

# PHYSICAL EDUCATION TN THE ARMED FORCES

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“Physical education”, “physical culture”, “physical training”, - these are different terms, used in different armies for the same process.

More of armies, ex-members of SKDA, use the term “physical training”. I will expose as compact as is possible the aims, the contents of that process, its organization. The aim and the contents are the same for all of these armies with insignificant exceptions, which are conformed with some national and geography specialties. In some “instructions” is written, “physical training is a basic discipline of the fighting preparation of the armies”.

The aim of the physical training is to ensure the physical ability and psychological stability of the soldiers for standed the enormous loading in the fighting activity. For reaching of that aim, the tasks of physical training are ;-

- to develop the basic physical qualities – standing, strong, speed skill
- to develop physical development, gain a health and rise the stability of the human organism.
- The soldiers have to gain some knowledge and habits for occupation with the physical drills.

The forms and the content of physical include;

- physical training in the regular study occupations (programs) 2-3 hours per a week.
- Morning physical drills – 30 minutes (not in all armies)
- Sports for all – 2-3 times per a week (90 minutes) not in educational time.
- Physical training in the process of educational fighting preparation.

In that regulate time are conducted occupations and competitions of

- acceleration moves, track and field and marches in different distances
- gymnastics, included different gymnastic drills at gymnastic apparatuses. In the last year important place takes the strongly training and the practice in the fitness halls.
- running
- swimming

- ski
- sports
- rowing
- fighting

All these competitions are conducted as is rendered the specialties of the different armies, the age and health of the soldiers in this way there are six age groups for verification of the physical preparation

1 <sup>st</sup> group	-	till 30 years
2 <sup>nd</sup> group	-	31-35 years
3 <sup>rd</sup> group	-	36-40years
4 <sup>th</sup> group	-	41-45 years
5 <sup>th</sup> group	-	46-50 years
6 <sup>th</sup> group	-	over 50 years

Every year is conducted verification and is estimated individual preparation of the soldiers and the outfits.

3-6 drills defined the physical qualities of the soldiers. In this way for standing are defined 6 drills, for speed – 2 drills for skull – 6 drills special qualities – 9 drill military habits – 11 drills.

The rating is given to the soldiers and the outfits. They can be excellent, very good, good, passing and poor mark. By the individual marks of the soldiers is defined the mark of the outfit. The requirements for the execution of these norms are different for the different age groups. The standards are considerably increased for the cadets of the military schools, where except the practical drills are defined and their theoretical, methodical and organizational preparation.

I want to enhance the following :

The quality of this process is dependent on some factors, basics, staffs and so on. But the basic factor is the subjective, i.e, the altitude of the respective chiefs, commanding officers towards the physical training and sports for all. So the results often are different for different outfits. The results, where there are budget officer – instructors of physical training and sports for all, are always better. Unfortunately because of structural changes the number of these instructors is already very low, only in bigger outfits.