



# “João do Pulo Project” at the Brazilian Army Center for Physical Training (CCFEx): initial experiences in promoting social integration and human valuing of military veterans with disability

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## INTRODUCTION

In 2015, the Brazilian Ministry of Defense instituted a project with the objective of promote the human valuing and social integration through sports practice in military veterans with disabilities (1). This project, called “João do Pulo Project” (PJP), was then established at some pilot centers, including the Brazilian Army Center for Physical Training (CCFEx). The objective of this study was present the first experiences and proposals of PJP-CCFEx.

## METHODS

CCFEx internal documents and published manuscripts issuing this topic were assessed

## RESULTS

In 2016, a research group at the Physical Education College of the Brazilian Army (EsEFEx) started to think about the battery of physical assessments that should be applied in the PJP-CCFEx participants. In 2017, this discussion resulted in a protocol, including the WHOQOL-DIS instrument, from which we extracted, besides perceived quality of life, the assessments of the main objectives of the project: promotion of human valuing and social integration. In 2017 and 2018, three military veterans were contacted by the manager of PJP-CCFEx and were enrolled in a flow of activities, and one of them had adherence. In 2019 and 2020, this participant reached important goals, with silver and bronze medals in canoeing (Va’a) national championship. In 2021, more professionals of CCFEx joined the health and management team. Two military with disabilities were contacted in order to start their activities with some new strategies, such as visiting them at their home, including psychologists and case-workers. The participants will soon start their physical practice.

## DISCUSSION AND CONCLUSION

PJP had been implemented at CCFEx in line with the objectives of Brazilian Ministry of Defense. CCFEx established a physical evaluation protocol (2) and the promotion o human valuing and social integration was observed in one participant previously published in a case study (3).

## PRACTICAL IMPLICATIONS

The presented experiences could help military organizations all over the world in promoting physical and sports training to military veterans with disabilities and increase the number of participants in future CISM championships. Additionally, exercise practice, like PJP-CCFEx, seems to be an important instrument to preserve the mental health, the bond with institution, the self-esteem and the well-being of the veterans and their families.

## REFERENCES

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## CONFLICT OF INTEREST

The authors have no conflict of interest to declare.