CISM
INTERNATIONAL SYMPOSIUM
on Sport in the Armed Forces at the Dawn of 21st Century

Prague - Czech Republic, 13 - 15 October 1998
Summary Report

of

the lectures given during the symposium
The International symposium of CISM in Prague on 13\textsuperscript{th} to 15\textsuperscript{th} October 1998 took place with a financial contribution of European Commission.
The International Military Sport Council entrusted the Czech Army with organisation of the International Symposium on **Sport in the Armed Forces at the dawn of 21st Century** held in Prague (Czech Republic) from 13 – 15 October 1998. The technical support had been provided by Czech Army Sports Research Institute.

**Executive committee**

President of CISM
Col. Dott. GOLA Gianni

Vice-president of CISM for Europe
Lt-Col. DE WULF León

Director of Symposium
RegDir. NEISBERGER Hans

Technical Director
Col. (ret). DEWALLEF Yves

Scientific secretary
Dr. BOLEK Emil

Technical secretary
SATRAPA Ivan

**Guest of Honour**

IOC
BEHNASM Shahbez

TAFISA
Prof. dr. PALM Jürgen

ICSSPPE
Prof. dr. DOLL-TEPPER Gudrun

WHO
Prof. VUORI Ilkka

Invited guest
Lt-Col. PILOT Francois (Former SG of CISM)

**Foreign Delegates**

Austria
Col. SCHAFFER Ewald

Belgium
Cdt. NIJS Ronaid

Lt. WELTER Bruno

Brazil
Maj. NEWTON Pons Leite

Bulgaria
Col. BONEV Ivan

Capt. ANDREEV Boris

Canada
Lt. (Navy) SWITZER Joyce

China
Sen. Col. LIU Depei
<table>
<thead>
<tr>
<th>Country</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Croatia</td>
<td>Maj. ARAČIĆ Matija</td>
</tr>
<tr>
<td></td>
<td>Maj. ANTOLIČ Mirjam</td>
</tr>
<tr>
<td></td>
<td>Sen.Capt. PETROVIĆ Marijan</td>
</tr>
<tr>
<td>Denmark</td>
<td>Lt.-Col. LODBERG Finn</td>
</tr>
<tr>
<td></td>
<td>Capt. LARSEN Linda</td>
</tr>
<tr>
<td>Finland</td>
<td>Maj. PALVALIN Kauko</td>
</tr>
<tr>
<td></td>
<td>Mr. HOLTHOER Aleksander</td>
</tr>
<tr>
<td>France</td>
<td>Gen. SIMONET Rémi</td>
</tr>
<tr>
<td>Hungary</td>
<td>Maj. BAKÓ László</td>
</tr>
<tr>
<td>Italy</td>
<td>Col. PEROTTO Giacomo</td>
</tr>
<tr>
<td></td>
<td>c.v. BASSANO Antonello</td>
</tr>
<tr>
<td>Lituania</td>
<td>Sgt. MORKUNAS Dainus</td>
</tr>
<tr>
<td>Lybia</td>
<td>BrigGen. BE MANSOR Mohamed</td>
</tr>
<tr>
<td></td>
<td>Maj. MIGIR Idres Bacner</td>
</tr>
<tr>
<td>Pakistan</td>
<td>Comm. NAJMI Tajuuddin</td>
</tr>
<tr>
<td>Poland</td>
<td>Col. KALINA Roman</td>
</tr>
<tr>
<td></td>
<td>Col. KLUKOWSKI Krzysztof</td>
</tr>
<tr>
<td>Portugal</td>
<td>Col. MAURICIO Henrique</td>
</tr>
<tr>
<td>Slovenia</td>
<td>Col. VINDIŠAR Pavel</td>
</tr>
<tr>
<td></td>
<td>Maj. VELEPEC Jure</td>
</tr>
<tr>
<td>South Africa</td>
<td>Col. JACOBS Sakkie</td>
</tr>
<tr>
<td></td>
<td>Capt. R. van ROOYEN</td>
</tr>
<tr>
<td>Spain</td>
<td>Lt.-Col. GUISADO José</td>
</tr>
<tr>
<td></td>
<td>Lt.-Col. MONTOJO Ignacio</td>
</tr>
<tr>
<td>Sweden</td>
<td>Col. JOSEFSON Lars</td>
</tr>
<tr>
<td></td>
<td>NavyCapt. NYLANDER Bengt</td>
</tr>
<tr>
<td>Switzerland</td>
<td>Lt.-Col. JENOURE Peter</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>Mgr. SOUMAR Libor</td>
</tr>
<tr>
<td>United Arab Emirates</td>
<td>Lt.-Col. ABDULRAHMAN</td>
</tr>
<tr>
<td></td>
<td>Capt. AL SULOUMI</td>
</tr>
<tr>
<td>United States of America</td>
<td>Lt. Julian M. GOULD</td>
</tr>
<tr>
<td>Tunisia</td>
<td>Lt.-Col. ELASKRI Habib</td>
</tr>
</tbody>
</table>
Czech Guest of Honour

Lt.Col. PaedDr. Zdeněk BRTNÍK, CSc.
Doc. MUDr. Petr HLUBÍK
Lt-Col. Dr.Tomáš HLUŠTÍK
MUDr. Milan JIRÁSEK
Lt-Genereral Ing. Ladislav KLÍMA
PaedDr. Ladislav MALÝ
Lt-Col. Mgr. Čestmír OBERMAN
Field-marshall Ing. Karel PEZL
Ing. Karel PILNÝ
Lt-Col. Vlastimil ŠEBELA
JUDr. Petr ŠIMERKA
PhDr.Petr TAX
Maj-General Petr VOZNICA
Emil ZÁTOPEK
Dana ZÁTOPKOVÁ

Czech Participants

LT-Col. PaedDr. Pavel DĚDEČEK
PhDr. Bořivoj DVORSKÝ
Lt-Col. Mgr. Jan DVOŘÁK
Maj. Miloslav FANTA
Capt.Mgr. Petr Hanák
Dr. Josef HLAVÁČ
Lt-Col. PaedDr. Karel JANDA
Maj. PaedDr. Zdenko KVAKA
Lt-Col. PaedDr. Zbyněk LEDVINA
Capt. Mgr. Ladislav NAGY
Lt-Col. PaedDr. Ivo NOVÁK
Lt-Col. Ing. Petr PAVEL
Maj. PaedDr. Luboš PŘIVĚTIVÝ,CSc.
Lt-Col. Mgr. Miloslav SEVERA
PhDr. Ivan SOULEK,CSc.
Lt-Col. PaedDr. Jaroslav ŠEVČÍK
Maj.PaedDr. Antom TOMKO
Lt. Mgr. Jana VILÍMOVÁ
Marie ZELENÁ
Organising Committee

PaedDr. Emil BOLEK, CSc.
Eva BOUCHNEROVÁ

Maj. Mgr. Imrich BUGÁR
Zuzana ČERVENKOVÁ
Capt. Petr ELIÁŠ
Alena FENCLOVÁ
Christine GAMACHE
Alena HANUŠOVÁ
Ludmila NOVÁČKOVÁ
Stanislav PORÁŇ
Lt-Col. Ivan SATRAPA
Jana SENKOVÁ
Maj. Cyril SCHEJBAL
Sgt. Miloslav SOJKA
Mgr. Libor SOUMAR
Mrg. Ivan ŠÍPKA
Rudolf ŠLAMBERA
Mgr. Aleš TVRNÍK
Přemysl VALOUCH
Capt. Roman ZUBÍK
CONTENT

Opening Adress
(RegDir. Hans NEISBERGER, Germany) .................................................................................. 1

"Sport at the Dawn of the 21st Century - current Trends"
(Prof. Dr. Gudrun DOLL-TEPPER, President of ICSSPE, Germany) ........................................... 3

"The soldier in the 21st Century - a Soldier for peace"
(Col. Sakkie JACOBS, South Africa) .................................................................................................. 11

"Physical Education and Sport at the Czech Armed Forces"
(Lt-Col. Čestmír OBERMAN, Czech Republic) ................................................................................. 19

"Modern Physical Education and Testing Equipment in the Finnish Air Force"
(Maj. Kaako PALVALIN, Finland) ...................................................................................................... 30

"Strength and Weakness - female Soldiers in the Royal Danish Armed Forces"
(Capt. Linda LARSEN, Denmark) ....................................................................................................... 32

"Fitness Remodelling"
(Cdt. Roland NYS, Belgium) ............................................................................................................ 36

"The main Tasks of Sports and Preventive Medicine in the Polish Air Force"
(Col. Krzysztof KLUKOWSKI, MD, PhD, Poland) ........................................................................... 44

"Demands on the physical Preparedness of the Armed Forces for the Missions during natural Disasters"
(Maj-General Petr VOZNICA, Czech Republic) .................................................................................. 49

"The Role of the Physical Training within the Frame of the recent Combat Methods"
(Lt-Col. Petr PAVEL, Czech Republic) ............................................................................................. 58

"Military competitive Sports and the Future"
(NavyCapt. Bengt NYLANDER, Sweden) ......................................................................................... 63

"Competitive Sport Activities of the Czech Armed Forces Members at a Field of military Sport"
(Lt-Col. Jaroslav ŠEVČÍK, Czech Republic) ..................................................................................... 65

"The Military offers Opportunities for Women in Top Sport"
(Capt. Roné van ROOYEN, South Africa) ....................................................................................... 75

"Top Sportsmanship in the Croatian Armed Forces with respect to the Preparation of the 2nd Military World Games"
(Maj. Matija ARAČIC, Croatia) ......................................................................................................... 80

"L’incontournable Probleme du Dopage"
(Medicine Lt-Col. Peter JENOURE, Switzerland) .............................................................................. 87
"Top Level Military Athletes in Italy - present Situation and Perspectives"
(Col. Giaccomo PEROTTO, Italy)................................................................. 88

"Top Level Sport in the Czech Armed Forces"
(Lt-Col. Tomáš HLUŠTÍK, Czech Republic).................................................. 90

"Sport for All: Challenge and Chance for Military Sport"
(Prof. Dr. Jürgen PALM, President of TAFISA, Germany)............................... 92

"Non-competitive physical Activities for Leisure time"
(Lt-Col. Jaroslav ŠEVČÍK, Czech Republic).................................................. 97

"The growing Importance of women’s Participation in Sport - a Reality that can hardly be ignored"
(LtNavy. Joyce SWITZER, Canada).............................................................. 106

"New Methods in Promotion of the Health Related Activities in the Czech Army"
(Mgr. Libor SOUMAR, Czech Republic)....................................................... 112
Symposium Director
Opening Address

Author: RegDir. Hans Neisberger, Germany

- Deputy Minister of Education Youth and Sport
- Commander of the Czech Air Force
- Mr. Vice-President of CISM
- Distinguished Guests of honour
- Ladies and Gentleman

It is a great pleasure and an honour to me to welcome you to this International Symposium on
99Sport in the Armed Forces at the Dawn of the 21st Century”, held under the auspices of the
International Olympic Committee.
It is the last important event of celebrating CISM’s 50’th anniversary.

50 years of CISM - that means a story of unsurpassed success that began in 1948, when a
small group of sportsmen from 5 European countries founded our organisation, and that has
come to a temporary end now in 1998 when CISM with 117 member nations has become one
of the major sport organisations of the world, recognised by the international sport movement. You cannot but be proud of this
unique and magnificent development.

50 years of CISM - that means also much commitment and a challenge for all of us to
contribute actively to a further prospering of our community taking into consideration the
enormous political and economic changes in our societies and the considerable modifications
in terms of goals and structures in the Armed Forces. All these alterations will have a decisive
impact on the development of sport and physical education in the Armed Forces.

50 years of CISM - that means that perhaps just now is the right moment for a “pause for
reflection”. A “pause for reflection” - at the end of the century - to take stock of the activities
we engaged in till now and to analyse CISM’s policy.
A “pause for reflection” - at the beginning of a new century - to discuss the future
development and the trends of the international sport movement as well as the future role of
sport and physical education in the
military in context to sport in society. In this respect we are starting from a solid basis
provided by our official Mission Statement in force since the General Assembly in
Baden/Vienna this year.
In this official Mission Statement CISM considers it an honour and duty, among others, to
cooperate with all the other International institutions who have the same mission of bringing
citizens of the world together according to their own spheres of influence and for their
particular publics.
A visible sign of this already well-working cooperation is to have present here in Prague the
representatives of a number of international organizations. It gives me great pleasure to
welcome:

Mr Shaba Behnam from IOC
The president of ICSSPE, Prof. Dr. Gudrun Doll-Tepper
The representatives of WHO and TAFISA are just on the way to come.

Ladies and Gentleman
we have some more guests of honour among us who I would like to welcome personally.
It is:
The President of the Czech NOC Dr. Milan Jirásek
The former Secretary General of CISM Col. Francios Pilot
2 famous Czech athletes of the fifties: Emil Zátopek a Dana Zátopková

I would like to point out a special European initiative, called EURATHLON, that was launched by the European Parliament and the European Sports Forum. The overall objective of EURATHLON is to contribute to a better understanding between citizens of Europe through sport and to promote the essential role of sport as a contributing factor to social integration, health education and human solidarity.
The European Commission has recognized our symposium as project in keeping with the objectives of EURATHLON and has granted a financial support. Thus, I take this opportunity to express our gratitude for this assistance.

Ladies and gentlemen, the prime objective of this symposium is the development of sport and physical education within the development of sport and physical education within the Armed Forces and in society and their interdependence.
All the presentations deal within 3 topics:
Sport and Physical Education in the Armed Forces
Top Level Sport, and
Sport for All.
I invite and encourage you to discuss your opinions and ideas about these topics in the coming hours and days. The International Military Sports Council is organising this International Symposium in close cooperation with the Czech Delegation to CISM.
My congratulations go to the Czech Armed Forces, who after having joined our world wide movement in 1991, have played a leading role in the promotion of sports within the military, and that by acting in a spirit of mutual understanding and according to our motto "Friendship through Sport". Consequently, I'm happy being able to say - right at the beginning of this symposium - that the local organising committee, that all personnel who has taken part in the preparation of this event has done an excellent job up to now - and I'm sure they will continue to do so till the end of this week.
Many thanks for your outstanding work. I'm absolutely convinced that this symposium will end with a great success.