

# INTEGRATING CISM THEORY ON PTSR

## INTRODUCTION

The CISM scientific symposium is one of the most important annual activities of the organization. Through the years this became a highlight on the agenda.

Paging back through the work that was presented during the symposiums the magnitude of effort and contributions, in the field of physical training, sport and recreation becomes clear.

This resource of data can never stand alone, it must be integrated into the broader scientific base of our colleagues in the Non-military environment. This cross pollination not only facilitates the growth in military knowledge but it also offers other parties to benefit from our military orientated research.

The delegates attending the CISM scientific symposium and specifically those who contribute with papers and or discussions can be compared to the engine room of this huge organization. It is our responsibility to generate the knowledge skills and attitude that is needed to guide and enhance military physical training sport and recreation. As scientists it is our responsibility to be critical, analytical and above all creative in our problem solving.

## AIM

The aim of this paper is to analyse the theoretical status of CISM research into physical training, sport and recreation (PTSR). Specific attention is given to the concept of sport for all and the relationship between PTSR and sport for all.

## SCOPE

To achieve this aim the following scope will be addressed:

- Background
- Methodology
- Overview
- Areas of theoretical development
- Remarks
- Conclusions

## BACKGROUND

Merton (1957) indicated the core of the scientific process when he described the three concepts: philosophy, theory and generalization. According to him philosophy represents a set of thoughts based on a logic reasoning process. This thought process results in hypothesis which should then be tested. Of great importance is the issue that philosophy is untested hypothesis. A hypothesis becomes theory after the process of research which accepts or rejects hypothesis. Theory is thus based on a firm set of facts tested under defined circumstances. Generalization is the process where theory is applied in different circumstances, this can lead to the redefining of theory. This taxonomy of Merton (1957) is accepted for the paper that follows.

Studying the content of the papers that were delivered during previous CISM scientific symposiums it became clear that the status of the data differ. Some is still in the philosophy stage, some is theory and only a small part is in the generalization area of interpretation. This fact is not good or bad, what is however important is the guidance or management of this data base, in CISM, to ensure proper scientific development. Such a process will also preserve the quality of research. In the words of General Zechner (1996) “We must always be able to answer the ‘so what’ question”.

## **METHODOLOGY**

The idea to analyse the scientific work done by CISM’s scientific symposiums was informally discussed between director Hans Neisberger; Col dr Roman Kalina; Col prof Klukowski and Brig Gen Albert Jansen in Varna, Bulgeria 1997. This idea became a personal interest of the presenter. The process of gathering information and studying past work was very negatively influenced by the “crashing” of the computers in CISM headquarters. This forced the researcher to rely on hardcopies and personal notes taken during scientific symposiums. These notes particularly reflected discussions, and conclusions after such discussions.

The current study includes the symposiums that took place from 1995, (Warsaw) up to the symposium of 2000 in Botswana. These symposiums were selected to firstly define the scope of the research but secondly, this is the set of symposiums which could be analyzed by available documentation. Extending this period is clearly a research opportunity to other researchers.

The nature of the available information was ideally suited for a qualitative analyses. The following research questions was formulated.

- : Does the research reflect a core philosophy.
- : How can this philosophy be postulated.
- : What is the areas covered by theory development.
- : What is the relationship between the areas of theory development.
- : What is the status of theory generalization.

Four factors were utilized during the evaluation viz. The stated topic, a short summary of the paper, conclusions and conclusions after discussions, where applicable. This information was labelled, categorized, integrated and interpreted.

## **OVERVIEW**

Over the period 1995 to 2000, 133 papers were delivered. These were distributed between the following broad themes.

- : Physical education, sport and health in the armed forces.
- : A multi-disciplinary approach to teaching, learning and training in the field of Sport and Physical training.
- : Sport for all.
- : Sport as a factor of socio-cultural integration in the society.

: Sport in the armed forces on the dawn of 21<sup>st</sup> Century.

: Physical education in the armed forces.

These themes were always approached against the CISM motto “*Friendship through Sport*”.

The selection of these themes projects specific underlying concepts viz.

: The social responsibility aspect that is illustrated by a multi-disciplinary approach, sport for all and social-cultural integration.

: Secondly, it projects the notion to be broad based and to be inclusive in its approach to Physical training, sport and recreation.

: It is interesting to note that the competitive element is not stressed. It is however, present as an implication in the concept sport. The motto “*Friendship through Sport*” clearly defines the nature of the competition.

From this overview the researcher deduces that CISM, through the scientific focus, cultivates a philosophy, based on social responsibilities and which supports a broad participation in physical training sport and recreation. This philosophy seems to accommodate the issue that PTSR is a building block in the military not only to enhance physical health but also to play a role in the establishment of healthy socio cultural relationships. A further element of the philosophy is that the participation in PTSR must be supported by all the resources available to facilitate physical education of people. The essence of this reasoning is clearly stated in the Warendorf Declaration which states the following:

### **Warendorf Declaration**

Physical and sport activities constitute an important factor of stability, health and development of soldiers as well as civilians in the Armed Forces of the world. These activities promote close relationship between the Armed Forces of CISM member nations and also between Armed Forces and society.

The participants in the Warendorf Symposium agree that *Sport for All* is physical and/or sport activities, which are practiced on a voluntary basis during and after working hours.

The participants in the CISM International Symposium declare on 27 September 1996 at the Bundeswehr Sports School (Warendorf), that *Sport for All*

- is directed towards building a basic foundation of physical and mental fitness, as well as improving and maintaining it through motivation,
- is an integral part of continuous education,
- is a socio-cultural phenomenon, which integrates individuals by means of communication and socialisation,
- is a good way to share physical and sport activities with families and friends,
- is an opportunity for all age groups to ensure health and well-being.

Therefore *Sport for All* should be an undeniable right of every individual in the Armed Forces of the world, regardless of age, sex, race, religion, ethnic group, socio-economic status, rank and physical and mental ability.

We are convinced that the Armed Forces could play an important role, as promoters of community health and fitness. Therefore *Sport for All* should be included into the physical education programmes of the Armed Forces. For this purpose, cooperation should be established and fostered between military sports schools in particular.

The Armed Forces should also be integrated into the national as well as CISM into the international *Sport for All* movement.

#### **Warendorf, 27 September 1996**

The Warendorff Declaration was formulated against the backdrop of the Sport for all Concept. If the content is analysed it becomes clear that the same philosophical values are expressed as in the abovementioned reasoning. In this sense the declaration is still one of the most significant resources describing the philosophical base of CISM and therefore the activities of the organization such as physical training, sport and recreation.

### **AREAS OF THEORETICAL DEVELOPMENT**

The papers that were delivered from 1995 to 2000 were analyzed with reference to the title, summary of content and final conclusions. This data was categorized to ascertain fields of research covered by the work that was done. This phase of the current study presented some practical problems:

- : Some papers cut through different categories.
- : Some papers are very unique in presentation.
- : Some papers can clearly be organized under a particular category, while other, only partly represents the criteria of a category.

It was however the aim of the paper to keep the integrity of the categories as authentic as possible.

The one hundred and thirty three papers were evaluated by a multi-disciplinary panel of five members on an individual basis. The panel labeled the papers according to the most central theoretical issue addressed. This data was then analysed by means of a qualitative factor analysis. The data grouped into twelve fields.

The list of twelve fields with describing issues and important trends where applicable are as follows:

#### **Medical research**

- Medicine
- Doping
- Heart rate
- VO<sub>2</sub>
- Temperature
- Injury
- Preventative medicine
- Cardio vascular

Stress  
 Low back  
 Hyperbaric treatment  
 Psychological care  
 Muscle and blood lactate  
 Echocardiography  
 Negative effects of strenuous training  
 Healthy lifestyle

The research and theory development in this field is of a high standard and frequent contributions are made. Issues such as doping, effects of temperature and injury management is constantly discussed as high priority.

## **Assessment**

Health status  
 Locomotor  
 Athletes  
 Fitness  
 Physical load  
 Equipment

The need for updated assessment methods are communicated on a regular basis. The movement to establish objectivity in measurement has a high focus.

## **Organization/structures/policy**

Approach in different countries  
 Military versus public  
 Civil association  
 Sport clubs  
 Aims and goals  
 Infrastructure  
 Physical education policy

The developments in this field are directed towards the military versus non-military issue, with special reference to cooperation.

## **Sport codes**

Combat  
 Athletics  
 Swimming  
 Leisure/recreation  
 Scuba diving  
 Rugby  
 Sport specific training

The contributions in this area is relatively low. The subjective expectation of the researcher was that this area should have a higher frequency of inputs. During discussions the opinion was expressed that the data is available but that coaches, managers and administration do not publish their results.

## Gender

- Female
- Female in top sport
- Strength and weaknesses, females
- Young females
- Gender equality
- Sport for all females
- Health promotion, females

The gender field of research shows a steady increase over the past five symposiums.

## Battlefield application

- Sport in the Army
- Battle focused physical training
- Bravery and patriotism
- Soldier of 21<sup>st</sup> Century
- Combat methods
- Conscripts
- Sport for all soldiers
- Reservists

Battlefield application should be understood in its broadest meaning. It includes aspects such as peace support operations. This is the core “business” of any military. The question can be asked whether this field receives enough attention.

## Remodeling

- Remodeling
- Over training
- Recovery
- Injury management
- Motivation to train
- Benefit of training
- Off season strength training

- Effects of exercise
- Health promotion
- Top structure involvement

In this field of theory development a very positive trend is the follow up of contributions, and the integration of data.

## Definitions

- Sport
- Sport for all
- Sport in the military versus military sport
- PTSR Model

## Methodology

The contribution in this field facilitate communication and mutual understanding. This is however, the fields where there is outstanding consensus on issues which must be addressed.

## Top level/competition sport

Military competitive sport  
 Top level preparation  
 Non-competative sport

A trend in discussions is the question of priority. What place should top level sport take in CISM. What should the balance between top level sport and broad based participation be.

## Social Role

Universal character  
 Better understanding between people  
 Relationship between military and broader society  
 Health of citizens  
 Enhancement of military image  
 Social education  
 Social cultural integration  
 Sport in 21<sup>st</sup> Century

National disasters  
 ESALO relations

From the frequency of contributions and indicated importance, during discussions this is one of the case research activities in CISM.

## Education

Health education  
 Training of trainers  
 Fitness

## Multi disciplinary approach

Multi discipline team  
 Role of the biocinetician

## REMARKS

The research potential in each of the fields are vast and the development on this firm base should be an inspiration to all the researchers.

Areas of concern is the low level of research into military orientated sport codes. From discussions during previous symposiums it seems that much is done, by different countries, in this regard but the information is not published or presented at CISM scientific symposiums. A consorted effort should be made to motivate members to share their knowledge.

The importance of the CISM scientific symposiums is highlighted by this analyses. It indicates how the contributors are adding to a theoretical picture describing the subject of international military sport. Through this forum members can share their knowledge and it is documented in such a way that it becomes part of the scientific knowledge.

This investigation was done to answer specific research questions and although the data lends itself to much deeper interpretation, it is not the scope of this paper.

## CONCLUSION

On the bases of the investigation the conclusion can be made that a clear core philosophy supports the research that is reported during the CISM scientific symposiums. This philosophy is postulated around concepts such as Friendship through Sport, the social cultural responsibility of sport in the military; the educational value of sport, the inclusiveness of military sport, the focus on broad base participation and a multi professional approach to the development of physical training sport and recreation.

On the basis of this philosophical basis, a theoretical framework is developing through the scientific contributions. From 1995 to 2000 twelve theoretical fields were covered viz.

- : Medical research
- : Assessment
- : Organizations, structures and policy
- : Sport codes
- : Gender
- : Battlefield application
- : Remodeling
- : Definitions
- : Top level/competitive sport
- : Social role
- : Education
- : Multi disciplinary approach

The relationship between the areas are close and should not be seen as water tight entities. They are supportive to each other and can include joint areas.

The area of theory generalization is an area of development. Research into the testing of data under different circumstances should be motivated.

The aim of this paper was to analyse the theoretical status of CISM research into physical training, sport and recreation. The results reflects an emerging framework of research that will support the growth of PTSR in the armed forces.