

## STUDY ON THE ADMISSION IN THE MILITARY EDUCATIONAL INSTITUTIONS OF THE M.I.A. OF CANDIDATES - WOMEN

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**Abstract:** *After 34 years since the establishment of the Military School "Captain Pavel Zăgănescu" - Boldeşti, the admission of female candidates at the session of January 2020 has been approved, considering the equal opportunities for the male candidates, the girls having the same admissions as boys, including an application course, and the preparation is similar throughout the entire education process. The evaluation of the physical performances being supported by the passage of the practical-applicative route, a route that has to be completed in a time of maximum 2 minutes and 15 seconds essential for the training of the future rescuers, namely the military firefighters, thus opening the gates to receive young people who want to tear down barriers and prejudices, those young people who know that there are no differences between men and women, when the ultimate goal is to save lives.*

**Key words:** *fire-fighters, girls, admission, military, route.*

### 1. Introduction

increasing need for military personnel for the needs of the General Inspectorate for Emergency Situations (Military Firefighters), taking into account the passage in reserve, the early retirement of the military personnel, as well as their old age in the activity, led to a competition large number of positions, approximately 300 seats per session, with two admissions sessions per year [11]. Another measure

was to reduce the duration of studies from 2 years to 1 year. It was also taken the measure to organize admission for the female gender. For those young people who want to break down barriers and prejudices, who know that there are no differences between men and women, when the ultimate goal is to save lives.

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January 2020 was approved, considering the equal chances for the male candidates, the girls having the same admissions as boys, including an application path, and the preparation is similar throughout the entire education process [12].

## 2. Objectives and Purpose of the Research

The research aims to highlight the main impediments to the admission of girls in fire schools. The main purpose was to analyze the application route as a qualifying test in the admissions and to identify the most difficult components of the route [4].

The application path aims to request from all points of view the body, representing for the evaluator a good method to test the physical form of the candidate, a key condition of admission in the M.I.A. schools [12].

## 3. Materials and Methods

The observation took place on January 10-17, 2020 in the sports hall of the "Pavel Zăgănescu" Sub-Officers and Civil Protection School - Boldeşti, Prahova County, on a sample of 96 girls candidates.

The research is based on the comparative analysis of the practical-applicative route for female candidates in order to establish objective and representative scales for the future activity. The route aims to identify qualities such as general strength and endurance effort. Also, the possibility of offering the same opportunities regardless of the somatic particularities was considered. The research methods used are: studying the literature, direct observation,

interview, comparison, statistical-mathematical analysis [2].

### Description of the elements that make up the practical-application path:

At the evaluator's signal, the candidate, using an auxiliary element, provided by the organizer, adopts the position "hanging" on the traction bar, with outstretched arms, with a grip of choice. When the candidate is in the "hanging" position on the traction bar and the feet do not reach the ground or another support point, the evaluator gives the "START" command and implicitly begins the test.

#### *Fixed bar traction (element 1):*

The candidate must execute 3 tractions from the "hanging" position, with outstretched arms, with the grip of choice. An execution is correct when in the hanging position with outstretched arms, the feet do not reach the ground or other support point, and when lifting the chin exceeds the bar level. This sample aims to evaluate the strength of the scapulo-humeral belt as well as the relationship between body weight and muscle capacity.

*Two rolls, from squat to squat, successive before, on the mattresses (element no. 2):* The candidate performs two (two) successive rolls in advance in order to assess the balance, coordination and adaptation level of the vestibular apparatus.

*Balance movement on two gymnastics benches with weight transport (item 3):* Lift two weights (dumbbells) placed in front of two gymnastics benches, climb and move on the gymnastics benches carrying both weights, after carrying them lower and store the weights in the spaces marked for each. This element aims to test the dynamic balance.

*Travel through the "narrow space tunnel (tunnel)" (item 4):*

The candidate bends and moves through the marked obstacle, through a process of choice. It tests the candidate's ability to move through narrow spaces and in the absence of light to detect any claustrophobic situations.

*Jumping in distance support over the goat (element 5):* from running, the candidate performs the beating on both legs, breaks off the ground by jumping, rests on the obstacle with both hands concurrently with the simultaneous distance of the legs, jumps in distant support over the gym goat and lands on both legs without touching the device with another part of the body. The Commission evaluates the ability to synchronize the segments, to appreciate the distance, as well as the holding in the lower limbs.

*Jumping through the mattress (item 6):* from the displacement, the candidate performs the jumping over a gym mattress, with a length of 2 meters. The strength of the lower limbs and the coordination of the movements upon landing are appreciated.

*Crossing the gymnastics horse without handles (element 7):* the candidate executes the crossing over the horse placed transversely in the direction of travel, by a process of choice, landing and continuing the movement. This element is to test the candidate's ability to make quick and efficient decisions.

*Transport of three fire extinguishers type P6 (element 8):* the candidate moves 20 meters, raises a fire extinguisher type P6, located in a marked space and moves with it back on the distance of 20 meters, circumvents the milestone on the left, moves on the distance 20 meters and

places the extinguisher P6 upright in the correspondingly marked space, to return and proceed with the other two extinguishers P6. This form of running tests both the speed of movement and the accuracy of the movements in stressful situations.

*Transport of a manikin by dragging (element 9):* from the displacement, the candidate is positioned next to the head of the manikin, with his back to the direction of travel, he raises the manikin, executes the grip on the manikin, under the axles, with both hands and carries the manikin with his back in the direction of movement, the base of the manikin must necessarily exceed the milestone positioned at 10 meters, bypass the milestone with the manikin respecting the sockets on it and continue moving to the finish line, the manikin having to completely exceed the finish line.

*With an average weight (60 kg.)* To be carried, general strength in resistance regime is required.

As can be seen the component elements of the application path try to imitate concrete situations during the interventions and are oriented in three main directions:

- the ability to rescue potential victims (element 9);
- the possibility of self-rescue (elements 1; 4);
- increasing the efficiency of the intervention by identifying solutions to overcome obstacles, moving at speed and in special situations (lack of visibility, on a background of fatigue, in situations of equilibrium in the horizontal and vertical plane).

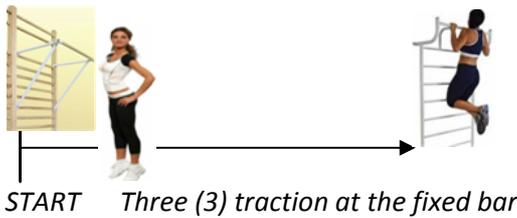
Also, it is considered the selection of candidates who have a high level of

development of the main motor qualities, as well as a level of knowledge of some applied utility skills.

5. Jump in far support over the gymnastic goat.

**Graphic representation of the route:**

1. Fixed bar traction.

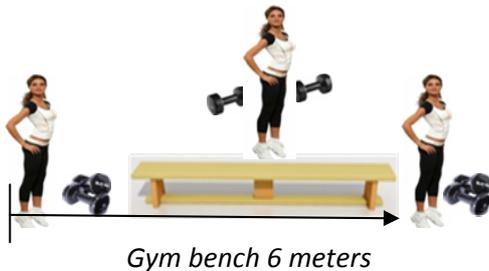


6. Jumping over the mattress.

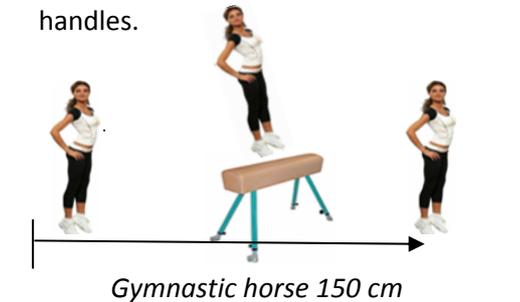
2. Two successive rolls forward on the mattresses.



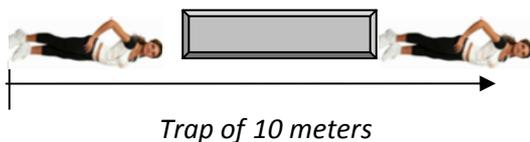
3. Balanced movement on two weight-bearing gym benches (2 dumbbells).



7. Riding over the gym horse without handles.



4. Travel through the narrow passage device (tunnel).



8. Transport of three P6 type fire extinguishers.



#### 9. Carriage of a mannequin by crawling.



#### 4. Results and Discussions

After completing the practical-application route, which must be completed in a maximum time of 2 minutes and 15 seconds, of the 96 candidates only 6 have managed to pass the sports event, which is due to the difficulty of the elements that make up this route.

The most difficult components, where the candidates encountered difficulties were:

- the traction at the bar,
- the jumping on the spine over the goat
- the transport of the manikin.

The route was designed to offer the same opportunities regardless of the somatic (height) particularities, of gender. Since the route has an eliminatory character (admitted / rejected) it does not influence the preparation and the level of knowledge in the other evidence of admission.

From the interview I conducted, the fact that the participation in the admission exam, for the application route requires a preparation of at least three months.

From the analysis of the percentage of admitted boys and girls, a difference of 51% results. In other words, the application route is not easy for boys either, considering that only 57% are declared admitted.

#### 5. Conclusions and Recommendations

Following the practical-applicative route of the female candidates for admission to the educational institutions of the Ministry of Internal Affairs who are personally preparing for the needs of the General Inspectorate for Emergency Situations - Military Firefighters [5], [6], [7], [8], [10] - the January 2020 session we can affirm that the candidates to promote the tests sports requires the following:

- a preliminary preparation for admissions at least 3 months in advance;
- the body should be very well heated before the route is completed;
- the dosage of the effort to be made until the finish / crossing of the finish line to avoid abandonment during the development of the segments;

The training of the organism for the course of an application utilitarian route implies the possession of a high level of the motor qualities, of skill, balance, speed and endurance with the help of the specific exercises of gymnastics (balance, lifting and transporting weights, dragging, climbing) or non-specific through the gymnastic gymnastics. , such as: running, jumping, throwing, etc.

Given that the evidence of the utilitarian routes are of the first importance and that only the inclusion in the scales can allow them to continue the admissions competitions, the training is absolutely necessary.

Thus, according to the study, without training only 6% of those who went the route managed to fit in the admission scales. These 6%, however, are former performance athletes, who, either from childhood or adolescence have been

training hard and have managed to maintain their motor potential.

From this assessment we can say that the level of physical training of young people in our country is very low.

We can say that the application path is of high difficulty and that it is necessary to rethink either the admission program or the curricula in the military schools.

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