

INFLUENCE FACTORS ON THE EFFECTIVENESS OF MILITARY COMBAT TRAINING LAND FORCES.

Petrachkov A

Factors, functional and energy reserves of the body, level of physical readiness.

The article presents information concerning the influence of the factors on the effectiveness of physical training and professional activity of the servicemen and the requirements of the modern combat to the level of physical readiness (organism functional and energy reserves, physical working capacity and preparedness) of the mechanized units servicemen in the training center of the Land Forces. Taking into the consideration the specific requirements to the special physical training of the different specialists, there is a common tendency towards the increasing of the requirements to general physical readiness, such as general endurance, strength, speed and its complex display (strength and speed-strength endurance), which are based on the functional and energy reserves of the body.