

FIRST SESSION: THE BENEFITS OF SPORTS IN THE MILITARY

LECTURE 2: SPORTS AS AN ESSENTIAL COMPONENT OF THE MILITARY FORMATION

Maj José Carlos Salgueiro **PINHEIRO**

Brazilian Army Sports Commission – Rio de Janeiro-RJ, Brazil

ABSTRACT

The sports activities developed in the education systems and in non-systemically forms of education seek the principles of cooperation, co-education and participation aiming to the formation for the drill of citizenship and the leisure practice, avoiding selectivity and the hyper-competition. The sports activity, in the level of Brazilian Army (EB) military organizations, is regulated in C 20-20 (Military Physical Training Manual - TFM), being part of one of the sessions of physical training. Because they are less formal and more attractive activities, they facilitate the congregation between the participants, as well as fortifying and developing the body spirit. This type of TFM session counts on bigger linkage and develops the joy for the sport practice by and large. On this way, sport fulfills a gap of the TFM methodologies, acting in social factors, of the affective area and reducing the stress, besides providing a physiological stimulation that acts maintaining the levels of physical aptitude of the troop. The purpose of sport in the EB is to provide the military pleasant physical activities and moments of relax. These activities are ways of keeping the well-being and improving interpersonal relationship. The activity, in principle, should meet the preferences of the military participants. Those who do not possess the necessary technical ability for the practice one of the supposed modality could be lead for another sports activity that can be carried through by the remainders. During the preparation for the execution of the TFM session, the objectives of companionship and spirit of camaraderie are emphasized and must prevail on the exaggerated will to be successful. The sport includes the great games (giant soccer, military ball and giant basketball), sports modalities (soccer, basketball, volleyball, tennis, futsal, swimming and orientation) and sports competitions. In addition, the sport presents a double approach concerning the military formation and the health of the military man. Concerning the physical health, this is related with the well-being, providing a better quality of life. Then the approach on the military formation aims to basically take care of to the interest of the Force and the fulfillment of its institutional mission. It is fundamental to understand the sport in the EB as an efficient instrument in the military formation more than a promotional instrument of the health. Specific literature has demonstrated that the physical inactivity causes various risks for health. On the other hand, regular practice of physical exercise and sports are related with the prevention of illnesses and the development of diverse basic affective attributes in the military formation, such as: cooperation, self-confidence, leadership, spirit of body, courage and emotional balance. The sports practice is an activity that is most carried through in the period of formation in the diverse schools of the EB, promoting positively in its pupils the disposal for the social behavior, the emotional stability, the motivation for the development, self-discipline and willpower. Sport evidences the capacity of individuals to use its bodies and minds besides exercising coherently the sense of freedom, discipline and mutual respect. In its different forms, sport contributes to the formation and closer of military when strengthening the development of values such as moral, ethics, solidarity, fraternity and cooperation, becoming an efficient way for the human acquaintance. Currently, sport is

recognized world-wide as one of the biggest social and cultural phenomena of the end of XX century and beginning of XXI century, expressed by the great and increasing number of practitioners, media interest and economic investments. It might be concluded that the sport, for all it represents in the amplitude of its new concept, besides being a privileged option of use of physical activities, must deserve a specific education so that the military may incorporate its practice in its individual cultures. The development of the affective area attributes through the sport, for the humanistic and social potential that the social and cultural sports phenomenon represents, must be stimulated and be promoted in all the processes of the TFM. Either in the schools of formation or practiced in the free times, the sport must be considered as content of the TFM for the similarity of objectives, ways and possibilities of use amongst the life of the military. For its concept and embrace, the sport is inserted in the process of formation of the military, either inside or outside the educational establishments, because it consists in the best option for corporal experiences without excluding the totality of the military, creating lifestyles that incorporate the use of varied forms of physical activities. Even in the Armed Forces, sport can be important for the development of the Peace Culture, through the approximation between military through international cooperation in events promoted by the Conseil International du Sport Militaire (CISM). Therefore, sport contributes for the Peace Culture by the time it is used in the direction of a peaceful society aiming to preserve human dignity throughout approach initiatives of peoples, with programs that promote national and international cooperation and interchanges.