

SECOND SESSION: PHYSICAL EDUCATION IN THE MILITARY

LECTURE 1: THE PROGRAMS OF THE MILITARY PHYSICAL EDUCATION SCHOOLS

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ABSTRACT

The presence of controlled physical activities in Brazil shuffles with the evolution and development of the Armed Forces itself. The pioneer in methodical and rational instruction in physical education was the Brazilian Army Physical Education School (EsEFEx), situated in Urca, in the city of Rio de Janeiro-RJ, being, nowadays, the main military educational establishment responsible for the pattern of officers and sergeants in physical education. Its origin retraces to the year of 1919, when a group of idealists from the Military School decided to focus the systematization of physical education in both military and civilian ambiances. It dates, therefore, of 1923, the Military Center, installed in the School of Infantry Sergeants, placed in the Military Village, in the same city. However, ahead of material difficulties and the armed movements occurrences in that year, the formation of at least a group of instructors was not possible. Thus, it is remained stagnant up to 1929, when it was created the Physical Education Provisory Course, enclosed to the related School. In January 11, 1930, the Military Center of Physical Education was created, in the same installations of the present time. Finally, in 1933, one more important stage was gained in the consolidation of the national physical education, when it was created the Army Physical Education School, endowed with new organization, up-to-date resumes and extended objectives. Currently, it consists in the superior and medium educational establishment of specialization, of the warlike military education line, directly subordinate to the Research and Studies of Personnel Directory Saint John Fortress (DPEP/FSJ). Amongst the missions of EsEFEx, it can be pointed out as the primes the ones to specialize, officers in Physical Education, Fencing and Sports; to specialize medical officers in Sports Medicine; to specialize sergeants for the duty of the functions of Physical Education and Sports Monitor; to cooperate with the research in the field of the Physical Education and Sports, as well as in the scope of school education, aiming its application in the Army; to give assistance in subjects related with Physical Education and Sports, as well as, if necessary, with the cooperation of congener institutions; to support the Superior Echelon in the promotion and accomplishment of national and international competitions and in the organization and training of the Army and the Armed Forces teams; and to cooperate with civilian entities, in the subjects of its specialty, in the manner that gets authorization for or as determined by the Superior Echelon. In the structural dome of the EsEFEx, it may be found the Education Directory/Commander and the Education Subdirectory/Sub commander, both part of the Education Counsel. The Education Division is directly subordinated and is composed by the Gino-sportive Section, Technical Education Section, Psycho-pedagogical Section and the Auxiliary Resources Filming and Publication Section. The Technical Education Section is responsible for the evaluation of the efficiency of the education of the professor or instructor, the control of the efficiency of the learning of the pupil and the pedagogical research on results of tests. Educational and affective support and orientation to the pupil is feasible because of the existence of the Psycho-pedagogical Section, which reckons on the presence of a military psychologist. The Auxiliary Resources Filming and Publication Section carries through the support given to the instruction. The Body of Pupils and Instructors forms the Gino-sportive Section, divided into the Subs-sections of Collective Terrestrial Sports, Individual Terrestrial Sports, Nautical and Aquatic Sports, Military Sports, Combat Sports and Physical Sports Training Sub-section. The Body of Pupils

is constituted by the four courses offered by EsEFEx, which shall fit in the Army Education Law, destining itself to the preparation of human resources for the Terrestrial Force, particularly in the fields of the Military Physical Training and Sports. The Instructor of Physical Education Course (CI) is destined to officers, having 3373h, to be fulfilled in 75 weeks. The general objectives of this course are: to qualify, as a Physical Education professional, in the duty of Military Physical Training Officer of the Military Organizations, Physical Education Instructor of the Educational Establishments and member of the Army Sports Commission, enabling the officer to elaborate, apply and reevaluate collective and individual programs of physical conditioning; to elaborate, execute and reevaluate the military physical training plan to Military Organizations; to plan, organize, supervise and execute the training of military sports teams; to plan, organize and direct and assist in the arbitration of sports competitions; to manage the material and installations of the sets of the military physical training and sports; to carry through research in the area of Physical Education and Sports, intended to the preventive safeguarding of the health and to the perfection of the standards of military physical performance; to plan, organize and manage physical activities of educational and recreational character; to cooperate with the external public, in the form determined by the Superior Echelon, as a way of social communication of the Army; and to evidence with prominence in its behavior, the attributes of the affective area of self-confidence, cooperation, dynamism, impartiality, initiative, leadership, shrewdness, resistance, sensitivity, sociability, prudence and tolerance. The curricular document of this course is divided into basic and specific formation. In first one, composed by 1260 h, it occurs the presence phase, counting with the disciplines of Human Anatomy (45 h), Measure and Evaluation (30 h), Sports Biomechanics (45 h), Exercise Physiology (60 h), Hygiene and Urgent Rescue Applied to the Physical Education (30 h), Methodology of the Scientific Research in Physical Activity (30 h), Sports Nutrition (30 h), Pedagogy Applied to the Physical Education (30 h) and Sports Psychology (30 h), amounting to 330 h; and the advantage of studies, of the academic formation of the Agulhas Negras Military Academy (AMAN) with the Command, Chief and Leadership disciplines (90 h), Social Communication (30 h), Didactics (60 h), Statistics (60 h), Philosophy (60 h), Languages I to IV (240 h), Computer Science (60 h), Research Methods and Techniques (60 h), Oratory (30 h), Portuguese I and II (120 h) and Psychology I and II (120 h), totalizing 930 h. The specific formation, that withholds the total of 1470 h, is formed by long-distance education (EAD), presence phase and advantage of studies. In the EAD, whose hour load is 90h, there are thought subjects of Physical Education History and Sports Legislation (30 h), Rules I (Soccer, Volleyball and Basketball) and Rules II (Athletics, Military Pentathlon and Shooting), in a total of 90h. The presence phase is composed by disciplines of Sports Administration, Arbitration and Recreation (75 h), Athletics I to the III (135 h), Basketball (45 h), Fencing (45 h), Soccer (45 h), Artistic Gymnastics (30 h), Gymnastic and Weight lifting (30 h), Judo (45 h), Physical Training Methods (60 h), Swimming I and II (90 h), Orienteering (30 h), Military Pentathlon (45 h), Training Planning (30 h), Shooting (45 h) and Volleyball (45 h), in a total of 795 h. In the improvement the academic disciplines are counted the credits of Shooting I to IV (120 h) and Military Physical Training I to VI (465 h), in a total of 585 h. There are carried through profound studies in Military Physical Training and Sports, being reviewed, with bigger density, the subjects of Attack and Defense (30 h), Military Physical Training and its Evaluation (60 h), Advanced Studies in Military Sports - Fights, Orienteering or Military Pentathlon (30 h) and Advanced Studies in Collective Sports - Basketball, Soccer or Volleyball (30 h) and the Supervised Period of training - Pedagogical Practice (405 h) after the conclusion of the course, totalizing 555 h. The complementation of the education is made as development of the Present time Subjects - Plan of Visits and Lectures (43 h), Reading Program (5 h) and Interdisciplinary Project (40 h), in which are developed research concerning the Military Physical Training and Health, Military Physical Training and Operational Activities, Military Physical Training and its Evaluation, Military Physical Training and Sports Practice, Military Physical Training and Organization of Competitions in

the Army level, Great Unit or Unit, Curricular Basis for the Formation of the Military Physical Training Officer, of the Sports Doctor and the Assistant of the Military Physical Training Officer, Sports Legislation of the Armed Forces and Basis of the Military Physical Training and its Evaluation in the Armed Forces of the Friends Nations. There are still carried through the Monitor of Physical Education Course of (CM), with 800 h, in a period of twenty weeks, intended to the sergeants, Fencing Course (CMD), with 1560 h, in a period of thirty nine weeks, odd years and alternating with the Course of Sports Medicine (CME), with 760 h, in a period of nineteen weeks, for military doctors. For the evaluation of the learning, in all courses, this is expressed in qualitative and quantitative terms, being carried through formal tests, consisting of written and practical parts, in disciplines that allow the accomplishment of physical performances by the pupils. For the rectification of the learning, it's carried through, after the correction, the sample of the respective tests, from which is proceeded the determination from the grades, according to following zones: from 0,0 to 4,999 (insufficient), from 5,0 to 5,999 (regular), from 6,0 to 7,999 (good), from 8,0 to 9,499 (very good) and from 9,5 to 10,0 (excellent). In the case that the pupil does not get a grade equal or superior to 5,0 (five) in each discipline of its respective course, he will have to be submitted to the recovery of the learning. Thus, the criteria of approval and accomplishment of the pupil in the respective courses is the attainment of a grade equal or superior to 5,0 (five) in each discipline, that is, notes that correspond to grades R, B, MB or E, by discipline. In case it is not obtained an equal or superior note to 5,0 (five) in one or more disciplines, after based opinion of the Education Counsel, the pupil will have to be submitted to the recovery of the learning, by decision of the Education Director. Thus, in these more than eighty years of existence, EsEFEx lasts in time as the educational establishment model, reference of the national Physical Education, in the military field, as well as amongst civilian, having more than 6,000 military students graduated in its school benches.