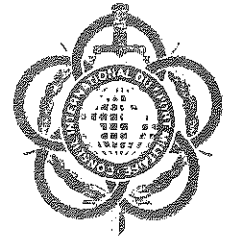


# International Symposium on *Sport for all!*



## SPORT FOR ALL OR SPORT FOR SOLDIERS

Col R.KALINA(Poland)

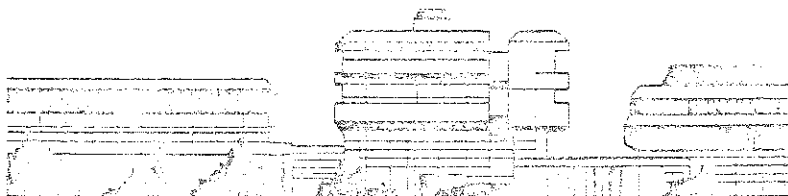
### INTRODUCTION

The title of the work is consciously perverse. Still, depreciation of the idea of „sport for all” is not its goal. On the contrary, this apparent play on words is to emphasise its universal values.

The idea of „ sport for all” is in the excellent harmony with the thesis that the physical activity is to supply three basic categories of needs : biological, psychical, social. The rehabilitation of the invalid persons gives the most convincing arguments, that sport satisfies this condition.

Semantic potentiality of the term „ sport for all” is however much larger. One may interpret it even as unrestricted access to the great number of areas, variants, forms of the individual and collective physical activity. This term is the good generalisation of chances for realising the various goals by the people who are different in their physical and psychical predisposition, people with different aspirations, exactly by means of sport. What's more, independently from the culture, political , ethnic, sex, age differences which devises people and from many other factors. The term „sport for all” eliminates these division. And that's not all, it tolerates only active participation. Finally „sport for all” is so capacious expression, that we can include all sorts of sport in it, but not vice versa. One may said that sport is open for all, for children and old people, amateurs and professionalists, invalid persons and soldiers and so on. Its final formula is determinate mainly by inner conditions (the human being by itself) or outer conditions ( the environment of the activity) or by both together. The sportsman - professional strives for being more attractive than his competitor - he must get the upper hand. The invalid person aims before all at going beyond his own physical and psychical abilities limited by his cripplehood. The soldier should use sport as a mean of preparing himself for fulfilling the defence tasks.

The broad „ sport for all” formula allows - both from scientific and practical point of view - the possibility of many-sided analyses and various interpretations. The goal of this work is to make the specificity of „sport for all” more confident in Polish Armed Forces.



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## MAIN CONDITIONING

### 1. PERSONAL STRUCTURE, MILITARY SERVICE PERIOD, INDIVIDUAL EXPERIENCES

The largest group in Polish Armed Forces is made by the recruits (56,6 %). Their military service period is the shortest one - 18 months now, 12 soon. Professional soldiers make 38,88%, students of military academies and cadets make 4,47%. The least numerous group is made by contract soldiers 0,05%.

The period of military service lasts 20-25 years for professional soldiers, 35 - 40 years when colonels and generals are concerned. In the case of contract soldiers 5-20 years.

The differences between period of military service for the recruits and other groups of soldiers are evidential. Then the time when the training stimulation influences is different. The differences are deepened by :

- interest in sport before the period of military service ( larger among the military academies students then among the recruits)
- the level of awaking of the need for physical activity ( higher among the professional soldiers and the military academies students then among the recruits)
- not the same chance for practising the „sport of life” (the professional soldiers have the best chance)

### 2. LAW REGULATIONS AND FORMAL COMPLEXITY

According to polish law, *Act about physical culture, 18th January 1996:*

„ Practising sport is optional and takes place according to the paragraphs of the present act, statutes resolutions, rules and regulations of sport associations and international sport organisations” (Art. 21).

Art. 22, p.1 specifies that „ Sport is allowed to be practised by the contestants who has the status of professional contestant or amateur.”

In this situation we bring into use in the army the term „ universal sport” as an expansion of physical education formula. Otherwise sport as an optional activity would not satisfy the expected functions in universal way. Sport would be practised only by the soldiers who were interested in it.

So the literal meaning of the term „ universal sport” could be translated in broad understanding for „sport for all”.

We accept also that „universal sport” is obligatory for the recruits and listeners of military academies. As far as professional soldiers are concerned sport is up to their optional choice. As for professional soldiers it is obligatory to take part in physical education for 4 hours per week.

## CLASSIFICATION OF THE AREAS OF SPORT IN POLISH ARMED FORCES

Sport's aim, especially aim of „sport for all" is clearly directed in the army. Defence sports and military sports are preferred.

We accept the following classification :

1. Defence sports - the disciplines and contests, the structure of movement and allowed behaviour of which and tools ( guns, pistols etc.) that are used in the sport fight may be used in the real defence fight.
2. Military sports - the disciplines and contests indirectly preparing men for defence, so these ones that develops motorial features and skills which are necessary in military actions.
3. Supplemental sports - the disciplines and contests (individual and collective ones) which don't fit to the defence sport definition or military sport definition.

The detailed classification is illustrated on figure 1. Sports which are specified there are practised in military sport clubs. Soldiers-sportsmen starts in CISM championship and in the domestic and international competitions.

## THE SYSTEM OF COMPETITIONS

On the level of the military unit actually there are no limits. The commander is enable to organise the competitions in whichever area of sport, if only the conditions are appropriate. He is not limited to the obligatory ones.

In Polish Armed Forces universal sport championship (figure 2) the open formula is essential in some of disciplines, and the division for the groups in other disciplines (either professional soldiers or recruits).

The military schools championship are held separately (figure 3).

## CONCLUSION

The system of competitions shows that defence and military sports are visibly preferred. It is particularly true as far as military schools are concerned. Enormous part of professional soldiers is motivated to train systematically by the possibility to take part in Polish Armed Forces championship. The first level of the elimination is the championship of the division (brigade), and next the championship of the military districts , air force and the navy.

The relationship between defence sports, military sports and preparing for soldier profession gives the sufficient grounds for developing these kind of sports in the army. There is another reason for doing it. Reduction of the numerical force of the army creates the situation, when some of the military clubs are closing down. Defence sports and military ones are not imperilled. These sports however have to be practised in the army because of its utilitarian character.

Table 1

**Groups of Polish Armed Forces soldiers which are taken in by physical education**

Groups of soldiers	Gaining sources	%	Military service period perspective (years)
professional soldiers	graduates of military academies (civil ones), cadets	38,88	20-25 (35-40)*
students of military academies, cadets	alumni of the secondary schools	4,47	20-25
contract soldiers	graduates of academies, reserve soldiers	0,05	5-20
recruits	men-recruits and volunteers	56,60	1,5 (1)**

\*colonels, generals  
\*\*in -coming prognosis

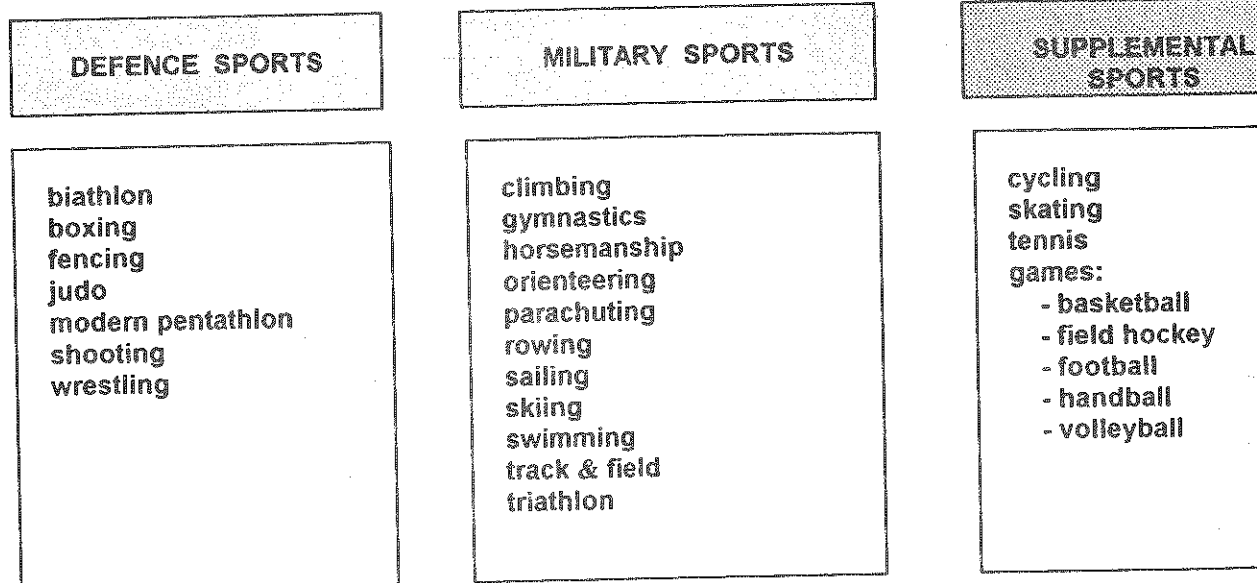


Figure 1. Classification of the areas of sport in Polish Armed Forces

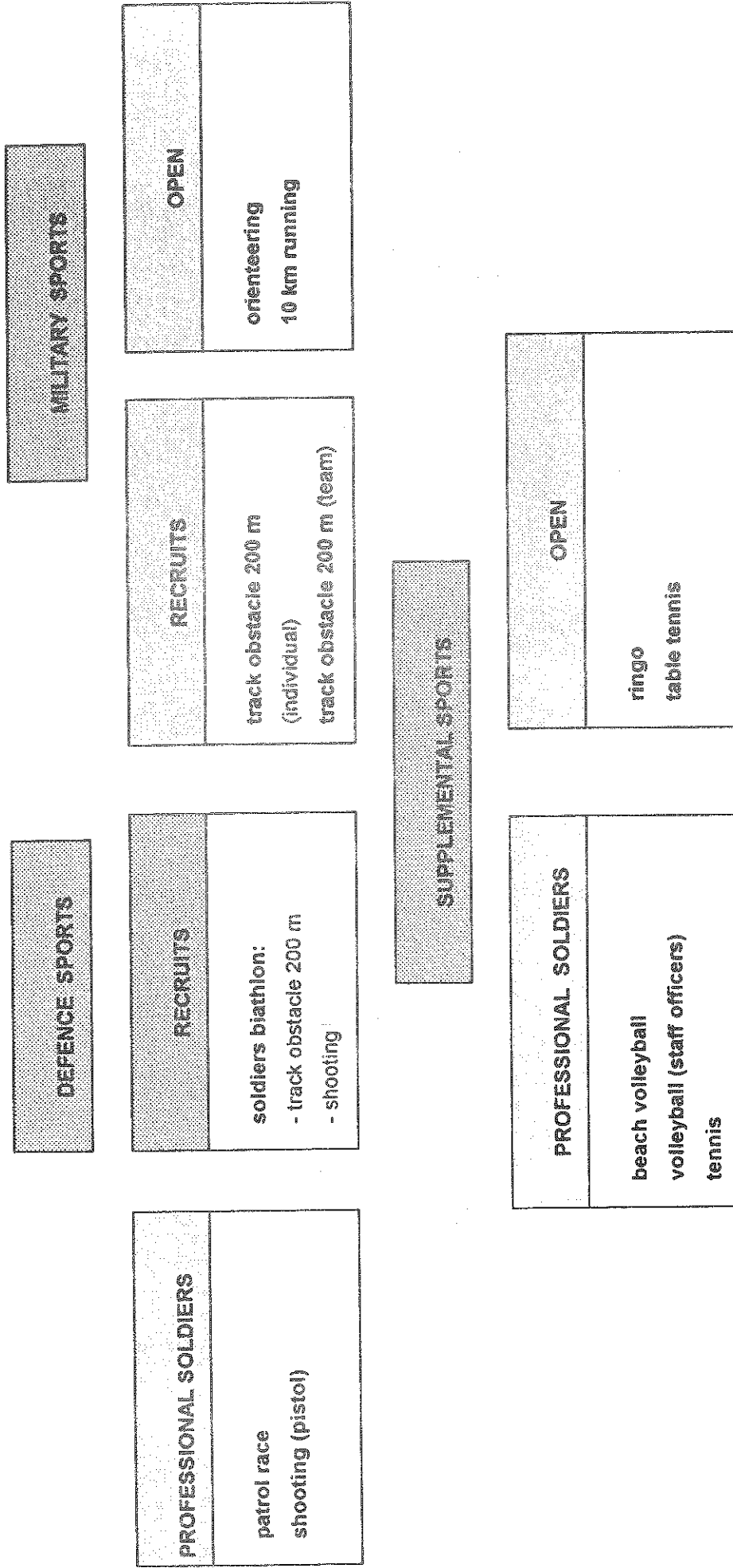


Figure 2. Polish Armed Forces Championship structure

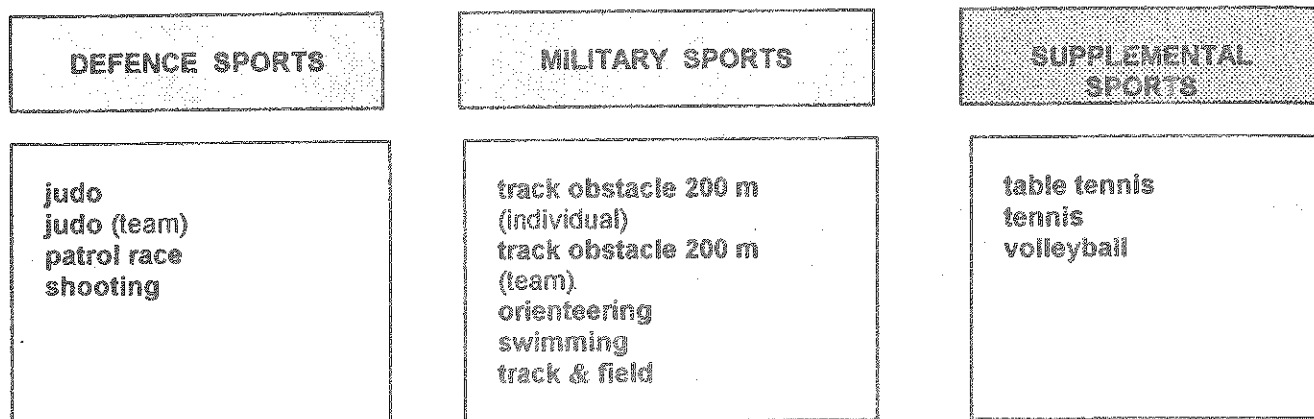


Figure 3. The structure of the military schools universal sport championship

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