

**CISM INTERNATIONAL  
SCIENTIFIC SYMPOSIUM  
PRETORIA 1996**

**A MULTI-DISCIPLINARY APPROACH TO TEACHING, LEARNING  
AND TRAINING IN THE FIELD OF SPORT AND PHYSICAL TRAINING**



---

CISM INTERNATIONAL SYMPOSIUM  
PRETORIA - SOUTH AFRICA  
1996

## CISM INTERNATIONAL SCIENTIFIC SYMPOSIUM

PRETORIA 1996

### PHYSICAL EDUCATION, SPORT AND HEALTH IN THE ARMED FORCES

#### AIM OF THE SYMPOSIUM

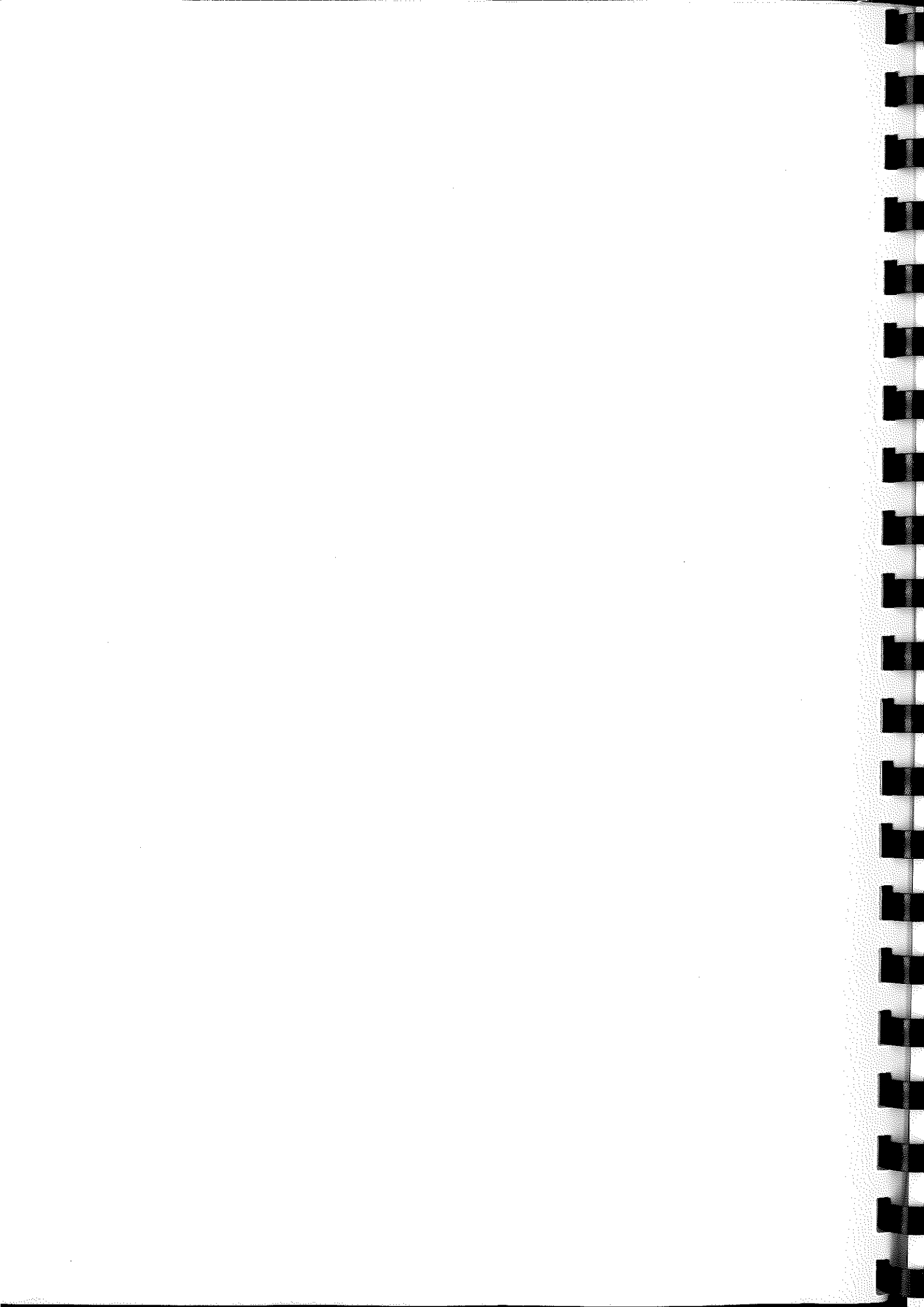
The aim of the symposium was to study major sports and training challenges connected with teaching, learning and training in a multi-disciplinary approach.

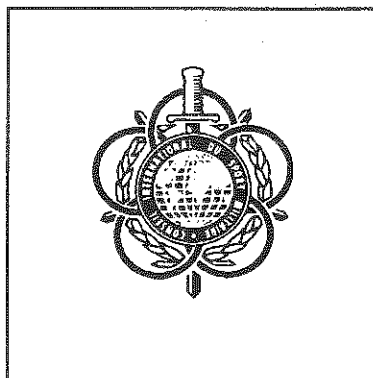
For this purpose existing knowledge and experience as well as results of research studies from the field of sports pedagogy, sports didactics, methods of sports, kinesiology, psychology of sport, physiology of sports and theory of training were discussed.

#### SUBTOPICS

The subtopics of this symposium were:

1. Theory, special didactics and methods of teaching in the field of sports and physical training in a multi-disciplinary approach.
2. The process of learning and optimization of movements in sports and physical training (conditioning).
3. Information processing in sports and physical training and the influence of high stress situations on sports and physical training.
4. The physiological and psychological effects of sports and physical training on soldiers and military top-athletes.





## ORGANIZATION

The CISM International Scientific Symposium on "Physical education, sport and health in the Armed Forces" was held in Pretoria (South Africa) from 18 to 22 March 1996. It was organized by the Permanent Commissions for Sport of CISM in close collaboration with the South African National Defence Force.

The Executive Committee was composed as follows:

**Director**

Reg.Dir. Hans NEISBERGER - Germany.  
Chief of Section Sports Scientific aspects and Documentation  
CISM.

**Chairman of the  
Organizing Committee  
and  
Director of Scientific Aspects**

Brig Gen Dr J.L.JANSEN van RENSBURG  
Chief of Medical Staff Planning S.A. Medical Service.

**Director of Sport**

Col Saaki JACOBS

**Technical Director**

Col.Dr.Crim. Yves DEWALLEF  
Member of the Permanent General Secretariat of CISM.

**INTERPRETERS**

Mr Jacques VANDE VELDE  
Mrs Christiane GAMACHE



ORGANIZING COMMITTEE

Brig Dr J.L.J.van RENSBURG  
Col P.J. HERSELMAN  
Col J.C.M. HARTLEY  
Col N.F. JACOBS  
Col P.D. KRÜGER  
Cdr K. BRUWER  
Lt-Col C. HEWITT  
Lt-Col A.F. KOTZE  
Lt-Col J.A. LOUW  
Cdr B. OP'THOF  
Lt-Col H. STREICHER  
Cdr M. SINCLAIR  
Lt-Col W. STEINBACH  
LT-Col J. TEMPELHOFF  
Lt-Col W. VAN DER MERWE  
Lt-Col E. STANDER  
Col J.D. CRONJE  
Maj M.M. COHRS  
Maj F. HALFORTY  
Maj D. ENGELBRECHT  
Lt-Col R.G.P. OPPERMAN  
Capt S.R. LAVER  
AO1 P.J. KRÜGER  
AO2 H.J. STANDER  
S/Sgt A. WILLEMSE  
Mr A.J. HOLTZHAUSEN  
Lt-Col A. du PISANI  
Lt-Col T. FERREIRA  
Maj C. WELGEMOED  
Maj KRÜGER

\*\*\*\*\*



**INTERNATIONAL MILITARY SPORTS COUNCIL**  
**CISM INTERNATIONAL SCIENTIFIC SYMPOSIUM**  
**Physical Education, Sport and Health in the Armed Forces**

**PRESENCE LIST**

**BELGIUM**

Col H. CLEYMANS  
Capt Cdt P. MUSSCHOOT

**BOTSWANA**

Maj G. CHALEBGWA  
Lt M.C. MOPHUTING

**CAMEROUN**

Capt A.D. DIEUDONNE  
Lt A.A.G. GEROME

**DENMARK**

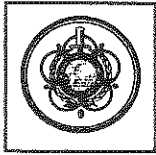
Col I. FOGT  
Maj B. OVERGAARD

**FRANCE**

Col.J.C. AUMOINE  
Maj B. JUBLOT

**JORDAN**

Col.J.HÜSNI  
Capt J. ISSAM



**NAMIBIA**

Lt-Col M. MOPOPIWA  
Maj.R. HULME

**PAKISTAN**

Lt-Col J. SALAH UDDIN

**NETHERLANDS**

Maj Gen H.H. DIJCKS  
Lt-Col M.A.L. KONTER

**POLAND**

Col K. KUKLOWSKI  
Col R.KALINA

**TOGO**

Capt E.GNASSINGBE  
Lt M.DOLAMA

**ZAMBIA**

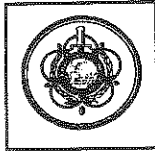
Col K. KASHINA  
Lt-Col K.C. KAYOMBO

**MALAWI**

Lt-Col J.J. NJEWA  
Capt K.P. TEMBO

**SOUTH AFRICA**

Col A. LUCK  
Col J.A. VAN TONDER  
Col P.D. KRUGER  
CDR B.WELLER  
Lt-Col A.C. LUBBE  
Lt-Col FP DU PREEZ  
Lt-Col G. BLAAUW  
Lt-Col M.C.B. LAUBSCHER  
Lt-Col C. VAN JAARVELD  
Lt-Col P.LAMBRECHT  
Lt-Col J.M. VAN AS



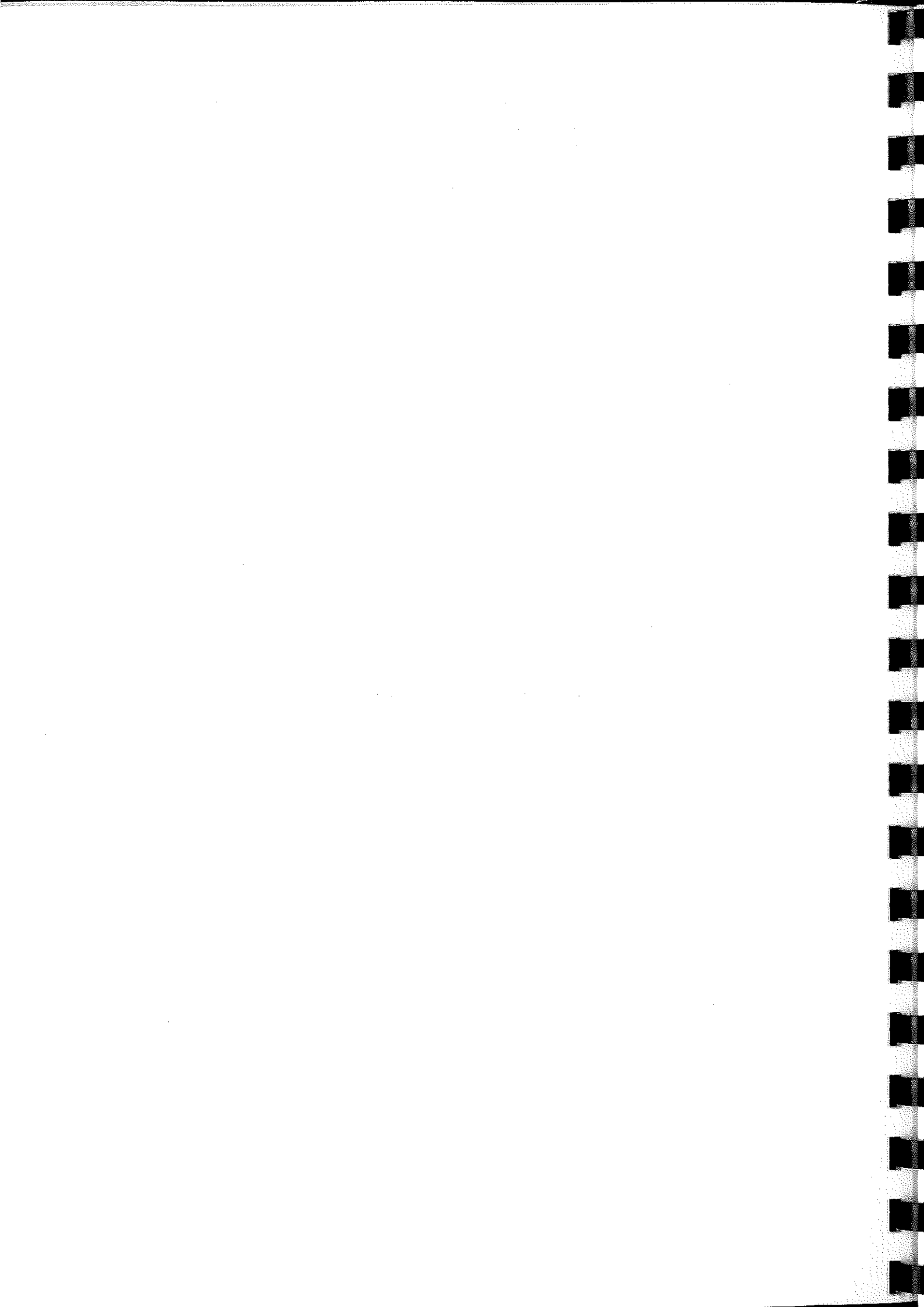
---

CISM INTERNATIONAL SYMPOSIUM  
PRETORIA - SOUTH AFRICA  
1996

Lt-Col L. POTGIETER  
Maj I.S.W. SMIT  
Maj S. HENNOP  
Maj A.L. MOLE  
Maj M.M. COHRS  
Maj P. OOSTHUIZEN  
Maj M.M. DE BEER  
Maj T.M. VAN DER WALT  
Lt-Cdr C. GERSTNER  
Capt M. BOTHA  
Capt M. GOUWS  
Capt A. LATEGAN  
Capt I.J. LESSING  
Capt W. GRÖNUM  
Capt H. JORDAAN  
Lt W. DILLMAN  
Lt R. VAN ROOYEN  
Lt L. DRIESCHER  
Lt P.B. BOSCH  
Lt D. SIEBERT  
Lt B. OOSTHUIZEN  
AO1 J. VAN HEERDEN  
CPO I. WOODS

\*\*\*\*\*







CISM INTERNATIONAL SYMPOSIUM  
PRETORIA - SOUTH AFRICA  
1996

## INTRODUCTORY SPEECH

**Hans NEISBERGER (Germ)**

Honorary guests,  
Ladies and gentlemen,

It's a great pleasure and an honour to me to welcome you at the first International Symposium of CISM in 1996.

I'm very pleased being able to welcome especially the Surgeon General of the SANDF Lt-Gen Dr Knobel.

I would like to point out that this symposium takes place the first time on the African continent and that we have at this symposium the highest participation since starting our scientific programme in 1993.

This growing interest in our events is to be seen in the context to the successful development of CISM especially in the last few years.

The International Sports Council is one of the major sports organisations in the world as well as being the military organisation with the highest number of different armed forces.

The goal of CISM is to establish permanent relations in the fields of sports and physical education between the armed forces of the world - its moto: "friendship through sport".

Permanent relations have to be filled with life. That makes it necessary to arrange all activities of CISM - championships, clinics, symposia and various meetings- in a manner that the basic aim of creating friendship among human beings of different nations, races, religions and cultures can come true. On that basis of mutual understanding sports science can play an important role. We have to give people who are concerned with sports science the opportunity to introduce their elaborated studies to an audience of experts, to discuss their results of research, to hear other arguments, to compare them with the own point of view.

This is in the widest sense the contribution of our organisation to a world-wide peace, not as a big declaration, but in our own small way and by small steps.

In this respect I would like to quote one of the most important personalities of the world: Pope John Paul II who invited CISM personalities to meet him in the Vatican during the Military World Games in Rome last year. He said: "We are glad to see that sports events constitutes a new form of dialogue amongst the militaries of the world. We could even call it a new philosophy engendering a veritable culture of peace".

The main topic of our symposium is:



**TEACHING, LEARNING AND TRAINING PROCESSES IN THE FIELD OF SPORTS AND PHYSICAL TRAINING.**

It will be studied and discussed in a multidisciplinary approach.

For this purpose existing knowledge and experience as well as results of research studies from the fields of sports pedagogy, sports didactics, methods of sports, kinesiology, psychology of sports, physiology of sports, and theory of training will be discussed.

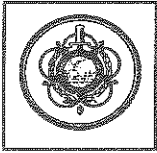
The International Military Sports Council is organising this international scientific symposium in close cooperation with the South African Delegation to CISM.

My congratulations go to the South African National Defence Force, who have played since its adhesion to our world wide movement in 1994 a leading role in the promotion of sports within the military in a spirit of mutual understanding and of "Friendship through sport".

Consequently I'm happy being able to say - at the beginning of this symposium - that the local organizing committee, that all personnel who as taken part in the preparation of the symposium has done an excellent job up to now - and I'm sure they will continue till the end of this week.

Thank you very much for outstanding work. I'm very convinced that this symposium will end with a big success.

\*\*\*\*\*



CISM INTERNATIONAL SYMPOSIUM  
PRETORIA - SOUTH AFRICA  
1996

## INTRODUCTORY ADDRESS

Lt-Gen D.P. KNOBEL (South Afr)

The symposium Director, Mr Hans Nelsberger, the Chief Delegate of the SANDF to CISM, Maj Gen Piet Venter, the chairman of the Organizing Committee and scientific aspects, Director of the symposium, Brig Rinus van Rensburg, the Director of the SANDF Sport, Col Sakkie Jacobs, distinguished guests, ladies and gentlemen.

It is indeed a great honour and privilege to be here today and to officiate at the opening ceremony of the CISM International scientific symposium. May I firstly convey the best wishes from the Chief of the SANDF, Gen Meiring, and apologize on his behalf for the fact that he cannot be here in person today.

In the second place I would like to welcome warmly all the delegates to this symposium. A special hearty word of welcome is extended to the 30 foreign visitors from Angola, Belgium, Botswana, Cameroon, Denmark, France, The Guinée Republic, Jordan, Malawi, Namibia, Nigeria, The Netherlands, Pakistan, Poland, Togo, Uganda and Zambia.

We are thankful that you took all the trouble to be present here today and are looking forward to the opportunity of sharing ideas during the symposium.

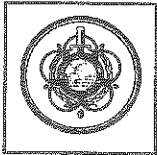
In more ways than one this is a historic occasion being the first that a CISM symposium has been hosted by South Africa and only the second time that delegates from South Africa have attended such a symposium. The first time was last year in Poland.

The SANDF is indeed proud that the Inter State Defence and Security Council (ISDSC) requested that the SANDF host the CISM eastern and southern African Liaison Office Headquarters (ESALO) for the next four years.

The South African Medical Service, being the arm of service responsible for the comprehensive health service of the SANDF, is proud of their specialists who will make a major contribution to the central theme of this symposium, namely "a multi-disciplinary approach to health and related problems/challenges in the field of military sports and training". In order to achieve maximum participation, discussions regarding this multi-disciplinary approach have been grouped as follows:

- \* The analysis of the different disciplines involved in the multi-disciplinary approach.
- \* The process of learning and optimisation of movement in military sports and training.
- \* The processing of information in military sports and training and the influence of high stress situations.
- \* The effect of training on physiological processes of soldiers and military sportsmen and women.
- \* Rehabilitation of soldiers and military sportsmen and women.

South Africans have always been regarded as a nation of achievers in the sports arena, but the recent past have become main role players on sports fields throughout the world. Their successes in rugby, soccer and cricket have not only made them a force to be reckoned with, but an example to follow. The calibre of sportsmen and women in South Africa are aptly described by the words of President Mandela during an opening address to the third session of Parliament - "our sports-persons are performing beyond the nation's wildest expectations. On and off the field, they are uniting our nation like never before,



by their determination to do the best for their country".

When sportsmen and women are involved in the various contact sports such as rugby and soccer, injuries are inevitable. However immediate attention prevents on-going or recurrent problems and enhances rehabilitation. The South African Medical Service, by means of its unique infrastructure and expertise, were proud to assist injured players during the rugby world cup series hosted by South Africa in May 1995.

Early military leaders realised the value of sport and we in the SANDF subscribe fully to the attributes it teaches, as being essential to survival and victory in the battlefield. Men and women who participate in sport make successful soldiers, they are dependable and courageous. Those who compete physically against others under rules of game, are the first to accept and enforce discipline. The concept of team participation is essential and ability to understand that to have winners, there must be losers, is vital in successful sports participation.

In the words of Martina Navratilova - "There are winners and there are losers. And if you choose to be one of the former, the journey through life can be a little lonely. When you are a winner you have to set the standard for excellence wherever you go. You have to battle against the fatigue, the intimidation, the human tendency to just want to take things a little easier. You have to be able to come up with time and time again one consistently great performance after another. It's gruelling. I don't know how many people are willing to make the effort. But it's those few true professionals you meet along the way that help make the journey just a little easier to manage".

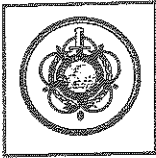
In any armed conflict or military campaign it is the superior fitness, the military capability and the high moral which turns the tide in favour of the victor. Each soldier, airman or sailor must be physically, emotionally and spiritually fit and prepared to conquer all obstacles for the survival of his/her country. Let us strive to maintain a state of fitness in order to meet the demands that may arise from our important role in conflict, in peacekeeping or humanitarian aid conflict, in peacekeeping or humanitarian aid continually adjusting to the demands of the ever changing world situation.

One of the actualities of any operational deployment is the possible incidence of injury, disability or death. A multi-disciplinary approach to the rehabilitation and aftercare of the war injured or disabled will also ensure optimal physical, mental and emotional fitness amongst these members. It is once again with pride that the South African Medical Service can share the positive contribution the curamus association is making in this field. We are able to boast with numerous disabled sportsmen and women that represent the SANDF on the sportsfields. It pleases me to mention that CISM is currently investigating the level of disabled sportsmen and women with whom they are associated, with a view to possible staging a "Military Games for disabled" somewhere in the future. I would certainly welcome such an event with enthusiasm!

In closing I would like to say that we must remember that the quality of our future, whether on the parade ground, battlefield or sports field is directly proportional to the development and the growth of our people. It is imperative that we use the multi-disciplinary approach in all our ventures so we can successfully form, train and encourage our members. With my personal motto for the SAC N Carpe diem "seize the day" in mind I would like to encourage everyone present here today to seize all opportunities to assist our members to achieve total fitness and success in all their ventures!

Remembering that:

"Success is speaking words of praise  
In cheering other people's way's,  
In doing just the best you can,  
With every task and every plan,  
It's silence when your speech would hurt,



CISM INTERNATIONAL SYMPOSIUM  
PRETORIA - SOUTH AFRICA  
1996

Politeness when your neighbour's curt  
It's loyalty when duty calls,  
It's courage when disaster falls,  
It's patience when the hours are long,  
It's found in laughter and in song,  
It's in the silent time of prayer,  
In happiness and in despair,  
In all of life and nothing less,  
You must strive to achieve success".

It now gives me great pleasure to declare this symposium officially opened and to wish you all successful participation throughout its duration.

\*\*\*\*\*