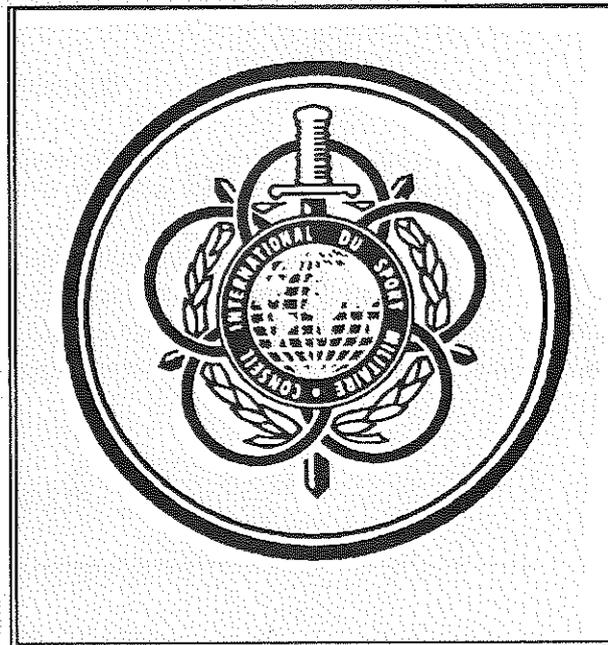


**International Symposium**  
**on**  
*Sport for all!*

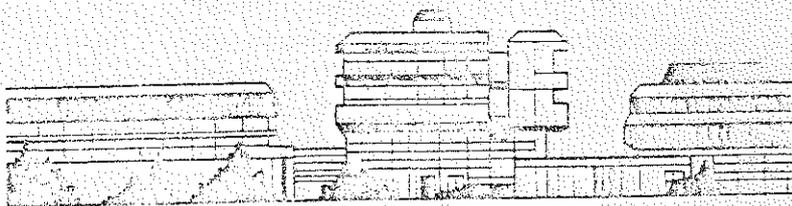


**CISM**

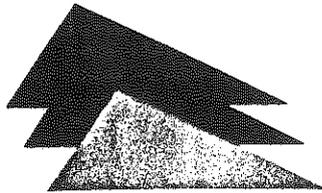
**INTERNATIONAL SYMPOSIUM ON**

**SPORT FOR ALL**

**WARENDORF 1996**



**Warendorf - Germany**  
**22 - 28 September 1996**



# International Symposium on *Sport for all!*



CISM INTERNATIONAL SYMPOSIUM ON

**SPORT FOR ALL**

WARENDORF 1996

## AIM OF THE SYMPOSIUM

The aim of the symposium is to give the participants ideas and models, besides the obligatory military and physical training programmes, upon the:

- relationship between sport and health,
- motivation factors of voluntary fitness training,
- role of conscript armies as promoters of health and fitness of the citizens,
- leisure time activity programmes in the Armed Forces.

## MAIN AND SUBTOPICS

### Sport for all in the Armed Forces

- Leisure time activities,
- feminine sports activities,
- health oriented sports activities,
- Armed Forces as promoters of health and physical fitness of the citizens,
- improving sport for all in developing countries.

### Effects of exercise on health and well being

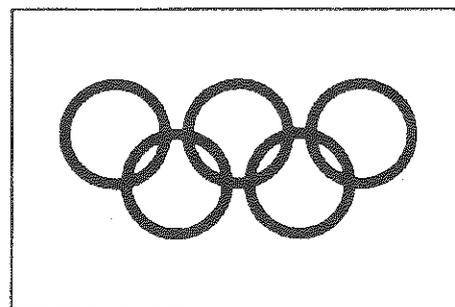
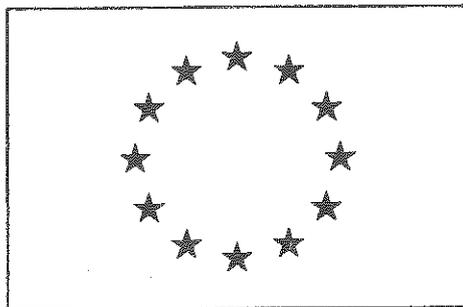
- Physical activity and risk factors,
- benefits of sport practice on health,
- occupational health and exercise promotion concept.

### Motivation for physical activity

- Nature and environment as motivating factors,
- promotion of physical activity for inactive population groups,
- motivation factors in different age categories,
- women - leadership role in sports,
- top athletes as sport for all promoters,
- sport for all programmes in the private companies,
- social functions of participation in sports (individual - and teamsports of both sexes).



and teamsports of both  
**Warendorf - Germany**  
**22 - 28 September 1996**



## ORGANIZATION

The **CISM International symposium on « Sport for all »** was held in the German Armed Forces Sport School in Warendorf from 22 to 28 September 1996.

It was organized by the Permanent Commission for Sport of CISM, in close collaboration with the German Delegation and the Sport School of Warendorf.

The International Olympic Committee accorded his patronage and the European Commission supported financially this initiative.

The Executive Committee was composed as follows:

**Director:**

Major Kauko PALVALIN - Finland  
 Chief of the Section « Relations with the Federations »  
 of the Permanent Commission for Sport  
 Chief of the Finnish Delegation to CISM

**Chairman of the  
 Organising Committee**

RegDir Hans NEISBERGER - Germany  
 President of the Section " Sports scientific aspects and  
 documentation " of the Permanent Commission for  
 Sport

**Technical Director**

Col (Ret) Dr Crim Yves DEWALLEF  
 Member of the Permanent General Secretariat of CISM

**Interpreters**

Mr Jacques VANDE VELDE  
 Mrs Christianne GAMACHE

**ORGANIZING COMMITTEE**

Director: RegDir Hans NEISBERGER  
 Deputy Director: Lt-Col Ulf-Thomas ZHRNT  
 Programme coordination: Dspl Volker HEDRICH  
 Press: Lt 1.class Uwe SEIFERT  
 Over-all Organization: Lt-Col Ulf-Thomas ZHRNT  
 Accomodation: Capt Horst SCHWAER  
 Finance/Food: ROI Dieter GERSDORF  
 Medical service: Sport Medicine Institute

\*\*\*\*\*

**PARTICIPANTS****STAFF**

*Maj Kauko PALVALIN (Finland)*  
*Colonel (Ret) Dr Crim Yves DEWALLEF (PGS)*  
*RegDir Hans NEISBERGER (Germany)*

**GUESTS OF HONOUR**

*Mr Walther TRÖGER (IOC)*  
*Mr Mathieu HOEBERIOGS (European Commission)*  
*General Arthur ZECHNER (President of CISM)*  
*Lt-Col François PILOT (Secretary General of CISM)*  
*Colonel Dr GIANNI GOLA (Vice-President of CISM)*  
*Major General Winfried DUNKEL ( Commander Armed Forces Office)*

**PERMANENT GENERAL SECRETARIAT**

*Colonel Klaus KUHN (Deputy Secretary General)*  
*Lt-Col Maarten KONTER (Netherlands)*  
*Mr Michel POORTMANS (Belgium)*

**INTERNATIONAL LECTURERS**

*Docent, Ph.D. Pekka OJA (Finland)*  
*Prof.Dr. Jürgen PALM (Germany)*  
*Prof.Dr. Diana JONES-PALM (USA)*

**INTERPRETERS**

*Mrs Christianne GAMACHE (Belgium)*  
*Mr Jacques VAN DE VELDE (Belgium)*

## INTERNATIONAL MILITARY SPORTS COUNCIL

## CISM INTERNATIONAL SYMPOSIUM

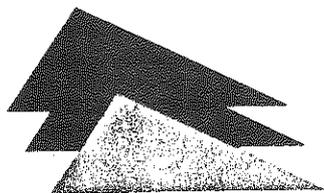
« SPORT FOR ALL »

## PRESENCE LIST

<b>SOUTH AFRICA</b> Afrique du Sud	Brig Albert JANSEN Lt-Col Lizette POTGIETER Col Nicolaas JACOBS
<b>GERMANY</b> Allemagne	Col Hans Robert GAREISSEN Col Prof Dr Gerrit SIMON RR Uwe MOGGERT Dspl Klaus ZIEGLMEIER
<b>AUSTRIA</b> Autriche	Col Dr Peter WITTELS Maj Manfred ZEILINGER
<b>BELGIUM</b> Belgique	Capt Rudie VAN HOLDERBEKE Lt Bart DE MUYNCK
<b>BRAZIL</b> Brésil	Lt-Col Prof Luis Antonio FERREIRA DA SILVA M.D. Capt Antonio MARINS PEDROSO
<b>BULGARIA</b> Bulgarie	Col Ivan BONEV
<b>CAMEROUN</b> Cameroun	Lt MBIMBI-IBENG Lt Michel TCHOUAFFI
<b>SPAIN</b> Espagne	Capt Jose Maria CONZALES CERA
<b>FINLAND</b> Finlande	Mr Jari UTRIAINEN
<b>FRANCE</b> France	Col Jean-Claude AUMOINE Maj Bertrand JUBLOT
<b>GHANA</b> Ghana	Maj Opuko FRIMPONG

<b>IRELAND</b> Irlande	Capt D.Mc KEVITT Lt C.KIRWAN
<b>ITALY</b> Italie	Col Giacomo PEROTTO
<b>JORDAN</b> Jordan	Col Jafar HUSNI
<b>KENYA</b> Kenya	Lt-Col S.K. NGUGI Maj Fatuma AHMED
<b>MOLDAVIA</b> Moldavie	Lt-Col Ion PIROJOC Capt Sergiu GAZAG
<b>PAKISTAN</b> Pakistan	Maj Muhammad MAQSOOD
<b>NETHERLANDS</b> Pays-Bas	Maj N. SPREIJ
<b>POLAND</b> Pologne	Col Roman KALINA Maj Janusz KUCZYNSKI
<b>SENEGAL</b> Sénégal	Capt Dr Maguette DIEYE Capt Abibou SYLLA
<b>SLOVENIA</b> Slovénie	Capt Iure VELEPEC Lt Lado MESARIC
<b>SWEDEN</b> Suède	Maj Lennart EKLÖF Maj Johan SALEN
<b>SWITZERLAND</b> Suisse	Mr Bernhard SCHNEIDER
<b>SYRIA</b> Syrie	Brig SOULEMAN Col EL BACHA Capt ABAS
<b>CZECH REP</b> Tchequie	Mr TURZNIK Mr Libor SOUMAR
<b>THAILAND</b> Thaïlande	Maj Nartinee KALUMPASUT Capt Manop TRITHANTIPRUD Lt Chayan GATEGRAT
<b>TURKEY</b> Turquie	1 <sup>st</sup> Lt Mesut CERIT Lt Murat DURAKAN

\*\*\*\*\*



# International Symposium on *Sport for all!*



## OPENING ADDRESS

Major Kauko PALVALIN (Finland)

Generals, distinguished guests of honour, ladies and gentlemen,

The soldiers are well aware of the importance of a good physical fitness. An adequate physical condition and physical skills are necessary for the peace time duties as well as for operations in war time. Physical fitness is achieved through mandatory programmes either of physical training and education or of sport.

Sport for all is mainly linked to the leisure time and voluntary activities. Beside physical condition the aims of the sport for all activities entail the improvement of health and well-being. Motivation for the sports practice is mostly created on a personal basis, but generally sport for all has a great social value. The competitive activities may be part of the sport for all concept, too.

Until now, the definition and meaning of the concept **Sport for all** have been unexplored within Armed Forces. We face a challenging task as we, in this Symposium, start to sort out the terminology grouped under Sport for all from the point of view of military sports. Despite the differences in the structure, social status and tasks of the Armed Forces, we have set ambitious objectives to our symposium.

The guidelines for our work will be given by leading civilian experts of **Sport for all**. It's a great honour to welcome Mr Tröger, the President of the Sport for all Commission of IOC, Mr Hoeberigs, the chief of the sport section of the European Commission and the lecturers Docent Oja, Dr Jones-Palm and Dr Palm. The presence of our President, General Zechner and the Secretary General Colonel Pilot is highly appreciated.



**Warendorf - Germany**  
**22 - 28 September 1996**

Through the organisation of this symposium the co-operation between CISM, the IOC, the European Commission and the Sport for all movement will be strengthened on international and national levels. It is worth mentioning that the European Commission has financially supported this symposium.

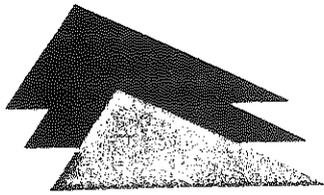
Through its activity in the fields of competitive sports and training, the International Military Sports Council has gained a sure footing in international sport activities. In addition to maintaining the physical condition of soldiers, their ability to work and to enjoy good health, the impact of the Defence Forces on the physical exercise pattern of the entire population is strong, in particular in countries with conscript armies. In this respect, we are walking on familiar ground when we talk about Sport for all. However, as a result of the symposium the concept of military sport will certainly have a wider meaning in the future.

The International Military Sports Council has a long tradition in organising clinics and symposia whose participants have actively taken part in the training as lecturers. The programme of this Symposium is based on the same principle, which guarantees that the training has realistic goals and is orientated towards practice.

Dear participants, if I may use the saying of our president, I should like to underline that, in the coming days we will be sailing in the same boat to our brilliant goal. On the sunny German waters the organiser will steer the boat and you'll blow the sails full of inspiring wind.

The German Armed Forces and their Sports School have, once again, placed their experts and premises at our disposal. General Dunkel, I would like to express our sincere thanks to the German Armed Forces, the German Delegation and the Sports School for the excellent arrangements, which enable us to start working with great expectations. On behalf of the International Military Sports Council, I wish you all a cordial welcome to this first Sport for all Symposium.

\*\*\*\*\*



# International Symposium on *Sport for all!*



## WELCOME ADDRESS

Walther TRÖGER (Germany)  
Representative of the IOC

President Zechner, General Dunkel, Ladies and Gentlemen,

It is my honour and pleasure to welcome you here and to transfer to you the regards and wishes of the International Olympic Committee and its President, Juan Samaranch. I take your approval that I bring the good wishes of all of you back to the IOC President when I meet him tomorrow.

Not only has it been a gesture of goodwill and understanding that the IOC granted patronage to this seminar, but the expression of the desire for co-operation and exchange of use and experience. It would be mine and the task of the Commission Sport for All of the IOC, which I chair since its foundation, to fill this programme with life and spirit. Therefore, I am eagerly expecting the results of this seminar, even if I am not able to attend it during the whole period.

I also wish to remind you that one of the most important personalities of your organisation, Colonel Chevalier Raoul Mollet, has served as a member of this commission for many years and that our friend, Bernard Schneider, present among us, has been its director.

The public when it comes to define sport in the military forces think either of some restricted sports or to the contribution of army units promoting high-level sport. But, is not the military, next to schools and universities the most important community with an education at large with high emphasis on sport for its members, Sport for all at its best? I do not wish to go into details. You have more information in your files and will listen to important lectures, not least regarding the re-definition of the outdated expression *military sport* into *sport in military* or *sport in military forces*.

The idea of Sport for All spans, as you can read in your documents from the founder of our movement, Baron Pierre de Coubertin, to most actual ideas and a significant progress. Let me at this stage cite the Seoul declaration which the 6th World Congress Sport for All guided by the IOC and my commission has set up earlier this year, which repeats or is based upon charters as articulated by the Council of Europe in 1975 and the UNESCO in 1987. I shall only mention those parts of which mostly refer to your goals and activities:



**Warendorf - Germany**  
**22 - 28 September 1996**

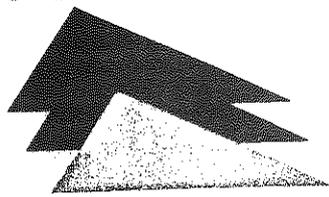
We believe that Sport for All:

- Should be the right of every individual, regardless of age, sex, race, religion, ethnic group, socio-economic status and physical and mental ability,
- is a key to physical and mental health,
- encourages unity within the family,
- as a movement, encourages education and physical activities in schools, clubs, associations and other bodies, as well as promoting moral and ethical values.

The participants also emphasised the need for co-operation between the various organisations and mentioned particularly the World Health Organisation, UNESCO and GAIFS. At this stage I should like to include CISM as well. I also wish to mention the appeal of the declaration to all governments to support the provision of facilities and training programmes to encourage qualified professionals to join in the Sport for All movement.

I think, ladies and gentlemen, that this perfectly fits in your programme. I wish you the best of success for your seminar and your future work.

\*\*\*\*\*



# International Symposium on *Sport for all!*



## ADDRESS ON THE OCCASION OF OPENING CISM SYMPOSIUM

### SPORT FOR ALL

General Winfried DUNKEL (Germany)  
Commander Armed Forces Office

Ladies and Gentlemen,

Following Sea Week, the world championships in naval pentathlon and sailing at Eckernförde in July, the Bundeswehr has organised another important CISM event this year with the symposium « Sport for All ».

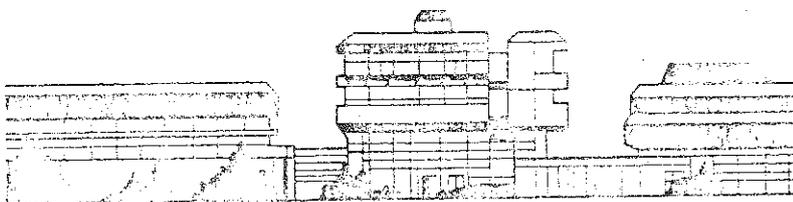
Ladies and gentlemen, the Bundeswehr is well aware of the ever increasing acceptance of CISM in politics and sport, and the importance of its goals as well as its sporting and other events. The Bundeswehr supports these goals by co-operation in the CISM bodies and by participation in and organisation of events. In organising this symposium, we see the possibility to make another small contribution to mutual understanding within the large CISM family.

In our society, sport is an important element in the continual development of each citizen. Aside from individual characteristics such as willpower, self-discipline and self-confidence, sport develops and trains important social behaviour like team spirit, tolerance and fair-play.

« Sport for all » as a variation of sport in addition to, for example, competitive sports - means sport, which everybody can do - independent of age - according to his or her preferences and aptitudes. « Sport for all » is meant to make fun, to provide compensation for occupational routine, to contribute to preventive health care, and last but not least, to represent a share in quality of life.

Among other things, the Bundeswehr has been pursuing these goals in its physical training programme for the past 40 years!

In this context, the integration of sports in the Bundeswehr into civilian sports has been given high priority, knowing that military training and education cannot be carried out isolated but only in close connection with the structures of the general education system. Therefore, sports in the Bundeswehr is closely interrelated with sports in our society. It follows the latter's lines of existing structures and, basically, pursues the same general goals.



**Warendorf - Germany**  
**22 - 28 September 1996**

This is indicated by the fact that any establishment of military sports clubs or the creation of military sports badges was deliberately refrained from. Instead, the Bundeswehr has recognised civilian badges as awards of honour and the German Sports Federation has accepted qualifications obtained at the Bundeswehr Sports School. With these qualifications, thousands of military personnel are active in civilian clubs and, thus, contribute to a wide range of sports activities.

Aside from contributing to the development of a physical fit soldier, sports in the Bundeswehr is based on the following educational component: through a motivating organisation of the physical training programme, the soldier is led to recognise values, goals and standards of sport, approve of them and be prepared to go in for regular sport throughout his or her life, even off-duty in clubs or groups and beyond his or her active service as a conscript, temporary-career volunteer or career soldier.

Therefore, sports in the Bundeswehr is primarily understood as a popular sports and - wherever possible - is offered as sport in so-called preference groups. In many cases this gives a soldier the opportunity to engage in the same kind of sport as previously at school or in a club.

Ladies and gentlemen, you will certainly understand that in view of these matching goals and the existing integration of sports in the Bundeswehr into the structures of civilian sports, the Bundeswehr virtually feels destined to hold the symposium « Sport for All ».

I wish you an interesting symposium here at the Bundeswehr Sports School, which may well be the most advanced installation for the physical training of military personnel. I hope that you will have not only sufficient time for technical discussions and other conversations but that you also get some impressions of the sports-friendly town of Warendorf, the Westphalian landscape and the hospitality of its people to take back with you.

Ladies and gentlemen,

I hereby declare the CISM International Symposium on « Sport for All » open.

\*\*\*\*\*