

## Non-competitive physical activities for leisure time

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Dear guests, friends and colleagues,

Allow me to talk about our experience and ideas related to the way in which we deal with the problems of the so-called **SELECTED PHYSICAL EDUCATION - NONCOMPETITIVE ORIENTATION**. Under this term, said in brief, we understand facultative sport and physical culture activities that are exercised on the basis of one's own choice and voluntary decision. Such activities can be compared to and both formally and from content viewpoint approximately treated as notions say "recreational sport and recreational physical training" or "leisure sport/physical training". Their main purpose is the abreaction, self-realization and satisfying of needs of a particular individual. The criterion is voluntariness and the realization outside the system of official contests and competitions within and without the Army.

This problem area, unlike other problem areas, is in the framework of individual armies to a large extent diverse and specific. Therefore it is not possible to objectively make comparisons and judgments, as a danger of oversimplified grasping or wrong interpretation. Allow me to present this paper as a contribution to and a deposit for developing a possible method of classification for the up to now differing views.

The lack of movement and the higher psychical burden are typical of the present-day nature of life of common population in our society. The percentage of ill persons and persons afflicted with civilization diseases increases simultaneously with the two typical factors mentioned above. The age limit of the most frequently afflicted persons lowers and the population afflicted with say myocardial infarct is now already a group of people old thirty years. There are negative influences that cannot be removed in a speedy manner or modified (the problems of polluted environment, hereditary influences, etc.), however some solutions exist that can be helpful in improving a given status). Under such solutions we can decidedly classify the care of psychical and physical condition, right regimen and mental hygiene, and these are the notions that are today expressed as the most frequent buzzword sound living style in the entire complex of interconnections and linkups. Today the questions of health and living style more and more enter the forefront of interest of both people and society in advanced countries. With a handful of exaggeration and optimism the Czech Republic can be classified into the group of the advanced countries, into their value orientation and sharing of similar objectives and motivations. The supply of: new preventive forms of health care, movement modes, foodstuffs and diet instructions, sports equipment and leisure sports goods and the increasing number of various fitness centers and facilities for sports, relaxation and recondition are known in the Czech Republic. And this reality is given by popular education and awareness in people of the new situation, and a certain role is also played by a desire for fashionable and fashion-making goods and fashionable appearance and another role is played by promotional media. The result is that a relatively large portion of society perceive these questions and start to take care of their health. However, a prerequisite for remedy against the situation is a certain level of knowledge and experience of the sphere of physical education and sports, or a cooperation with proficient experts and buying their services and support products. If some laws from the sphere of sport training theory, psychology or say dietetics are not adhered to, this can work against what was originally intended. The amateur conduct of training and exaggerating of movement activities in connection with bad diet habits often

leads to an impairment of organism, or, in a better case, to a loss of motivation and at last to the abandoning of activities.

This trend together with all its ups and downs is also traceable in the conditions of the Army. If the conditions that are offered by the structured military organism and the physical education and sports system of the Czech Army are correctly and optimally created and utilized, it is justifiable to anticipate the growth of the healthier portion of population directly in the Army and also an influence on the rest of civil population. The function of physical education, if grasped in this way in accordance with trends in the world and in Scandinavian countries in particular, slowly starts to penetrate the awareness of even those levels of the Army's military mechanism and management/logistics system which could be meaningfully helpful in the "materialization" of favorable climate. The matter involved is also that the problem area (i.e., problems) of sound living style or modern living style is meaningfully connected with the prevention of social pathological phenomena (smoking, alcohol addictions, drug addictions, etc.) and also with an economic look at the favorable impacts of targeted working on and influencing of individuals and groups. This means the simple reality that a sound and optimally (both psychically and physically) tuned individual shows a larger working capacity, can better master burden situations and, as he or she is not in ill persons brackets, does not load the society with expenses for therapy and rehabilitation. In accordance with this development it is the prerequisites whose emergence is starting in the essential organization and planning documents of the Czech Army, goal being the successful establishment of the prerequisites.

The status and tendencies generally described do not avoid the Army; instead, they are more visible in the Army. In addition to the unquestionable benefits (stemming) from the era of computers and new technologies (and becoming contributions) for the upgrading of effectiveness and efficiency of control and decision-making processes and own implemented outputs in the action and preparation of troops, accompanying negative phenomena exist that must be particularly responded to. To this effect, the mentioned lowering percentage of physical activities and the mentioned increasing percentage of psychical burden must be considered the main problem.

Human individual, as an integrated personality, is as a system accommodated to certain maximum and minimum thresholds of physical and psychical burden. Optimal functioning of the "system" is given just by a certain quality and quantity of the mentioned stimuli. Deviation to one or the other side then causes failures or reduction of functionality in this "system" (human being) and this under the conditions in the Army may result in fatal consequences. However it is just in the sphere of physical education and sport activities where we can see the element which can provide a saturation of reasonable amounts of movement activities and adequate favorable responses to them.

In order that this logical requirement could be met, it is necessary to find an optimum way of how to fulfill the ideas and intentions of individuals, and all this in accordance with the needs and interests of a higher entity, therefore, the Army. After years of practice it is just the **Selected Physical Education - Noncompetitive Orientation** which has shown itself as the effective and viable solution which is successful in combining and harmonizing societal and personal interests of collectives with societal and personal interests of individuals. The Selected Physical Education - Noncompetitive Orientation is part of the Czech Army Military-Service Physical-Training Comprehensive System and occupies a specific position in the framework of the Comprehensive System. The existence of the positively orientated

variants of spending spare time in (i.e., through) physical-training/(i.e., and)sport activities is gaining ground also to the effect that the positively orientated variants can substantially influence the successfulness of prevention in the fight against social pathological phenomena. The reality that the positively orientated variants system shares in the creation of "movement addiction" also gives a dimension to this sphere in the system of social pathological phenomena prevention throughout our society.

The positive influence of this form of military service physical training in our Army is boosted with the reality that exercising the military service physical training in most cases takes place in the domain of positive emotions, sweet experiences, pleasant social contacts and linkups and at an individually selected level of physical burden exactingness. Because the feel of the opportunity of one's own choice and selection is dominant with individuals, the probability, as concerns the consistency and successfulness in the implementation of tasks and targets of similarly motivated persons, is higher.

**The Objective** of the realization of physical training/sport activities defined in the Army's physical training system, under the name "**selected physical education - noncompetitive orientation**", is to enable individuals, by their own decision and deliberation, to perform physical training/sport activities, under certain defined conditions and for purpose of satisfying their own interests and needs.

**The Target** is to improve and strengthen health, psychical coziness and optimum bodily ability through active rest.

From the above mentioned follows the different targeting of this kind of movement activities, which, though utilizing sports and contests, prefer aspects different than the aspect of performance. The carrying notions are the terms rest, regaining and regeneration of psychical strength and physical condition, pleasant experiences in an emotionally homogeneous group. The pivotal notions are **free choice/selection, voluntariness, experience (i.e., piece of experience), health.**

From the above mentioned it is possible to define the relation between the **selected physical education - noncompetitive orientation** and **military service physical training (basic and special)**.

While the **military service physical training** is a compulsory component in the profession of soldier as one of important elements in his or her preparation, the **selected physical education - noncompetitive orientation** is understood as a superstructural, facultative and complementing form for military service physical training. Military service physical training is to prepare individuals as far as the aspects bodily ability and psychophysiological resistance are concerned first of all as versatily trained soldiers, i.e. to equip such soldier with a high level of movement capabilities, skills and habits for successful battle procedure. Selected physical education in a general manner eliminates one-sidedness and narrow purposefulness, psychical tension and social disharmony, and thus, allows to keep optimum working capacity of an individual and his or her psychical preparedness. While in the sphere of military service physical training such words as **bodily training** or "**drill**" are heard and performance realization dominates here, in the sphere of selected physical education **the notions are those dominating which denote psychical qualities as feels of satisfaction, relaxation and pleasant experiences from performance.**

In the conditions of the Czech Army into this form of military service physical training we classify the supervision physical training/sport activities that are realized under certain characteristic space, time and organizational conditions. The term supervision (or supervised) expresses the reality that movement activities are not directly controlled but rather supervised (i.e. monitored and regulated) so that an impairment of health could not occur and individuals and groups were given expert advice and correct methodical instruction under from a supervising expert. The ideal condition is a informal cooperation between the trainee/sports(wo)men and the instructor/supervisor, with the cooperation being felt by the trainee as a need.

The first of the particular organizational forms is the PREVENTIVE REHABILITATION WITH CONTROLLED PHYSICAL TRAINING PROGRAMME. This form can be characterized as follows: it is a compulsory form of active rest for all the Czech Army regular soldiers

who are in service conditions (of soldier) for over 15 years or more. Preventive rehabilitations are organized centrally and are held at the facilities of VLRZ (Military Spa and Recreation Establishment), on the basis of a specific order of Czech Minister of Defense and an instruction of Chief of the Czech Army General Staff. Those facilities provide the essential conditions for unpaid accommodation, board, cultural and sport self-realization. In order that the possibilities of the facilities could be utilized in an optimum manner (i.e., rehabilitation and relaxation effect as large as possible), conditions with above-standard support were created for portion of rehabilitations. The effect of such differentiation has been a targeted, permanent cooperation of the Establishment with the General Staff Physical Education Expert Workplace. For this, possibilities have been created of taking part in subject-oriented and supported stays under the Czech Army physical education personnel. Selected places were materially equipped to satisfy the interest of participants to an extent as large as possible. The reality that the individual subject orientations (ball, skiing, tourism, etc.) are attended by soldiers on the basis of a decision and selection of their own gives a high degree of identification with the programme orientation of the corresponding tournament and therefore also a high effectivity. Now the following five facilities are in operation: BEDŘICHOV (orientation on skiing, indoor sports, outdoor sports), MĚŘÍN (indoor sports, outdoor sports), OVČÁRNA (skiing), LIPNO-HŮRKA (outdoor sports), JESENÍK (skiing, outdoor sports - first of all for pilots and reconnaissance/airborne troops.

As an illustrative example the preventive rehabilitation with controlled programme at the facility Měřín can be given. This facility is in a attractive location for tourists (forests, dam) with abundant possibilities for exercising sports. This Center provides possibilities for exercising indoor sports, such as swimming, tennis, basketball, volleyball, netball, floorball, aerobics, condition gymnastics and sport body-building, outdoor sports exercisable are water tourist travels, tourist walks, cycling, swimming, tennis, volleyball, netball, and association football. Participants are advantaged by unpaid availability of physical training equipment and sports facilities. During each individual rehabilitation (after six months of trial operation) the participants undergo a WELLNESS diagnostics procedure and this gives them an information about actual physical and psychical status. At the same time the participants are given certain advice and information on improvement or stabilization of their status. Every rehabilitation tournament is attended by some 80 - 100 participants under command of say three or four physical education personnel/instructors. The physical training personnel (chiefs of physical training for units, military school teachers) are trained and prepared in advance. They prepare everyday routines, in offer mode, for particular groups and at specified hours (9:00 - 12:00

and 14:00 - 17:00) and in accordance with available capacities of individual equipment items/facilities. The general underlying the controlled activities is to give the participants such routines the requirements of which for space, time and professional instructor's control are ensured and which are in the framework of the independently-selected-and-subject-oriented preventive rehabilitations with controlled physical training programme.

The two years of running this type of preventive rehabilitations entitle us to the positive evaluation from both user (i.e., rehabilitant) viewpoints and orderspecifier (i.e., the Army) viewpoints. However, a higher financial requirement and staffing problems prevent this type from getting more ground.

The second organizational form is the CONDITION, REGENERATION STAYS AND ACTIONS. Under this name we understand short-term activities, locally organized by physical education personnel (chiefs of physical training for units/establishments of the Czech Army, military school teachers) for personnel of particular units or establishments.

The stays are mostly organized outside working hours, often with possible participation of family members. In accordance with corresponding regulations and instructions, these activities are partially paid (in particular, transport expenses). The mentioned form is very popular and relatively often organized at the level of individual units or other components of the Army. The most frequent method of organization is one- or two-days trips to visit attractive places where participants can exercise skiing, tourist walks, cycling, water sports, aerobic or condition gymnastics. Both military training establishment and available establishments are utilized for the activities. The activities are controlled by professional physical education personnel. An example that can be given is the weekend stay of participants in the course of condition gymnastics and tourism in the city of Bechyně (the Czech Army Physical Education Center); the stay was organized and led by physical training personnel of the Czech Army Garrison Praha Physical Training Center. The number of participants is given by bus transport capacity and by capacities of physical training establishments and accommodation facilities (as usual, number of participants is some 30 - 40 persons). Participants pay for board expenses and accommodation overheads. The Army provides transport, sport material and equipment/facilities. The usual course of the tournament starts on Friday after hours, when the bus leaves for Bechyně. Accommodation in Bechyně and then the first evening lesson in condition gymnastics or aerobics. The second day, Saturday in the morning the second training lesson ended with ball, then sometimes saunas. After lunch, as usual a tourist programme is prepared (tourist walks or tourist waterways on boats). At the close of the day the participants themselves prepare a sitting party - by the camp-fire, in a clubroom, etc. On Sunday the morning programme is again orientated toward condition activities - gymnastics, games, sports. In the afternoon, usually after lunch, departure back takes place. The courses are planned for an entire year and their particular contents first of all depend on the structure of participants and on the season in which the courses are to take place. The general underlying these actions is to give the interested persons a possibility of materially ensured and effective spending of their spare time under professional control by physical education personnel. As usual, the participants are regular soldiers and civil servants of a given local unit or establishment, or possibly and in accordance with corresponding regulations, family members.

The third organizational form is the LONG-TERM MOVEMENT-MODES. Under them we classify such physical training/sport activities whose time characteristic can be measured at a time horizon of weeks and months. In comparison with other activities, in addition to the

time horizon the movement mode activities differ because mostly they are individually realized activities that take place both during working hours and in particular, outside working hours. A meaningful characteristic in common for all the participants in this organizational form is the relatively strong motivation and high level of knowledge of a given sphere of movement activities. Typical of the realization of long-term movement-modes is the visits of body-building centers and fitness centers more and more with the professional supervision capability and the exercise of suitable activities, such as sport body-building, and aerobic activities (running, swimming, cycling). A typical example is the activities of some personnel of the General Staff Ministry of Defense/Czech Army, who regularly and on a long-term horizon utilize the services of the FITNESS CENTER located directly in the building of the Ministry of Defense. The equipment proper allows to exercise aerobic activities (treadmill, pedal cyclist's ergometer, rowing machine, stepper, aerobic exercises and condition gymnastics) and anaerobic activities (body-building and sport body-building). The permanent personnel of FITNESS CENTER are proficient and their task, in addition to routine running of the establishment, is professional supervision of trainees and providing advice and information. Lest a purposefulness, creativity and attractiveness should be lost, this interactive process must contain a feedback, an information about quality and about a possible necessary correction. The information can be provided by a comprehensive file of information items which can be objectively measured and easily monitored and which, from long-term perspective, preserves and directs the motivation of individuals (pleasingly attractive figure, bodily ability, weight correction, elimination or reduction of health problems, etc.). The classic registration of various quantitative and qualitative indicators allows us to implement the required feedback and to make comparisons between the results of longitudinal monitoring. However, this process has increasingly been used in connection with the utilization of computers and physical-training medical measurements.

The physical-training medical and diagnostics programme WELLNESS, which fulfills the mentioned requirements, got its name after a software product of the Czech Army's specialized Science and Service Workplace CASRI PRAHA for Physical Education and Sports. The Workplace offers an assistance in the sphere of the diagnostics of actual physical, psychical and health status, and finding of basic alimentation habits and movement mode of individuals. A component part is also the finding of motivation and ideas of how to realize movement activities. On the basis of processing of the information and measured data files, a computer system processes the evaluation of individual groups of indicators, and the evaluation serves for follow-on suggestions and recommendations for an optimization of physical and psychical activities of an individual and his or her living style. The programme's concept allows to cover a broad spectrum of activities from a level of recreational exercise up to efficiency level in the physical training part, and in addition to this, in a routine manner the programme can cover the age span of average population from school children's age up to sixty years old population.

Long-term monitorings of sports(women) and common population and comparisons with certain partial elements of similar systems abroad have become a basis for designing model characteristics of individual systems of the programme and for designing the algorithms for data processing and evaluation. On the basis of these designs, developed were the procedures for influencing and optimizing movement characteristics, alimentation modes, regeneration, relaxation and rehabilitation.

The diagnostics of the WELLNESS programme can be executed in their complete form and in their entire scope, however this presents larger requirements for time, material support and

expert staff. Naturally all this reflects in higher time and finance requirements. The full scope above described can only be offered by the Workplace CASRI PRAHA.

For this reason a shorter version of the programme has been designed and verified. The shorter version covers a scope which is a little bit narrower and presents lower requirements for: instrumentation, time taken by executing diagnostics procedures, staffing. Measurements in this shorter version are performed nearly same as those under the procedures of full programme; however, biochemical parameters are not monitored, EKG is not measured, and load test can be modified down to performing step-test variants.

Practical verification confirmed that the shorter version is optimum and sufficient for current practice. On the basis of this version the proficient physical education personnel that underwent professional preparation are capable of creating condition programmes and instruction for the fulfillment of sound living style. Advantages are the operativeness, low time requirement and low requirement for material support.

However the programme WELLNESS provides possibilities for a broader application - for instance the programme can be utilized as one of extending criteria of testing bodily ability of the especially observed groups of regular soldiers (pilots, soldiers of reconnaissance units, fast response brigade, personnel of international missions, etc.), or, as already mentioned, the programme can be applied as a source of information for the optimization of the programme of preventive rehabilitations in cooperation with the bodies of the Czech Army Medical Service. Therefore a system integration is being prepared of the programme WELLNESS, as an interdisciplinary element (which interconnects the sphere of physical education and the sphere of medical care) for improving the care of the Czech Army soldiers.

The activities called **long-term movement-modes** should become one of the essential elements in the activities of the **physical education/training centers**, which emerge in a step by step manner and which take over tasks in both military-service physical-training and selected physical training in particular. Their emergence has been planned and implemented where a larger grouping of units and components, and establishing them means to more economically utilize the existing potential, through associating personnel support, material support and financial support. For such centers the interconnection and utilization with the programme WELLNESS, including the linkup of the programme to the diagnostics for conscripts, have been prepared. Such physical education/training Centers have already functioned, for the needs of the entire Army in the cities Praha and Bechyně, for the needs of the Air Force in the city of Stará Boleslav, and for the needs of units and components in cities Brno, Náměšť, Pardubice, Liberec and Vyškov. The nearest objective is to create a network of such centers which, in addition to the Army-wide coverage, will also cover the individual basic types of forces of the Czech Army and the places with a large number of persons, and this will mean some 15 workplaces.

As the fourth organizational form we regard the **SPORTS CIRCLES AND GROUPS**, which complete the palette of activities with such activities which freely associate those who are interested in certain kind of sport or physical training/education activities. The circles and groups make a transition between the **selected physical education - noncompetitive** and the **selected physical education - competitive**. The difference between them only consist in that the sports are not performed in official contests, in spite of the reality that performance and the element of competitiveness in comparison with the activities described earlier are

emphasized much more. Typical sports of the sports circles and groups are hall soccer, floorball, streetball, netball, volleyball, sport body-building, tennis and table tennis.

The entire system of the **Czech Army military-service physical-training** and first of all its portion **selected physical education** are also very important from viewpoints of social pathological phenomena (pestering, alcohol addiction, tobacco addiction, drug addiction, racial intolerance, etc.). The physical training/education work on basic military service soldier, younger categories of regular soldiers and military school students in particular, and as a catalyst. The rich and pleasingly attractive choice can significantly contribute to socially purposeful spending of spare time and to releasing of an acceptable form of aggressiveness through transformation to sport contests and adrenaline activities (such as mountaineering). This sphere is therefore a very important part of the nationwide programme of prevention of social pathological phenomena. The practical results confirms the logical deliberation - where rich and pleasingly attractive choice offers, the space for undesirable phenomena is much shorter.

Legislation in this sphere is supported by effective regulations of the Czech Republic Minister of Defense and by instruction of Chief of the Czech Army General Staff. These legal instruments in an enumerative manner define the objectives and targets of individual forms, their contents, and responsibilities for realization and safety.

The financial support is given from the budget for sector "Army" and in the framework of standard application for reported monies in accordance with the structure of the **SYSTEM OF PLANNING, PROGRAMMING AND BUDGETING**. In addition to this, utilized can be the nonstandard financial means of the **Fund of Cultural and Social Needs** and the monies specifically allocated for the **prevention of social pathological phenomena**.

The **Physical Education Expert Workplace** at the level of the **Ministry of Defense or General Staff** (where the Workplace shall belong to within the new structure) is responsible for directing the selected physical training - noncompetitive. Commanders and chiefs of corresponding levels of command and management are responsible for realization.

Dear colleagues, I would like to say that the part referred to of the Army physical training system has maintained its importance even now at the present-day stage of reorganization of the Czech Army troops, and it is very probable that the importance will even more emphasize itself. Some elements are similar as with our European partners who have comparable conditions (for instance Belgium or the Netherlands), other elements are only typical of us. If I think over how the knowledge items and experience of your Armies are utilized, we have to openly say that less than how we would have wished. For instance the tourist marches as organized in Belgium and the Netherlands are very inspiring for us. In my eye in the marches exists an interesting interconnection between the participating soldiers and the participating civilians, and we would also like to resolve such an interconnection in our Army form both legislative and financial aspects. I believe that all what is good in your countries could also be applied in our conditions. However in the same manner I think that in our conditions a number of things function well and those things could also prove in many foreign Armies. I am convinced that our more and more frequent contacts will be helpful in these useful interchanges and will support and this Congress as well, the ideas of confrontation and competition between us on sports grounds only.



My dear audience, thank you very much for your attention and for the future I wish further continuation of our contacts and therefore our mutual enrichment and recognizing one another, so that we could be considered not only colleagues but friends. And as far as this is considered, I wish you willingness and readiness to grasp and tolerate.