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Eureka Journal of Artificial Intelligence and Data Innovation (EJAIDI)

ISSN 2760-5000 (Online) Volume 2, Issue 6, June 2026

https://eurekaoa.com/index.php/11

THE ROLE AND PEDAGOGICAL CHARACTERISTICS OF FITNESS SPORTS IN ENHANCING THE PHYSICAL PREPAREDNESS OF CADETS AT MILITARY EDUCATIONAL INSTITUTIONS

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Abstract

This article examines the role of modern fitness sports in developing the professional-applied physical preparedness of cadets in military educational institutions. The pedagogical and physiological foundations of CrossFit, workout training, and resistance exercises are analyzed in the context of improving cadets' endurance, strength, speed, agility, and psychological resilience. The study highlights the importance of integrating fitness-based training methods into military education as an effective means of enhancing combat readiness, physical performance, and professional competence. Particular attention is given to the application of functional training technologies that contribute to the comprehensive development of cadets' physical and mental capabilities under conditions similar to real military activities.

Keywords: Fitness, military education, cadet, physical training, CrossFit, functional training, pedagogical technologies, military-pedagogical preparation, healthy lifestyle, professional-applied physical preparedness.

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Introduction

The processes of globalization and the increasing complexity of the modern security environment are imposing new requirements on military personnel training systems. Military servicemen must possess not only theoretical knowledge but also a high level of physical, psychological, and functional preparedness. From this perspective, improving the physical training of cadets in military educational institutions has become one of the most urgent scientific and practical issues.

In recent years, fitness sports and their innovative forms, such as functional fitness, CrossFit, High-Intensity Interval Training (HIIT), and circuit training, have been widely incorporated into the training systems of military academies and security organizations around the world. Their main advantage lies in their ability to develop cadets' physical qualities in a comprehensive manner. Fitness training simultaneously enhances strength, endurance, speed, coordination, and flexibility, thereby contributing to the overall physical readiness of future military personnel.

Geopolitical transformations in the global arena and the evolution of military tactics require specialists serving in modern armed forces to possess not only advanced intellectual capabilities and tactical proficiency but also a fundamentally new level of physical and functional preparedness. Military conflicts of the twenty-first century are characterized by their hybrid nature, involving intensive urban warfare, prolonged operations in extreme climatic conditions, and the operation of high-tech weapon systems under severe physical and psychological stress. Under such circumstances, cadets of military educational institutions—the future officer corps—must be prepared to make optimal decisions in dynamic and rapidly changing combat situations while operating under conditions of hypoxia (oxygen deficiency), chronic fatigue, and intense psychological pressure. This task has become strategically important for modern military education.

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Although traditional and standardized military physical training programs developed over many years—including long-distance running, pull-ups, parallel-bar exercises, and military obstacle courses—continue to play an important role in strengthening cadets' musculoskeletal systems and developing fundamental physical qualities, the demands of the contemporary battlefield necessitate their enrichment through modern fitness methodologies. Programs focused solely on a single physical component, such as endurance or static strength, are no longer sufficient to fully develop the multifunctional combat capabilities required of the modern soldier.

Therefore, the integration of modern fitness technologies into military physical training systems is becoming increasingly relevant. Functional fitness, CrossFit, workout training, and other contemporary training methods provide opportunities to develop multiple physical and psychological qualities simultaneously, thereby ensuring a higher level of combat readiness, operational effectiveness, and professional competence among future military officers. Such an approach contributes not only to improving physical performance but also to enhancing resilience, adaptability, leadership skills, and decision-making abilities under stressful conditions, which are essential attributes of modern military professionals.

Functional Fitness Sports and Their Role in Military Physical Training

Functional fitness disciplines, including CrossFit, plyometric training, and High-Intensity Interval Training (HIIT), contribute not only to the development of individual muscle groups but also to the comprehensive enhancement of the body's overall endurance. In particular, these training methods improve the efficiency of the cardiorespiratory system, increase the lactate threshold, and develop anaerobic power. The integration of fitness methodologies into military physical education is not merely a response to contemporary sports trends; rather, it represents an innovative pedagogical and biomedical necessity aimed at

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ensuring that future officers can perform tactical tasks with maximum efficiency and minimal energy expenditure while carrying heavy weapons, body armor, helmets, communication devices, and other protective equipment during combat operations.

The term fitness originates from the English expression "to be fit," meaning to be in good physical condition. In modern scientific literature, fitness is defined as a system of physical exercises designed to develop and improve an individual's functional capabilities.

Military service requires the development of the following physical qualities at a high level:

- General and special endurance;
- Maximal and explosive strength;
- Speed and reaction ability;
- Coordination skills;
- Flexibility;
- Resistance to stress and fatigue.

Fitness training is fully aligned with the requirements of military education because it is specifically aimed at developing these qualities. CrossFit and functional training elements enhance cadets' combat readiness through exercises that simulate real military activities and operational tasks.

The real combat activity of a military serviceman is far from the isolated and predictable movements typically performed in laboratories or conventional fitness centers. The dynamics of the modern battlefield consist of extreme and unpredictable sequences of complex kinetic actions. The survival of a soldier and the success of a combat mission depend largely on the ability to perform multifunctional and multi-joint biomechanical movements while carrying heavy external loads. Tactical equipment—including body armor, helmets, ammunition, communication devices, and night-vision systems—often weighs between 30 and 40 kilograms. Soldiers must maneuver rapidly across uneven terrain, overcome

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obstacles, climb elevated positions, and evacuate wounded comrades under challenging operational conditions.

To address these practical demands, one of the most effective modern fitness methodologies is **CrossFit**, a system based on constantly varied, high-intensity functional movements. By its nature, CrossFit closely resembles military tactical activities because it simultaneously develops multiple motor abilities required in real combat situations.

Scientific and Practical Advantages of CrossFit for Cadets:

1. High Intensity and Resistance to Hypoxia. CrossFit workouts are typically performed within submaximal and maximal intensity zones over short periods of time. Such training creates significant oxygen deficiency within the body and activates glycolytic (anaerobic energy production) processes. As a result, cadets develop increased tolerance to hypoxia and elevated blood lactate levels.

This adaptation enables military personnel to maintain combat effectiveness even when experiencing severe fatigue and respiratory distress during military operations. The ability to function effectively under oxygen-deficient conditions is particularly important during prolonged tactical maneuvers, mountain operations, and high-stress combat scenarios.

2. Multi-Joint Functional Movements and Biomechanical Integration. Unlike traditional bodybuilding, which focuses on isolated muscle groups, CrossFit emphasizes integrated movement patterns involving multiple joints and muscle groups simultaneously. Exercises such as pull-ups, dips, rope climbing, kettlebell lifts, barbell movements, medicine-ball drills, and tire flipping are based on the principle of the kinetic chain.

These exercises activate the core musculature, musculoskeletal system, and stabilizing joints simultaneously, improving overall functional movement efficiency. In military practice, this translates into the ability to lift, carry, and

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transport heavy loads safely while minimizing the risk of spinal injuries and musculoskeletal disorders through proper biomechanical techniques.

3. Cardiorespiratory Stability and Stress-Control Mechanisms. The minimal recovery periods between exercises force the cardiovascular and respiratory systems to function under sustained physiological stress. Continuous training at elevated heart rates (170–190 beats per minute) teaches cadets how to maintain control over their physiological responses during extreme exertion.

Future officers learn to regulate breathing patterns, concentrate under pressure, and manage emotional responses despite elevated adrenaline levels. These adaptations form the physiological foundation for maintaining composure, accurate marksmanship, and effective tactical decision-making in combat situations.

4. Metabolic Adaptability. A unique characteristic of CrossFit is the continuous variation of training programs according to the Workout of the Day (WOD) principle. Constantly changing workouts prevent physiological stagnation and force the body to adapt to new physical and energetic challenges.

This approach significantly improves a military serviceman's ability to adapt rapidly to unexpected climatic, geographical, and tactical conditions. Enhanced metabolic flexibility allows personnel to maintain operational effectiveness across diverse environments and mission profiles.

When organizing **physical education in military educational institutions**, a differentiated and systematic approach is considered one of **the fundamental pedagogical principles. T**he purposeful and regulated inclusion of various fitness disciplines into daily and weekly training schedules enables instructors to improve cadets' professional-applied physical preparedness in a targeted manner. Each physical quality required for military service–strength, speed, endurance, agility, coordination, and resilience–is closely associated with the methodological

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foundations of specific fitness disciplines. The integration of these elements prevents one-sided physical development and promotes the harmonious and comprehensive improvement of all physiological systems.

From a pedagogical perspective, fitness technologies also contribute to:

- Increasing learning motivation and engagement;
- Developing self-discipline and responsibility;
- Enhancing leadership and teamwork skills;
- Improving self-control and emotional stability;
- Strengthening adaptive capabilities under stress;
- Forming a sustainable healthy lifestyle.

Consequently, the incorporation of modern fitness methodologies into military education should be viewed not only as a means of improving physical performance but also as an effective pedagogical tool for developing the professional competencies required of future military officers.

Military physical education is not merely a process of improving mechanical movements and biomechanical indicators. By its very nature, it represents a complex and multifaceted pedagogical system aimed at shaping the personality of a future officer. The implementation of modern fitness methodologies within military training environments not only enhances physical fitness indicators but also performs important pedagogical and psychological functions by strengthening cadets' professional resilience and promoting collective cohesion.

The extreme conditions of military service, including unexpected threats, physical exhaustion, and sleep deprivation, continuously test the moral and psychological stability of military personnel. In this regard, the educational and pedagogical potential of fitness sports is manifested in several key directions.

To improve the effectiveness of military personnel training programs, the targeted fitness disciplines, the physiological qualities they develop, and their practical equivalents in combat situations can be systematically presented in the table №1:

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Table 1. Targeted Fitness Disciplines, the Physiological Qualities They Develop, and Their Practical Equivalents in Military Combat Conditions

Fitness Discipline	Primary Qualities Developed (Pedagogical and Physiological Classification)	Practical Significance in Military Service and Tactical Equivalent
Calisthenics (Workout / Bodyweight Training)	Relative strength (strength-to-body-weight ratio), static and dynamic balance, vestibular stability, joint flexibility, and core muscular endurance.	The ability to effectively control one's body weight in space and overcome military obstacle courses (walls, ropes, balance beams) within the shortest possible time. Reduces the risk of spinal and joint injuries during movement under extreme operational conditions.
Plyometrics (Explosive Training)	Explosive power (the ability of muscles to generate maximum force in minimal time), neuromuscular reaction speed, reactive ability, elastic energy storage, and jumping performance.	Enables rapid neuromuscular responses to unexpected combat stimuli such as explosions or gunfire, facilitates explosive starts, jumping over hazardous areas, and quickly taking cover during combat operations.
Powerlifting and Olympic Weightlifting (Strength-Oriented Fitness Training)	Absolute muscular strength, increased bone and joint density, anaerobic power, and the ability to mobilize glycogen energy reserves.	Essential for carrying heavy military equipment, ammunition boxes, crew-served weapons (mortars, machine guns), and tactical loads over long distances. Supports the safe evacuation of wounded comrades together with their full combat equipment, involving loads of at least 80–100 kg, from the battlefield to secure areas.

1. Development of Willpower and Psychological Resilience. One of the most significant benefits of fitness training, particularly CrossFit and high-intensity workouts, is the development of the ability to overcome personal limitations. From a pedagogical perspective, this process is achieved through the methodology of purposeful volitional effort.

When muscles are fatigued, breathing becomes difficult, and the brain signals the need to stop exercising, cadets learn to subordinate their emotions and physical

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discomfort to conscious determination by completing the assigned task. This process increases psychophysical tolerance to distress factors and develops mental toughness. In combat situations, such psychological qualities enable officers to remain calm, focused, and decisive under pressure rather than succumbing to panic.

2. Team Building and Social-Psychological Cohesion. Unlike traditional physical training, the group-based structure of the Workout of the Day (WOD) system creates a unique interactive and motivational environment. Within this framework, cadets strive not only for individual achievement but also for the prestige and success of their squad, platoon, or training group.

From a pedagogical perspective, the principles of competition and mutual support are effectively combined. Cadets who complete exercises earlier encourage and motivate those who are still performing the tasks. Such intensive group experiences significantly strengthen interpersonal trust, unit cohesion, loyalty, and collective spirit within military teams.

The practical realization of the military principle, often summarized as “the burden on my shoulders and the fate of my comrade,” is formed at a psychological level through these collective training experiences.

3. Injury Prevention and the Development of Physical Culture. A properly designed and scientifically based fitness program cultivates a conscious attitude toward physical activity and promotes a culture of personal health among cadets. Functional stretching, mobility exercises, and programs aimed at strengthening joints, tendons, and ligaments should become integral components of military physical education.

During the educational process, cadets learn proper load management, breathing techniques, and biomechanical safety principles. As a result, the risk of injuries to the spine, knees, and ankle joints during tactical exercises, field training, and

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long-distance marches is significantly reduced. Injury-free physical conditioning is one of the key prerequisites for maintaining the combat readiness of military units.

In conclusion, the integration of fitness sports elements into the curricula of military educational institutions has become a necessity in the modern era. Enriching traditional military training programs with functional fitness, workout training, and plyometric exercises significantly enhances cadets' functional and psychological readiness for combat tasks.

Such an approach contributes to the formation of a physically strong, mentally resilient, and professionally competent officer corps capable of achieving mission success under the most challenging operational conditions.

The Role of Fitness Sports in Improving Cadets' Physical Preparedness

1. Development of Endurance. Military activities are associated with prolonged physical workloads. The combination of aerobic and anaerobic exercises used in fitness training improves the efficiency of the cardiovascular and respiratory systems. As a result: stroke volume of the heart increases; oxygen utilization efficiency improves; overall work capacity is enhanced and resistance to fatigue increases.

2. Development of Strength Qualities. Military personnel are required to carry heavy loads, transport weapons and equipment, and overcome complex obstacles. These tasks demand a high level of muscular strength.

Fitness disciplines such as: power training, functional strength training, kettlebell training and bodyweight training effectively develop functional muscular strength and improve operational performance.

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3. Formation of Psychological Stability. High-intensity fitness training teaches cadets to: withstand stress, develop volitional qualities, make rapid decisions and maintain self-control under pressure.
The development of psychological preparedness through physical training is widely recognized as an essential component of military pedagogy.

Pedagogical Characteristics of Fitness Sports. Student-Centered Approach. Cadets in military educational institutions differ in terms of: age, level of physical development, health condition and individual capabilities.
Fitness technologies allow instructors to individualize training loads according to each cadet's characteristics, thereby increasing pedagogical effectiveness.

Enhancing Motivation. Compared to traditional physical training, fitness exercises are: more engaging; more dynamic; rich in competitive elements.
These characteristics significantly increase cadets' interest and motivation toward physical training activities.

Competency-Based Approach. Fitness training contributes to the development of: self-monitoring skills, goal-setting abilities, performance analysis competencies and teamwork and cooperation skills.
These outcomes fully correspond to the competency-based model of contemporary military education.

Adaptive Pedagogical Technologies. Modern fitness programs can incorporate: mobile applications; fitness trackers; heart-rate monitoring systems; digital performance assessment tools.
The use of these technologies increases the effectiveness of the physical training process and provides objective feedback regarding cadets' progress.

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Table 2. Model for Implementing Fitness Sports in Military Education

Stage	Main Activities	Purpose and Expected Outcomes
Stage 1. Diagnostic Assessment	• Evaluation of physical development• Anthropometric measurements• Functional fitness testing	To determine cadets' initial physical condition, identify strengths and weaknesses, and establish baseline indicators for individual training planning.
Stage 2. Individual Planning	• Strength training programs• Cardiovascular conditioning• Flexibility development exercises	To design individualized training programs based on cadets' physical capabilities, health status, and professional requirements.
Stage 3. Functional Training	• CrossFit programs• High-Intensity Interval Training (HIIT)• Military-applied relay exercises• Obstacle course training	To develop combat-relevant physical qualities, including strength, endurance, speed, agility, coordination, and resilience under operational conditions.
Stage 4. Monitoring and Evaluation	• Cooper Test• Plank Test• Push-Up and Pull-Up Tests• Heart Rate Monitoring	To assess training effectiveness, monitor physiological adaptation, evaluate performance improvements, and adjust training programs when necessary.

Table 3. Implementation Flow of Fitness Sports in Military Education

Input	Process	Output
Initial physical assessment of cadets	Diagnostic testing and evaluation	Baseline fitness profile
Baseline fitness profile	Individualized training planning	Personalized fitness program
Personalized fitness program	Functional fitness training (CrossFit, HIIT, obstacle training, military exercises)	Improved physical and psychological readiness
Improved readiness	Continuous monitoring and evaluation	Optimized combat preparedness and professional competence

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Conceptual Framework

Diagnostic Assessment

↓

Individual Planning

↓

Functional Training

↓

Monitoring & Evaluation

↓

Improved Combat Readiness,
Physical Fitness, Leadership,
Stress Resistance and Professional Competence

This **4-stage model** ensures the systematic integration of fitness technologies into military education and contributes to the development of physically capable, psychologically resilient, and combat-ready future officers table 2.

Table 4. Advantages of Fitness and CrossFit in Military Training

Indicator	Traditional Training System	Fitness-Based Training Technology
Strength	+	+++
Endurance	++	+++
Speed	++	+++
Motivation	++	+++
Individualized Approach	+	+++
Psychological Preparation	++	+++
Compatibility with Combat Readiness Requirements	++	+++

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Research on the effectiveness of CrossFit in developing cadets' physical qualities confirms its positive impact on improving strength, endurance, and overall functional preparedness. Studies indicate that the integration of functional fitness methodologies into military training programs contributes significantly to the enhancement of combat-related physical capabilities and operational performance.

Fitness sports represent a modern, innovative, and highly effective means of improving the physical preparedness of cadets in military educational institutions. Fitness training provides comprehensive development of strength, endurance, speed, coordination, and psychological resilience, all of which are essential components of military readiness. Furthermore, the individualized nature of fitness programs, their motivational characteristics, and their compatibility with modern digital technologies make them a promising direction within contemporary military pedagogy.

The systematic incorporation of fitness and CrossFit elements into military educational curricula contributes to enhancing cadets' combat readiness, health status, and professional competencies. Fitness technologies not only improve physical performance but also foster important military qualities such as leadership, discipline, teamwork, responsibility, and resistance to stress. These attributes are indispensable for future officers who must operate effectively in complex and unpredictable operational environments.

Consequently, the integration of modern fitness methodologies into military education should be regarded as a strategic component of military personnel development. By combining traditional military physical training with functional fitness approaches, military educational institutions can prepare highly qualified, physically capable, and psychologically resilient officers who are fully equipped to meet the challenges of contemporary military service and ensure mission success under demanding conditions.

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