



GABORONE, BOTSWANA, 23-27 OCTOBER

Topic 4

Education and Training of PE/PT Officers and NCO'S

Lecture 1 : "The Red Line"

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Lecture 2 : "Physical Education and Sport Organisation"

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CISM INTERNATIONAL SYMPOSIUM IN BOTSWANA

"The red thread"

1. This presentation will explain "the red thread" in the physical training of non-commissioned officers, officers, sports officers, non-commissioned sports officers and sports instructors.
2. In the Danish armed forces, we try to provide all officers and non-commissioned officers with a certain knowledge of the physical training of soldiers, so that they understand the strains that the soldiers are exposed to. (Conscript system).
3. At the military academies, the cadets are taught in anatomy, physiology and physical training theory. Moreover they also participate in a 3 week cadet course at The Armed Forces Physical training and Education Center (CFI). In addition to this, the cadets go through the same type of physical training as the soldiers.
4. At the schools for non-commissioned officers, the students are taught in physical training theory and instructor functions in physical training and in addition to this the students go through the same type of physical training as the soldiers.
5. In general, we believe that physical training should be fun and motivating, so that the soldiers still have the desire to stay in shape after their military service. As an example we arrange different games including ball games in addition to the basic running training. (Example). Sports and physical training should be a positive breathing space in the daily routine in stead of being a negative duty.
6. At the different duty stations you find military sports associations. These associations figure under The Danish Military Sports Federation, which arrange competitions in different disciplines (from golf and tennis to cross country and military pentathlon). Normally the participants in these competitions have a civilian background in sports, just as the trainers have experiences from civilian sports clubs.
7. The officers and non-commissioned officers who are to plan and carry out the physical training at the units must participate in the CFI courses.

The CFI training is divided into 3 courses:

The basic sports instructor course

Duration: 3 weeks

Students: Non-commissioned officers with contracts.

The purpose of this course is to provide the students with knowledge and skills which are necessary – as instructors – to plan, carry out and control single lessons as well as smaller series of lessons on physical training at a company or corresponding unit.

Contents:

The training include instructor functions within warm-up, circulation training, muscle training and within working techniques, obstacle course, hand-to-hand fighting and hand grenade throws.

In sports theory, the necessary grounding for practical instructor functions are taught. Furthermore the students are taught in the assignments and duties of officials in connection with military competitions at subdivision level.

If a student obtains a satisfactory result at this course, it gives him competence to admission to the non-commissioned sports officers course.

Non-commissioned sports officers course

Duration: 60 days

Students: Sergeants/staff sergeants who have completed the sports instructor course.

The purpose of this course is to make the students able to function as instructors (plan, organise, carry out and control) of physical training at company or corresponding unit.

The training include theoretical subjects such as planning, physical training theory, anatomy, physiology and also practical subjects such as circulation and muscle training methods, working techniques, hand-to-hand fighting, obstacle course, swimming and ball games. Furthermore a 10 day course on orienteering is included.

Sports officer course

Duration: 103 days

Students: Officers who have completed the officers' basic course combined with the cadet course at CFI.

The purpose of this course is to train officers in order to function as sporting officers at regiments or correspondingly, as teachers at the armed forces schools and as national staff consultants.

This training provides the students with a sports and training knowledge so that they are able to act as consultants in all fields where physical questions may arise.

The students who have completed this course will also be able to function as leaders in connection with military competitions at both national and international level.

The following subjects are included in the education:

Sports history	10hours	
Anatomy	80h) At university level
Physiology	53h)
Sports psychology	12h	
Training/exercise	80h	
Ergonomics	20h	
Physical training theory	80h	
Sports medicine	30h	
Competition management	100h	
Sports officer assignments	51h	
Physical training	30h	
Swimming, lifesaving included	60h	
Sports themes	30h	
Hand-to-hand fighting	27h	