
THE ANALYSIS OF THE CHARACTERISTICS OF PHYSICAL AND COMBAT TRAINING AND CONTROL FOR FUTURE POLICE OFFICERS

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Abstract This article aims to reveal the characteristics of physical and combat training applied for future statutory officers and to examine different aspects of the training process control. One of the functions assigned to the position of a police officer is to be in good physical condition. In their work, police officers face different situations which include a possibility of using physical force and combat self-defense. The regulations of the system of physical and combat training for police officers are relatively new. The current situation puts forward a question whether institutions offering police professional training use a similar model for the assessment of candidates for admission, and whether introduced changes in the legislation are considered in the training and assessment of the physical and combat training of students and cadets. The article analyzes the requirements that educational institutions apply to candidates who wish to become police officers. The study also compares how these requirements change during the training process and after a person is employed as a police officer. In each case, the legal framework is examined that is applicable to the physical and combat training process. The analysis of the characteristics of the physical and combat training of future police officers and the legal regulation of the physical training and additional requirements for police officers showed that not all police professional training institutions strictly follow the latest legal acts applicable to current police officers. The requirements for the assessment and control of general physical fitness slightly differ for both candidates to specific training institutions and those who study in these institutions. The differences that have been identified in the study do not have any negative influence on the process of physical fitness training, on the contrary, they enable to better display individual abilities. The results of the study showed that both areas of physical training and combat training are legally well regulated.

Keywords: Students, cadets, future police officers, control of physical fitness, combat training

Introduction

In their work-related tasks, police officers face different situations, which can be not only passive and non-conflicting, but also extreme. While performing their duties, police officers have to detain aggressive individuals who, in order to avoid detention, try to escape, actively resist, and can injure not only themselves, but also an officer or an accidental passer-by. During the detention of such persons, police officers may have to use physical force and apply combat wrestling. Currently, such concepts as combat training, combat self-defense, and methods of combat wrestling are emphasized less in the national legal acts. The integral concept of physical coercion combines the use of methods of combat wrestling, special equipment and professional tactical actions (*Lietuvos Respublikos Policijos įstatymas*, 2000).

The physical and combat training system of the Lithuanian police officers is rather new. In part 2 of Article 20 of the Statute of the Internal Service, adopted in 2018, there is an

emphasis on the need for police officers to meet the requirements of physical fitness and it points out to the prospect of introducing additional requirements related to physical and practical abilities to perform certain duties (*Lietuvos Respublikos vidaus tarnybos statuto pakeitimo įstatymas*, 2018). According to a new amendment of this Article (*Lietuvos Respublikos vidaus tarnybos statuto pakeitimo įstatymas*, 2018), there is a need to renew other laws and descriptors of procedures related with this provision.

The examination of person's physical fitness starts during the selection of candidates who apply to become police officers. The basics of combat training are developed during the studies while learning to become a police officer. Persons who have started working in police institutions must possess a complete understanding of the importance of physical training in life, be able to skillfully perform combat wrestling actions and understand the importance of professional excellence in the service.

The authors who have analyzed different aspects of training police officers emphasize the importance of developing the skills in combat wrestling techniques, identifying mistakes in their performance, and the ways how to avoid them (Veršinskas and Gušauskas, 2004, p. 68). The combat preparedness, proper response in emergency situations, coordination skills and adequately developed physical qualities of police officers constitute optimal preconditions for the detention of offenders (Gaška and Veršinskas, 2002, p. 85; Skibarka and Veršinskas, 2012, p.209). The duration of the processes for teaching combat wrestling techniques until trainees are able to perform them qualitatively and their further advancement is largely determined by the complexity of the action performed (Štarevičius and Obcarskas, 2015, p. 250).

A prerequisite for proper physical training of police officers is certainly an unquestionable goal. It should be noted that a person's lifestyle and regime have a significant impact on the final outcome (Volanti et al, 2017, p. 38; Buckingham et al. 2020). A significant part of future police officers, who understand the effect of a physically active lifestyle on well-being and their future professional career, do extra exercises (Skibarka and Navickienė, 2012, p. 182; Muliarčikas, 2017, p.54; 2018, p. 195; Marins et al 2019, p. 2872). But there are also not so positive examples. In certain, even in highly developed countries, training of the law enforcement professionals does not always meet the desired level (Kales et al, 2009, p. 12; Quigley, Adrienne, 2008; Kim S. and Kim J. 2019, p. 399).

Having in mind the importance of professional work of police officers and the level of danger encountered in their work, it is apparent that this training process should take place in a permanent manner. Consistent continuing training and gradual development of person's qualification have a positive influence on the level of quality of services provided by both the individual and the institution where this person is employed (Matuzienė, Petukienė and Tijūnaitienė 2004, p. 180; Smalskys, Skietrys 2008, p. 61; Misiūnas 2010, p. 34).

Seeking to adapt to the rapidly changing technologies, environment, and societal needs, the issue of professional development becomes particularly relevant in our contemporary society. The very term "professional development" can be defined by another term, namely "lifelong learning" (Lifelong learning, no date, p. 1), which means constant need to update knowledge, develop competences, gain new experiences, deepen and expand skills not limited to the person's professional fields. From the point of view of the topic analysed in this article, it should be a long-term process of developing various skills that is highly important for maintaining a proper level of professional qualification in the Lithuanian police officers. The impact of training events related to the professional development on the competence of police officers is positively evaluated by a relatively high number of participants in these events (Navickienė, 2011, p. 74), although it should be noted that publicly available surveys of police officers on this aspect dated after 2011 are scarce.

Those who wish to become statutory officers are subjected to such requirements as an impeccable reputation, possession of the citizenship of the Republic of Lithuania, excellent health and proper physical fitness (*Lietuvos Respublikos vidaus tarnybos statuto pakeitimo įstatymas*, 2018).

In Lithuania, future police officers are trained by two institutions - the Public Security Academy at Mykolas Romeris University (MRU-PSA) and the Lithuanian Police School (LPS). One of a few relatively similar requirements for the applicants to these institutions is their ability to perform general physical fitness tests according to the indicated requirements (*Lietuvos Respublikos vidaus reikalų ministro įsakymas*, 2019b), which are mandatory for all applicants. These tests are oriented to the physical fitness requirements applied to in-service police officers. Thus, this requirement might be difficult to meet for those who did not have prior proper preparation and additional individual training.

For an officer to be able to demonstrate critical thinking skills and respond properly in unexpected situations, it is necessary to ensure that in their learning activities, students and cadets are provided with specific types of physical training and combat wrestling exercises.

The research papers most often analyze the training aspects of future police officers studying in the Public Security Academy (former Faculty of Public Security) at Mykolas Romeris University; however, there is a lack of a more comprehensive data analysis reflecting the process of physical and combat training of the LPS cadets. It is obvious that proper selection and adequate physical and combat training are of high importance to ensure the effectiveness in performing direct functions by police officers and their continuing professional development.

This article aims to find out whether the police professional training institutions apply a similar model for the assessment of applicants for training, and whether changes in the legislation are taken into account in the training and assessment of the physical and combat training of students and cadets.

The purpose of this article is to analyze the situation of physical and combat training and further development at the educational institutions of the Republic of Lithuania training future statutory officers.

The methods used in the study include the analysis of scientific literature and legal acts, analogy, generalization, and deduction. The study analyzes the legal acts that have been in force and referenced in the websites of training institutions, which had to be followed by the applicants to MRU PSA and LPS in 2018-2020.

Requirements for admission to higher education and vocational training institutions

Candidates wishing to apply to the MRU PSA or LPS must first receive a referral letter to study from an institution under the Ministry of the Interior.

The next stage in order to be admitted to one of the police professional training institutions is the applicant's medical examination by the Central Medical Expert Examination Commission (CMEC). A person who has received a positive health report from the CMEC may continue to participate in the admission process and take the general physical fitness tests. Such admission procedure is regulated by "The Rules of Training and Organisation of the Service of Officers for the Internal Service System by Statutory Institutions under the Minister of the Interior of the Republic of Lithuania No. 1V-645" (*Lietuvos Respublikos vidaus reikalų ministro įsakymas*, 2019a).

From that moment, a candidate prepares for the general physical fitness tests individually applying the knowledge gained from PE lessons. In order not only to pass the physical fitness tests, but also to get an average or maximum score from the tests, a person has to go through

intensive preparation, improve his or her physical qualities, and develop willpower. A candidate wishing to become a police officer must not only show interest in this field, but also be motivated, prepare intentionally, and train his or her body and physical abilities. One of essential conditions for the admission to a higher education institution is that the competitive score of applicants which is calculated on the basis of the scores from the state maturity exams, must not be lower than the approved minimum value (*Programos paskirtis. MRU*, no date). It should be noted that MRU with its Public Security Academy is the only higher education institution in Lithuania that trains qualified mid-level and senior-level specialists for law enforcement institutions, who understand the complexity of different areas of police activity and are able to perform the delegated functions and tasks (*Programos paskirtis. MRU*, no date).

Applicants to the study programmes in Police Activities or Law and Police Activities at the MRU Public Security Academy, had to follow “The Requirements for General Physical Fitness of Persons Applying for Internal Service” approved by the Order of the Minister of the Interior of the Republic of Lithuania No. 1V-282 (*Lietuvos Respublikos vidaus reikalų ministro įsakymas*, 2003). Those requirements are designed based on the general norms regulated by “The Descriptor of the Requirements for the Physical Fitness of the Officers of the Internal Service System and the Procedure for Checking their Compliance with the Requirements, No. 1V-55” (*Lietuvos Respublikos vidaus reikalų ministro įsakymas*, 2019b).

As a general rule of physical fitness standards, candidates have to collect at least one point from each exercise in order to pass it. If at least one point is not received from each exercise, the physical fitness test is considered as failed to pass, i.e. person’s “level of general physical fitness is not satisfactory” (*Lietuvos Respublikos vidaus reikalų ministro įsakymas*, 2003). However, in order to become a future police officer it is not enough to collect a minimum number of points from each exercise. A candidate must collect at least a minimum sum of points from three exercises. If applicants complete successfully three control exercises and the performance of each exercise is evaluated with a certain number of points, while the total sum of points is not lower than required, the person’s level of “general physical fitness is satisfactory” (*Lietuvos Respublikos vidaus reikalų ministro įsakymas*, 2003). Although the sum of points collected by men and women do not differ, they are assessed according to different scoring tables.

Individuals can apply for the internal service not only immediately after their completion of secondary education, but also later. Often, applicants are a little older, making it difficult for them to compete with young men and women. Therefore, “The Requirements for General Physical Fitness of Persons Applying for Internal Service, No. 1V-282” (*Lietuvos Respublikos vidaus reikalų ministro įsakymas*, 2003) state that applicant’s age is taken into account. According to their age, applicants are divided into four groups with the corresponding minimum number of points from the physical fitness tests. “If in the assessment of the general physical fitness it is determined that the person’s general physical fitness does not meet the set requirements, the procedure of the person’s delegation for admission to the Lithuanian higher education institution shall be terminated and the statutory institution shall inform the person about this decision within 3 working days” (*Lietuvos Respublikos vidaus reikalų ministro įsakymas*, 2019a). If the candidate’s general physical fitness is determined as satisfactory and the required sum of points is collected, such person can continue to be a candidate for the admission to a higher education institution.

The LPS is an institution under subordination to the Ministry of the Interior of the Republic of Lithuania, which provides vocational training through formal and non-formal education (*Lietuvos Policijos Generalinio komisaro įsakymas*, 2014). This school trains primary-level police officers about different aspects of street patrols, traffic supervision, the

importance of providing assistance, and ensuring public order and safety. The admission requirements to this vocational training institution are very similar to those for the admission to a higher education institution (MRU-PSA). However, the main difference is that in the admission to the LPS, in addition to the applicant's health examination and the assessment of physical fitness, a special test of knowledge and skills is given in order to assess the candidate's logical thinking, text comprehension, and literacy (*Lietuvos Policijos Generalinio komisaro įsakymas*, 2016). One of the many functions of primary-level police officers is to respond to reported crimes. At the crime scene, suspects are often intoxicated and aggressive, and police officers often have to use physical force and combat wrestling actions. With this in mind, it can be argued that impeccable physical fitness should be one of the priorities for candidates to a police vocational training institution. The initial selection of applicants to the LPS also starts from the CMEC. The methodology for performance and assessment of general physical fitness exercises is regulated in the same Order issued by the Police Commissioner General (*Lietuvos Policijos Generalinio komisaro įsakymas*, 2016). The appendix to that order contains a description of the methodology for performance and assessment of general physical fitness exercises, a description of the technique how to perform all four exercises, by which it is determined whether exercises have been performed correctly or not, and a description of possible errors in exercise performance and scores for the results. Similarly to the admission to MRU-PSA, the age of applicants is taken into account and a minimum sum of points to be collected by the applicant is indicated accordingly. A specific competitive score is applied for the candidates applying to the LPS. The goal of the applicants is to collect the highest possible general physical fitness score, which will be required in the further course of the admission process. The competitive score is calculated using a formula based on the sum of points collected from the candidate's performance of four physical fitness exercises and the age group coefficient (*Lietuvos Policijos Generalinio komisaro įsakymas*, 2016). Thus, under the mentioned conditions, an applicant who has collected a minimum number of points does not have any guarantee whether the sum of points is sufficient to be accepted for studies at the LPS. Of course, whether the candidates' general physical fitness is better than that of their competitors depends on their motivation, preparation and self-development.

Comparison of physical fitness requirements in higher education and vocational training institutions

The same basic legal acts are applicable for candidates wishing to become statutory officers who apply to a higher education or vocational training institution (*Lietuvos Respublikos vidaus tarnybos statuto pakeitimo įstatymas*, 2018; *Lietuvos Respublikos Vidaus reikalų ministro įsakymas*, 2019 a, b; 2020). However, depending on the institution where a person wishes to apply, the admission is also regulated by other legal acts.

The analysis of the requirements for the performance and assessment of general physical fitness exercises showed that the rules of general physical fitness for applicants to the LPS are slightly clearer (*Lietuvos Policijos Generalinio komisaro įsakymas*, 2016) compared to those for applicants to the MRU-PSA (*Lietuvos Respublikos Vidaus reikalų ministro įsakymas*, 2003). The rules of general physical fitness which are applicable for applicants to the LPS provide examples of the correct and incorrect performance of physical exercises, specify the procedure of exercise performance, and describe actions to be performed by the applicant. The rules also include visual material in the form of pictures to facilitate understanding about the exercises.

On the other hand, "The Requirements for General Physical Fitness of Persons Applying for Internal Service, No. 1V-282" (*Lietuvos Respublikos Vidaus reikalų ministro įsakymas*,

2003), which regulate the physical fitness requirements for applicants to a higher education institution, do not provide any visual material, description of exercises and mistakes in their performance, and contain information presented in a rather abstract way. Applicants to the study programmes in Police Activities or Law and Police Activities had to follow the mentioned requirements, which had already been partly amended. It is likely that such inaccuracies may have caused some misunderstandings; however, in general they could not have a negative effect on the preparation process of motivated applicants.

The second difference is the time limit to bend and stretch arms from the horizontal support while lying down (push-ups). In the requirements for applicants to the MRU-PSA (*Lietuvos Respublikos Vidaus reikalų ministro įsakymas*, 2003), published on the University website, it is indicated that in order to score the maximum number of 15 points, male applicants have to do 75 push-ups and female applicants have to do 30 push-ups in 2 minutes. On the other hand, in order to score the same number of points, applicants to the LPS (*Lietuvos Policijos Generalinio komisaro įsakymas*, 2016) have to do analogous numbers of push-ups but it has to be done within a shorter time (1.5 minutes).

The third difference is the time limit for 3000 meter-run for male applicants. In order to score the maximum number of points, applicants to the MRU-PSA have to complete the distance precisely within 11 minutes (*Lietuvos Respublikos Vidaus reikalų ministro įsakymas*, 2003), while applicants to the LPS must cover the same distance within 11 minutes 15 seconds (*Lietuvos Policijos Generalinio komisaro įsakymas*, 2016). Thus, the time interval for male applicants to the MRU PSA and LPS differs in 15 seconds. By the way, for applicants to the LPS, the minimum score of 1 point on this test is lower in 1 minute 10 seconds, compared to the MRU-PSA.

The fourth difference is the total number of exercises. For applicants to the LPS, one additional exercise to drag a mannequin is included (*Lietuvos Policijos Generalinio komisaro įsakymas*, 2016). This exercise is apparently aimed because these candidates are to become primary-level police officers, who may encounter such situations as rescuing people from water and fire or protecting injured people and pulling them from the incident scene.

The fifth difference is the competitive score applied by the LPS in testing the applicant's physical fitness, which is calculated using the formula and which is required in the selection process in order to sum up the competitive scores of the candidate's special knowledge, skills and physical fitness (*Lietuvos Policijos Generalinio komisaro įsakymas*, 2016). Differently from the LPS, the MRU-PSA applies a much simpler rule based on the points scored by an applicant in completing each exercise.

The sixth difference lies in the requirements in the performance of an endurance exercise for applicants aged 35 and over. The MRU-PSA applies the same requirements for all applicants in men's 3,000 meter run and women's 2,000 meter run without taking into consideration the age of applicants. Differently from the MRU-PSA, for the same distances the LPM applies lighter requirements for those aged 35 and over. Both male and female applicants can choose to run a shorter distance of 1000 meters. On the other hand, the MRU-PSA currently does not have any applicants or full-time students in the study programmes in Police Activities, Law and Police Activities, and Law and State Border Guard aged over and, therefore, it seems that there is no need for such additional provisions.

We can sum up that in order to become a police officer; a person must possess not only theoretical knowledge and special professional skills, but also be in perfect health and have excellent physical fitness. The applicant's health condition determines whether a person will be able to properly perform physical fitness exercises, while the quality of his or her exercise performance determines whether this person will be able to continue participating in the

selection process to be a candidate for the law enforcement service. In the educational institutions reviewed in the study, the general physical fitness exercises are similar to the current requirements for police officers. However, there are differences in the number of exercises and their assessment, and, for this reason, it is not possible to determine which general physical fitness assessment criteria applied by educational institutions reflects more objectively the level of physical fitness of future statutory officers.

Comparison of the educational process of physical and combat training in higher education and vocational training institutions

In the third and fifth semesters, the MRU-PSA students follow the study course “Combat Self-Defense”. The aim of this course is “to create conditions for acquiring knowledge about special physical training, learning, developing and using combat self-defense actions, and to create opportunities to develop the abilities to perform combat self-defense actions correctly under different circumstances and to improve the action techniques and tactics” (*Description of the Course Unit, Combat Self-Defense. MRU, 2019*). The scholars who analyse different aspects of training police officers suggest that in the training process “vocational physical training must be related to the specific professional requirements and help to better assimilate the knowledge for the future profession” (Skibarka and Navickienė, 2012, p. 187).

The methodological guidelines for testing general physical fitness (2019, No. 10 K-60) have been designed following “The Descriptor of the Physical Fitness Requirements for Officials in the Internal Service System and the Procedure for Checking their Compliance with the Requirements, No. 1V-55” (*Lietuvos Respublikos Vidaus reikalų ministro įsakymas, 2019b*).

The description of the study programme indicates that in the third and fifth semesters 50 contact hours are assigned for the work with students and 4 hours for independent work on combat self-defense exercises and general physical preparation” (*Description of the Course Unit, Combat Self-Defense. MRU, 2019*). 1 to 2 practical classes take place every second week, lasting for 1.5 hours.

According to E. Štarevičius and L. Obcarskas (2015, p. 246), the content of the study course “Combat Self-Defense” is rather broad and covers various groups of actions, including detentions, throws, liberations, etc. The biggest disadvantage of this course at the MRU-PSA is insufficient time assigned for students to master all the actions, their combinations, and technical subtleties. The teachers of this course state that the assigned time is not enough for students to master the technique of actions and learn how to avoid common mistakes. In their opinion, more time and consideration are needed to teach students the combinations of combat self-defense (Štarevičius and Obcarskas, 2016, p. 248). It should be noted that during the preparation of publication by these authors, students from one academic group had not been divided into subgroups. However, since 2018, the course “Combat Self-Defense” has been taught in subgroups, i.e. one teacher has been working with 11-14 students enabling them to achieve significantly better results.

The concept of the process of students’ combat training at the LPS includes the use of persuasion and coercion measures (*LPM modulinė mokymo programa, 2019*). In this module, the cadets are first introduced to the theory of safe behaviour in physical and coercive action training sessions, the main legal acts which regulate the use of persuasion and coercive measures, and stress management during critical incidents. The training program of the cadets consists of 34 weeks. During this course, 12 hours are assigned to the theoretical training, 121 hours to teaching actions of combat self-defense, and 14 hours to independent learning. The

module of the use of persuasion and coercive measures, including tasks and counseling, consists of 189 hours in total. Like the MRU-PSA students, the LPS cadets are to train their physical abilities during the practical classes. Over the 34-week period, 36 contact hours are assigned for developing the cadets' physical abilities such as strength, endurance, speed and agility. Future police officers are given 10 hours to do individual preparation for the tests. According to the LPS training program (*LPM modulinė mokymo programa*, 2019), during the control test of general physical training, the cadets have to perform the same exercises as described in "The Descriptor of the Physical Fitness Requirements for Officials in the Internal Service System and the Procedure for Checking their Compliance with the Requirements, No. 1V-55" (*Lietuvos Respublikos Vidaus reikalų ministro įsakymas*, 2019b).

Thus, a detailed comparison can be made from the overview of different aspects of physical and combat training applied for the MRU-PSA students and the LPS cadets.

Firstly, in training of future police officers, some differences can be seen in the descriptions of the assessment of physical fitness. The LPS cadets are subject to "The Descriptor of the Physical Fitness Requirements for Officials in the Internal Service System and the Procedure for Checking their Compliance with the Requirements, No. 1V-55" (*Lietuvos Respublikos Vidaus reikalų ministro įsakymas*, 2019b). During their testing, the cadets must perform the same physical exercises as performed by in-service police officers. Although "The Methodological Guidelines for General Physical Fitness Testing" (*Bendro fizinio pasirengimo testavimo nurodymai. MRU*, 2019) for the MRU-PSA students are designed following the same description of testing procedure (*Lietuvos Respublikos Vidaus reikalų ministro įsakymas*, 2019b), the testing requirements are slightly different. The difference is in the maximum number of points that MRU-PSA students can score for each performed exercise, which is 18 points. Besides, an additional sit and lie down (sit-ups) in 30 seconds test is included. This test assesses students' abdominal muscle endurance. Taking into account the methodological guidelines, the students are assessed according to the assessment requirements for second-level police officers (*Lietuvos Respublikos Vidaus reikalų ministro įsakymas* 2019 c). If the additional test was not included, similarly to police offices, the students would be required to collect 29 points from three physical fitness tests in order to get the lowest positive grade. Currently, the students must collect at least 35 points from the four tests. Thus, for example, as it is required for police officers, the students must collect a minimum of 29 points from the three exercises and, in addition, it is necessary to collect at least 6 points from the sit and lie down in 30 seconds exercise. It should be noted that by the Order No. 1V-1172 of the Minister of the Interior of the Republic of Lithuania dated November 16, 2020 (*Lietuvos Respublikos Vidaus reikalų ministro įsakymas*, 2020), the sit and lie down within 30 seconds test was added to the physical fitness assessment tests for female police officers as an alternative to the bend and stretch arms from horizontal support test. However this test is not included in the set of control exercises for male police officers.

The second difference is that the MRU-PSA students do not have an alternative to choose between 10 x 10 m and 100 m run. In order to protect the students from possible injuries, only one test is possible, namely 100 m run.

The third difference is the time assigned for physical fitness training. The MRU-PSA provides 4 hours of independent learning for the development of physical abilities, while the LPS provides 36 hours for practical classes. If compared, it can be assumed that the number of hours allocated for the students' physical training is insufficient. Thus, whether the student achieves a high grade much depends on his or her personal ambition to excel.

The fourth difference is the time assigned to practical classes in combat self-defense. The MRU-PSA provides 48 contact hours during the semester, while the LPM provides 121 hours

during the whole academic year. Although the MRU-PSA students study the course “Combat Self-Defense” also for two semesters, these studies still do not include as much time as the LPS assigns to the teaching of combat self-defense. Since the MRU-PSA as a higher education institution trains middle and senior level police officers, the content of the whole study programme includes more hours for theoretical than practical studies.

The fifth difference is that the combat training of the LPS cadets includes police tactics. In the program of the LPS module (2019), it is indicated that during the performance of combat actions, not only technical elements but also operational tactics of the cadets will be evaluated. Also, during the practical classes, various situations are modeled that may be feasible in the real-life service. Therefore, it is assumed that the the LPS graduates who start working in the law enforcement institution, have better developed skills how to deal with unexpected situations or during the assessment of additional requirements. There is no indication in the description of the MRU-PSA study course (*Description of the Course Unit, Combat Self-Defense. MRU, 2019*) that practical classes in combat self-defense will include modelled situations or elements of police tactics. The tactics of police activity is taught in another study course. In general, it can be stated that in certain respects physical and combat training in police training institutions differs.

Conclusions

Those who seek to become police officers start their individual physical preparation long before the beginning of their professional studies. Candidates who plan to apply for studies to the MRU-PSA should be provided with references to the legal acts containing the latest requirements for the physical fitness test. Compared to the MRU-PSA, applicants to the LPS are required to perform more physical exercise tests.

Physical and combat training is mandatory is mandatory for both MRU-PSA students and LPM cadets. The analysis of the characteristics of physical fitness control during the academic years from 2018 to 2020 showed that the MRU-PSA students had to perform more exercises and score more points in testing their physical abilities compared to the LPS cadets and current police officers. On the other hand, the LPS cadets perform general fitness tests analogous to those performed by in-service police officers.

There is a possibility that due to the lower number of practical classes, the MRU-PSA students may face difficulties in developing stable abilities to perform certain elements of combat self-defense techniques, differently from the LPS cadets.

Physical and combat training in the work of police officers is regulated by the legal acts. Physical fitness tests for the MRU-PSA students and the LPS cadets and their assessment criteria have been developed in line with the national legal acts. The differences between exercises used by the MRU-PSA and the LPS for the person’s physical training and its assessment that have been identified in the study should not have a significant effect. The time provided to develop basic skills of combat self-defense action techniques should be sufficient for students from both higher education and vocational training institutions. To optimize the MRU-PSA study plans, it would be advisable to combine the course “Combat Self-Defense” with the course “Professional Tactics”.

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