

## COMPETITION METHOD AS A FACTOR AFFECTING THE FORMATION OF THE MOTIVATION OF MILITARY PERSONNEL TO THE SYSTEMATIC ACTIVITIES OF PHYSICAL TRAINING

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**Keywords:** competitive method, physical training, motivation, serviceman.

**Actuality.** The study of ancient Greek culture, and physical including, formed the belief that the element of rivalry is a universal component of human anthropology. The main factor in the development and appearance of sport was played by the concept of "competitiveness (fight)". Competition in the spiritual, intellectual and physical culture has a universal character and serves as one of the most important sociological and ethnological principles of the development of human society. In fact, if the motor activity is a natural human need, then the element of competition in the performance of physical exercises should be an integral part of it.

**The purpose** is to identify the characteristics of the competitive method for the formation of the motivational attitude of servicemen to regular activities physical training.

**Methods of research:** analysis of special literature, questionnaires, and methods of mathematical and statistical processing and interpretation of the results obtained.

**Results and discussion.** The analysis of the special literature and the research results of the military personnel showed that, in comparison with other methods of physical training, the competitive method makes it possible to make the highest demands on the functional capabilities of the organism and thereby contribute to their most effective development and the growth of physical fitness. It should be noted that the list of the most attractive sports largely coincides among military personnel of various categories. The greatest preference for military personnel would have given to individual competitions such as table tennis, running, single combat (arm-wrestling). The most desirable team competitions are football, volleyball, sports relay races. The team game not only attracts a lot of participants with the excitement of the competitions, but also promotes team building, which is necessary for the army service.

It is important to emphasize that the competition is not the same as the game, although they have many similar and coinciding features. The game also includes competitiveness and also serves the development and improvement of the individual. However, the goal of the game is in it itself, i.e. in pleasure, in the joy of participating in it.

Competitions are also accompanied by a pleasure from participation and playing character, but its purpose is still other - a comparison of physical, psychic, intellectual abilities, achieved on the basis of purposeful exercises, checking the degree of achieved bodily perfection.

**Conclusions and recommendations.** 1. One of the more effective ways of forming motivation for activities physical training is participation of servicemen in competitions of different levels, which helps them to show maximum concentration, form discipline and accumulate experience of participation in competitions. The competitive method motivates for regular activities physical training and makes its process exciting, and the results of the competitions are a stimulating factor for the serviceman to continue improving his physical abilities. 2. It is recommended to include in the conduct of various forms of physical fitness a competitive method that facilitates the involvement of the maximum number of military personnel in active activities physical training, the formation in their minds of the understanding of the vital necessity of physical culture and sports activities for preserving health and prolonging professional longevity, and also organize the labor activity of the military personnel as a whole so that it leads to competition between them.