



Conclusions and remarks

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The main aim of the symposium was to study the closely collaboration between physical instructors, sport coaches and the sports medicine teams.

The sports medicine area was represented by physicians, specialist of sports medicine, physiologists, biochemics, immunologists, haematologists, cardiologists, physiotherapists and orthopedics.

The programme of the symposium has included 6 subtopics which was realised in 3 sections.

The objects of the lecturers were very differentiated - from theoretical approach to the practical application. The scientific level of the reports has been high and satisfactory. Some of these results can be applied to sport practise and military training.

The discussions and conclusions of this symposium have shown, that the Permanent Commissions for Sport and Sports Medicine must work more closely together.

I have some remarks and initiate propositions :

In our symposium in my opinion was too less discussion about military training under extreme conditions; to less discussion about psychological aspects of military service and we have lost a problem of women service in armed forces.

In this symposium participants from all over the world were present. Your soldiers men and women are working in deserts in subarctic, or topic regions on the sea and in mountains; frequently without sleep and food.

Considering these mentioned conditions I suggest the following main topic of our next symposium : "Physical fitness and Health Status under extreme bioenvironmental conditions".

Sub-topics could be :

1. Physical fitness and health under modifying conditions (sleepy deprivation, fasting, starvation, changes of climates).
2. Influences of extreme environmental condition (cold, hot, water hypothermia, hypoxia).
3. aging and gender aspects in different military service duty.
4. survival technics and training.



Allow me to attempt to summarise the main points that have emerged from proceedings, and to give you my answer to the question whether this symposium has fulfilled the sessions.

I was chiefly concerned : firstly, I was hoping for new research findings, for ex. coincident threshold for muscle and blood lactate, recovery aspects of soldiers and athletes in Finland, the role of physical exercise in free radical processes, the immune system as a target of physical effort and psychological stress, I was hoping for fresh information - for ex. assessment of Health and Fitness of members of US Air Forces pilots, medico sportive categorisation in French Armed Forces, tests and norms of physical fitness in Czech and Slovenian soldiers, selection aspects in Algerian athletes, ability to swim and swimming proficiency of young sportsmen in Slovenia, very interesting and coloured was the lecture of Pretoria team about overloading and overtraining problems and similiary and additional approach was made of Brazil lecturers. The speech about anaemia was very useful, the same was very interesting. The lecture of practical aspects of echocardiography was useful. Comparison lectures about background and development of a new physical education infrastructure in the defence forces are presented by Irish and Polish delegates. Now we know "mens sana in corpore sano". I would like to travesty this sentence : "mens sana in CISM symposium sano". Thanks a lot to Dr VERVAECKE for his clearing and two very interesting lectures.

There was a fruitful interdisciplinary discussion of many aspects of physical education, physical training and sports medicine umbrella in our symposium.

Secondly, I hope that the symposium would help to clarify the links and collaboration between physical instructors who are more practical and more theoretical scientists. It was a very good idea to impact sports medicine scientists which have got a head in sky with physical education team, that knows the real life.

Thirdly, I thought we might perhaps manage and delimit the scientific indications for the better preparing of a military training and for an optimisation of medicine control, treatment and prevention.

I think you will all agree that, thanks to the excellent papers that have been presented here and to the new research results contained in them, and thank particularly also to the thought-provoking discussions, we have considerably broadened and deepened our knowledge of the physical fitness, Sport and Health in the Armed Forces.

In conclusion, allow me to express a sincere vote of thanks to our Director Hans Neisberger, who have made his possible for us to hold our symposium in the delightful atmosphere at this nice Conference Centre of Polish National Defence Ministry. Thanks to these men the slogan "Friendship through Sport", was not an empty phrase in our symposium.

Now that we have come to end of this symposium - which, personally, I feel has fulfilled at least the three original objectives I mentioned I would like to thank all those who accepted our Polish Army invitation to attend it, who have worked and spoken here and who not only brought their knowledge with them but also imparted it so willingly.

Thank you for your attention.