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METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>ACHIEVEMENTS OF CADETS OF THE ACADEMY OF THE
MINISTRY OF INTERNAL AFFAIRS OF THE REPUBLIC OF UZBEKISTAN IN
VARIOUS ATHLETICS COMPETITIONS**Alexander Dirov***Deputy Head of the Department of Combat and Physical Training**Academy of the Ministry of Internal Affairs of Uzbekistan**Tashkent, Uzbekistan**E-mail: aleksandrdyrov33@gmail.com*

ABOUT ARTICLE

Key words: cadets of the Academy of the Ministry of Internal Affairs, long-distance running, Yangi Nafas, Men Golib, International Tashkent Marathon, special training program.

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Abstract: Cadets from the Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan have demonstrated remarkable success in various athletics competitions, showcasing both physical strength and discipline. Their achievements reflect the academy's focus on physical training, teamwork, and resilience, essential qualities for future law enforcement officers. Cadets have competed at national and international levels, earning accolades in disciplines like martial arts, track and field, and endurance events. These accomplishments are not only a testament to the cadets' personal commitment but also underscore the academy's dedication to cultivating well-rounded officers who embody excellence in all aspects of their training. The cadets' impressive results in athletics serve as inspiration for their peers, strengthening the academy's reputation for fostering outstanding talent. Such achievements enhance the academy's status and contribute positively to the broader goals of Uzbekistan's Ministry of Internal Affairs in promoting health, discipline, and national pride.

Introduction. The Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan has a proud history of nurturing cadets who excel not only in law enforcement skills but also in athletic competitions, reflecting their dedication, resilience, and discipline [5,6].

Cadets have made remarkable strides in various prestigious events, representing their academy in both national and international arenas [3,11]. Their achievements in athletics mirror the Academy's commitment to developing officers with strong physical and mental endurance, key attributes for effective law enforcement. Among the most notable competitions in which they participate are Yangi Nafas, Men Golib, Vatan Kalkoni, and the Tashkent International Marathon, each designed to test the physical capabilities and mental resolve of participants. These events, along with the Cup of the Ministry of Internal Affairs and Tomaris Izdoshlari, foster a spirit of competition, teamwork, and national pride among the cadets. Through structured training programs, the Academy aims to improve their performance, ultimately strengthening the reputation of Uzbekistan's Ministry of Internal Affairs and inspiring future cadets.

The purpose of the research is to improve the performance of cadets of the Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan in various Athletics competitions.

Research methods. The study involved 30 cadets of the Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan, who were randomly divided into two groups: experimental (15 people) and control (15 people). All cadets had basic physical training, as well as minimal experience in participating in sports events. The experimental group used a specially designed training program, including 45-minute classes aimed at developing endurance.

For the experimental group, the training program included:

- daily 45-minute classes.
 - alternating intense and recovery training.
 - exercises to develop cardiorespiratory endurance, including interval running and long runs.
- The control group trained according to a standard program that did not provide for special methods to improve endurance. Time testing was conducted at distances of 3000, 5000 and 10000 meters before and after the completion of the training cycle. To analyze the results, methods of mathematical statistics were used (comparative analysis of average indicators to identify significant differences).

Research results. At athletics competitions, cadets from the Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan have won an impressive total of 126 medals across different events. These medals include both individual awards and team relay honors, demonstrating their skill, dedication, and the effectiveness of their training programs [7,9,12]. The cadets' achievements highlight the academy's commitment to fostering physical fitness and competitive spirit, crucial attributes for future law enforcement officers.

Over the past few years, certain athletics competitions have become especially popular and prestigious among cadets, such as Yangi Nafas, Men Golib, Vatan Kalkoni, the Cup of the Ministry of Internal Affairs of the Republic of Uzbekistan in Athletics, Tomaris Izdoshlari, and the Tashkent International Marathon. These events attract not only aspiring athletes from within Uzbekistan but also competitors from various backgrounds, showcasing a diverse range of athletic skills. The Academy's cadets have actively participated in these competitions with the primary goal of securing victories and earning podium finishes.

The Yangi Nafas (translated as "New Breath") competition holds a significant place among these events. Known for testing endurance and pushing limits, this event allows cadets to demonstrate their resilience and determination under pressure. Similarly, Men Golib, which means "I am the Winner," encourages cadets to cultivate a winning mindset. This event is more than a race; it embodies the essence of self-confidence, motivating cadets to strive for excellence and to uphold a strong work ethic.

Vatan Kalkoni is another renowned competition, translating to "The Shield of the Motherland." This event emphasizes loyalty and defense, resonating deeply with cadets' sense of duty towards Uzbekistan. It allows them to showcase not only their physical fitness but also their dedication to protecting their country, a core aspect of their future responsibilities. In the Cup of the Ministry of Internal Affairs, cadets face rigorous tests of their abilities, competing against peers from other academies and regions, further challenging their competitive edge and tactical skills.

Another notable competition is Tomaris Izdoshlari, which translates to "Followers of Tomaris" and is named after a legendary warrior queen. This event celebrates strength and valor, encouraging female cadets, in particular, to aspire towards leadership and resilience in both athletics and their professional lives. The event promotes gender equality and has become a celebrated fixture, providing a platform for women cadets to excel.

The Tashkent International Marathon, with its vast reach and inclusivity, is an event that brings together both professional and amateur athletes. By participating in such a high-profile marathon, cadets represent their academy on an international level, promoting both their physical endurance and their commitment to excellence. Competing alongside athletes from different countries also instills a sense of camaraderie and global sportsmanship (Fig.1).

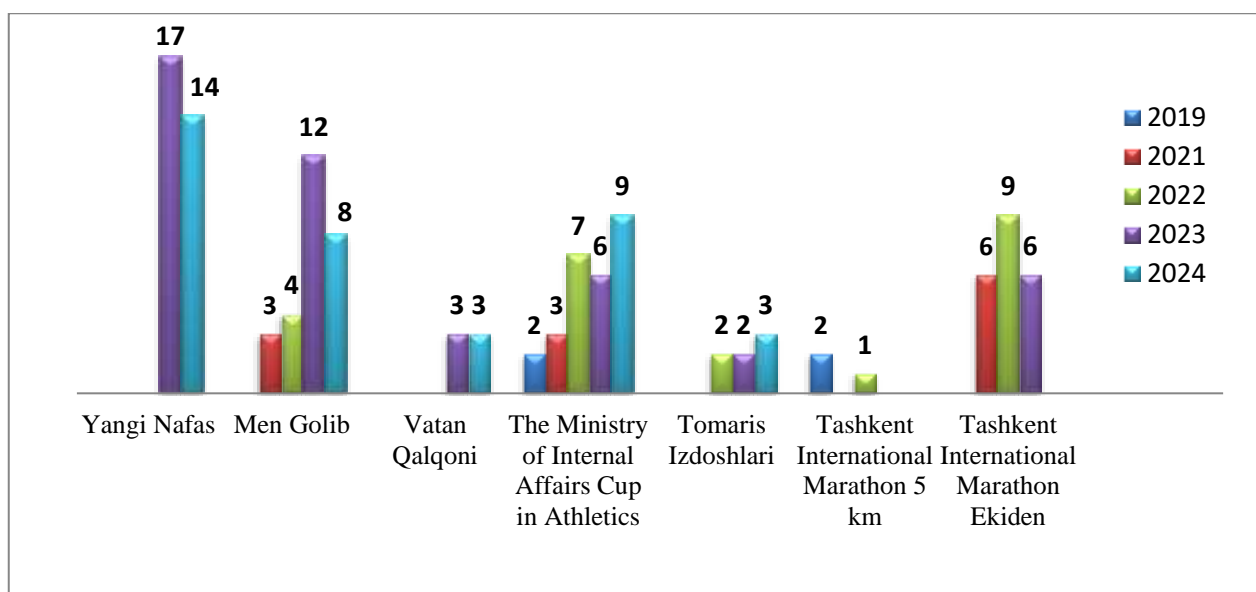


Figure 1. Dynamics of achievements of cadets of the Academy of the Ministry of Internal Affairs in track and field competitions

In each of these events, the cadets' objective has remained the same: to strive for victory and bring honor to the Academy of the Ministry of Internal Affairs. Winning medals in these prestigious competitions does not just reward individual talent but also strengthens the academy's reputation as an institution that fosters well-rounded, disciplined, and resilient future officers [1,4]. These achievements in athletics are a testament to the academy's commitment to developing cadets who embody excellence, sportsmanship, and dedication. By promoting physical training and encouraging participation in such events, the academy plays an essential role in preparing cadets to handle the challenges of law enforcement with confidence and resilience.

An analysis of the performance of cadets from the Academy of the Ministry of Internal Affairs at the Yangi Nafas competitions revealed significant improvement over recent years. In 2019 and 2020, the academy's cadets did not win any medals in this prestigious event. However, a turning point came in 2023, when a new, targeted training methodology was introduced. This innovative approach, designed to improve the physical and mental preparedness of cadets, has yielded impressive results. As a result, cadets from the academy achieved a remarkable breakthrough, winning a total of 17 medals in 2023.

The momentum continued into 2024, with cadets securing 14 medals at Yangi Nafas, further solidifying the impact of the academy's revised training techniques. These methods focus on structured conditioning, skill refinement, and mental resilience, aiming to prepare cadets for high-stress and physically demanding environments. The achievements at Yangi Nafas highlight the effectiveness of these training adjustments and underscore the commitment of both cadets and instructors in the academy (Fig.1).

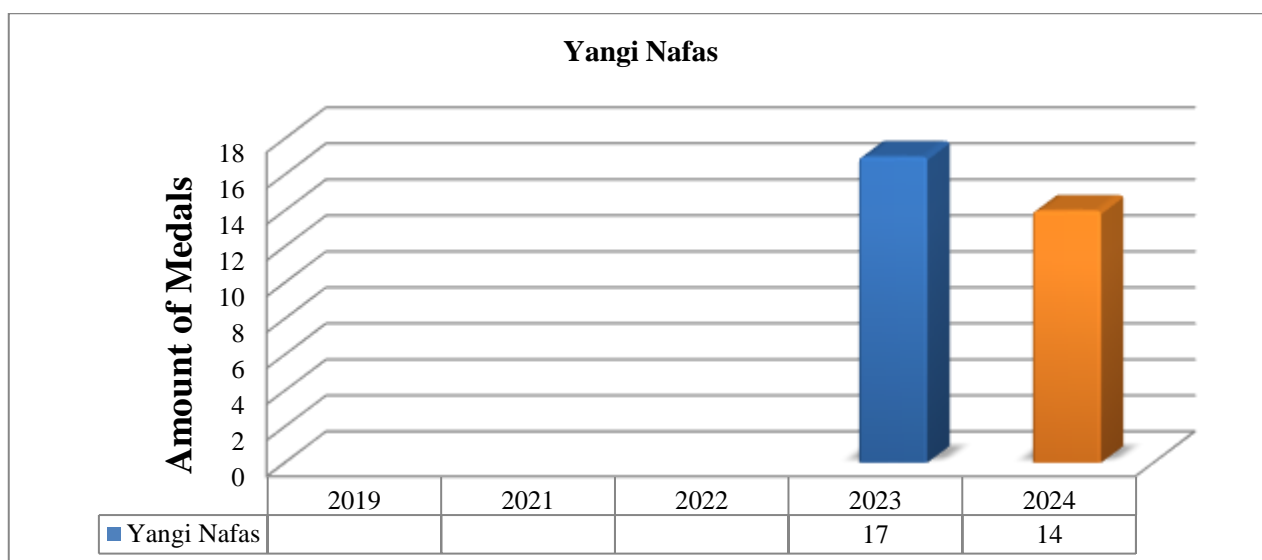


Figure 2. Dynamics of achievements of cadets of the Academy of the Ministry of Internal Affairs at the Yangi Nafas competitions

Such success not only boosts the morale of the cadets but also strengthens the academy's reputation for excellence in preparing law enforcement personnel. These accomplishments illustrate the importance of continuous improvement in training approaches, as well as the academy's commitment to fostering disciplined and high-performing officers who are ready to represent Uzbekistan at a high level in various national athletic forums.

An analysis of the performances of cadets from the Academy of the Ministry of Internal Affairs at the "Men Golib" competitions highlights a steady trend of success over recent years. The cadets earned their first medals in 2021, securing a total of three medals that year. This initial achievement marked the beginning of their competitive journey [8]. In 2022, they increased their medal count, winning four medals, indicating improvement and greater preparation (Fig.3).

Their most impressive year came in 2023, when they achieved a significant milestone by winning a total of twelve medals. This marked a peak in their performances, showcasing their dedication and the academy's effective training regimen. However, in 2024, the cadets' medal count saw a slight decrease, with eight medals earned. Despite this dip, their performances remained strong, reflecting their consistent efforts and competitive spirit.

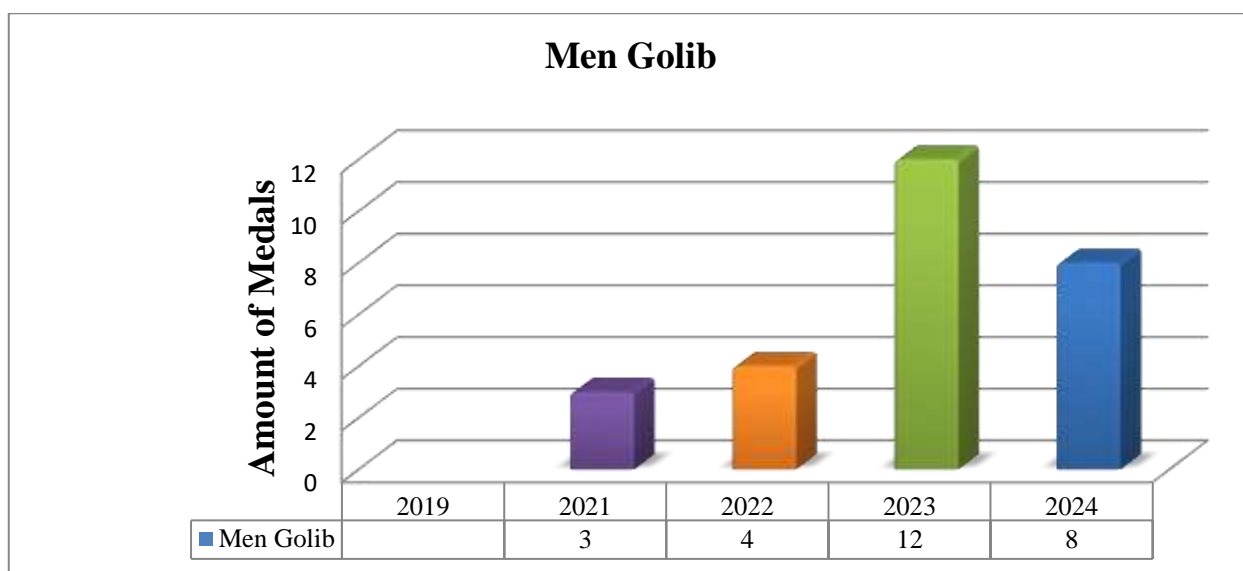


Figure 3. Dynamics of achievements of cadets of the Academy of the Ministry of Internal Affairs at the Men Golib competitions

Altogether, the cadets have won a total of 27 medals over the four-year period. This cumulative achievement reflects the academy's focus on physical training and excellence in sports, which are essential for building resilience and teamwork among future officers. These successes not only highlight the cadets' athletic talents but also contribute positively to the academy's reputation.

In analyzing the performance of cadets from the Academy of the Ministry of Internal Affairs (MIA) in Uzbekistan at the Ministry's Athletics Cup, a significant progression in achievements over recent years becomes evident. The cadets first made a mark in 2019, when they earned their initial medals at the competition, securing two medals. Building on this early success, the cadets returned in 2021 with even greater determination, winning three medals (Fig.3).

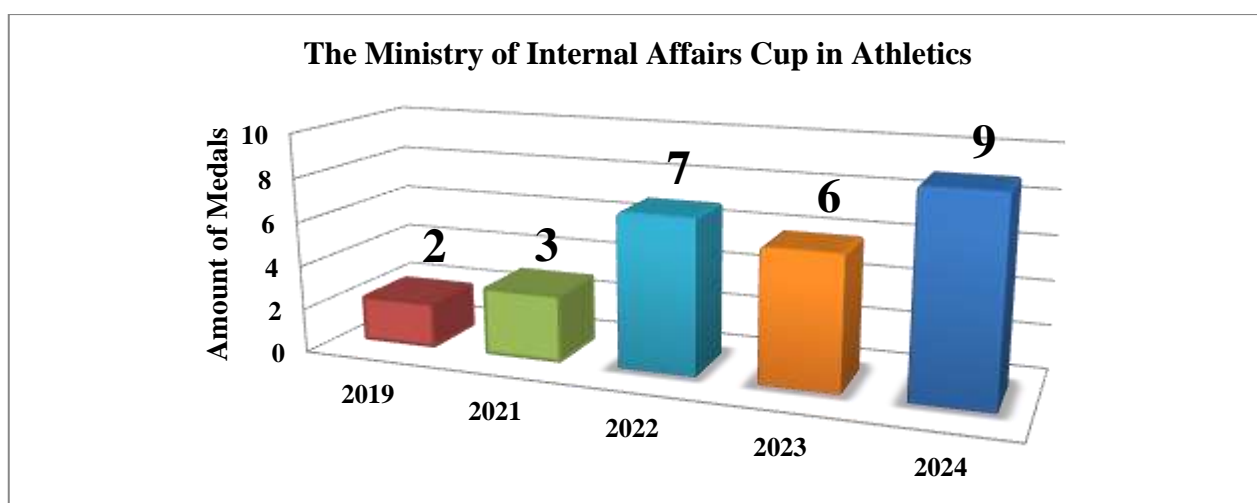


Figure 4. Dynamics of achievements of cadets of the Academy of the Ministry of Internal Affairs at the Uzbekistan Cup in athletics

In 2022, the cadets' training and dedication brought an impressive leap, as they garnered seven medals—a clear indication of their enhanced athletic skills and commitment to excellence. This upward trend continued into 2023, with the cadets securing six medals, underscoring their consistency and competitive edge in various athletic events. By 2024, the cadets had further improved, achieving their highest medal count yet with nine medals, demonstrating both individual progress and collective strength in sports.

Over this five-year period, the cadets' achievements culminated in a total of 27 medals, reflecting both their growing competence and the Academy's effective training regimen. The steady increase in their performance showcases not only their physical and mental resilience but also the Academy's support system that prioritizes physical fitness alongside academic and professional training. These medals are distributed across various athletics events, indicating the cadets' versatility and commitment to excelling in multiple disciplines.

The MIA Academy's emphasis on sports is instrumental in preparing cadets for future roles in law enforcement, where physical fitness and endurance are critical. The increasing medal counts each year highlight the Academy's success in fostering well-rounded individuals who are disciplined, resilient, and capable of representing the Academy with pride in competitive arenas [2].

These achievements have elevated the Academy's reputation in Uzbekistan and set an encouraging example for incoming cadets, inspiring them to pursue excellence both in academics and athletics. Ultimately, the cadets' accomplishments at the Ministry's Athletics Cup not only bring honor to the Academy but also contribute positively to the broader goals of the Ministry of Internal Affairs, promoting a culture of discipline, health, and national pride.

In analyzing the performances of cadets from the Academy of the Ministry of Internal Affairs in the Tomaris Izdoshlari competitions, it was found that their medal count has shown steady progress over the years. The cadets won their first medals in 2022, securing two medals during that year. Building on this foundation, they maintained their success in 2023 by once again achieving two medals, demonstrating consistency and dedication in their athletic and competitive skills (Fig.3).

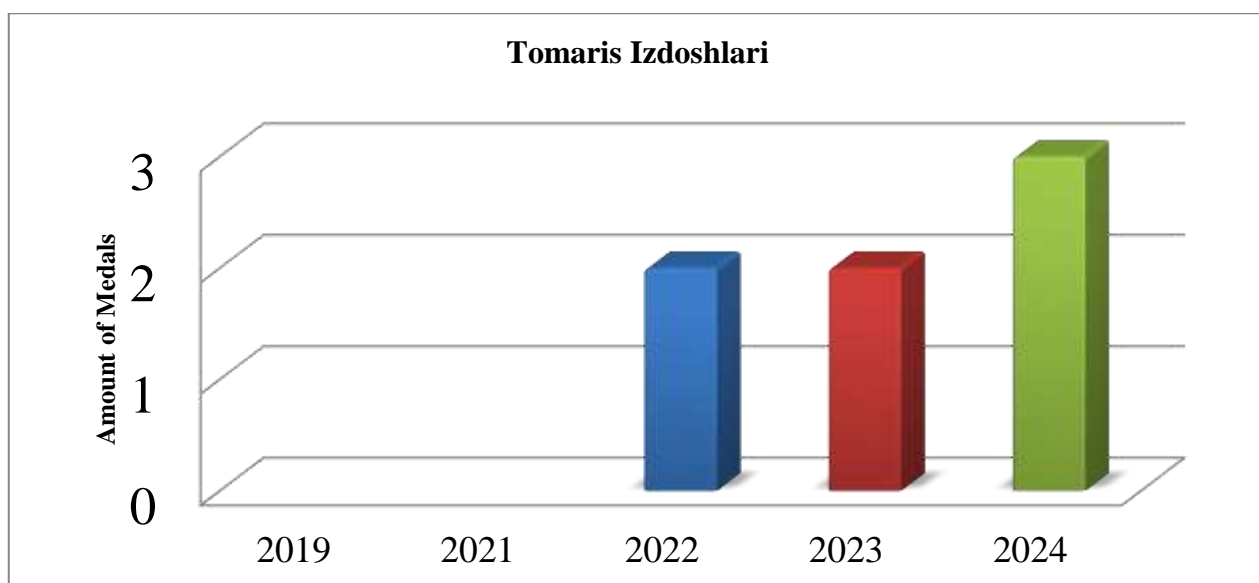


Figure 5. Dynamics of achievements of cadets of the Academy of the Ministry of Internal Affairs at the Tomaris Izdoshlari competitions

By 2024, the cadets' performance improved, leading to an increased medal count. They earned three medals that year, showcasing their enhanced training, growing experience, and determination to succeed in these competitive settings. This steady improvement across three years highlights the Academy's commitment to supporting its cadets' physical and mental development.

The total medal count for the Academy's cadets over this three-year period is seven medals. This cumulative achievement reflects the structured training and preparation provided by the Academy of the Ministry of Internal Affairs, emphasizing not only academic and professional training but also physical fitness and competitive excellence. The cadets' performance in Tomaris Izdoshlari, a competition known for its high standards, underscores the effectiveness of the Academy's approach to holistic cadet development [10].

Through their achievements, these cadets have set a standard of excellence for their peers and contributed to the positive reputation of the Academy. Their progress over the years serves as both motivation for current cadets and an inspiring benchmark for future generations, reflecting the Academy's broader goals of promoting dedication, discipline, and national pride.

Conclusion. In conclusion, the achievements of cadets from the Academy of the Ministry of Internal Affairs of the Republic of Uzbekistan in athletics are a testament to their dedication, resilience, and the academy's commitment to developing well-rounded future law enforcement officers. Through their participation in prestigious events such as Yangi Nafas, Men Golib, Vatan Kalkoni, the Ministry of Internal Affairs Cup, Tomaris Izdoshlari, and the Tashkent International Marathon, the cadets have consistently displayed exceptional athletic skills and a competitive spirit. These events are not only athletic milestones but also serve as powerful platforms for

fostering qualities essential for law enforcement, such as physical fitness, endurance, mental resilience, and teamwork.

The academy's success is evident in the steady increase in medal counts across years, indicating both the cadets' dedication and the effectiveness of their training programs. Special training regimens, particularly the recent introduction of endurance-focused programs, have led to remarkable improvements in cadet performance. For example, in the Yangi Nafas competition, cadets progressed from winning no medals in early years to securing 17 and 14 medals in 2023 and 2024, respectively, demonstrating the impact of structured, focused training on endurance and competitiveness. This upward trajectory reflects the academy's emphasis on continuous improvement and adaptation in training methods.

Furthermore, the academy's cadets excel in diverse athletic disciplines, from martial arts to long-distance running, underscoring their versatility and commitment to excellence. The Men Golib competition, for instance, has become a platform that instills confidence and a winning mindset, crucial for their future roles. Similarly, the Tomaris Izdoshlari competition, dedicated to female cadets, promotes leadership and resilience, empowering women in athletics and professional fields alike.

These athletic accomplishments contribute positively to the academy's reputation, both nationally and internationally, by promoting a culture of discipline, national pride, and physical fitness. The consistent achievements of the cadets serve as a source of motivation for their peers and inspire future generations to pursue excellence in all areas of training. Overall, the cadets' success not only honors the academy but also aligns with the broader goals of Uzbekistan's Ministry of Internal Affairs, demonstrating that the values of dedication, discipline, and teamwork are integral to the academy's mission and its commitment to developing exemplary officers.

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