

## Winning Gold – What can we learn from Sport?

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#### Abstracts

Winning Gold in Athens 2004 and Beijing 2008 is the ambition of Dutch top athletes and the Netherlands Olympic Committee (NOC). Scouting new talent, training and training monitoring, nutritional guidance, technical and material innovations and top coaching are all ingredients to fulfil this ambition. Co-operation of business, the NOC, universities and TNO-Sport should give the top athletes a competitive advantage in championships. A number of the developments we notice in sport and sport sciences are also very interesting to the military. Basic question is how can we improve physical performance of our soldiers .

In the military a Gold performance means a successful mission, saving lives and staying alive. Optimal physical fitness and task mastery are essential to military performance in the field. Research in NATO indicates that current military physical training doctrines are only partially effective and result in many musculoskeletal Injuries. From an operational view, our soldiers often have to perform under very harsh conditions - e.g. heat or cold, altitude, sleep deprivation - and operations request top physical performances.

Maximising physical performance of our soldiers is needed to get "Gold performances". In this lecture the application of several promising developments in sport sciences to enhance physical performance of our soldiers are discussed.