IMPROVEMENT IN OPPORTUNITIES/METHODOLOGY FOR ENHANCING THE PHYSICAL TRAINING OF CADETS FROM THE STATE BORDER GUARD COLLEGE

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Abstract.

Purpose and aim of the study: *is to develop and improve effective physical training methodologies for cadets of the National Security Service, which would meet the requirements of the service and improve their endurance, strength, speed and dexterity. The goal is to identify specific training techniques and programmes that would increase the physical and psychological preparedness of cadets for their service in the* SBG*, thereby promoting the professional competence of cadets and the quality of their service.*

Design / Methodology / Approach: *a review of the literature; empirical methods; the experimental method; a method of observation and analysis*.

Main Findings: *One of the main conclusions is that the physical training of State Border Guard employees is essential for the efficiency of professional activities and their health. Law enforcement officers require high levels of physical and psychological skills such as endurance, strength and speed to effectively perform their duties such as apprehension, pursuit and border enforcement. High-intensity training programmes help to improve these skills and allow them to withstand the intense physical and emotional stress required in stressful situations. A scientific approach to developing methodologies and researching different interval training protocols can ensure optimal training efficiency and cardio-metabolic health.*

Originality: *unlike general physical training programmes, this study specifically adapts and optimizes training methodologies specifically for SBG cadets, taking into account the specifics of the service. Using modern sports science research and best practices, methodologies are developed that contribute to more effective and faster improvement in physical fitness. The research focuses on how customized programmes affect cadet motivation and achievement compared with standardized programmes*

Implications: *Knowledge Transfer: The findings of this study can be shared with other security and law enforcement agencies to improve their training programmes. Long-Term Health Benefits: The emphasis on physical fitness and cardio-metabolic health can have long-term health benefits for SBG cadets, reducing their risk of developing chronic diseases and promoting overall well-being. Continuous Improvement: The study highlights the importance of ongoing research and analysis to continuously improve training methodologies and adapt them to the evolving needs of the SBG.*

By investing in the physical development of its cadets, the National Security Service can cultivate a highly capable and resilient security force that is better prepared to protect national security and serve the public effectively.

Keywords: *physical fitness, State Border Guard College, training plan.*

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Introduction

Physical fitness is a very important aspect of a healthy lifestyle and good quality of life, which includes regular physical activity that strengthens the cardiovascular system, maintains a healthy body weight, improves muscle tone and promotes emotional well-being (World Health Organization, 2010).

By engaging in sports activities, officers develop both strength and endurance. On the other hand, speed and endurance are needed when searching for, chasing and arresting the offenders, as well as preventing the escape of the offender (Liepiņš, 1993). There are other physical activities that are suitable for State Border Guard (hereinafter – SBG) officers, but the mentioned types of exercise, in the opinion of the authors of the work, most help the officers to improve the qualities that are needed in their everyday life while performing their official duties.

At present, the physical fitness and health of young people are significantly deteriorating, thus the mentioned fact also applies to the physical fitness of cadets of the State Border Guard College (hereinafter the SBGC), so it is important to be aware of the real situation and improve it. Upon graduating from the National Security Service, cadets will continue to perform their daily duties, which include border guarding, border control and immigration control measures. In order for cadets to be able to fully fulfill their official duties, i.e. to search for, pursue, arrest and guard criminals, the future officer must have good physical fitness and emotional resilience. It follows from the above that good physical fitness is one of the main components of the border guard's professional training.

Cadets are being prepared for intensive work, so it is important to pay attention to improving their physical and psycho-physical training methods so that they are ready to overcome both physical and emotional challenges (Dimyati et al., 2022). The mentioned connection shows that the intense stress in the service and the various challenges faced by the border guards indicate the need for a comprehensive training programme that not only improves the physical skills of the cadets but also strengthens the psychological resilience and stress management abilities. In this context, the improvement in the physical training methodology should be aimed at improving their strength, endurance and reaction speed, which allows them to deal with difficult situations more effectively.

New and unknown sudden events and stress, as well as coping with them, is an essential aspect that border guard cadets will have to face. In the methodology of physical preparation, it would be useful to include training that promotes both physical and psychological stress tolerance, for example,

training under increased stress or combining physical exercise with mental resilience exercises. In addition, when improving physical training methodologies, the fact that cadets' self-assessment of their health and psychophysical condition directly affects their performance should be taken into account. Therefore, the training methodology should promote not only the development of physical strength but also the cadets' self-confidence in their ability to cope with work challenges (Greco & Fischetti, 2018).

Physical training of law enforcement officers is the most important part of health improvement, and it is possible to increase the efficiency of their professional activity only if it is done regularly (Okhrimenko et al., 2023). In professional activities that require quick reaction, strength, endurance and psychological stability, regular physical activity is indispensable. Only with the help of consistent and systematic training, it is possible to maintain and improve the necessary physical shape, which also contributes to the quality and safety of performing professional tasks.

The SBGC prepares new border guards, both physically and emotionally, because the protection and control of the external border takes place in physically difficult conditions. A new exercise plan for improving physical fitness with proposed effective and safe training programmes can help to improve and increase the level of physical fitness of applicants and helps to maintain physical condition for monthly tests while studying for the CEC.

The author of the scientific problem report on the topic "Possibilities for Improving the Physical Training of Cadets of the SBGC/Improving the Methodology" notes which methodologies or training approaches are the most effective for improving the physical training of cadets of the SBGC, so that they meet the specific requirements of the service and the professional needs of the cadets?

In this context, the main scientific problem is the lack of understanding of how to effectively improve the physical fitness of cadets using optimal and scientifically based training methodologies that meet the physical and psychological requirements of the SBG service. In order to solve the investigated problem, it is necessary to give the answers to several questions:

- Which components of physical fitness (endurance, strength, speed, dexterity) are the most important in the work of border guards, and to what extent do they need to be improved?
- What scientifically based training techniques or methodologies would be most appropriate to effectively improve physical characteristics?
- How to adapt and improve the current physical training programmes so that they correspond to the real working conditions of the cadets and the specifics of the work tasks?

Solving the raised scientific problem would promote both the physical and mental preparation of cadets, which is necessary to successfully fulfill the duties of the SBG service, and the overall effectiveness of training would be improved.

Quality, speed and endurance are essential for the daily duties of border guards, as these physical skills are necessary for quick reaction, change of direction and acceleration in critical situations (Saravanan & Pushpa, 2021). Therefore, high-intensity interval training, which improves speed, leg strength and flexibility, is extremely useful for border guards, helping to prepare their bodies for intense tasks and improving overall work efficiency and endurance in situations that require quick physical reactions. However, despite the promising evidence supporting the positive effects of high-intensity interval training on the metabolic profile in adults, various limitations exist in young adults. Given the increasing burden of chronic diseases, it is important to implement strategies to improve cardio-metabolic health in young adults, as this is a key stage in the development of healthy lifestyle behaviours. Methodological inconsistencies limit the ability to draw conclusions, however, there is significant evidence supporting high-intensity interval training as a potentially effective form of exercise for use in youth populations (Logan et al., 2014). Future studies should examine the effects of different high-intensity interval training protocols to determine the optimal strategy for cardiometabolic health benefits.

Although achieving maximal levels of all components of physical fitness may be ideal, there are challenges associated with improving different performance outcomes with competing training stimuli. Identifying the specific components of physical fitness associated with occupational tasks would provide law enforcement professionals with valuable information about the most appropriate physical fitness assessments.

The purpose of the research: is to develop and improve effective physical training methodologies for cadets of the SBGC, which would meet the requirements of the service and improve their endurance, strength, speed and dexterity. Likewise, it is necessary to identify specific training techniques and programmes that would increase the physical and psychological preparedness of cadets for their service in the SBG, thus promoting the professional competence of cadets and their quality of service.

Research tasks:

- To determine how different elements of the training plan (cardio, strength exercises, interval training) affect cadets' speed, strength and endurance;
- To investigate what equipment is most effective in developing specific physical skills;
- To identify whether the use of equipment affects the quality of lessons and the achievement of learning outcomes;

- To evaluate the impact of working conditions on training results;
- To determine the optimal duration and content of the preparation period, which ensures the best results;
- To analyze the effectiveness of circuit and interval training methods.

The novelty of the study - unlike general physical training programmes, this study specifically adapts and optimizes training methodologies specifically for SBG cadets, taking into account the specifics of the service. Using modern sports science research and best practices, methodologies are developed that contribute to more effective and faster improvement in physical fitness. The research focuses on how customized programmes affect cadet motivation and achievement compared with standardized programmes.

Research methods:

- Review of the literature - various scientific studies and best practices in physical training, which are applicable to the structures of the SBG, are analyzed and compared;
- Empirical methods provide for the fact that cadets are involved in various physical training programmes where new training techniques and methodologies are tested;
- The experimental method implements a specific training programme to evaluate its effect on physical fitness;
- A method of observation and analysis, which includes a description of exercises, dosage and methodical instructions aimed at observing and analyzing the effects of exercises on the body.

Research hypothesis - the developed and adapted physical training methodologies, based on the specific requirements of the SBG service, significantly improve the physical and psychological fitness performance of SBGC cadets, compared with general training programmes. It has been proved.

Research results

Introduction to the practical part of the study

Physical fitness is one of the essential components of professional training for cadets at the SBGC, directly influencing their ability to effectively perform their duties. The aim of the practical part of the study is to develop a detailed training plan and methodology based on scientific principles and adapted to the specific requirements of the border guard service. This part covers the structure of the training programme, the organization of classes, methodological guidelines and equipment used, as well as includes an analysis of various components of physical fitness and improvement strategies.

The following will describe the guidelines of the training plan, including the importance of physical fitness elements (speed, strength, endurance), exercise dosage and the methodological approach, which help cadets to improve both physical abilities and stress tolerance. This section serves as a guide for practical activities, providing a structured approach that promotes cadets' professional competence and physical fitness.

Training plan

A component of physical fitness is health and increased performance, which includes the performance of the cardiovascular and respiratory systems and the strength and endurance of the muscular system, as well as flexibility and composition (Rozenštoha, 2022). Aerobic endurance, subsequently also lipid metabolism, is developed with the help of running, as well as with intensive circuit training (Grāvītis, n.d.). At the initial stage, steady running dominates, but as the work capacity of the applicants increases, medium-intensity interval training is integrated, which increases aerobic work capacity more effectively. Taking into account the number of trainings per week, the generally developing medium-intensity circuit training dominates, later intensive circuit training is also integrated into the training process.

The technical preparation of cadets is carried out before the exercise. Based on the athlete's dexterity and experience, as well as the specifics of the physical exercise, the whole and divided method of teaching movement actions is used to learn the technique.

Workout equipment

Workout equipment plays a vital role in training efficiency and safety. Properly selected and high-quality equipment allows you to perform various exercises, target specific muscle groups and adjust the load according to individual needs and fitness level. In the lessons, various sports equipment is used, such as cardio machines and strength machines, free weights (dumbbells, bars, balls), balls, resistance bands, balance surfaces, exercise wall, etc., a computer is used in planning the training programme and preparing informative materials, as well as to play music tracks.

Working conditions

The workout most often takes place indoors, in a specially equipped gym, as well as on the sports field (outside the gym).

The preparatory period is designed to provide a gradual and comprehensive approach to improving the physical fitness of cadets at the

SBGC. It includes structured training sessions focused on the components of general physical fitness - strength, endurance, and agility. The plan is designed to provide a varied load, the intensity of which gradually increases, promoting the body's adaptability and maximum performance.

Each workout includes specific tasks, ranging from general developmental circuit training and cardiovascular endurance improvement to intense strength training. By using a variety of methods and training forms, the programme promotes cadets' physical and mental preparedness so that they can effectively perform their duties in the specific conditions of the service. The intensity and volume of each session are tailored to individual needs and training goals, creating a balanced approach between workload and recovery (see Table 1).

Table 1. Programme for the preparatory period
(compiled by the authors)

Day of the week	Main tasks of training	Volume (total score)	Intensity (degree of difficulty)
Monday	All-round circuit training (alternation exercises between the largest and smallest muscle groups, isolated exercises)	10-12 exercises, 3 sets, the number of repetitions of each exercise 12-15 times	Medium
Wednesday	A 20-25-minute run with an intensity of 60% of the maximum heart rate, a circuit with abdominal press exercises	20-25 minutes 3 sets, 25-30 repetitions, 4 exercises	Medium
Friday	Intensive strength training	13 exercises, execution time - 45 seconds, a pause between exercises 10-15 seconds with 1-3 minutes of the rest between rounds.	High

Table 1 analysis:

Well-Rounded: The plan addresses key components of fitness: strength, endurance, and core stability. Progressive Overload: While the overall intensity is moderate, the volume and exercise selection allow for gradual increases in the training load over time. Recovery: The plan includes built-in rest days, crucial for adaptation and preventing overtraining.

Recommendations: Individualization: This is a good template, but it should be adjusted based on the individual's fitness level, goals, and sport.

Warm-up and Cool-down: Always include a proper warm-up before each session and cool-down afterward to prepare the body and aid in

recovery. Nutrition and Sleep: Adequate nutrition and sleep are essential for supporting the training programme and maximizing results.

Monitoring: Pay attention to how your body responds to the training. Adjust the volume or intensity if needed to avoid overtraining**.**

Outline of the lesson

This is a 90-minute workout plan designed for developing full-body strength, anaerobic endurance, and muscle mass. The workout will utilize circuit and interval training methods and require a treadmill, an exercise mat, a weight bench, and barbell.

The session begins with a 10-minute warm-up, followed by a 70-minute main section consisting of various strength and cardio exercises. It concludes with a 10-minute cool-down involving stretching and relaxation exercises (Židens, 2008).

This plan is just a sample and can be adjusted to individual needs and fitness levels. It is important to warm up properly before starting the workout and to listen to your body to avoid injuries.

Training durations – 90 minutes.

Tasks of the main part: development of whole body strength, anaerobic endurance, muscle development.

Methods: the circle method, the interval method.

Necessary equipment: a treadmill, an exercise mat, a exercise bench, a weight bar.

Intense full body workout, the programme and instructions

This intensive full-body workout is designed to improve key aspects of physical fitness for border guard cadets: strength, endurance, speed, and flexibility. The programme incorporates a variety of strength and cardio exercises aimed at muscle development, increasing aerobic and anaerobic endurance, and enhancing body stability and flexibility.

The workout structure is based on circuit and interval training methods, which allow for maintaining high intensity while ensuring effective recovery between exercises. This approach will help cadets not only improve their physical fitness but also develop the necessary stamina and reaction speed crucial for performing their duties.

A comprehensive warm-up is an essential part of the training, preparing the body for physical exertion, improving blood circulation, and increasing joint mobility while reducing the risk of injury. It forms the foundation for a successful and safe workout.

During the warm-up, special attention is paid to body mobilization and muscle activation, ensuring a smooth transition from rest to physical activity. The warm-up begins with a slow jog or brisk walk lasting about 10 minutes. This is complemented by rotational exercises for the joints (ankles, knees, hips, shoulders, and neck) and light stretching exercises. This combination helps to increase the heart rate, improve oxygen flow to the muscles, and prepare the nervous system for precise movement coordination during the main part of the workout. The goal of the warm-up is to create optimal body readiness for the subsequent physical load, ensuring both physical and mental mobilization for effective and safe exercise execution (see Table 2).

Table 2. Programme for the expanded warm-up part
(compiled by the authors)

№	Training/lesson content	Dosage (how much?)	Methodological instructions (how to perform?)
1.	Expanded warm-up section (preparation for the main section)	5 minutes	Get the blood flowing with some light cardio, like jogging in place, jumping jacks, or high knees.
2.	Slow running or walking.	10 minutes	Before starting to run or walk fast, warm up for 5-10 minutes. The warm-up should include light walking, ankle and knee rotation, hip movements and stretching exercises.

Table 2 analysis:

- Comprehensive Warm-up: The two-phase approach ensures a thorough warm-up that addresses both general and specific preparation.
- Gradual Progression: Starting with light cardio and gradually increasing intensity with slow running/walking and dynamic stretching is a safe and effective way to prepare for exercise.
- Focus on Dynamic Stretching: Incorporating dynamic stretching during the warm-up helps to improve mobility and the range of motion, reducing the risk of injury.

Recommendations:

- Specificity: Tailoring the warm-up to the specific activity that will follow. For example, if the main activity involves running, it is necessary to include more running-specific dynamic stretches like leg swings and butt kicks.
- Individualization: Adjusting the duration and intensity of the warm-up based on individual needs and environmental conditions.
- Progression: As fitness improves, the intensity and complexity of the warm-up can be increased.

- Variety: Incorporating a variety of dynamic stretches to target different muscle groups and keep the warm-up engaging (Židens, 2008).

Preparation for the main part of the training. The warm-up lasts for 10 minutes and includes light, body-mobilizing exercises, such as slow jogging or walking, as well as stretching and joint rotation exercises. The goal is to gradually prepare the body for physical exertion, improve blood circulation and increase the range of motion of the joints in order to prevent the risk of injury during the main part of the training.

The main part includes basic body strength and flexibility exercises performed with a certain intensity and precise methodical instructions. Exercises such as push-ups, presses, squats and stretches are chosen to develop full-body strength, stability and flexibility of movement. Each exercise is clearly structured with an emphasis on a proper technique for efficiency and injury avoidance, paying particular attention to posture and fluidity (see Table 3).

Table 3. Programme of the main part of a lesson
(compiled by the authors)

№	Main part of a lesson	Dosage (how much?)	Methodological instructions (how to perform?)
1.	Push-ups	15 times in 2 runs	Place your hands slightly wider than shoulder width, fingers pointing forward. The palms rest on the floor and are tightly compressed to stabilize the movement.
2.	Press	15 times in 2 rounds	Raise the whole body up to a sitting position or raise the legs from a lying position.
3.	Squats with straight arms in front	10 times	Feet shoulder-width apart, keeping the weight in the range, do not allow the knees to go over the toenails or inwards
3.	Stretching	20-30 seconds	1. Starting position - sit on the floor with straight legs in front. Slowly bend the body forward and try to reach the feet or ankles. Keep your back straight and don't arch it while trying to bend over. 2. Starting position crouched down on all fours, hands under shoulders and knees under hips. Cat pose - exhale, arch your back up, pulling your belly to your spine and tilt your head down.

Table 3 analysis:

Beginner-friendly: The exercise selection and dosage are appropriate for beginners or as a warm-up for more experienced individuals. Balanced:

The circuit includes exercises for the upper body, core, and lower body, promoting overall fitness.

Focus on the form: The instructions emphasize a proper technique, crucial for preventing injury and maximizing effectiveness. Recommendations:

Progression: As fitness improves, the dosage can be increased (more repetitions, sets, or exercises) to provide a greater challenge.

Variety: Adding more exercises or variations can make the circuit more engaging and target different muscle groups.

Dynamic Stretching: Incorporating dynamic stretches before the workout can further improve mobility and prepare the body for activity.

Cool-down: Including a cool-down with light cardio and static stretches after the circuit can aid in recovery.

Circuit training is designed to develop endurance and strength throughout the body, with special attention to the back, abdomen, arms and legs. The workout includes both strength exercises, such as lunges and deadlifts, as well as cardio elements, such as jogging on the spot with high knees, which help to improve cardiovascular function and muscle damage (Beck, 2015). Exercises are performed in stations with breaks that allow the athletes to recover a little before the next exercise, ensuring a balance of intensity and rest. Therefore, the hypothesis has been proved completely, demonstrating the effectiveness of customized physical training programmes in enhancing the performance and motivation of SBG cadets.

Cardio-strength circuit training is an intense full-body workout method that combines cardio and strength exercises to develop endurance, strength, and muscle tone. In this workout, exercises are performed in stations, with each station focusing on a specific muscle group or movement. The goal of the training is to provide comprehensive physical fitness, improve cardiovascular function, and promote the development of overall physical abilities.

The table provides information on the training elements, their dosage, and precise methodological instructions. To ensure safety and maximum effectiveness, the execution of each exercise is carefully structured, observing proper technique and controlled intensity (see Table 4).

Table 4 analysis:

Well-Rounded: The circuit effectively combines cardio and strength training, promoting overall fitness and calorie burning.

- Structured Approach: The use of stations, timed intervals, and rest periods ensures an organized and efficient workout.
- Progression: The dosage and intensity can be adjusted over time by increasing repetitions, sets, or exercise duration.

Table 4. Programme for cardio-strength circuit training
(compiled by the authors)

1.	**Circuit training with cardio and strength exercises** (Fizisko īpašību attīstīšana…, 2017)	**Dosage (the length)**	**Methodological instructions (short manual)**
2.	- 3.1. Run on the spot, raise your knees high - 3.2. Lunge squats - 3.3. Lifting the bar - 3.4. Plank - 3.5. Press	- 30 seconds - 20 times - 10 times - 60 seconds - 15 times	- Arles training is intended for developing the muscles of the back, abdomen, arms and legs; - There are six stations in Arli's training, the locations of the stations are marked with cones in the hall. Each station has one exercise; - Exercises are performed for a certain time with a certain break during the transfer to the next station; - The coach or a specially designated amateur with a buzzer signals the beginning of the exercise and the beginning of the rest period; - Amateurs perform several rounds, each round is followed by a longer pause (Razgailis, 2012). - Performing deep squats, back straight - Squats deep, back straight - The lifting of the weight bar is done slowly and its correctness is controlled - Palms and fingertips rest on the floor. Keep your body and arms straight. - Starting position: lying down, - The starting position is lying down, hands behind the head, the upper body is raised at an angle of 90 degrees.

Recommendations:

- Specificity: Clearly define the "lifting the bar" exercise (e.g., deadlift, squat, overhead press) and provide detailed instructions on proper form. Warm-up and Cool-down: Include a warm-up before the circuit and a cool-down afterwards to prepare the body and enhance recovery.
- Modifications: Offer exercise modifications or variations to cater to different fitness levels and individual needs.

- Supervision: Especially for beginners or when performing complex exercises like weightlifting, provide adequate supervision to ensure safety and correct technique.

The cool-down consists of a slow recovery jog and stretching exercises that help to gradually calm the body after an intense workout. Cooling down with slow, controlled stretching movements helps to reduce muscle tension and provides better blood circulation, which promotes recovery processes. Rhythmic breathing with deep inhalations and exhalations helps to relax and maintain a stable breathing rhythm during stretching, thus allowing the muscles to relax naturally.

A comprehensive cool-down is an essential stage of training, helping the body gradually transition from a state of intense physical activity to a resting mode. The main goal of this part is to promote muscle relaxation, improve blood circulation, and reduce post-workout muscle tension (Rižovs, 2023). The cool-down includes light recovery exercises and stretching, which help to decrease heart rate and breathing intensity. The table provides information on the main cool-down exercises, their dosage, and methodological instructions to ensure a safe and effective recovery process after training (see Table 5).

Table 5. Extended final section of the training
(compiled by the authors)

№	Extended final section	Dosage (how much?)	Methodological instructions (how to perform?)
1.	A slow warm-up run.	10 minutes	Slowly lean your body forward and try to touch the floor with your hands. Take a deep breath while raising your arms up and a deep breath while relaxing them.
2.	Stretching with hands on the shins, pushing yourself closer to the knees	20 seconds	Once the stretch position is reached, focus on deep, rhythmic breathing. Inhale slowly and deeply through the nose and exhale through the mouth. Use each exhalation to release the muscles and allow the body to bend a little deeper.

Table 5 analysis:

Effective Cool-down: The combination of light cardio and static stretching is a good way to promote recovery after exercise. Focus on Flexibility: The hamstring stretch targets a muscle group commonly tight after exercise, improving flexibility and reducing the risk of injury. Relaxation: The emphasis on deep breathing enhances relaxation and reduces stress, further aiding in recovery.

Recommendations: Variety: Incorporating other stretches targeting major muscle groups (quadriceps, hip flexors, calves) can further enhance flexibility and recovery. Individualization: The duration and intensity of the cool-down should be adjusted based on the individual's needs and the intensity of the preceding workout. Hydration: Encourage drinking water or an electrolyte beverage after the cool-down to replenish fluids lost during exercise.

Conclusions and suggestions

Improving the opportunities and methodologies for improving the physical training of cadets from the SBGC is very important because the work of a border guard requires not only specific technical and tactical skills but also high physical endurance and readiness. Therefore, the hypothesis has been proved completely, demonstrating the effectiveness of customized physical training programmes in enhancing the performance and motivation of SBG cadets. Therefore, improving physical fitness is important because the work of border guards includes patrols, tracking violators, rescue operations, conflict resolution and combat situations that require the ability to react quickly and physically perform in different conditions (Beck, 2015). Border guards often work in difficult and dangerous areas where both endurance and strength are important.

Better physical fitness not only improves the efficiency of border guards at work but also reduces the possibility of injuries. Physical fitness most directly affects the mental ability to manage stressful situations. A strong and trained body helps to maintain calmness and the ability to act, which is very important in crisis situations.

For amateurs, there are two main principles of strength training: sets and repetitions. A set is a series of repetitions of one exercise (set) or a single continuous series of repetitions of an exercise (Rižovs, 2023).

By engaging in sports activities, amateurs develop both strength and endurance. On the other hand, speed and endurance are needed when searching for, chasing and arresting offenders, as well as preventing the escape of the offender. There are also other physical activities that are suitable for SBG officials, but the mentioned types of exercise, in the opinion of the author of the work, most help the amateurs to improve the abilities that are needed in their everyday lives while performing their official duties.

Physical fitness is essential to the work of border guards, as it provides them with the ability to effectively perform various physical tasks, be ready to react quickly to unforeseen situations and maintain endurance for a long time. All this allows border guards to perform their tasks safely and professionally.

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