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**DEFINITION DESCRIPTION AND DIMENSION
OF
TERMS**

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ABSTRACT :

The terms Sports, Sports for All, and Military sports, have current dictionary meanings which depicts the reasoning and state of mind of the author.

The real definiton of terms will be in relationship to the environment, the culture and the context. The terms above will therefore be defined in relationship to the soldier of the 21st century, the International Military Council for Sports and the dimension they potray generally and specially .

These definitions we give are to, enable us see the differences in the various domaines of sports.

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A - SPORTS :

Sports is any physical activity that one does to exercise the body or part of the body either for pleasure or as a game. These exercises can be indoors ie. Basketball, Handball etc, or outdoors like football rugby or track and field events (athletics).

These activities can be done in a group thereby they are termed collective sports (Football, handball, volleyball) and a host of others, or individually, where the person executing the exercise is not assisted, we see here the field and track events.

Sports can be defined then as all physical activities involved in competition either with oneself or with others.

The Collins English Dic 2nd Edition defines sports as, « An individual or group activity pursued for exercise or pleasure often involving the testing of physical capacities and taking the form of competitive game such as football, tennis etc. »

GILLET a French Author says, « Sports is a fight and game, an intensive physical activity with precised given rules and prepared by methodic training. »

This definition however, is not complete because it doesnot take into consideration the social aspect. The following definition which says that, sport is a physical activity of liesure in which the dominator is physical effort, acting at

the same time as a game and work, practised in a competitive way according to rules, and specific institution, with the possibility of changing it to professional activity is more appropriate. (Professional football, tennis, terms of contranct, training programme)

As for Parles Bas ; he says that competition is necessary so as to have collective sports because there should be confrontation of two teams in order to be able to measure their forces.

In sports we look for :

- Victory over the opponant ;
- Higher or better performances ;
- Distraction or pleasure ;

That is why in sports control is necessary to sanction the effort with victory or failure. Hence we have the slogan in athletic competition which says ;

- Run - Faster
- Jump - Higher
- Throw - Further

Sports is liesure because it gives occasion for people in general and soldiers in particular to meet, amuse themselves and interact. This interrraction then stimulates friendliness on the one hand and strengthens the competitive spirit of the group on the other. After every encounter the winners and the losers have to greet each other as a sign of fair

play. During liesure period (week-end) the soldier can be found executing his favourite distraction in sports like swimming, tennis or even fishing to remain active.

Sports taken by professionals make it more complex and so there are many transactions to be made. That is between the manager and the athlete, the athlete and the team, and the country as the case may be. All these movements involve huge sums of money because, the training and the competitions are being paid for before the athlete takes part in either of them. In this way, the athlete is linked to his team because of the contract he signed and he is bound to perform very well so as to be better in future.

For the soldiers, they are transfered to sports battalion where they have to continue their training in order to maintain their performances. This does not however, hinder the hierarchy to call for their services each time they are needed for special duties.

Sports involving various nations need serious investments both human and financial. Take the case of the All African Game , The World Cup or the Olympic Games to name just that few ; we find out that the hosting of these celebrations interest every country or continent as the case may be. Now we even find out that the economic benfits come before the games proper.

B - SPORTS FOR ALL :

Sports for all can be defined as all physical activities or movements organised for masses or a large number of individuals to help them keep-up or maintain their physical shape or he alth.

Sports for all is advantageous because it does not descriminate, though it is necessary to form working groups according to ages, sex and abilities so as to permit everyone to participate fully during the period in which the exercise or group of exercises are being executed. It also permits the instructor or physical education trainer make a good programme for activities. Sports for all can be termed as a keep-fit sports, which can be practised twice or thrice a week.

Sports for all is very important because it has to do with a cross section of the society, though on the other hand it is the most complicated. The physical education teacher incharge should be very vigilant, know those practising and so be able to adapt the exercises to the level of the individuals. It should be noticed that accidents are more frequent here because excited people or individuals usually go out of the way to do things they do not measure their gravity. Frequent accidents are :

- Elongations of muscles (especially large groupe of muscles quadriceps & harmstrings) due to insufficient warming – up exercises
- Sprains of the ankles during jogging or bad reception in small jumps

It is through Sports for All, that talents for different disciplines can be detected. It is quite frequent to detect athletes for the track events earlier than any other sporting event.

Sports for all should be frequent and normal with soldiers because it involves the entire section or company without any distinction of grades. This permits the Company

Commander and Battalion Commander to evaluate individually and collectively the soldiers of his troop.

For example ; During general physical preparations, musculation, rope climbing, cross country etc.

The advantage of Sports for all is that, it does not require any specialized structures and can be pratished in the open air. It is therefore not costly.

In Cameroon, the President of the Republic offered the « Parcour VITA » a special circuit of 2.5 km with a series of obstacles after every fifty or one hundred metres to the the population of Yaoundé, Douala and Bamenda with specially trained monitors for this purpose.

C - MILITARY SPORTS

Taking into consideration the different definitions of sports we have already mentioned earlier, Military Sports can be defined as all specific military competitions like shooting, parachuting, obstacles crossing etc. and olympic disciplines put into competition between military personnels.

This competition is only open to formely registered personnel of the military or those undergoing a course with in the military (premilitary training at the time of the competitions.

In Military sports, we also find the individual and collective disciplines. The individual activities are more entertaining especially parachutting, shooting, obstacles course or the fighting sports. Like in every sports or physical training activities, infrastructure and materials are very important in order to meet up with the goals we hope to attain and maintain.

This idea brought up the creation of the International Military Sports Council to preach friendship through sports and the creation of the World Military sports competition. The first edition of the World Military Games was in Italy in 1995 and the second in Croatia in 1999.

The participation in these two games by members and observer countries was very impressive.

Military Competition has three objectives :

1. To periodically sanction objectives and training for a greater number ;
2. To teach specially military subjects or disciplines that contribute more directly to the training of the soldier ;
3. To create opportunities for encounters that generate cohesion.