

GABORONE, BOTSWANA, 23-27 OCTOBER

## Topic 3

### Physical Training, Sport and Recreation Concept.

Lecture 1 : "The integrated Physical Training, Sport and Recreation Concept"

Colonel R.P.G. Opperman (South Africa)

Lecture 2 : "Physical Training, Sport and Recreation : A case study on the application of an integrated Sport for All model"

Brigadier General Albert Jansen (South Africa)

Lecture 3 : "Physical Training, Sport and Recreation : A case study on involvement of a military top structure in PTSR"

Brigadier General Albert Jansen (South Africa)

Lecture 4 : "Physical Training, Sport and Recreation IN Botswana Defence Force"

Major M.C. Mophuting (Botswana)

Lecture 5 : "Sport, Sport for All, Military Sport"

Major C.T. Polisa (Botswana)

Lecture 6: "Policy for fitness training"

WOII I. Gumbo (Zimbabwe)

Lecture 7: "Development in Physical Education and Training in the Irish Defence Forces"

Captain Harry O'Connor (Ireland)

Lecture 8: "Organisation et Restructuration du Sport Militaire en France"

Commandant Eric Paineaud (France)

Lecture 9: "Strategy for Positive Fitness"

Captain Bruno Welter (Belgium)

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**AN INTEGRATED APPROACH TO PHYSICAL TRAINING, SPORT  
AND RECREATION (PTSR) IN THE ARMED FORCES**

Colonel R.G.P. Opperman  
(South Africa)

- Appendix    A:    The Integrated PTSR Model and the Development Continuum  
              B:    Human Dimensions and the Impact of PTSR they're on

**INTRODUCTION**

1.        To day's military capabilities requires well-designed, well-equipped and well-supported armed forces, staffed with highly motivated, skilled and mission-ready members to conduct joint or multinational operations such as peace mission operations. Traditional Physical Training (PT) programmes alone can no longer fulfill the physical and psychological requirements/needs of a modern soldier in order to be total mission-ready for to day's operational requirements. The modern society/population of whom the soldier is part of has a more complex physical and psychological conditioning requirement/need. The modern battlefields of to-day require a total physical and psychological conditioned/prepared soldier. Military forces world wide practice formal PT programmes in order to physically condition their forces and provide sports and recreation opportunities for their members. These three functions are normally not integrated and therefore are not utilised in such a manner, as to ensure that PT, Sport and Recreation compliment each other in the physical an psychological conditioning process. If PT, Sports and Recreation are utilised in tandem in the prepare force process (integrated PTSR programme) a more satisfactory result can be achieved in providing modern physical and psychological mission-ready soldiers in order to contribute to a combat advantage.

2.        One of the success factors will be not only to optimize the physical and psychological resilience of soldiers, but to also utilize sport and recreation as a valuable educational and communication mechanism for adding value to armed forces and society.

**AIM**

3.        The aim of this paper is to describe the integrated Physical Training, Sport and Recreation (PTSR) approach as an enabling mechanism in the physical and psychological preparation and maintenance process of to-day's soldier in order to be successful in operations.

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## SCOPE

4. The following aspects will be discussed in this paper:
  - a. Definitions and terms
  - b. Operational/Mission scenarios
  - c. Physical and psychological mission readiness requirements
  - d. Personal physical and psychological needs and the integrated multidisciplinary approach
  - e. An integrated approach to physical training, sport and recreation (PTSR)
  - f. Conclusion

## DEFINITIONS AND TERMS

5. In this paper, the focus will be on the concepts of physical training, sport and recreation (PTSR) as part of the multidisciplinary team. The following definitions of physical education, physical training, sport and recreation will serve as a common point of reference:

- a. Physical Education. The term "physical education" refers to training people physically and, equally important, educating them on their body and its needs.
- b. Physical Training. Physical training refers to formal physical activities that is usually performed repeatedly over an extended period of time with a specific objective in mind, such as to improving physical fitness, physical performance or health.
- c. Sport. Sport can be defined as "competition according to fixed rules between individuals or teams, which requires certain physical and psychological skills".
- d. Recreation. Recreation is often defined as, "diversion from work" or, "a positive and socially accepted leisure activity". Recreation is viewed as a leisure experience in which the choices and expected outcomes of participation are left to the individual. In recreational programmes, the aim is to provide everyone with an opportunity to select from a variety of activities and to assist participants in gaining a positive experience as the main outcome, which will contribute to a military culture and to the physical and psychological readiness of a soldier. Recreation may include physical (sport, adventure training, etc), intellectual, (reading, writing, etc), cultural (ethnic dancing, singing, etc), social (group activities, etc), educational (visiting musea, etc), and religious (choir singing, etc) activities.

## OPERATIONAL/MISSION SCENARIOS

6. In order to analyse the physical and psychological mission readiness requirements of to-day's soldier it is necessary to predict the future role and operational employment scenarios of armed forces in modern society.

7. In the past, military forces were defined as aggressive institutions, projecting power and deterrence. The preparation of military forces was aimed in conducting conventional warfare with mass distraction. Due to global peace initiatives and economic interaction and dependence, the thread of a conventional war is highly unlikely, at least for the medium to long term. This situation has resulted in the fact that the role (application) of to day's military forces has changed to a great extent.

8. The changing role has resulted in the fact that military forces of to-day must still have the capability of deterring with aggressive offensive action, but even more importantly, that it also has the ability to conduct non aggressive offensive operations in its various forms. The following force application scenarios are foreseen:

- a. Peace-keeping operations
- b. Peace enforcement operations
- c. Providing humanitarian aid or relief operations (also referred to as reconstruction and development)
- d. COIN urban operations and operations against vigilant/terrorist groups who use civilian infrastructure as spring boards.
- e. Assisting the police service during crime prevention operations (secondary role)

9. The characteristics of the above-mentioned low intensity operations are as follows:

- a. No clear-cut frontline is evident
- b. The use of minimum force
- c. The operational area is amongst civilians, which demands caution and interaction with civilians during operations
- d. Soldiers must play a role of peacemaker and peacekeeper, instead of war-maker
- e. Soldiers must provide humanitarian aid and play an active role in reconstruction and development of societies and communities (Armed forces are seen as savers by civilian communities)
- f. The enemy is in most cases not identifiable

- g. Soldiers will have to play a facilitating role, in many situations
- h. Long waiting hours during active duty in which the soldier has to stay alert
- i. Long active duty hours during humanitarian aid operations in order to save lives (i.e. recent floods in South Africa and Mozambique)
- j. Rapped deployment and action in alien terrain and climate
- k. Operational factors are in many cases beyond the soldier's control, which requires rapped improvisation and adaptation

#### PHYSICAL AND PSYCHOLOGICAL MISSION READINESS REQUIREMENTS

10. In order to cope with the demands that the above-mentioned operational characteristics requires from a modern soldier, the following physical and psychological mission-readiness requirements can be deducted:

- a. Physical Requirements. Many factors such as the individuals physical potential/profile, gender, age, task demands during operations, terrain, climate, equipment, type of operation etc. will have an influence in order to define specific physical mission/job readiness requirements. It is therefore of utmost importance that ongoing research and development during operations is conducted in order to evaluate physical mission/job readiness requirements. A generic approach in order to determine the minimum, physical mission/job readiness requirements is therefore adopted. Physical fitness evaluation programmes must be developed in order to determine if a member complies with the minimum physical fitness requirements. The physical evaluation programme must at least test the following physical fitness elements:
  - (1) Endurance and strength of the triceps and pectoral muscles (i.e. push-ups)
  - (2) Endurance and strength of the biceps muscles (i.e. pull-ups)
  - (3) Endurance and strength of the stomach muscles (i.e. sit-ups)
  - (4) Anaerobic endurance (short distance run against time i.e. shuttle run)
  - (5) Aerobic endurance (long distance run and walk (2 to 4 km) against time)
  - (6) Lower back and hamstring flexibility

b. Psychological and Personal Requirements/Skills. The operational arena of to day places a high demand on the psychological resilience of a soldier and requires positive personal attributes in order to be successful. Actual case studies have shown that conducting operations given in paragraph 8 are more psychological demanding than physical. It is therefore important that members of armed forces are psychological well prepared in order to meet the operational demands of to-day's missions. Although it is difficult to measure the level of psychological preparedness, the following gives an indication of psychological mission readiness requirements:

- (1) Patience combined with alertness
- (2) Approachable by friend and foe
- (3) Stability and neutrality
- (4) Project an image of charisma
- (5) Strong self-esteem
- (6) Have sound judgement
- (7) Fairness
- (8) Must be trustworthy
- (9) Be able to resolve conflict positively and constructively
- (10) Must possess controlled aggression and competitiveness
- (11) Must have tenacity and perseverance
- (12) Creative problem solving skills
- (13) Must have well developed inter-personal skills
- (14) Must be "OK" with him-self/her-self as a person (physical and psychological profile)

## PERSONAL PHYSICAL AND PSYCHOLOGICAL NEEDS AND THE INTEGRATED MULTIDISCIPLINARY APPROACH

11. Given the modern "open" environment and society (global village) of which the armed force member is a part of, the physical and psychological needs of to-day's soldier differ from that of the past. More emphasis is placed on self-fulfilment and self-expression. Given the **multidimensional** (physical, psychological, emotional, social, intellectual, occupational, spiritual and cultural) character of a human being, the quest for total wellbeing demands an integrated **multidisciplinary** approach. The complex physical and psychological needs of to-day's soldier and operational environment, begs for a fresh approach in the training and supporting programmes of armed forces in order to provide Education, Training and Development (ETD) opportunities which will contribute to total mission/job readiness. If the physical and psychological needs of an armed force member are not taken into account during the force preparation process, the striving for total mission/job readiness will not be achieved.

12. The striving for total **wellbeing** in order to achieve **total mission readiness**, demands interaction between a variety of disciplines. Disciplines such as medicine, psychology, social work, dietetics, physiotherapy, chaplain services, administration, biokinetics, physical training, sport and recreation, have a major impact on the dimensions of an individual.

13. The rest of the paper will focus on the **integrated physical training, sport and recreation (PTSR)** approach as an enabler in the prepare forces and maintain forces process as an element of the multidisciplinary approach.

## AN INTEGRATED APPROACH TO PHYSICAL TRAINING, SPORT AND RECREATION (PTSR)

14. To equip the armed force member of to-day in order to be successful during operations, a different approach in the training of soldiers, measured against the training for conventional warfare will have to be adopted. The flexible and "liquid" operational environment of to-day and the new strategic demands required, will demand new skills, capabilities and competencies. Given the value adding potential of PTSR on the dimensions of a soldier, it has become necessary to utilise PTSR in an integrated manner as an enabler in the force preparation and force maintenance process. This will put soldiers in a more advantageous position to cope with the physical and psychological demands that will be required during missions.

15. Integrated PTSR Model. See Appendix A for an illustration of the integrated approach to PTSR as an enabling mechanism and Appendix B for the impact thereof on the dimensions of a person.



16. Even to-day, PTSR is still interpreted as three separate mechanisms. To utilize the full potential of these three mechanisms, it will have to be applied in an integrated manner. The overlapping areas provide added value, which is not always recognised or identifiable. The fact is that such added values do exist. It is therefore necessary that such added values be identified, described and utilised optimally in preparing armed force members for to-day's operational environment. (See Appendix A for overlapping areas 1, 2, 3, and 4.)

17. Relationship Between Physical Training, Sport and Recreation (Overlapping Areas).  
The overlapping areas and the added values are the following:

- a. Competency Profiles (Area 1). In area 1, the physical and psychological profile requirements of the mission-ready/job-ready soldier are defined and achieved through PTSR. The requirements are stated in terms of physical mission fitness and psychological resilience through PTSR. These enabling mechanisms contribute uniquely to the holistic norms and standards as described by the **physical and psychological mission-ready/job-ready profile**. The next three areas support area 1.
- c. Physical Training and Sport (Area 2). The approach to achieve the minimum physical fitness requirements and to contribute to psychological resilience is to utilize formal PT programmes and sports activities in tandem. These minimum/general fitness requirements must serve, as the starting point of a continuum, which progressively develops to a specific fitness, required for specific jobs/tasks through specific physical training. Because formal physical training programmes are supplemented with sports activities, the integrated approach will contribute not only to minimising injuries and to prevent over-training, but will also satisfy the individual's physical and psychological development needs.
- c. Physical Training (PT) and Recreation (Area 3). A soldier need to add value to his/her participation in formal PT programmes in order to maintain a healthy balance between formal and informal activities. Relaxation and enjoyment must be the value that is added. Case studies have shown that there is a great need for recreational activities during force preparation and force deployment. Integrating recreational activities into the PT programme can provide relaxation and enjoyment (self-fulfilment, refreshing body and mind). This also fulfils the needs of the individual. By utilizing **passive** and **active** recreation, soldiers will not only maintain their physical condition, but will also uplift their psychological and emotional state and their social inter-action will be enhanced. Playing sport socially and informally will not only condition soldiers physically, but diverts their attention from day-to-day stress and work demands. Combining PT and recreation enable soldiers to retain a **healthy equilibrium between body and mind**.

- d. Sport and Recreation (Area 4). Much is said about the creation of a **participating/physical** culture. The ideal way to lay a sound foundation is to systematically facilitate individuals to participate in competitive sport through recreation. The importance of facilitating soldiers to participate in sport is to **simulate conflict**. In such a simulated environment, soldiers are trained and developed to deal with conflict, to express controlled aggression, to develop self-confidence and interpersonal skills, to develop competitiveness, to obey rules, to develop sound judgement and self-discipline. All the above mentioned attributes are psychological profile requirements necessary in order to conduct successful operations. (Refer to paragraph 10. b. above.)

18. Human Dimensions and Dynamics

- a. Development Continuum. To prepare/develop a soldier for operational duties, implies a **dynamic process**. This process will begin at a specific point and develop progressively on a continuum. As soldiers are exposed to the developmental influences of PTSR, they will develop intellectually, socially, culturally, spiritually, emotionally, physically and psychologically. This continuum moves through specific phases, which offer individual soldiers the opportunity to satisfy their own PTSR requirements. Therefore, each soldier must define the phases according to his or her own skills and abilities, coupled to the required mission-readiness criteria. It must always be borne in mind that this dynamic process will be influenced by aspects, such as age, gender and ability.
- b. Dimensions. Soldiers are intellectually **stimulated** to solve problems in a competitive environment (simulation of conflict through sport). They are forced to think independently and to act on their own decisions and still take the group's interests into account. At the social level, they are given the opportunity to **assert** themselves to learn acceptable and unacceptable social behaviour. At the social and cultural level, PTSR educates soldiers culturally, exposing different cultural groups to one another and teaching cultural tolerance. At the spiritual level, sport and recreation can create a dependence on **powers** greater than themselves. PTSR develops emotional reactions and outlet for emotions, such as joy, jubilation and heartache. Psychological development takes place in those areas of alertness and self-knowledge and in promoting self-confidence and trust. The educational, training and development (ETD) value of PTSR as regards physical fitness and physiological knowledge is self-explanatory. (See Appendix B for the human dimensions and the impact of PTSR they're on)

## CONCLUSION

19. The development and application of physical education in to-day's armed forces will have to be drastically different. The reasons for the difference lies in the different demands and roles required from soldiers during operations. To meet these demands, physical educators will have to devise a new approach to PTSR. PTSR must be able to add additional value by using a **holistic** (integrated) approach. The approach focuses on ETD, which is achieved through PTSR.

20. This particular perspective enables PTSR as an integral part of the multidisciplinary approach, to meet the demands of to-day's armed force member in order to prepare him/her for total **mission-readiness/job-readiness**. A balanced, well-equipped soldier is of paramount importance in order to stabilize societies struggling with **imbalances** and **conflict** and to ensure a **mission advantage**.

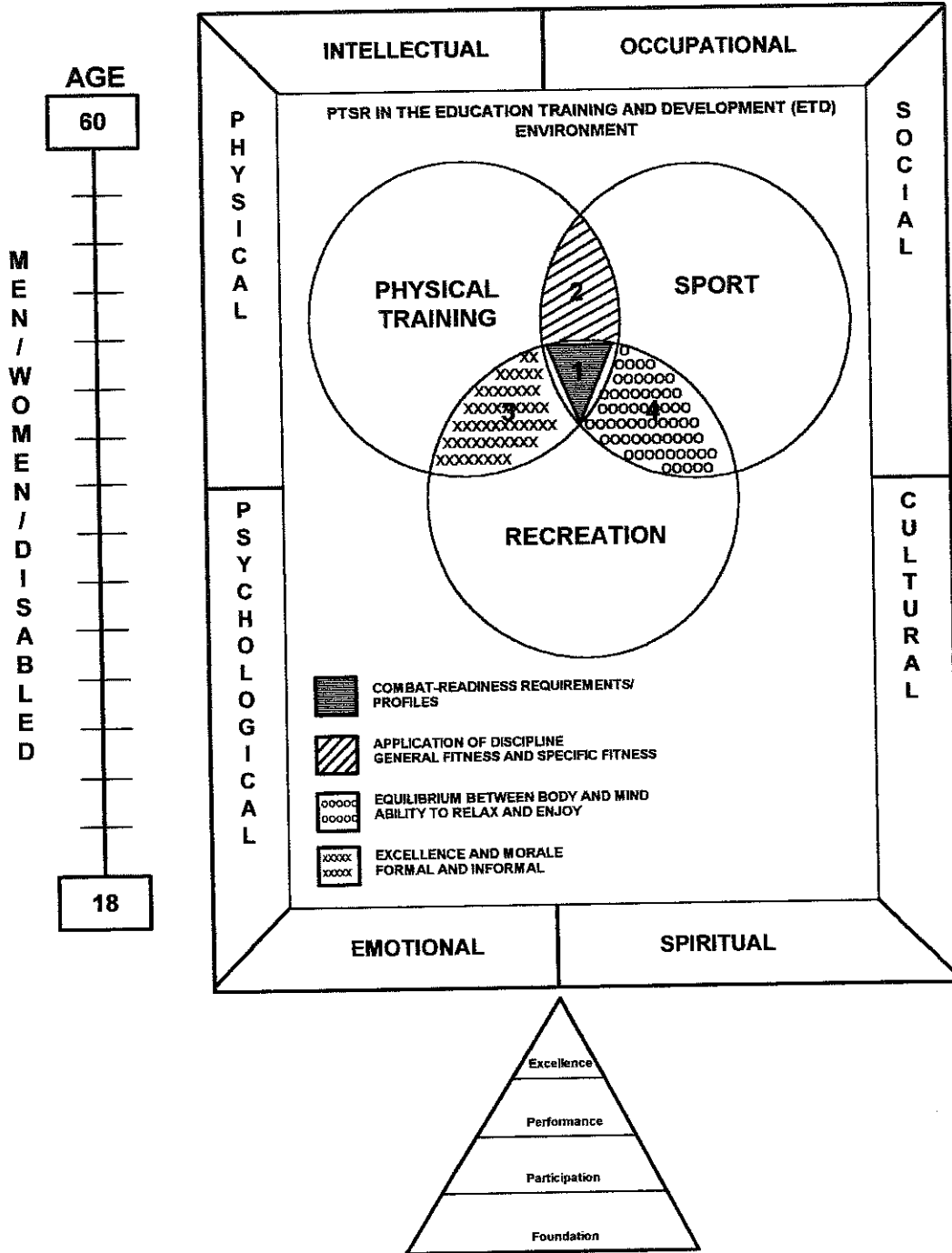
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**INTEGRATED APPROACH TO PHYSICAL TRAINING, SPORT AND RECREATION (PTSR)**



## APPENDIX B

**IMPACT OF PTSR ON THE DIMENSIONS OF A MISSION-READY/JOB-READY SOLDIER**

Serial No	Dimension	Impact
	a	b
1	Physical	Slows down the ageing process; increases energy; improves posture and physical appearance; helps in weight control; improves flexibility; improves muscular strength and endurance; reducing osteoporosis; reduces risk of coronary heart diseases.
2	Psychological	Improves psychological resilience; improves capability to make sound decisions under pressure; enhances team cohesion; develops leaderships in a competitive environment; develops ability to communicate effectively; develops social acceptable interpersonal skills.
3	Emotional	Relieves tension; aids in stress management; improves self-image; evens out emotional swings; provides time for adult play.
4	Social	Enhances relationships with family and friends; increases opportunity for social contacts.
5	Intellectual	Develops concepts of mind and body oneness; increases alertness; enhances concentration; motivates toward improved personal habits (smoking cessation, reducing drug and alcohol use, better nutrition); stimulates creative thoughts.
6	Occupational	Less absenteeism; more productivity; decrease in disability days; lower medical care costs; lower job turnover rate; increases networking possibilities.
7	Spiritual	Appreciation of body and self; appreciation for healthy environment; build compassion for those less able.
8	Cultural	Provides an universal "language"; serves as common ground for the growth and facilitation of cultural jointness.