



### Conclusions and remarks

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The title of presented lecture was very astonishing "Is it true : mens sana in corpore sano".

Present conference devoted to sports medicine gives clear answer to this question - Yes.

To get such an answer we should involve in this problem a lot of effort of very high educated specialists in this matter; coaches, physicians, psychologists and managers.

The quality of presented lectures indicated that armies which cooperate in CISM frame possess and employ in everyday practice highly qualified specialists. It is not only our opinion but it is conclusion from discussions which took place outside the conference hall.

On behalf of Polish organizers I would like very cordially thank for all.

We could say in summarising that the medical aspects of presented works comprise the methods of physical education and training that should help to improve performance of soldiers as well as the selection of highly efficient sportsmen.

First group of papers focused our attention on the selection to professional sport.

Second group concerned the effect of physical exercise (among others-free radicals generation, immunology) on the human organism. It should be underlined that these subjects were for the first time discussed on CISM symposium.

Third group comprises : methods of training and selection to different groups of army forces (among other these questions were discussed by delegations of France, USA, Slovenia, Ireland, Algeria and Poland). This knowledge is very practical and useful for all people involved in this problem.

On such symposium we are able to compare in reasonable way the principle role of applicated methods.

In that way we have good opportunity to choose the best methods.

Once again we would like to thank for a very high level of presented lectures.