

**Col Prof. Roman Maciej KALINA Ph.D.**

Air Force Institute of Aviation Medicine, Warsaw, Poland  
The J. Piłsudski Academy of Physical Education Warsaw, Poland

**Lt-Col Olaf TRUSZCZYŃSKI Ph.D.**

Air Force Institute of Aviation Medicine, Warsaw, Poland

**Artur KRUSZEWSKI M.Sc.**

The J. Piłsudski Academy of Physical Education Warsaw, Poland

**Maj. Andrzej CHODAŃA**

Military University of Technology, Warsaw, Poland

**Maj. Krzysztof JŃDRZEJAK**

Education Centre of Prison Service, Kalisz, Poland

## **COMBAT SPORTS MOST WILLINGLY PRACTISED BY CADETS AND PRISON OFFICERS**

**The study was performed as a part of the research project  
at The J. Piłsudski Academy of Physical Education Warsaw,  
granted by the Research Committee in 1999-2001.**

# main goal

The main goal of the study was to answer the following questions:

- to what extent are cadets and prison officers interested in combat sports?



what combat sports are preferred by cadets and prison officers?

# Methods

the authors used their own questionnaire for the survey (two questionnaires were worked out, one for men practising combat sports, the other one for the remaining population).

each questionnaire is made up of 15 questions

for statistical analysis of the data a significance test of independent proportions was used

# Material

**266 cadets**

aged 19-26

(including average age of those practising  
combat sports 20.77, and others 20.75)

**253 prison officers**

aged 21-35

(including average age of those practising  
combat sports 28.74 and others 28.8)

*controls group*

**Polish youth (n=962)**

(aged 13-21 from different parts of Poland (including average age of  
those practising combat sports 15.7 and others 15.29)

□

# **conclusions**

- a high percentage of cadets and prison officers population as well as Polish youth are interested in combat sports
- karate is the most popular sport among cadets and prison officers. Interest in other combat sports differentiates significantly the social groups under study