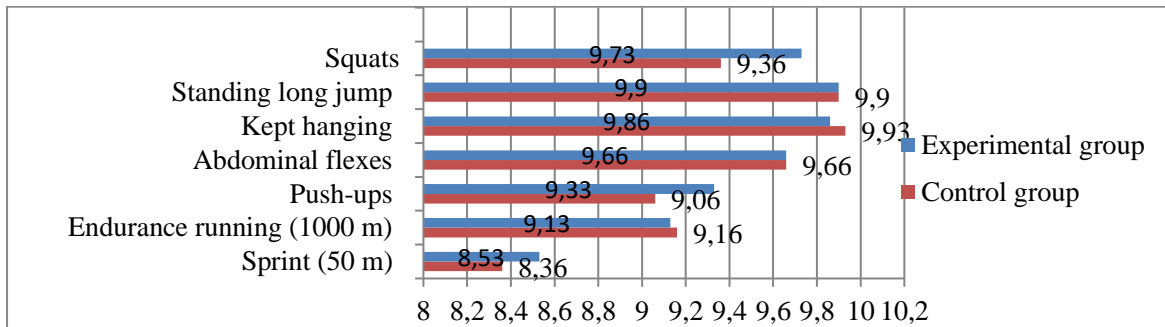


Fig. 6. Graphical representation of the initial test scores of the experimental and control groups

Following the application of the experimental program, at the final quarterly testing large differences between the experimental group and the control group that followed the normal training program (figure 7).

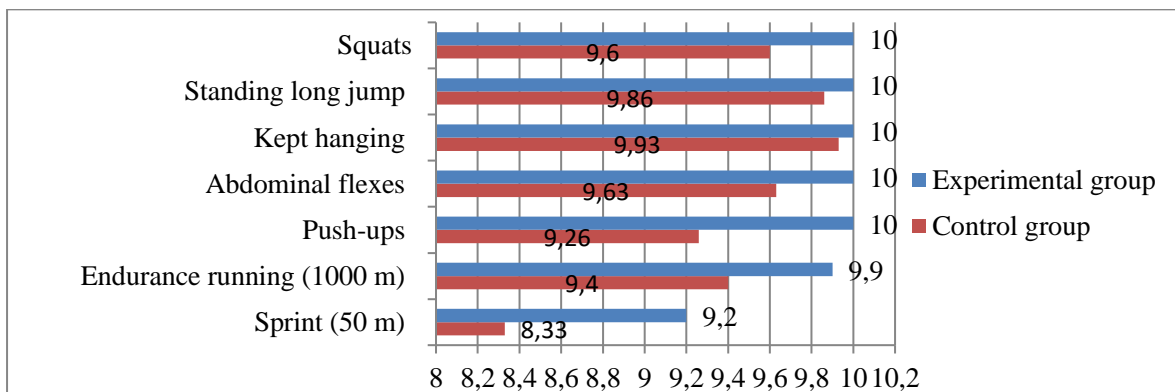


Fig. 7. Graphic representation of the final test scores of the experimental and control groups

The homogeneity of the experimental and control groups, regarding the results, is high, both at the final and initial testing for all samples, the coefficient of variation being between 0-10%.

Regarding the value of the coefficient of variation, the homogeneity of the experimental and control groups is high both at the final and initial testing, all values of this coefficient being between 0-10%.

GENERAL CONCLUSIONS AND RECOMMENDATIONS

Following the research carried out and obtained, the following conclusions can be formulated:

1. From the result of the analysis of the information from the specialized literature regarding the theoretically mentioned aspects, we can conclude that:

- the existence of a low number of Romanian bibliographic sources and especially a low number of textbooks that are presented the method of specialized physical training of policemen from special forces, as well as the fact that no scientifically based research has been undertaken regarding the improvement of the training method physics and its optimization through the use of diversified methods and equipment adapted to the specifics of the weapon;
- the physical training sessions of the intervention troops are conducted in a stereotypical and monotonous manner according to Order 154/2004 and do not fully meet the optimal need for motor activities for the special troops, which could negatively influence the performance of the attributions and missions to which they are requested.

2. By applying the sociological questionnaire regarding the improvement of the training process addressed to specialists in the field, the following aspects were highlighted:

- special forces police officers gladly participate in the physical training program, without thinking that it is a service obligation, considering that most members of the special forces are former athletes or active athletes in various sports;
- the material endowment is good and the hours allocated to the physical training of the intervention structures are sufficient to carry out the physical training;
- the physical training sessions are carried out in a stereotypical way they are monotonous and the majority of those questioned request the modification of the training method by using the equipment provided within some utilitarian-applicative circuits;
- modification of the quarterly assessment tests from Order 154/2004 as their level is low and does not help to increase physical training to cope with daily missions.

3. The results recorded in the ascertainment research indicate that the level of motor capacities of the policemen correspond to the qualifier "good" and "very good", a fact that requires in the physical training process some diversification of the methods and means from the annual plan adapted to the specifics of the weapon and it was proposed to implement the training experiment program for 6 calendar months.

4. The evolution of the indicators of the development of the basic motor capacity of the experimental group, highlight greater differences in the averages between the tests, where it recorded a greater progress, different from one test to another for all the indicators studied, namely: : speed running (50 m)– 0.24 seconds, endurance running (1000 m) – 1.19 seconds, push-ups - 7.13 repetitions, abdominal flexions – 8.4 repetitions, hanging hold – 9 repetitions, standing long jump – 0.05 m, squats – 7.13 repetitions. In comparison, the control group progressed or even regressed but to a lesser extent.

The results of the evaluation of the level of the specific motor capacity of the policemen in the experimental and control group show greater differences between the tests. The experimental group progressed in all the tests and obtained the maximum arithmetic mean (10) – the excellent qualification in 5 tests out of 7, less in the speed run (50 m) and endurance (1000 m) and the 15 policemen of the control group, following the classical training program, they did not progress on all tests, nor did they obtain the maximum arithmetic mean of 10 on any test.

5. In addition to the superior results achieved by the experimental group during the initial tests, the special troops of the Police Inspectorate of Iași County achieved notable results in the profile competition in May and September 2023 by ranking in the first 2 places out of 20 structures of intervention, namely 3rd place out of 42 teams, contributing to the increase of the inspectorate's prestige at national and international level.

6. The results obtained during the research, which contributed to the solution of the important scientific problem in the thesis, consist in the consolidation and substantiation both from a scientific and methodological point of view of the efficiency of the police training process in the physical training sessions by diversifying the methods and means adapted to the specifics of the weapon using the specific intervention equipment and means of equipment or protection, a fact that contributed in the continuous training process to the successful fulfillment of the missions and duties entrusted by the normative acts in force.

Following the conclusions and results obtained through the application of diversified methods, means adapted to the specifics of the weapon within the experimental program carried out by the policemen of the special forces of the experiment group, the following recommendations were developed:

1. Sports instructors/responsible for coordinating physical training should:

- to take into account the degree of preparation of police officers for carrying out and carrying out physical training activities within the training process, age not representing an indication in this sense;
- to fall within the time slot of the structure, allocated especially to physical education sessions;
- to initiate and care for the material endowment and the creation of a properly equipped sports base, attracting financial funds (sponsorship, donations, etc.) or implementing projects with non-reimbursable European funding;
- the guidance during the physical training sessions should be carried out by professionals in the field, leading to the achievement of the expected goals in a short time;
- conducting general and specialized physical training sessions to be performed carefully, conscientiously, rigorously, with concern and active involvement;
- compliance with labor protection rules.

2. For the smooth running of the physical training sessions and the prevention of any negative incident, it is required that the police officers of the special police forces be trained on the observance of health and safety rules at work and the provision of first aid in case of accidents so that at the level of the structures of intervention that no work accident is registered with an impact on the numerical situation of the collective.

3. Taking into account the fact that after the implementation of the experiment program an increase in the level of physical training and a decrease in the response time to the missions to which they were requested was found, the following is recommended:

- consulting some specialized works in order to acquire the necessary information to carry out the missions professionally, the only way to achieve the proposed goals;
- making the routes should be done on a rested body, with repetitions, according to the experience and training acquired;
- initially the routes are carried out at a slow pace with the aim of reaching the final moment at an accelerated pace;
- the need for continuous and systematic training.

In conclusion, applied professional physical training is and will remain one of the most important components of the continuous training of policemen from the special troops of the county police inspectorates, without which the training of future "policemen" employed by the Ministry of Administration and Interns, to deal with the high-risk missions in which they participate on a daily basis.

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ADNOTARE

Șchiopu Costel-Gabriel, *Pregătirea fizică profesională aplicativă a trupelor speciale ale poliției*, teza de doctor în științe ale educației, Chișinău, 2024

Structura tezei: Teza este compusă din: introducere, trei capitole, concluzii generale și recomandări, bibliografie din 215 surse, 15 anexe, 141 de pagini text de bază, 85 de figuri, 21 tabele. Rezultatele obținute sunt publicate în 6 lucrări științifice.

Cuvinte-cheie: trupe speciale, poliție, pregătire fizică profesională aplicativă, calitate motrică, mijloace din dotare, echipament specific de intervenție.

Scopul cercetării constă în cercetarea eficienței pregătirii fizice profesional aplicative a trupelor speciale din cadrul poliției prin aplicarea echipamentului specific de intervenție și a mijloacelor din dotare sau protecție.

Obiectivele cercetării: 1. Analiza surselor bibliografice pe problema pregătirii fizice profesional-aplicative a trupelor speciale ale poliției. 2. Analiza opiniilor specialiștilor privind căile de optimizare a nivelului pregătiri fizice profesional aplicative a polițiștilor din cadrul trupelor speciale. 3. Evaluarea nivelului pregătirii fizice al polițiștilor din cadrul trupelor speciale. 4. Elaborarea și implementarea programului experimental în procesul de instruire al polițiștilor din cadrul trupelor speciale.

Noutatea și originalitatea științifică a cercetării constă în elaborarea și validarea experimentală a programului de pregătire fizică profesională aplicativă al trupelor speciale din cadrul poliției prin aplicarea echipamentului specific de intervenție și a mijloacelor din dotare sau protecție. Aplicarea în practică a programului experimental va contribui la optimizarea procesului de pregătire fizică prin efectuarea antrenamentelor în echipament specific de intervenție și folosirea de instrumente ce imită mijloacele din dotare sau protecție.

Rezultatele obținute ce contribuie la soluționarea unei probleme științifice importante demonstrează în mod experimental eficiența optimizării procesului de pregătire fizică a trupelor speciale ale poliției prin aplicarea echipamentului specific de intervenție și a mijloacelor din dotare sau protecție. Implementarea în practică a programului experimental va contribui la creșterea nivelului de pregătire fizică al trupelor speciale din cadrul poliției.

Semnificația teoretică constă în elaborarea și implementare unui program experimental destinat pregătirii fizice profesional aplicative a polițiștilor trupelor speciale, axat pe folosirea echipamentului specific de intervenție și al instrumentelor ce imită mijloace din dotare sau protecție în condiții cât mai apropiate de misiunile desfășurate.

Valoarea aplicativă reiese din posibilitatea implementării programului experimental în procesul de pregătire fizică profesional aplicativă a polițiștilor din cadrul trupelor speciale, iar rezultatele înregistrate vor fi puse în aplicație pentru eficientizarea nivelului pregătirii profesionale a polițiștilor trupelor speciale.

Implementarea rezultatelor științifice: Rezultatele programului experimental au fost implementate în procesul de pregătire fizică profesional aplicativă a polițiștilor trupelor speciale din cadrul inspectoratului județean de poliție Iași. Acesta poate fi aplicat în calitate de material metodologic pentru instructorii responsabili cu pregătirea fizică profesională aplicativă de la nivelul trupelor speciale ale poliției.

ANNOTATION

Șchiopu Costel-Gabriel, Applicative professional physical training of special police forces, doctoral thesis in educational sciences, Chisinau, 2024

Structure of the thesis: The thesis is composed of: introduction, three chapters, general conclusions and recommendations, bibliography from 215 sources, 15 appendices, 145 pages of basic text, 85 figures, 21 tables. The results obtained are published in 6 scientific papers.

Key words: special troops, police, applied professional physical training, motor quality, equipment, specific intervention equipment.

The purpose of the research consists in researching the effectiveness of professional applied physical training of special police forces through the application of specific intervention equipment and means of equipment or protection.

The objectives of the research: 1. Analysis of bibliographic sources on the issue of professionally applied physical training of special police forces. 2. Analysis of the opinions of specialists regarding the ways to optimize the level of professionally applicable physical training of policemen from special forces. 3. Evaluation of the level of physical training of policemen from special forces. 4. Elaboration and implementation of the experimental program in the training process of the policemen from the special forces.

Scientific novelty and originality of the research consists in the elaboration and experimental validation of the applicative professional physical training program of the special police forces through the application of the specific intervention equipment and the equipment or protection means. The practical application of the experimental program will contribute to the optimization of the physical training process by carrying out training in specific intervention equipment and using tools that imitate the means of equipment or protection.

The results obtained contribute to the solution of an important scientific problem experimentally demonstrates the effectiveness of optimizing the physical training process of special police forces by applying specific intervention equipment and means of equipment or protection. The practical implementation of the experimental program will contribute to increasing the level of physical training of the special police forces.

Theoretical meaning consists in the development and implementation of an experimental program intended for professional applied physical training of special forces police officers, focused on the use of specific intervention equipment and instruments that imitate means of equipment or protection in conditions as close as possible to the missions carried out.

Applicative value results from the possibility of implementing the experimental program in the process of applied professional physical training of policemen from the special forces, and the recorded results will be applied to improve the level of professional training of the special forces policemen.

Implementation of scientific results: The results of the experimental program were implemented in the process of applied professional physical training of the police officers of the special forces within the Iași County Police Inspectorate. It can be applied as a methodological material for instructors responsible for applied professional physical training at the level of special police forces.

COSTEL GABRIEL ȘCHIOPU

**APPLIED PROFESSIONAL PHYSICAL TRAINING OF
SPECIAL POLICE FORCES**

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