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PHOTO DE COUVERTURE

Cette photo symbolise l'année de l'Asie. Elle nous vient de Corée qui se prépare activement aux championnats du CISM, aux Jeux Asiatiques (1987) et aux Jeux Olympiques d'Été (1988).

The cover page depicts the Year for Asia. It comes to us from Korea which is busy making preparations to host CISM championships, the Asian Games (1987) and the Summer Olympics (1988).

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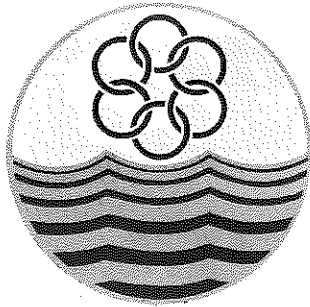
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- SEOUL OLYMPIC ORGANIZING COMMITTEE KOREA
- PHOTOGRAPHY BROTHER CUP 1983 JAPAN
- SERVICE CENTRAL DES SPORTS MILITAIRES TUNISIE
- SVERIGES MILITÄRA IDROTTSFÖRBUND SWEDEN
- MARKETING DIVISION "THE MANDARIN"



from Singapore on to Seoul... CISM plots its course to Asia!

By proclaiming 1984 "The YEAR for ASIA", the International Military Sports Council affirmed, on the one hand, its willingness to foster a CISM sports development programme in the heart of the vast continent of Asia and, on the other, its wish to persuade a series of Asian non-member countries to join CISM.

The splendid capital of Singapore had been chosen as the venue of the 39th General Assembly with a view to promoting both CISM and Asia.

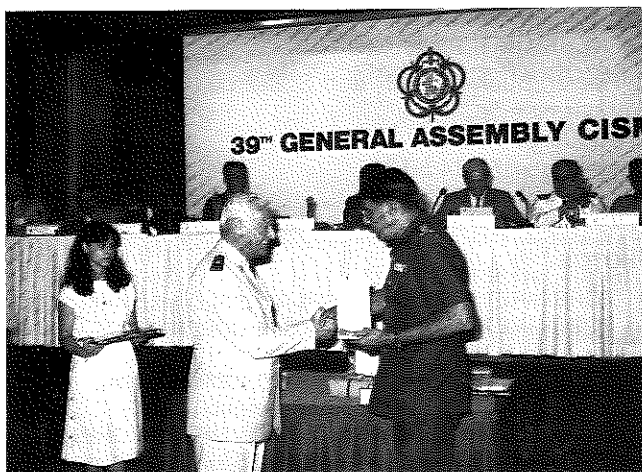
It can safely be concluded that this dual objective has been attained.

Singapore astonished us by its modern lifestyle and architecture, its discipline, its exuberance, its hotels and its green belt.

By virtue of its economic policy, this young model republic – which is only 25 years old – affords a great potential for the future of Asia.

Singapore's vitality is reflected in its organisation of sport directed along modern lines by a "Sports Council".

Sports stadia and functional sports facilities are dotted all around the country and are made available to the public at little expense.



Two big "THANK you's": To Colonel GILL from the Armed Forces of Singapore and,

The keystone of the Singapore sports system is its "Sport for All" programme which is based on the promotion of mass sports events such as walking, jogging and swimming, all of which are monitored by realistic tests.

Parkland is used widely for fitness stations and jogging tracks. Water sports are encouraged.

Our guests of honour discover CISM

To celebrate the Year for Asia in appropriate fashion, CISM extended invitations to the prominent sports leaders of this continent. H.E. Sheik FAHED AL-AHMAD AL-SABAH, I.O.C. member and President of the Association of Asian N.O.C.s, Air Chief Marshal DAWEE CHULLASAPYA, I.O.C. member and President of the Thai Olympic Committee, Dr. TAN ENY LIANG, President of the Singapore Sports Council and Admiral SAWANG KHANNABHA, Deputy Commander-in-Chief of the Thai Royal Navy, all accepted our invitation and asked a variety of questions related to CISM, its structures, its extensive programme, its Academy and, above all, its philosophy.

The possibility was explored of establishing protocol agreements to encompass three main areas:

- The coordination of competitions on a continental level.
- The joint organisation of training schemes for sports leaders, coaches and sports physicians.
- The organisation of courses, held in selected training centres, to prepare top-level athletes for civilian and military competitions.

DECISIONS

The major decisions taken by the 39th General Assembly include:

- The adoption of the project on Restructuring of the Executive Committee.
- The adoption of the 1985 draft budget. In this context, the General Assembly approved the increase of 20 000 Belgian francs on the membership fees.

- L'adoption de la règle des 6 ans (Article 37.1 des Statuts) qui s'énonce comme suit:

«Toute délégation n'ayant pas organisé depuis six ans une manifestation majeure du CISM perd son droit de vote ainsi que le droit de participer aux manifestations du CISM sauf à l'Assemblée Générale, comme observateur.»

«Par manifestation majeure, il faut entendre:

- * L'Assemblée Générale
- * une session du Comité Exécutif
- * un championnat du CISM
- * un stage de longue durée
- * le tour final du championnat de football
- * deux championnats régionaux
- * un championnat régional et une réunion d'un Office de Liaison.»

- L'adoption de la règle de 8 missions (Article 30.2 des Statuts) qui s'énonce:

«Pour avoir valeur de championnat du CISM, une compétition doit comprendre la participation d'au moins HUIT missions. Une dérogation peut être exceptionnellement accordée par le Comité Exécutif.»

- En application de la décision d'effectuer la révision des Offices de Liaison en 1985, le Secréariat Général transmettra une lettre circulaire à toutes les autorités du CISM expliquant la procédure qui sera adoptée pour l'examen des sièges actuels et des sièges candidats.
- Le programme de l'Académie et celui des réunions des organismes directeurs ont été adoptés.

- The adoption of the 6-year rule (Statutes, article 37.1), which now reads:

"Any delegation not having organised a major CISM event during the preceding SIX (6) years automatically forfeits not only its right to vote but also to participate in CISM events other than the General Assembly in observer capacity."

"The CISM events which count against the organisation requirement are:

- * the General Assembly
- * a session of the Executive Committee
- * a CISM championship
- * a clinic of long duration
- * the final round of the football championship
- * two regional championships
- * a regional championship and a meeting of a Liaison Office."

- The adoption of the 8-mission rule (Statutes, article 30.2), which now reads:

"In order to be considered as a CISM championship, a competition must include the participation of at least EIGHT (8) missions. In special cases, the Executive Committee may authorise a departure from this rule."

- In implementation of the approval of the review in 1985 of Liaison Offices, the General Secretariat will issue a circular letter to all CISM Authorities so that current headquarters or candidate headquarters can be examined.
- The Academy programme and meeting schedules for CISM governing bodies were approved.

LE CISM EST UNE VRAI FAMILLE

Plus de deux cents délégués sont venus à Singapour. Tous les membres du Comité Exécutif étaient présents, dix des treize Offices de Liaison étaient représentés. Les membres du Comité de Direction de la Fondation Solidarité CISM accueillait les nombreux représentants des principales firmes privilégiées.

Une nouvelle fois les multiples activités de l'Assemblée Générale ont constitué les coulisses de la grande scène sportive annuelle du CISM.

C'est à l'Assemblée Générale que l'on organise, que l'on prévoit, que l'on aide le voisin. Travail obscur mais indispensable, des rapports, des interventions, des débats et des votes.

Ces derniers ont été positifs. Ils seront déterminants pour les nouveaux progrès qui sans cesse s'annoncent et repoussent les limites du CISM vers de nouveaux horizons.

CISM IS A REAL FAMILY

Over two hundred delegates met in Singapore. All the members of the Executive Committee were present and ten of the thirteen Liaison Offices were represented. The CISM Solidarity Foundation's Board of Directors welcomed the large attendance of representatives of the major privileged firms.

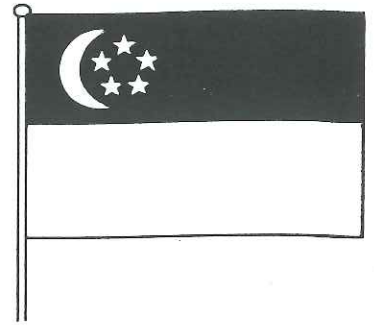
Once again the multitude of activities carried out during the General Assembly constituted the scenario of CISM's great annual sports event.

The General Assembly is the stage used for organising, forecasting and helping neighbours through the sometimes obscure but mandatory proceedings including reports, speeches, debates and voting.

The votes were positive and will be a determining factor in the new progress which constantly drives CISM along its course to far-reaching horizons.



1



2



3

1 Le superbe Mandarin Hotel, siège de la 39^{ème} Assemblée Générale.
The Mandarin Hotel – the ideal venue for a General Assembly.

2 Confort et décorum pour les sessions...
Comfortable and decorative meeting rooms...



8



4



39^{ème} ASSEMBLÉE GÉNÉRALE th GENERAL ASSEMBLY



SINGAPORE — APRIL 9th — 14th 1984



6



7

3 Our guests of honour: Sheikh Fahid AL-AHMAD AL-SABAH, President of the Olympic Council of Asia, Air Chief Marshal DAWEE CHULLASAPYA, President of the Thai Olympic Committee, Admiral SAWANG KHANNABHA.

4 Le Comité Exécutif, La Fondation, les Firmes Privilégiées... de multiples réunions à un rythme rapide.
One meeting after another... The Executive Committee, the Foundation, the Privileged Firms.

5 L'arrivée de son Excellence le Ministre de la Défense de Singapour.

The arrival of His Excellency the Minister of Defence.

6 56 pays. Plus de 200 participants, succès, succès...
56 countries and over 200 participants made this a big occasion.

7 Lors de la cérémonie de clôture, le Président du CISM escorte le Général Winston CHOO.

The President of CISM accompanies General Winston CHOO, commander-in-Chief, Singapore Armed Forces.



33^e CROSS COUNTRY

TUNIS, TUNISIE
du 7 au 11 Mars
1984



S.E. le Ministre de la Défense, S. BALY, fut un hôte attentif et compétent.

LE CROSS-COUNTRY AU PAYS DU PRESIDENT

Depuis sa création il y a plus de vingt ans, le Centre Sportif Militaire de BARDO a partie liée avec le CISM.

Il fut dans le passé, le siège de multiples manifestations: Comité Exécutif, stages de l'Académie, Assemblée Générale, championnats.

A chaque nouvelle visite de nouveaux progrès sont apparents. Cette fois la surprise fut l'inauguration officielle d'un hôtel sportif élégant et confortable, capable d'accueillir athlètes et officiels.

Harmonieusement complété par ce nouvel édifice, le Centre du BARDO répond aux principales exigences du sport militaire.

L'hôte du CISM pour ces championnats de Cross Country fut S.E. Shahedine BALY, Ministre de la Défense Nationale.

Hôte amical et attentif, «notre» ministre n'a pas oublié une seconde qu'il fut autrefois délégué, Chef de l'Office de Liaison pour l'Afrique, et pour l'Afrique du Nord lorsque la croissance de la participation africaine provoqua la création des Offices du Centre et de l'Ouest. Ses discours et son intervention au Symposium Médical organisé dans le cadre du championnat ont prouvé qu'il connaissait ses dossiers sportifs et que sa philosophie demeurerait d'une hauteur admirable. Il est vrai qu'il occupe également les fonctions de Secrétaire Général du Comité Olympique Tunisien.

Les jeunes d'autrefois ont bien grandi... En stature et en compétence.

Le Lieutenant Colonel KALLEL responsable de l'organisation a pu à cette occasion soutenir d'une activité dynamique un sens poussé de la planification.

Le Capitaine GAMOUDI a conservé la courtoisie, la modestie et la gentillesse qui lui ont acquis une renommée mondiale, doublant sa gloire de triple médaille olympique.

Le Colonel BEN AÏSSA, Chef de l'Office de Liaison pour l'Afrique du Nord, a réussi à mettre sur pied un colloque médicosportif d'excellente facture, auquel ont participé de nombreux médecins militaires.

Les manifestations sportives ne cédèrent en rien à la belle cérémonie d'ouverture. Les trois courses donnèrent lieu à des luttes sévères tant au plan individuel que par équipe. Les vainqueurs ont eu bien du mérite et ont fait montre de leur classe, car les temps de passage du cross court et du cross long démontrent que pour gagner à Tunis il fallait être fort, très fort.

THE CROSS COUNTRY TAKES PLACE IN THE PRESIDENT'S NATIVE LAND

Since its creation more than twenty years ago, the BARDO Military Sports Centre has maintained close ties with CISM.

It has been the venue of many CISM events in the past, including an Executive Committee session, Academy clinics, a General Assembly and championships.

Each visit has unfolded some innovation in the BARDO. This time the surprise awaiting us was the official opening of an elegant and comfortable hotel for athletes and sports officials within the complex.

With the addition of this new hotel the BARDO henceforth constitutes the ideal site for the conduct of military sports events.

CISM's host for these Cross Country championships was H.E. Shahedine BALY, Minister of National Defence.

"Our" minister, who proved to be a most congenial and interested host, had not forgotten his former mission as CISM delegate, Chief of the African Liaison Office and subsequently Chief of the North African Liaison Office when the latter was divided into regions. His speeches and the address he delivered at the Medical Symposium which was conducted during the championship, reflected his knowledge of sports matters and showed that he has retained his great philosophy. Of course he is also the Secretary General of the Tunisian Olympic Committee.

Yesterday's youth have today matured... in height and competence.

Lieutenant-Colonel KALLEL directed the event with great vitality and good organisation skill.

Captain GAMOUDI, holder of three Olympic medals, lives up to his worldwide reputation as a courteous and modest gentleman.

Colonel BEN AÏSSA, Chief of the Liaison Office for North Africa succeeded in staging a Medical-Sports Symposium which was well-attended by military physicians.

The sports events matched the excellence of the opening ceremony when all three races gave rise to close battles for supremacy.

The praiseworthy athletes demonstrated their class; as the fast times prove only the best athletes could win in Tunis.

33ème CHAMPIONNAT DE CROSS-COUNTRY – TUNIS (TUNISIE) – DU 7 au 11 MARS, 1984

Pays participants: 22 Tunisie, Algérie, R.F. d'Allemagne, Bahrein, Belgique, Djibouti, Emirats, Etats-Unis, France, Grèce, Irak, Irlande, Italie, Koweït, Libye, Luxembourg, Maroc, Oman, Ouganda, Pays-Bas, Portugal, Soudan.

Representant Officiel du CISM: Colonel (BEM) R. KESTELOOT (Belgique).

Président du C.T.P.: Commandant Abdelli KHADARI (Algérie).

RESULTATS

1. CROSS-LONG

Classement individuel

- | | |
|----------------------------------|--------|
| 1. Abderzazak BEN NOUR (Algérie) | 33'16" |
| 2. Fethi BACCOUCH (Tunisie) | 33'21" |
| 3. Alex HAGELSTEENS (Belgique) | 33'26" |

Classement par équipe

- | | |
|-------------|---------|
| 1. Algérie | 72 pts |
| 2. Belgique | 78 pts |
| 3. Tunisie | 105 pts |

2. CROSS-COURT

Classement individuel

- | | |
|-----------------------------|--------|
| 1. MOUKEMEYER (Allemagne) | 12'38" |
| 2. Amor KHELIFA (Soudan) | 12'39" |
| 3. Emmanuel MOUTZOS (Grèce) | 12'42" |

Classement par équipe

- | | |
|-------------|--------|
| 1. Algérie | 23 pts |
| 2. Italie | 23 pts |
| 3. Djibouti | 32 pts |



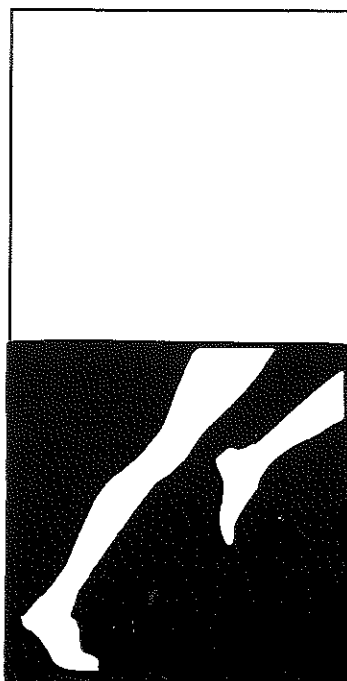
3. CROSS-FEMININ

Classement individuel

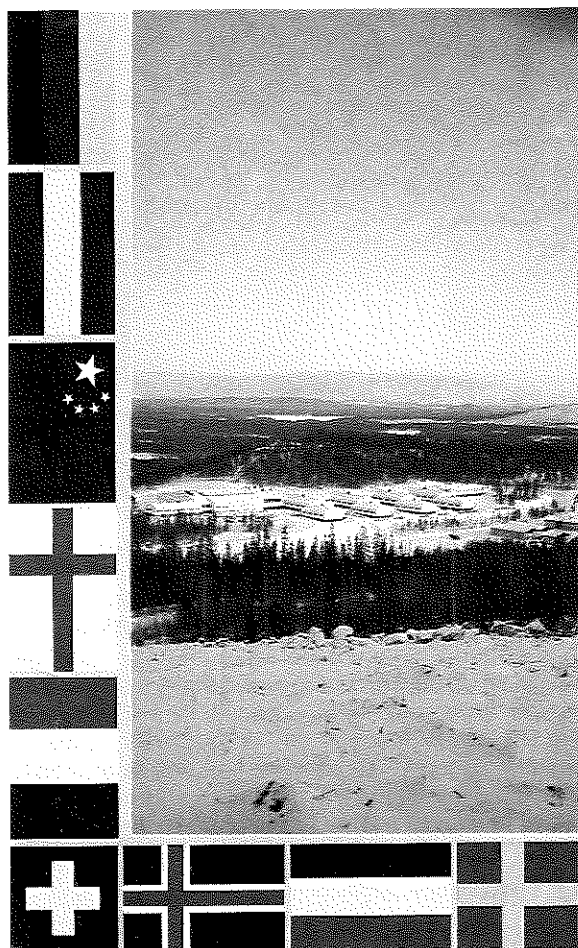
- | | |
|----------------------------------|--------|
| 1. Linda MILOT (Belgique) | 14'25" |
| 2. Naceur SABEH (Tunisie) | 14'58" |
| 3. Isabelle DEBRUYKER (Belgique) | 15'13" |

Classement par équipe

- | | |
|---------------|--------|
| 1. Belgique | 13 pts |
| 2. Etats-Unis | 19 pts |
| 3. Tunisie | 20 pts |



SUCCESS ONCE AGAIN FOR THE SVERIGES MILITÄRA IDROTTSFÖRBUND



RESULTATS PAR DISCIPLINE

1. FOND NORDIQUE – 15 KM

Classement individuel	
1. KARVONEN (Finlande)	39'19"2
2. BEHLE (Allemagne)	39'29"4
3. WALLE (Norvège)	40'10"2

Classement par équipe	
1. Norvège	2:01:19.1
2. Suède	2:01:44.1
3. Finlande	2:01:55.3

2. FOND NORDIQUE – 20 KM – AVEC TIR (BIATHLON)

Classement individuel	
1. MAKIKYRO (Finlande)	1:01:29:6 0301
2. TUTOLA (Finlande)	1:01:34:6 2110
3. STRAND (Norvège)	1:04:40:0 0100

Classement par équipe	
1. Finlande	3:16:55.7
2. Norvège	3:20:13.0
3. Allemagne	3:23:29.2

3. SLALOM GEANT

Classement par équipe	
1. Italie	21:43
2. Allemagne	30:97
3. Autriche	43:22

4. FOND NORDIQUE – 15 KM – POUR LE TRIATHLON

Classement individuel	
1. FISCHER (Allemagne)	44:45:4 4
2. STOCARD (France)	48:07:1 1
3. HOCK (Allemagne)	47:20:9 2

5. TRIATHLON

Classement individuel	
1. STOCARD (France)	50.67
2. MUHLBACHER (Autriche)	62.47
3. NAPFLIN (Suisse)	67.76

Classement par équipe	
1. Suisse	232.30
2. Autriche	256.81
3. France	262.89

6. PATROUILLE DE 25 KM

Classement par équipe	
1. Norvège	0:00:0
2. Allemagne (I)	0:31.4
3. Allemagne (II)	2:03.9

26ème CHAMPIONNAT DE LA SEMAINE DU SKI – ARVIDSJAUR (SUEDE) – DU 12 AU 17 MARS 1984

Pays participants:

11 Suède, R.F. d'Allemagne, Autriche, Belgique, R.P. Chine, Finlande, France, Italie, Norvège, Pays-Bas, Suisse.

Représentant Officiel du CISM:

Major Général Clifford H. REES (Etats-Unis).

Président du C.T.P.:

Lieutenant-Colonel K. AUDUNHUS (Norvège).

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26th SKI-WEEK CHAMPIONSHIP – ARVIDSJAUR (SWEDEN) – FROM 12th to 17th MARCH, 1984

Participating nations:

11 Sweden, Germany FR, Austria, Belgium, China PR, Finland, France, Italy, Norway, Netherlands, Switzerland.

Official CISM Representative:

Major General Clifford H. REES (United States).

P.T.C. Chairman:

Lieutenant-Colonel K. AUDUNHUS (Norway).

Un nouveau succès pour SVERIGES MILITÄRA IDROTTSFÖRBUND

Le 26ème championnat de ski du CISM a connu un succès complet comme en témoigne le rapport succinct parvenu au Secrétariat Général.

- 11 pays ont pris part aux épreuves avec 136 compétiteurs et 68 officiels.
- Parmi les compétiteurs se trouvaient beaucoup de participants aux récents Jeux Olympiques d'Hiver à SARAJEVO.
- L'appui des hautes autorités militaires et civiles de Suède a été complet, en particulier celui:
 - du Général Nils SKÖLD, Commandant en Chef de l'Armée.
 - du Général Erik BENGTTSSON, Commandant de la région UPPER NORRLAND.
 - de la municipalité d'ARVIDSJAUR.
- Les invités d'honneur comptaient dans leur sein:
 - Le Major-Général Cl. REES (USA), représentant officiel du CISM.
 - Le Général Sven THOFELT (Suède), Président de l'Union Internationale de Pentathlon et de Biathlon, grand ami du CISM.
 - Six délégations militaires.
 - Le Lieutenant-Colonel K. AUDUNHUS (Norvège), Président du Comité Technique Permanent du ski.
- A noter qu'une équipe chinoise a suivi un entraînement poussé au Régiment d'Infanterie de Västerbotten.

Success once again for the SVERIGES MILITÄRA IDROTTSFÖRBUND

The 26th CISM ski-week championship was a great success as is borne out by the concise report on the proceedings received in the General Secretariat.

- 11 countries participated in the events with 136 competitors and 68 officials.
- Many of the participants had competed in the recent Winter Olympics in SARAJEVO.
- Very strong support was given by the Swedish military and civilian high authorities, and in particular by:
 - General Nils SKÖLD, Commander-in-Chief of the Swedish Army.
 - General Erik BENGTTSSON, Commanding General of the UPPER NORRLAND.
 - the ARVIDSJAUR municipality.
- Guests of honour included:
 - Major General Cl. REES (USA), Official CISM Representative.
 - General Sven THOFELT (Sweden), President of the UIPMB (International Pentathlon and Biathlon Union), a long-standing friend of CISM.
 - Six military attachés.
 - Lieutenant-Colonel K. AUDUNHUS (Norway), Chairman of the Permanent Technical Committee of skiing.
- It is worth noting that the Swedish delegation organised a clinic for the Chinese team at the Västerbotten Infantry Regiment in Umeå.

Une belle brochette de personnalités: Lt-Général Erik G. Bengtsson, Colonel Lars Wallén, Lt-Général Nils Sköld, Général-Major Ulla Bengtsson, Général Sven Thofelt (Président de l'UIPMB), Général-Major Clifford Rees Jr., Général Gösta Gärdin.



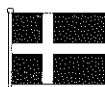
LE SPORT MILITAIRE EN SCANDINAVIE

Sport International poursuit son enquête sur la situation du sport militaire dans les principaux pays membres du CISM.

Cette fois nous tournons nos regards vers la Scandinavie. Chacune des délégations de Suède, Norvège, Danemark, Finlande décrit les aspects principaux de leur programme d'entraînement physique militaire.

Les pays scandinaves dans ce domaine ont en commun certains objectifs. Les voici:

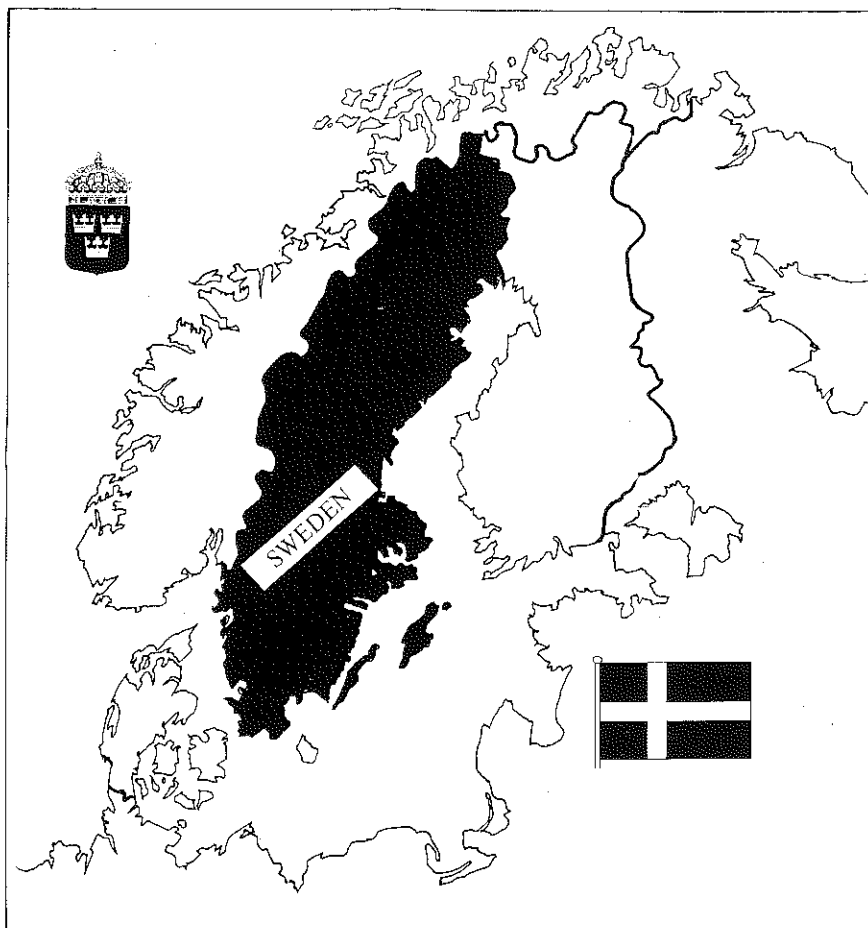
- L'éducation physique des appelés (conscrits) a pour but principal de créer un **intérêt** durable pour les activités physiques afin que sa pratique continue **après** le service militaire.
- Le but des compétitions vise surtout à améliorer les **techniques militaires**. C'est pourquoi l'orientation sous ses différentes formes: le ski, le tir et en général les concours militaires, forment le noyau du programme compétitif.
- Une grande attention est donnée à l'évaluation, par des tests appropriés, de la valeur physique de chacun.
- Les pays scandinaves sont très actifs au CISM et ont développé entre eux une grande coopération.



SPORT INTERNATIONAL remercie le Général G. GÄRDIN (Suède), Mr. K. PALVALIN (Finlande), le Colonel V. JENSEN (Danemark) et le Colonel K. SUNDGOT (Norvège) pour leur aimable coopération.

In its series covering the status of Military sport in the world today, SPORT INTERNATIONAL goes to SCANDINAVIA.

We are indebted to GENERAL GÄRDIN (SWEDEN), Mr. PALVALIN (FINLAND), COLONEL JENSEN (DENMARK) and COLONEL SUNDGOT (NORWAY) for the data they were kind enough to supply.



SMI – Fédération Sportive Militaire de Suède

La Fédération sportive militaire de Suède a deux missions:

- d'une part, elle constitue l'organisme faîtière du sport militaire;
- d'autre part, sous l'égide de la Fédération Nationale des Sports, elle est responsable à l'échelon national des sports suivants: orientation, pentathlon moderne, tir, biathlon et pentathlon militaire.

Le sport militaire se développe dans six régions correspondant aux grands commandements.

Chaque année, SMI organise un championnat du CISM.

Depuis 1979, les carrières militaires sont ouvertes aux femmes. Celles-ci participent avec enthousiasme au programme sportif.

L'Armée dispose d'un Institut d'Education Physique à Karlberg. Il travaille en étroite collaboration avec l'Institut national de Bosön.

The Swedish Military Sports Association Sveriges Militära Idrottsförbund – S.M.I

By Colonel Ulf Björman

«BON ANNIVERSAIRE GENERAL THOFELT»

Le toujours jeune Général Sven Thofelt vient d'avoir 80 ans!

Le CISM saisit cette occasion pour souligner **SES** incroyables carrières sportives.

Athlète et champion olympique en Pentathlon Moderne – médaillé en escrime –, Président du Comité Olympique Suédois, Président en exercice de l'Union Internationale de Pentathlon Moderne et de Biathlon, Membre du CIO, membre du Comité Exécutif de l'AGFIS, Sven Thofelt a partout et toujours promené sa haute stature, sa courtoisie, sa compétence et . . . son humour.

Le CISM le respecte et le remercie car il fut pendant de longues années le Secrétaire Général de la Fédération Sportive Militaire, dont l'appui est aussi solide que ce jeune homme de quatre fois vingt ans.

Tous nos vœux vous accompagnent Général Thofelt.

R. MOLLET
Secrétaire Général Permanent



Photo de Bosön

L'Institut des Sports de Suède est cher au coeur du CISM. C'est là en effet qu'en 1954 s'est déroulé le 1er stage international du CISM.

The Swedish Sports Institute is dear to CISM's heart. Indeed it was here that we organised the first international clinic.

The Swedish Military Sports Association

Sveriges Militära Idrottsförbund – S.M.I

By Colonel Ulf Björman

S.M.I works in two fields of action. On one hand S.M.I is a national organization for military sports in the Swedish armed forces and the military auxiliary organizations. S.M.I issues rules and regulations and makes up the calendar for competitions on national and regional basis. In Sweden twelve sports are recognized as part of the military service:

Parachuting

PAIM

Fencing

Field event (orienteering and shooting)

Military Pentathlon

Modern Pentathlon

Motorsports

Olympic Biathlon

Orienteering

On the other hand S.M.I under the Swedish Sports Federation is responsible for four civil sports:

Sea Week

Ski Week

Shooting

Field events (orienteering and shooting)

Military Pentathlon

Modern Pentathlon

Olympic Biathlon

In this respect S.M.I has the function of a Special Sport Federation. The Swedish Olympic teams in Modern Pentathlon and Biathlon are a result of the efforts made by S.M.I.

As said above S.M.I makes up the calendar for national and regional championships. From military point of view Sweden is divided in six Military Commands. And from military sport point of view Sweden is divided in six Military Sports Regions whose boundaries are the same as these of the Military Commands. It is up to the Military Sports Regions to encourage military personnel to take up physical training and take part in the Regional Championships.

General Sven THOFELT is congratulated by H.R.H. PRINS BERTIL, President of the Swedish Military Sports Federation.

In the Regions military units are commissioned to arrange both Regional and National Championships in the twelve sports mentioned earlier. The same principle is valid when Sweden is entrusted to arrange a CISM Championship. Throughout the years Sweden has on an average arranged one CISM Championship per year.

Since 1979 military careers are open to women. The first female officers were graduated in the Air Force 1982. The Auxillary Organization have thousands of female members. The last years there has been a growing interest from women to take part in military sports.

Specially shooting, orienteering and field events have attracted female participants. In shooting and motor-sport men and women compete on equal terms. In orienteering and field events women compete in a separate class.

Any sports association – military or civilian – can be connected to SMI. For the moment around 300 are connected.

The training and education of sports leaders and instructors takes place at the Army Institute for Physical training. The Institute is situated in the grounds of Karlberg, the Royal Swedish Military Academy (the oldest Military Academy in the world, founded in 1792). Around eight courses are carried out a year with approximately 200 students. Research in the field of physiology is also carried out. The staff of the Institute counts only four officers.

The Institute works together with the Sport Institute of Bosön which is the center of education for the Swedish Sport Federation regarding courses on the most advanced level as far as coaching and leadership goes.

There are about 135 courses per year of this kind, usually going on from 2–7 days.

Similar types of courses on regional and local levels are also organized. An extensive international exchange program is being carried through along with numerous national and international conferences and training-camps. All together about 700 courses a year are conducted.

At Bosön there is also an Adult Continuation School which consists of two lines.

- A. The "Sportline" for students who are specialists in one sport and because of having spent so much time at sport in high-school, want to improve their grades. This degree from Bosön after 2 years of studies is then compared to a high-school diploma. The number of students is 25, most of them live on the campus.
- B. The "Leisure Time Leader line" is a 2-year college education preparing the students for coaching and training positions and for positions in the field of recreation within various communities. The number of students is 60, most of them live in the campus.

An outstanding career

One of the greatest sportsmen in Sweden 80years old on the 19th may – is Brigadier General Sven Thofelt.

Sven Thofelt started his career as second Lieutenant in the Royal Svea Artilleryregiment 1924. As a schoolboy he was one of Sweden's best swimmers.

Modern Pentathlon was to be the big sport for Sven Thofelt. He was qualified for the Olympic Games already in 1924 but the responsible leaders found him too young

– only 20 years old. So Sven had to wait, became Swedish champion 1926 and of course part of the 1928 Olympics teams in Amsterdam.

In Amsterdam Thofelt presented himself to the world. 24 years old he won the golden medal with 47 points and beat the 1924 Olympic champion Bo Lindman and the German Kahl. This was the first time in Modern Pentathlon history Sweden won a medal. Thofelt made his best records in fencing (4) and swimming (2).

1932 it was time for Los Angeles. There Sven Thofelt had a very unhappy start in the riding event, volted with his horse three times and broke one of his ribs. In spite of this he made an unbelievable performance. Won the fencing and the swimming events and ended 4th only 1½ points behind the American Mayo. "You can not beat this man" a newspaper man wrote.

1936 in Berlin Sven Thofelt made his third Olympic start. He scored best of the Swedish participants and ended also this time a number four. The victory went to the German Handrick before the American Leonard and the Italian Abba. Sweden gained no medal at all.

But Berlin gave Thofelt a medal of another kind. He was also a member of the Swedish épée team which after two days' fencing had won the silver medals.

Then there was no 1940 and 1944 games. 1948 one could find Sven Thofelt again in the Swedish Olympic team, this time as coach for Modern Pentathlon and as competitor in fencing. The result was a bronze medal in épée team-fencing for Sven and a golden and a bronze medal for his pentathletes.

During his active years Sven Thofelt won in Modern Pentathlon one Olympic golden medal, in fencing one Olympic silver and one bronze medal. He was Swedish champion 6 times in Modern Pentathlon and 4 times in fencing.

After 1936 Sven Thofelt started a new career, now as leader. 1936–1948 he was responsible for the Modern Pentathlon in Sweden. 1948 he took the initiative to the international federation UIPM which some years later became UIPMB – Union International Pentathlon Moderne et Biathlon. Sven Thofelt had convinced Avery Brundage to include Biathlon in the Olympic program. 1960 Sven Thofelt was elected president of UIPMB – a position he still has. He will be the main candidate for a new 4-year period.

1949 he arranged the first World Championships in Modern Pentathlon in Sweden and 1960 he could present the Biathlon at the Olympic Games.

Sven Thofelt's outstanding leadership was observed outside UIPMB. 1970–76 he was member of IOC and is now honorary member. 1970 he became member of the board of the Assemblée Générale des Fédérations Sportives Internationales. In Sweden he has been chairman of the executive board of the Swedish Olympic Committee. Since 1968 he is president of the Swedish Fencing Federation.

One must not forget that beside this Sven Thofelt has made an outstanding career as an artillery- and later an anti aircraft artillery officer. He retired 1964 as brigadier general and director of the Swedish Army Air-defence.

From 1964 until 1983 Sven worked fulltime as general secretary of the Swedish Military Sport Federation. Sport conserves.

SPORT WITHIN THE DANISH ARMED FORCES

1. ORGANIZATION

The sport within the Danish Armed Forces is organized under the Defence Sport Committee, composed by representatives from the Defence Command, the Inspector of Physical Training, the Army, the Navy, the Air Force, and the Danish Military Sport Federation.

The committee coordinates the sport activities within the Armed Forces and is commissioned to:

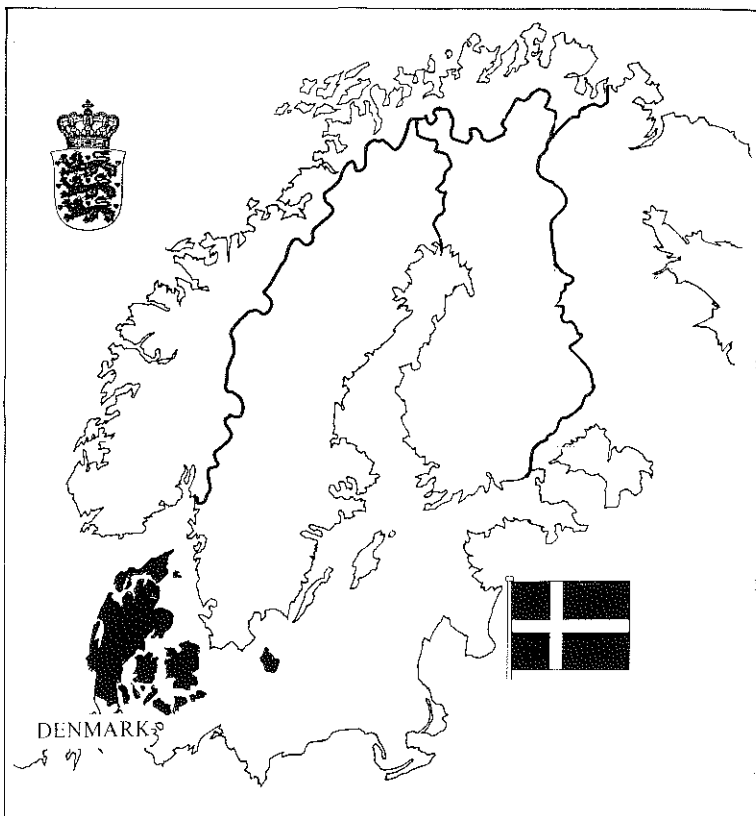
- Support the sport committees and the military sport clubs in their work concerning sport matters.
- Support the collaboration between the military and civilian national and international sport federations and organizations.
- Draw up a plan for sport championships and competitions etc., arranged by the Armed Forces, and for the participation of the Armed Forces in sport arrangements. The proposal is worked out as a final plan for the following year, and as a tentative plan for the year after that.

2. CLASSIFICATION OF THE SPORT

The sport within the Armed Forces is divided into a military part, with relation to its importance for the ordinary training, and a more recreative part, which is not directly included in the military training, but which is valuable in the effort to maintain the physical standard and well-being.

The military part of the sport is normally trained within the physical training during duty-hours, in accordance with given directions (SERVICE SPORT).

The recreative part of the sport is carried out during off-duty hours, and is based on voluntariness and



SPORT WITHIN THE DANISH ARMED FORCES

The Danish Defence Sport School.





Practical daily training.

3. AIMS

The Defence Commands directions for the aims of the sport, are

- to motivate the personnel for active sport,
- to promote the interest to develop/build up and keep a - by age - suitable physical standard,
- to promote the motivation and well-being generally,
- to create the possibility to participate in competition-like disciplines,
- to promote contacts between units from the Armed Forces and the civilian sportlife.

4. COMPETITION ACTIVITY

The competition activity normally starts with sport competitions between the sub-units at a regiment. This gives the units the possibility to select the individuals and the teams representing the unit at the next higher level: Regional, Army, Navy or Air Force competitions.

The next step on the competition ladder will be participation in the national military championships arranged either by the Defence Command or the military Sport Federation.

The further participation in competitions for the sportsmen, who through national competition have shown such a standard, that they can be admitted to enter the military national teams in the military sport: The Military Nordic Championships, International Championships and finally CISM Championships.

5. SELECTION OF MILITARY NATIONAL TEAMS

As mentioned before, the Armed Forces and Danish Military Sport Federation are arranging a row of competitions and championships in military as well as more recreative sports.

These competitions give the Physical Training School - through the appointed sportleaders, who often will be the chairman of Danish Military Sport Federation for the actual sports - the possibility to create military national teams, consisting of the best qualified Danish military sportsmen.

Participation in, and accomplishment of the sport activity is based on voluntariness, but when the sportsman has entered the training-arrangements and musters in preparation for participation in the mentioned competitions, and the permission from his regiment is given, his participation is carried out under special conditions, and is regarded as service.

6. TRAINING CONDITIONS

Training and musters for the military national brutto-teams are planned in co-operation with the sportleaders, the Physical Training School and a garrison - often up to a week-end.

By this it is obtained that the sportsman's regiment only is forced to miss him shortly during the daily training, and the sportsman - on his side - shows that he is willing to offer some of the off-duty time for the execution of his sport.

The training is planned in such a way that the sportsman should be as well prepared as possible for participation in the planned competitions and championships.

The first musters are arranged for the whole military national brutto-team, but very fast the team is reduced only to include the team which is going to take part in the competitions, supplied with a couple of reserves.

Every muster is used as a control of the obtained results, the training condition etc., because the participants during the period between the musters are continuing their training at their home garrison, individually and by participation in civilian competitions.

The training conditions are severe, and no quarter is given. If it is found that the sportsman has not done his planned training well, he then will be eliminated from the team for the rest of the year.

The places for the different musters are planned through the following criteria:

- The training facilities should be the best possible,
- the training should give the participants the best possible profit, concerning future competitions,
- the chosen garrison will be allowed to let some local sportsmen participate in the training, and by this be able to create more interest in the actual sport.

In this way Denmark has a balance for the training system for the military national teams, which solves the problems for the various regiments concerning the absence of the sportsman from the normal duty, and as well the wishes of the sportsman, to have the best possible training possibilities.

These training possibilities may look very poor, compared to the nations who are gathering the potential sportsmen to a training-center with experts as instructors, and where the sportsmen exclusively can concentrate on their training.

In spite of this, the results from the past years have shown, that Denmark by these training conditions can make a good performance in international competitions, and it solves our philosophy: that the training and participation in topsport should promote sport and physical training in the Armed Forces.

7. DANISH PARTICIPATION IN COMPETITIONS ABROAD

Due to the above mentioned philosophy, Denmark has chosen only to participate in competitions with relation to the ordinary military training. This means that we at the moment participate in the following CISM Championships:

- Military Pentathlon,
- Sea-Week,
- PAIM,
- Orienteering,
- Shooting,
- Fencing,
- Parachuting.

Championships in the same sports are arranged in Nordic connexion between military participants from Denmark, Norway, Sweden and Finland. These championships are arranged in turn by one of the 4 Nordic countries.

This Nordic team-work is very estimated in all the countries, because of the possibility to enter a hard competition before a participation in CISM championships. Furthermore it gives the participants - who are not good enough to enter a CISM championship - a chance to try to compete with other nations.

During the years since Denmark has been a member of CISM, it has participated in 127 and been hosting 12 CISM championships.

8. CONCLUSION

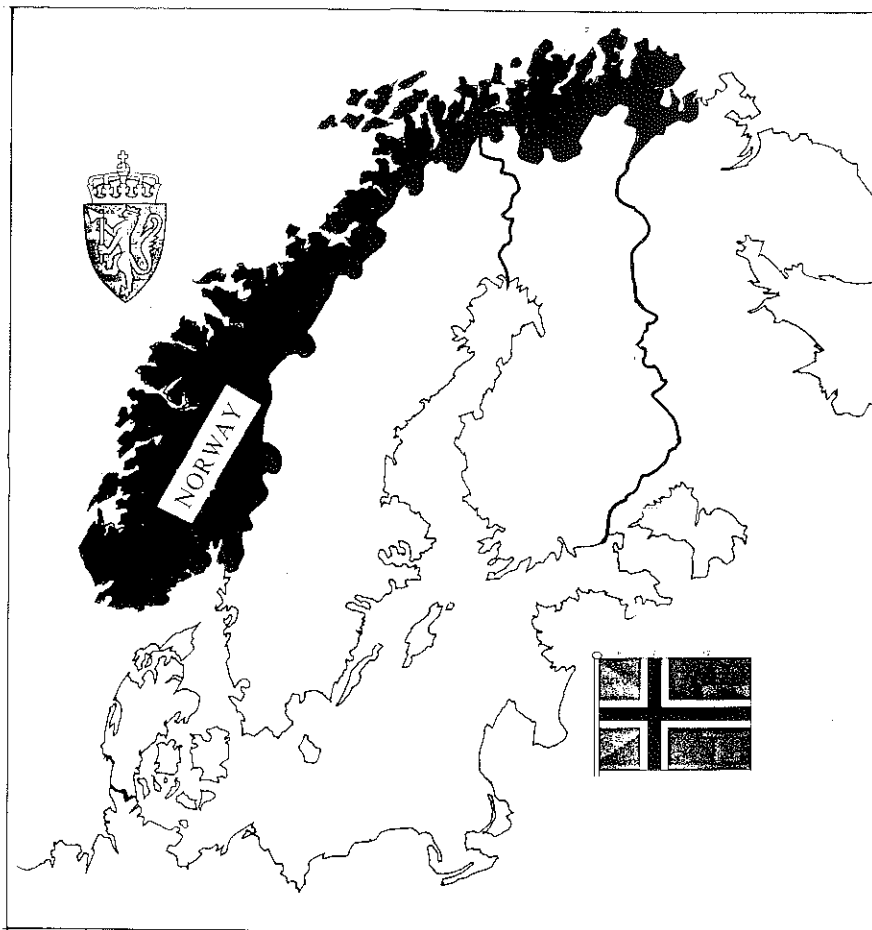
There is no doubt, that our selection and training system which involves the regiments, and depends on the regimental support during the latest years has improved the interest and the wish to do an extra training effort among the sportsmen.

The results obtained show that even with the very small economic resources put at disposal for service sport, world class results can be achieved.

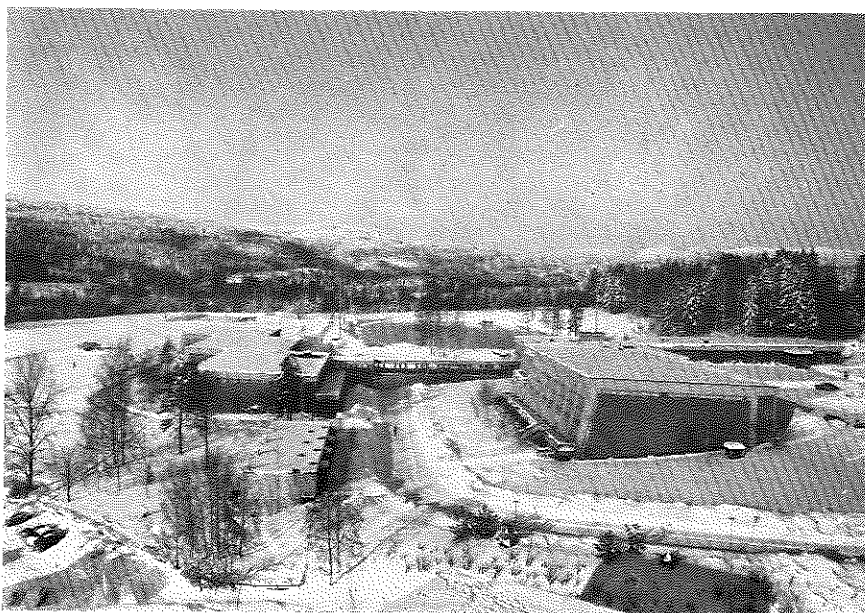
The interest for service sport, especially in garrisons having participants at the military national brutto-teams, has increased. This again gives increased training effort in the physical field.

Opening ceremony CISM Orienteering, Karup, 1980.





MILITARY SPORT IN NORWAY



Norwegian University of Physical training and Sports.

1. Military sport in Norway

Military sport in Norway has been systematically organized since 1870 when the quartermaster general for the Norwegian army of that time acknowledged the need for promotion of sport by educating officers and NCO's in physical fitness.

2. Sports military policy

The Force commander regulates the activity within the field of physical training by reglementary rules and directives. The basic "Directive no 1" defines physical training (p.t.) to be:

"All activity, programmed training and during off hours physical fitness". The Force commander has further in the same directive stated the aim of the p.t. to be:

"To give officers and enlisted men the necessary physical fitness to enable them to solve their tasks in peace and war time, and further to motivate for maintaining a sufficient level of physical fitness during the whole of their conscript period, that is from the nineteenth to the forty-fourth year of age".

Based on the overall directives, the following responsibilities are listed:

2.1 Centrally

- Force commander has himself the overall responsibility for p.t. within the armed forces and will by giving priorities and initiating activities, see that the discipline gets the natural place within the military training program.
- Officer in charge of Personnel division in Armed Forces HQ executes the orders and directives.
- Inspector generals of the service are responsible for establishing and controlling p.t. within their service, education and training of students in military school and basic course as leaders of p.t.

2.2 Peripherally

When talking about responsibilities concerning p.t. it is the commanders responsibility on all levels. The commanders have at.

their disposal a sport officer educated at the Norwegian University of Physical Training and Sport, who will act as adviser in programming and executing p.t. in the unit.

It should be noted that the p.t. of soldiers is the responsibility of the officers and NCOs of the unit.

The army training program was revised in 1972, and is with modification used by the other services. The program is a detailed guide for planing the p.t. within a unit, and gives all necessary information.

It is divide in basic p.t. period of 16 weeks and the rest of the initial period, 24 weeks, is used to maintain the level of fitness reached during the basic period and training for special events or sports.

3. Test

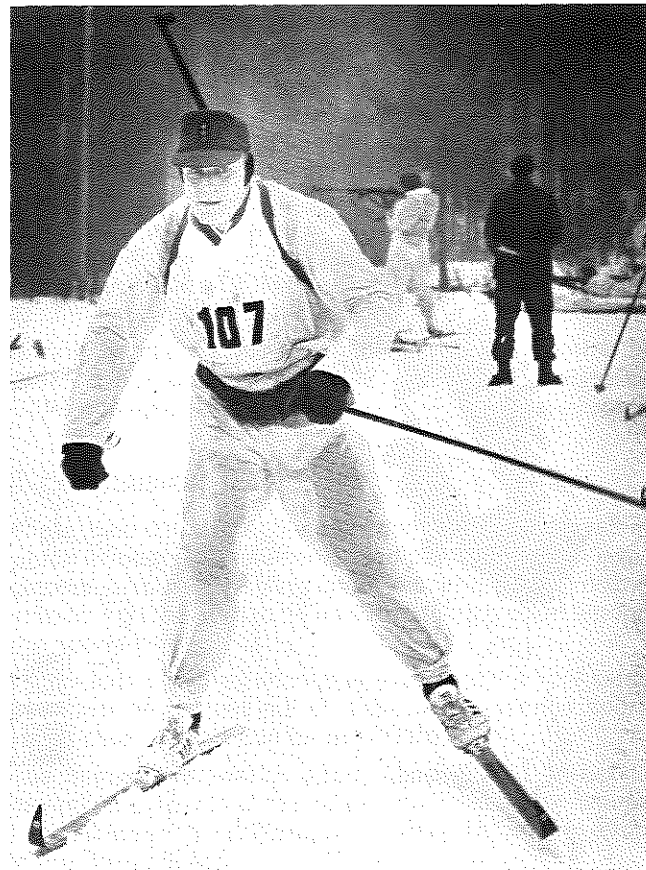
During the service period the men are tested four times. This test is a 3000 m running distance. The aim of the test is to give a status of physical fitness, and also an individual information of the progress or lack of progress. All units report their results, and feedback on test results or lack of are given on all levels in the responsibility chain. This means better control of the physical standard in the forces, and possibilities for making preparation in achieving the aim laid by Force commander. All officers and NCOs below 50 years of age must yearly stand for test.

4. Fitness academy

Sport officers in the Norwegian armed forces are educated at Norwegian University of Physical training and sports. The armed forces is integrated in the academy with their own department to take care of administration of the military students, give specialized education in military sports, arrange p.t. courses for troop officers, physical research etc.

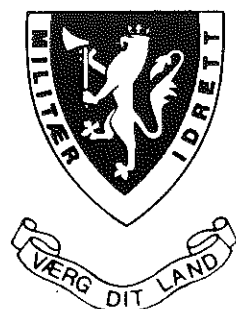
Officers and NCOs will follow the time-table for the civilian study. Yearly 10-12 students get their university degree after two years of physical education. Likewise the civilian study, military students can continue on two years extra education.

The naval force has in addition a physical education center. Soldiers are given one year's education and serve in the navy as instructors and advisers in p.t.



Shooting place in military 30 km cross country.

Woman in military pentathlon.



5. Assistance to top athletes

A limited amount of top athletes are given possibilities to serve at units which give them excellent training condition, arranged participation in both civilian and military competition. There is one unit which take care of winter activities and one more for summerlike activities.

P.t. during off hours shall give military personnel possibilities to activate in their special sport disciplines.

The off hour p.t. is supposed to qualify for international sport representation.

Norway joined the membership of CISM in 1953 and has participated in CISM championship in sport disciplines related to military activities like:

- military pentathlon
- naval pentathlon
- PAIM
- skiing
- shooting
- orienteering

As part of the Scandinavia brotherhood we compete in the same disciplines and in addition field sport and fencing.

Participation in international arrangement are administrated from Armed Forces HQ. To execute all activities concerning representation teams in these disciplines, each have their special selected committee (leaders, coaches etc.).

It should be noted that these members are not daily working with p.t. and use much of their freetime for this purpose.



Part of a Home guard competition.

6. Women in the armed forces

From 1977 women were able to volunteer for military service. They receive the same training as their male counterparts within trades open to them.

Servicewomen undergo the same physical training and sport competition as men, but are given approx. 10% better time in endurance sport.

The expanding interest in women athletics may lead to female participation also in CISM and Scandinavian competition.

Part of field sport competition.

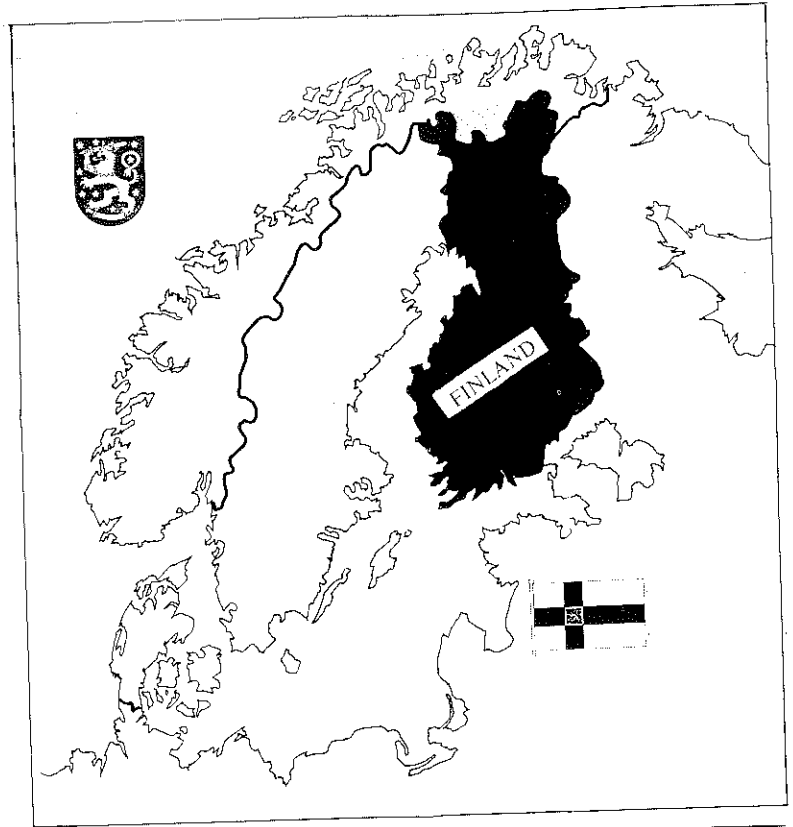


Helsinki 30th January, 1984

GENERAL

The Law on the Defence Forces prescribes as the duty of the Finnish Defence Forces to give military training and, for their part, to promote the citizens' will to defend their country as well as all activity that improves the physical condition of the people.

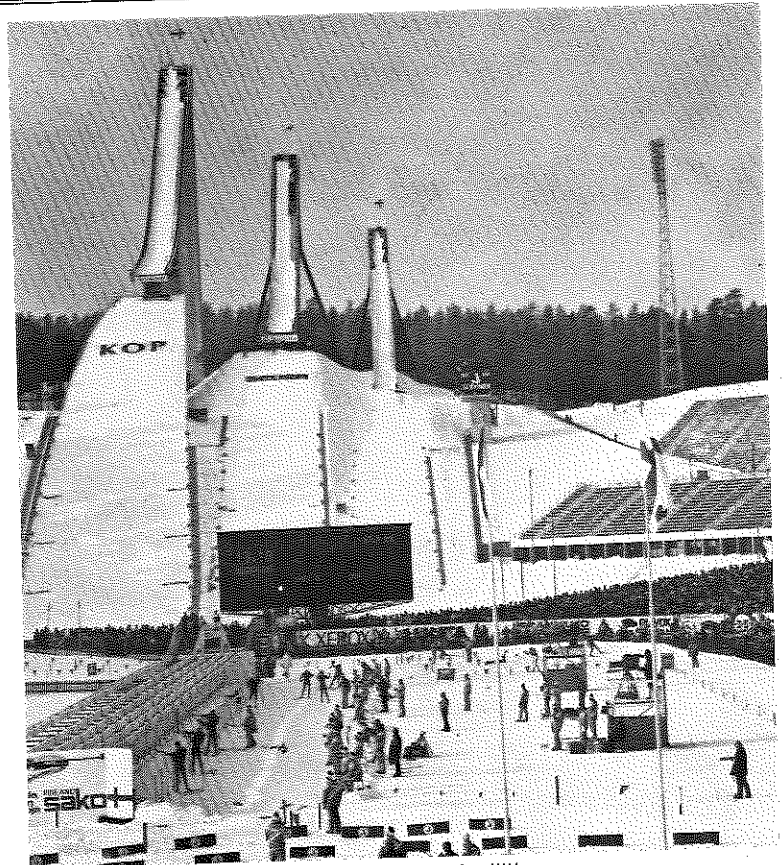
With reference to the Law, the Defence Forces are seen as an essential body in national physical education. Lately, in the physical training of the Defence Forces, the emphasis has increasingly been put on the main objective, namely to kindle and strengthen a permanent interest in physical training. This has been influenced by the increase in refresher exercise as well as the reduction in physical education lessons at school.



The SPORTS SCHOOL and the TRAINING of SPORTSMEN

In peacetime, there are in the Defence Forces about 38 000 conscripts and about 7000 regular personnel. The size of the reserve is approx. 700 000 men. Conscript service takes 8 or 11 months.

The physical training of the Defence Forces is directed by the Training Section of the General Headquarters and its Physical Training Office. The office is led by a teacher in physical education, who is also the chief of the Finnish Delegation to CISM. PT officers (NCOs), full-time or part-time, work in the military units. The physical training of the conscripts is led by military trainers. The Sports School was established for research, coaching and training purposes in 1979.



The Sportsschool has excellent training facilities.



CONSCRIPT TRAINING

1. Objectives

The aim of conscript training, renewed in 1982, is, in Italy, to improve, by progressive and suitable physical training and march training, the mental and physical condition of the conscripts so that they will be able to endure the strains of military training and at the same time, that they will get a strong interest in physical activity that keeps up and promotes their physical fitness in the reserve.

Physical training as well as march training belonging to combat training are included in the same permanent order. Thus, as to physical strain, it has been possible to plan the whole training to be progressive. At the same time, weekly regular and sufficient physical training is guaranteed to the end of the term in service.

The realistic objectives set for physical training and march training are:

- Marching: day-time march with field equipment (marches on foot and on skis 30 km, march by bicycle 100 km) in all conditions, in the infantry 2 day-time marches on successive days.
- Orienteering skill: 5 km course in terrain, objective; 1 h 15 min in daytime, 1 h 45 min in darkness.
- Swimming skill: 200 m.

The objectives as well as the physical training and march training programme are, in the main, equal in all Services and branches of the Armed Forces.

2. Training programme

To standardize the training and to make it easier to realize, weekly programmes have been devised for each of the three lots entering service. Of each exercise, there is also a training card in which the main points of the exercise are explained.

The programme of the physical training consists of 9 different branches of sport, theory lessons, fitness tests and marches.

In each exercise included in physical training and march training, skill training is being emphasized. The trainers' positive attitude toward physical activity, adequate space and equipment form a good starting point for posi-

tive experiences of physical activity. Thus, during the time in service, it will be possible to efficiently influence the later physical activity habits.

At the end of service, the conscripts take part in maneuvers, in which activity almost reaches the limits of physical performance. This gives an insight into the demanding circumstances of wartime. Trust in one's own physical and mental endurance as well as resolve to win are required as the man joins the reserve.

3. Follow-up of training and fitness tests

During service, three fitness tests are being arranged: in the beginning, after 3 months and at the end. The following performances and requirements are included in the tests:

	poor	moderate	good	excellent
Cooper	2200 m	2200 m	2600 m	3000 m
Pull-ups	6 m	6 m	10 m	14 m
Broad jump	200 cm	200 cm	220 cm	240 cm
Dorsal muscle 60 s	40	40	50	60
Abdominal muscle 60 s	24	24	32	40
Push-ups	22	22	30	38

Besides fitness tests the training is being followed-up in the training inspections made by the General Headquarters and the different Headquarters. The standard of the training and the unconditional observance of the programme are checked in the inspections. With sufficient control and continuous follow-up, the planned realization of the new programme is guaranteed.

TRAINING OF PERSONNEL

1. Objectives and performance requirements

To keep up his physical fitness is the unconditional duty of each soldier. Good physical fitness and shooting skill form the basis of the action readiness and mental agility of the military leader and military trainer.

Physical training programme (8-month service, February-October)

WEEKS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	
THEORY	1																																		1
GYMNASTICS	1		1	1						1							1	1		1															1
CIRCUIT/OBST.						1							1						1					1											
SKIING	2		1			2		1	1																										
RUNNING																						1	1			1									1
ORIENTEERING				2	3		3	3		2			3		3		3		3																
SWIMMING																						1	1	1		1									
BALL GAMES					1		1		1						1	1																			
TRACK & FIELD																						1	1		1										
MARCH TRAINING		4	3	4	4	8	12	8	8	8				8																					8
CONDITION TESTS		2										2																							2
TOTAL	4	6	5	7	8	11	16	12	10	11	-	2	3	9	4	2	4	9	4	2	2	2	2	2	2	2	16	-	-	4	2	1	10	5	2

The permanent order that came into force in 1980 stipulates the requirements set for the physical fitness and shooting skill of the regular staff. Each man under 50 has to fulfill the following annual performance requirements:

- physical fitness test: Cooper, those over 45 may take the ergometer test
- march: alternatively, 25 km in terrain, 30 km on road or on skis or 100 km by bicycle
- orienteering: participation in a competition or exercise
- shooting: 2 assault rifle shootings, big caliber pistol shooting and standard rifle shooting 300 m

The so-called field qualification of the person in question is composed of the above performances. It has an influence on, i.a., career planning and promotion.

Due to illness etc. the annual performance percentage is about 96.

2. Physical fitness

Generally, the regular personnel have better physical fitness than the conscripts. In 1982 the result of the physical fitness test was as follows:

Fitness classes				
Age	Poor	Moderate	Good	Excellent
30 years	2200	2200	2600	3000
	0.9%	13.9%	47.8%	37.4%
30-39	2000	2000	2400	2800
	1.5%	15.0%	46.3%	37.2%
40-49	1800	1800	2200	2600
	1.3%	12.6%	43.2%	42.9%
Total	1.2%	14.9%	45.8%	38.9%

For the up-keep of physical fitness, a conducted 2-hour exercise is arranged weekly during service for regular personnel.

To promote physical fitness, mental agility and social contacts, a sports day is arranged for the whole personnel twice a year.



Orienteering is one of the basic skills of the soldier

In manoeuvres the limits of the physical performance are measured



The geographical conditions in Finland are demanding



	1. TEST					2. TEST					3. TEST							
	N	%				\bar{X}	N	%				\bar{X}	N	%				\bar{X}
		P	M	G	E			P	M	G	E			P	M	G	E	
COOPER	10970	5,9	28,8	47,9	17,4	268,3	9055	4,2	20,7	50,0	25,1	275,7	8258	4,6	21,2	48,7	25,5	274,7
		34,7		65,3			24,9		75,1				25,8		74,2			
PULL-UPS	9921	20,4	32,5	31,0	16,1	8,8	7988	18,3	33,0	31,9	16,8	8,6	7367	17,6	33,3	32,3	16,8	8,6
		52,9		47,1			51,3		48,7				50,9		49,1			
PUSH-UPS	10083	19,5	31,8	28,0	20,7	29,0	8037	16,3	28,1	30,5	25,1	29,9	7358	14,3	27,5	32,5	25,7	30,3
		51,3		48,7			44,4		55,6				41,8		58,2			
DORSAL MUSCLE	9995	15,6	24,1	26,2	34,1	52,0	8009	12,2	18,6	25,9	43,3	54,2	7326	10,9	18,7	28,3	42,1	53,8
		39,7		60,3			30,8		69,2				29,6		70,4			
ABDOMINAL MUSCLE	9993	12,0	33,2	32,4	22,4	31,9	8056	10,3	28,0	33,7	28,0	33,2	7482	9,4	29,5	32,5	28,6	32,7
		45,2		54,8			38,3		61,7				38,9		61,1			
BROAD JUMP	9901	11,9	30,8	34,2	23,1	218	8081	9,9	28,8	35,6	25,7	220	7255	7,3	27,7	37,3	27,7	221
		42,7		57,3			38,7		61,3				35,0		65,0			

THE SPORTS SCHOOL AND THE TRAINING OF SPORTSMEN

1. History

The establishment of the Sports School is connected with the development of the sports companies. In 1964, sports platoons were established in four garrisons. It had become clear that the training of the sportsmen was often interrupted by national service. This was considered one of the reasons for the state of depression of top athletics in Finland in the 1950's and 1960's.

In 1966, the uniting of the sports platoons to form two companies was found necessary. The summer sport branches were placed in Helsinki and those of winter sports at Kajaani in Northern Finland.

In 1979, the sports companies were concentrated in Lahti, the host city of the 1978 Skiing World Championships. The Häme Cavalry Battalion began to train sportsmen mainly in the Sports School that was established in the battalion.

2. Organization and tasks of the Sports School

The organization of the Sports School has mainly been formed for the effective command of the sports companies. In addition to sports company activity, the research, education and training activities are concentrated in the Sports School.

3. Training conditions at the Sports School

The city of Lahti offers excellent conditions to the training of nearly all sports. Lahti with its approximately 100 000 residents is a wellknown sporting resort, which provides training facilities needed daily by the Sports School.

In the garrison itself, located about 1,5 km from the city centre, there are rather few sports facilities at present.

SPORTS COMPANIES

1. Dates of entering the Sports School and military training

Recruits enter the Sports Schools companies in two contingents a year (June and October). Entering takes place during the basic training period of each branch of sport. Skiers, volleyball and basketball players, boxers, wrestlers and athletes of similar branches of sport enter service in June. Football players, swimmers and athletes of track and field enter in October.

A sportsman = a good soldier

Military training is not reduced at the expense of sport. Every recruit in the sports companies receives at least reserve NCO training. Reserve officer training, which also takes place in the Sports School, is given to the best recruits. Thus the term of service is eleven months for everybody. The sportsmen receive reconnaissance squad or platoon leader training. In this respect the training of these Finnish conscripts is totally different from equivalent training in other countries. Unconditional military training is seen as an important educative factor.

2. Selection basis of the branches of sport for sports companies

- every branch of sport should be included in the programme of the olympic games or the world championships,
- the branches of sport should have the possibilities of development and success according to the international standard.

3. Selection basis of sportsmen to sports companies

- sportsmen should represent the top class either at national junior or senior level in their branch of sport,

- sportsmen should possess sufficient capability of development and motivation for training.

Those selected represent in practice top junior standard or 1st division in ball games. More attention than before is paid to the capability of development.

4. Selection

The sportsmen are selected by a body of experts who are representatives of the Sports School, the Physical Training Office, and the Military Psychology Office. Based on reports from special sports association about three quarters of the applicants are requested to undergo psychological tests at the Sports School. The tests last one day.

Among the qualifications for admission are such psychic qualities as are required for military leadership, education and top performances in sports. If these qualities are lacking, the applicant will be rejected regardless of his sports career.

The work of the selecting body is independent, even though it strives to perform the selection with due regard to the recommendations and opinions of civilian organizations.

There are no quotas of the branches of sport in the sports companies, as the standard of the applicants is always decisive. Moreover, the following factors that contribute to the effectiveness and reasonableness of the training are considered:

- Team sports: two teams, if possible
- Combat sports: sparring-partners according to weight
- Individual sports: minimum group of 2-3 sportsmen (e.g. in track and field events).

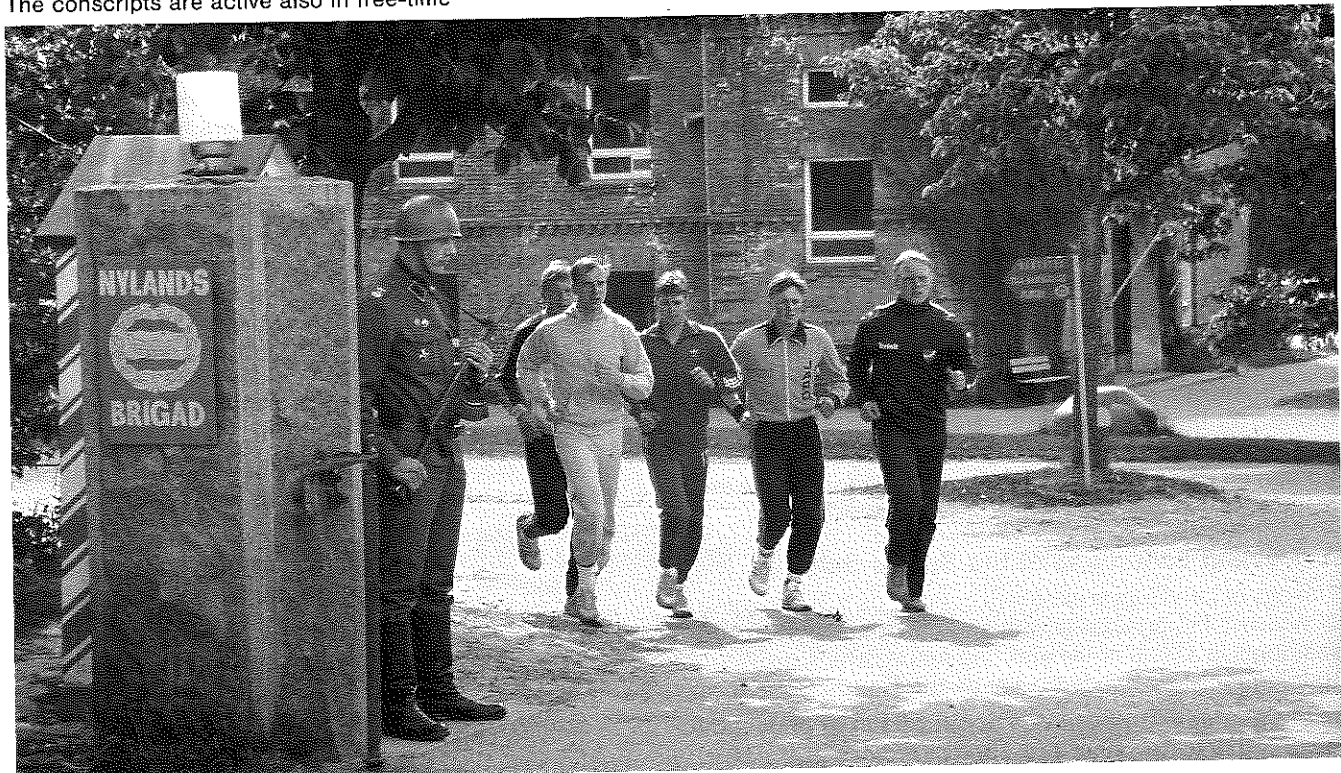
5. Training in sports companies

- The time for sports training is 2-4 hours daily. During that time sportsmen practise systematically mainly according to their own training programmes;
- the competition and training plan of a sportsman will be accepted in the basic training period (8 weeks);
- the training camps arranged in various sports institutes and the skiing camp in Lapland intensify the training in sports companies;
- the training is carried out by educated military coaches. Coaches and instructors of special sports associations control and direct exercises;
- the sportsmen receive also coach training. The sportsmen pass a coach examination at national B-level, (approx 40 lessons). Moreover, the special sports associations give both coach and referee training at various levels;
- the training is controlled by physical capability and laboratory tests.

Until now, the experience of the sports companies has been positive and service in these companies has become an encouraging and educative period in the training of a sportsman.

Physical training and sports in the Finnish Defence Forces have experienced great development during the last few years. After a complete renewal of the physical training of staff and conscripts, improvement of the reservists' physical fitness, health and performance will be the main effort in the years to come. The actions for this purpose require close co-operation with civilian authorities and voluntary sports associations. In this field, new research has already been done, and co-operation has been started.

The conscripts are active also in free-time





SPORT et RAMADAN

Colonel Médecin H. FAYALA (Tunisie) Coördinateur Scientifique de l'Académie du CISM.

1. – INTRODUCTION

Le jeûne est une privation de l'organisme de tout apport énergétique pendant un temps donné. Or l'organisme du sportif est une machine de transformation permanente de l'énergie: les dépenses sont continues et le ravitaillement se fait de façon discontinue, il passe ainsi quotidiennement par des périodes de jeûne de durée variable.

La plus longue de ces périodes correspond au sommeil nocturne, là où les dépenses énergétiques sont les plus faibles. Il s'agit là d'un jeûne physiologique.

A côté de ce jeûne dit physiologique deux autres types de jeûne peuvent être individualisés.

a) le **jeûne continu** qui est caractérisé par une période de privation dépassant les limites habituelles.

De nombreux travaux ont été consacrés par les physiologistes à ce type de jeûne. Les expérimentations ont été effectuées sur des animaux de laboratoire et sur des personnes volontaires.

La durée du jeûne continu varie selon les conditions d'expérimentation et on a l'habitude de distinguer deux types selon qu'elle dépasse ou non 7 jours (jeûne court inférieur à 7 jours, jeûne long supérieur à 7 jours).

La survie implique que l'organisme fasse appel à un mécanisme d'adaptation, réduisant au maximum ses dépenses et mettant en jeu ses réserves énergétiques les plus stables.

b) le **jeûne du Ramadan** de caractère religieux est pratiqué par les musulmans.

Il se caractérise par une privation aussi bien hydrique qu'énergétique intermittente, dont la durée n'excède pas 14 heures, journalièrement répétée pendant un mois lunaire.

La différence essentielle avec le jeûne physiologique normal réside dans sa position dans le temps au cours du cycle nyctéméral puisqu'il correspond à la période où l'organisme est habitué à être ravitaillé en énergie et où ses besoins sont les plus forts. Par ailleurs il diffère du jeûne expérimental continu par sa **périodicité** et sa **courte durée**.

2. – ASPECT RELIGIEUX DU JEUNE DU RAMADAN

Pour comprendre la portée religieuse du jeûne chez plus de 800 millions de musulmans, il suffit de citer ce noble verset 185 de la sourate de la Vache:

«En ce mois du jeûne, Ramadan, fut révélé par le coran, lumière éclairant la voie aux hommes et témoignage éclatant de vérité et de salut. Quicon-

que d'entre vous verra poindre le croissant jeûnera tout le mois. Celui qui parmi vous sera malade ou en voyage jeûnera plus tard un nombre égal de jours. Dieu entend vous mettre à votre aise et non vous imposer de contrainte. Accomplissez strictement cette période de jeûne et exaltes Dieu pour vous avoir mis sur la bonne voie, ainsi lui rendriez-vous grâce pour ses bienfaits».

Les bienfaits du jeûne sont multiples, d'ordre spirituel, psychologique, social et corporel. Cette épreuve est en réalité une leçon d'auto-discipline spirituelle qui consacre l'obéissance à Dieu le Très-Haut et nous rend conscient de Ses Grâces à notre égard. Il est aussi une discipline sociale dans la mesure où l'on se veut, en pratiquant cet acte culturel, solidaire des pauvres et dénués, elle développe en nous le sentiment de l'attache à la collectivité. Il est également une conduite morale qui contribue au renforcement de la volonté à se contrôler. C'est enfin un exercice physique qui invite le croyant à supporter la faim et la soif. Quel bonheur est celui des musulmans qui pratiquent le jeûne du Ramadan et l'on comprend ainsi pourquoi le sportif peut reléguer au second plan la recherche de la performance athlétique.

3. – LES MODIFICATIONS BIOLOGIQUES DUES AU JEUNE DU RAMADAN

Si les effets du jeûne continu ont fait l'objet de nombreux travaux, on déplore l'absence presque totale d'études concernant le jeûne intermittent et prolongé.

Il est hors de question de soumettre un sportif respectant le jeûne du Ramadan à des épreuves de contrôle médico-physiologique dynamiques lourdes à supporter.

Le médecin peut néanmoins étudier certains paramètres cliniques, physiologiques et biologiques simples ou complexes concernant le comportement de l'organisme soumis au jeûne du Ramadan. Les mesures des constantes répétées au cours d'une même journée permettent de suivre leur évolution au cours du nyctémère pendant et avant le jeûne.

On demande aux sportifs testés de prendre leurs deux repas quotidiens à heure fixe c'est-à-dire au moment de la rupture officielle du jeûne pour le premier et entre 3 heures ou 4 heures pour le second (dernier repas avant le début du jeûne du lendemain).

1) Modification du poids corporel du sportif

Il n'existe aucune variation significative du poids au cours du jeûne. Pour un sportif appliquant strictement les règles de diététique sportive et se contentant de deux repas tout en continuant une activité physique type entraînement, la perte de poids ne dépasse pas 500 gr après un mois de jeûne effectif. Une diminution de 5 pour 100

du poids corporel n'a pas d'effet défavorable sur la force ni sur les fonctions essentielles de l'organisme. Par contre il n'est pas rare de noter un gain de poids dépassant un à deux kilogrammes. C'est là une constatation apparemment paradoxale, mais rappelons, pour les non musulmans, que le Ramadan est souvent l'occasion de festins vespéro-nocturnes traditionnels inhabituels pour l'organisme du sportif physiologiquement adapté à une diététique spécifiquement sportive.

2) Les chiffres de la Tension Artérielle vérifiée pendant et en dehors de la période du jeûne varient peu.

3) Les pulsations cardiaques

Chez le sportif, en dehors des périodes d'effort physique et de récupération les variations du pouls sont peu importantes. Par contre durant le jeûne du Ramadan, il peut s'installer une tendance à l'augmentation du rythme cardiaque le matin et en fin de journée, d'autre part une bradycardie relative est souvent observée.

Un fait devrait être pris en considération lorsqu'on étudie les variations du rythme cardiaque pendant la période au cours de laquelle l'alimentation est permise: la digestion accélère toujours le rythme cardiaque durant 2 ou 3 heures. Des observations faites sur des sujets en état de jeûne continu ont montré que le moment de la journée paraît n'avoir aucune influence sur le rythme cardiaque en position couchée tandis que ce rythme en position debout est plus rapide d'environ 6 battements par minute en fin d'après-midi.

4) Les conséquences de la privation de l'organisme en eau sont analogues à celles observées expérimentalement lorsqu'on pratique chez un sujet sain un test de restriction hydrique en vue d'explorer la sécrétion d'hormone antidiurétique. Pour garder la concentration du milieu intérieur relativement stable, l'organisme du sportif doit réduire ses pertes hydro-électriques; cette réduction se fait essentiellement par une diminution du volume des urines. Cette chute de la diurèse est la conséquence de l'hypovolémie et l'hémoconcentration (voir élévation de la protidémie). Elle est également sous la dépendance de mécanismes hormonaux (hypersécrétion d'aldostérone et d'hormone antidiurétique).

Au cours du Ramadan, on observe une réduction notable du volume de la diurèse qui commence à être significative à compter du 6^e jour du jeûne. Le volume des urines peut être réduit de moitié par rapport au volume normal d'avant le jeûne. Cette oligurie porte sur tous les échantillons recueillis, elle est plus accusée pour l'échantillon pris entre 13 et 18 H c'est-à-dire de fin de période de jeûne.

Les constantes biologiques

a) la **glycémie** vérifiée le matin à jeun, avant les repas de midi et celui du soir a une valeur moyenne individuelle stable.

Au 6^e jour du jeûne, l'allure de la courbe est profondément modifiée: deux constatations:

- chute marquée de la glycémie à 13 H, cette diminution a tendance à se corriger vers la fin de la journée.
- Au 26^e jour du jeûne le même phénomène se produit c'est-à-dire la glycémie baisse à 13 H et gardera des valeurs stables les jours suivants.

b) Les **variations de la protidémie**: négligeables en temps normal au cours de la journée, elles sont importantes au cours du Ramadan, avec une élévation vespérale de cette constante à partir du 6^e jour jusqu'à la fin du jeûne; ces variations peuvent dépasser 4 à 6 gr.

4. - LES EPREUVES DYNAMIQUES

Pendant le jeûne du Ramadan, on ne peut pas se permettre de pousser l'effort à des valeurs maximales. On constate cependant que les moins bonnes performances sont observées au cours du jeûne.

La consommation d'oxygène aux divers paliers est plus élevée en période normale qu'en période de jeûne.

Le quotient respiratoire atteint des valeurs proches de 1 au cours du Ramadan.

5. - IMPORTANCE DE L'HYDRATATION AU COURS DU JEUNE

La plupart des pays musulmans étant situés dans des zones chaudes du globe, une attention particulière doit être réservée au jeûne hydrique notamment l'été. Les variations de la température affectent presque tous les processus physiques, cliniques et biologiques. Le sportif s'adapte facilement à des variations importantes de la température, au moyen de réactions de son système vasomoteur et de ses glandes sudoripares. Il a constamment besoin d'éliminer des calories. Cette déperdition de chaleur se fait par radiation, conduction et par évaporation d'eau. La quantité de chaleur perdue par radiation et par conduction dépend dans une large mesure de la température de l'air ambiant, tandis que la quantité de chaleur perdue par évaporation d'eau dépend de l'hygrométrie relative de l'environnement. Certaines conditions permettent une perte de chaleur uniquement par radiation et conduction. Dans un air chaud et sec, la perte de chaleur par évaporation est à son maximum. Lorsque la température de l'air s'élève au-dessus de celle du corps, la plus grande partie des calories est perdue par évaporation d'eau.

Durant un exercice physique l'organisme ne peut utiliser toute l'énergie libérée. Seulement 20 à 25% sont transformés en travail mécanique, le reste (75 à 80%) devient de la chaleur produite dans les muscles et qui est diffusée dans le reste du corps par le sang. Afin d'éviter la surchauffe, le corps doit éliminer de la chaleur essentiellement par l'évaporation qui nécessite elle-même la formation de sueur. Cette perte d'eau par transpiration dépend de l'intensité du travail, de la température et de l'humidité ambiante. La perte d'eau par expiration passe de 400 ml par 24 H au repos à 200 ml par heure à l'effort. Les liquides perdus proviennent du sang. Le volume sanguin diminue. Mais lors du travail musculaire, celui-ci ne peut diminuer car de nombreuses fonctions physiologiques exigent un volume sanguin constant.

Effectivement à l'effort, il ne varie pas; dans ce cas l'eau provient des cellules et très probablement des cellules musculaires. A l'effort, le corps peut perdre environ 600 à 800 grammes d'eau par heure, sans que l'équilibre cellulaire soit modifié. Mais cette production d'eau est insuffisante pour un travail intense et surtout si celui-ci est effectué à une température ambiante élevée, comme c'est le cas dans les pays musulmans. En outre l'absence d'apport hydrique pendant le jeûne place l'organisme en position d'endettement en eau avant même la pratique d'activité sportive.

Les physiologistes ont établi un rapport étroit entre la déshydratation et la diminution de la capacité de travail.

Pour une déshydratation de 4% du poids du corps, le rendement athlétique est réduit de 60% lorsque la température ambiante est de 41° C. Une perte de 1% par transpiration dans une température ambiante élevée en condition de repos, entraîne une réduction de la capacité

الرياضة و شهر رمضان المبارك

de 8% , alors qu'elle sera de 12% pour un travail intense et soutenu.

Ainsi peut-on considérer que durant le jeûne la privation de l'organisme de l'apport d'eau habituel, par les boissons et les aliments, peut entraîner une déshydratation qui non seulement constituera un facteur limitatif du rendement sportif mais qui peut aussi représenter, dans le pire des cas, un danger potentiel.

6. - HABITUDES ALIMENTAIRES DU RAMADAN

Le sportif musulman se trouve dans un milieu propre à lui avec des habitudes alimentaires séculaires. Il serait inutile de lui imposer des règles de diététique compliquée et souvent importée sans tenir compte de ses goûts, de ses caractéristiques ethniques, de son comportement physiologique, de son psychisme et de ses aptitudes physiques. On remarque cependant que, en plus du dîner copieux correspondant à la rupture du jeûne (coucher du soleil) les festivités et les veillées nocturnes traditionnelles et très animées sont accompagnées d'une forte imprégnation glucidique. Or l'organisme ne peut stocker que 500 gr d'hydrates de carbone situés principalement dans les muscles sous forme de glycogène, et plus exactement 380/400 gr dans les muscles, 70 gr en moyenne dans le foie et 7 gr dans le sang, chiffres avancés par les travaux scandinaves obtenus grâce à la pratique des biopsies. Par conséquent l'apport hyperglucidique excessif de la veille ne sera d'aucune utilité. Le jeûne qui va épuiser le glycogène hépatique entraînera une augmentation importante de l'utilisation des lipides. On a pu calculer qu'après un jeûne de 24 heures, 8,5% de l'énergie myocardique est fournie par les graisses.

7. - CONCLUSION

Le jeûne du Ramadan représente pour l'organisme du sportif une épreuve qui est objective par une réduction des possibilités athlétiques. Le dérèglement alimentaire et la fatigue des veillées nocturnes traditionnelles s'ajoutent à cette baisse de rendement de l'activité sportive.

Lorsqu'on étudie l'évolution des différents paramètres on constate que l'adaptation au jeûne se fait après une période de latence, de façon différente, selon que l'on considère telle ou telle constante biologique, tel ou tel organe. Les réactions de l'organisme résultent de la privation momentanée de l'apport de nutriments énergétiques et de la restriction hydro-électrolytique. En ce qui concerne les conséquences de l'absence de l'apport calorifique exogène par les repas interviennent des phénomènes de glyco-génolyse hépatique et probablement musculaire sous la dépendance d'une régulation hormonale très complexe. Dans les pays chauds une attention particulière doit être prêtée par le médecin à la restriction de l'organisme en eau dont les conséquences peuvent être néfastes et imprévues.

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مختصر للمقال الذي كتبه الطبيب الحفيد فياله ، المنسق العلمي
لاكاديمية السيزيم • ترجمة وأعداد ليون يرانوسيان ، رئيس القسم العربي
في المجلس الدولي للرياضة العسكرية •

١- المقدمة

يحرم الصيام ، لمدة معينة ، وصول كل المواد الغذائية التي تتوّد
الجسم بالطاقة والحياة • علما ان جسم الرياضي هو آلة تحول بشكل
دائم كل ما يرد • ويستطيع ان يميز نوعين من الصيام : - الصيام
المستمر ، ب- صيام شهر رمضان ، وهذا ما يهمنا في مقالنا :

الصيام في شهر رمضان

يتميز هذا الصيام بصفته الدينية التي يقدرها جميع المسلمين ، وهو
يجبرهم على الامتناع عن اخذ المواد السائلة والمغذية مدة لا تتجاوز
ال ١٤ ساعة من كل يوم ، ولمدة شهر قمرى واحد •

٢- الظواهر الدينية لشهر رمضان المبارك

لفهم القيمة الدينية لصيام ينفذه ٨٠٠ مليون مسلم ، فما علينا الا ان
نردد الآية القرآنية الكريمة (١٨٥) من سورة البقرة •
واعترف الجميع بان محاسن الصيام عديدة : من النواحي الروحية ،
والنفسية والاجتماعية والجسمية • وما اعظم السعادة التي تخمر قلوب
جميع المسلمين الصائمين رمضان ؟ وهذا ما يدفعهم لوضع تحسين
مستواهم الرياضي في المرتبة الثانية •

٣- التبدلات البيولوجية نتيجة صيام رمضان

عدم اجراء تجارب واختبارات طبية-فيزيولوجية تتطلب جهدا كبيرا
اخذ الوجبتين اليومييتين للطعام في ساعات محددة : في وقت
الافطار ، وما بين الساعة ٣ و ٤ صباحا •

(أ) التغيير الذي يطرا على وزن الجسم

لن يفقد الرياضي اكثر من ٥٠٠ غرام من وزنه خلال شهر كامل •

ب) ارقام ضغط الشرايين

لن يطرا الا تغييرات طفيفة على هذه الأرقام خلال صيام رمضان •

ج) نبضات القلب

على الرياضي ان يعمل على زيادة تواتر نبضات القلب صباحا وفي
المساء • علما ان تواترها يزداد اثناء هضم الطعام •

د) ان حجم الافراز البولوي يقل في اليوم السادس من الصوم ، لذا على
الرياضي ان يقلل من البول للحفاظ على توازنه الداخلي للجسم •

الوقائع البيولوجية : تحلون الدم وظهور المواد البروتينية •

٤- التجارب الديناميكية

الاقبال من التمارين المجهدة نظرا لمبوط لياقة الرياضي •

٥- ارواء (تبييه) الجسم خلال الصيام

اذا حرم الجسم من اخذ الماء المعتاد وتناول الغذاء الضروري ،
فهذا يعرض جسم الانسان لحالة جفاف تضعف مردوده الرياضي •

٦- المواد الغذائية وتقاليد سهرات رمضان

عدم تناول الكثير من المواد السكرية في الليل ، لعدم اتعاب الكبد •

٧- الخلاصة : رمضان هو درس واختبار لبنية الرياضي ، وتتوّد حتما
الى انخفاض مستواه ومردوده • وعلا الطبيب ان ينتبه الى نقص الماء
في الجسم ، ونتائج الاهمال ستكونوا وخيمة •

ويثبت ان الجسم يعتاد على الصيام بعد مرور مدة زمنية ، ما بين
التبويه والاستجابة ، وهذه المدة مرتبطة بمقاييس بيولوجية وعضوية ،
ويردود فعل هي نتيجة لحرمان الجسم من تناول المواد المغذية ،
والسائلة ، كل ذلك يقود الى تخزين المواد السكرية في الكبد •••

ملاحظة : سنعلم على نشر المقال بالكامل في "مجلة الرياضة العربية"



SPORTS COOPERATION WITH DEVELOPING COUNTRIES

R. MOLLET
Secrétaire Général Permanent

LA COOPERATION SPORTIVE AVEC LES PAYS EN CROISSANCE

Le Conseil International du Sport Militaire s'est assigné comme but depuis de nombreuses années le développement des activités physiques dans tous ses pays membres.

La coopération technique sportive s'inscrit en effet dans le contexte du sport moderne. Celui-ci, devenu un fait social universel, réclame avant tout, une égalité de chances.

Dès 1951, le CISM a pris une orientation capable de réaliser une assistance sportive au profit de chacun et de tous.

Les premiers stages furent organisés en 1954 (Bosen-Suède), en 1955 (Mafra-Portugal) et en 1957 (Formia-Italie).

Travaux et réflexions aboutissent en 1957 à la création de l'Académie du CISM. Les effets sont immédiats. Le CISM entreprend bientôt l'organisation de stages techniques hors d'Europe: Tunisie et Turquie 1969, Maroc 1970, Brésil, Ghana et Syrie 1972, Argentine et Zaïre 1973, Cameroun 1975, Qatar 1977, Iran 1978, etc... L'énumération de ces villes dispersées dans tous les continents permet la justification de l'article qui va suivre. En effet, le développement extraordinaire de la coopération sportive a besoin selon nous que des voix expérimentées s'élèvent pour faire le point et surtout **faire mieux**.

Cette allocution a été prononcée lors de la cérémonie solennelle d'ouverture de la 39ème Assemblée Générale du CISM à Singapour. Elle le fut en présence de hautes autorités sportives militaires et civiles de ce grand continent.

Le Conseil International du Sport Militaire souhaite vivement que les orientations proposées soient rapidement étudiées et adoptées par les organismes promoteurs d'une vaste solidarité sportive.

In proposing a subject for reflection in the context of the North-South dialogue, it is suggested that a thorough analysis be made in order to promote a sports cooperation policy which would, in the long term, be capable of producing lasting effects.

1. Justification of the Analysis Test

The sports movement is preoccupied with the trend towards sport in the vastly populated areas of the Third World.

We propose that a study take place:

- on the results obtained up until now thanks to the commendable but disorganised efforts of organisms acting in the field of sports cooperation;
- on the means available at present to introduce, promote and aid sport in the vast areas of the Third World;
- on the priorities to be established, recommended and respected;
- on the directive ideas to be recommended for implementation of the plans.

2. Preliminary Remarks

2.1. Fundamental Requirements

These are of two types:

- elementary requirements: food, health, education, housing;
- cultural requirements: freedom, culture, quality of life.

Sport, considered as an integral part of culture, can therefore, fall into the category of cultural needs.

It is obvious that sports cooperation is certainly not the priority. However, it is not negligible on account of the multiple and varied contributions it can bring to:

- improving health,
- becoming aware of one's identity,
- occupying free time,
- and especially, communication and understanding between men.

2.2 Interdependence

It is most important to develop a North-South sports cooperation for the interdependence of the nations and for the interdisciplinary nature of existing problems.

Any sports events, any new trends now have an extraordinary resonance across whole the world.

2.3 Diversity of Regions

In any approach to resolving sports cooperation problems, one factor should be taken into consideration, that of the different ways of life.

We feel that, proposing examples which have been a success in industrial countries would be a **fundamental error** and a study of the means being used at present shows that this disastrous error was and is still being made.

Among the problems brought about by the way of life, in this field we should raise the following:

- nutritional problems which are influential on one's state of health and the ability to take up physical rational training;
- the too-slow penetration of physical education and sport in educational systems;
- religious, social and cultural obstacles as for example, the status of women, the Ramadan, etc.;
- the influence of the sports system of colonial origin.

It appears, therefore, that the **examples proposed** by the organisms of cooperation should be strictly adapted to the specific regional conditions.

3. Thoughts on present Sports Cooperation

3.1. Absence of essential coordination

During the last twenty years, appreciable efforts have been agreed upon in order to raise the level of sport in developing countries in particular.

The "Olympic Solidarity" movement in particular has considerably expanded.

Many International Federations have also set up specific, important and useful programmes.

UNESCO has created an "Intergovernmental Committee for Physical Education and Sport" as well as "International Funds for the Development of Sport". The CIEPS benefits from the A status of UNESCO.

Since 1957, the International Council of Military Sport (CISM) has an Academy regularly organising sports clinics.

Finally, many countries who are more advanced in the sports field aid the developing countries by the channel of bilateral agreements.

However, all these efforts and these enterprises are not coordinated, each one acting within its own sphere of influence or action.

This results in overlapping while the necessity of better planning based on the recognition of essential priorities emerges.

3.2. Are clinic instructors of varied origins, prepared for the specific conditions they come up against?

If we judge by the way in which they are recruited and appointed, it does not seem to be the case.

3.3. How to completely modify the present conception of sports cooperation?

In our opinion:

1. in making the instructors much more attentive and **knowledgeable** of the physical, psychological, political and cultural aspects of the country in which they are going to operate;
2. in proposing **installations** adapted to the financial capacities of the countries concerned in accordance with a closely examined order of priority;
3. in creating **factories on-site** capable of supplying light equipment well adapted to regional conditions, at a reasonable price;
4. in setting up a system to ensure the **follow-up of actions** undertaken too often too quickly and rarely followed by progressive and consistent programming.
For example, how may instructors and trainers remain in the profession? What about the equivalence of Diplomas?
5. in creating by region, with the means, men and installations available, a physical and sports education system adapted to the local needs.

4. The suggestions which follow have been inspired from observations made previously.

They are directed at **RESOLUTELY** and **PROFOUNDLY** modifying the present sports cooperation system which is too often based either on the sending of the technicians (clinics) or on the welcome in industrialised countries (bursaries).

4.1. Leaders

Proposal N° 1: to create an **institute of sports studies** in each of the large regions known to be undergoing development, the conception of which would notably differ from the present models.

To deliberately increase the Third World's responsibility in international sports organisations.

4.2. Top Competition Athletes

Proposal N° 2 : to install a **permanent training centre** in each of the main regions of the 3rd World.

These centres ought to have high-level sports installations allowing:

- practice and instruction on the principle sports in the best modern conditions: floor, apparatus, audio-visual facilities;
- detection of young talent;
- sports medical control.

The athletes representing the countries of the region would be assembled there regularly to prepare together Continental or Regional Games, World Championships and Olympic Games, etc.

The clinics would be carefully prepared by the regional experts helped by foreign experts.

The clinics **must** be controlled by a regional responsible chosen by the leaders of the zone.

Suggested Actions:

- census of the centres which could be improved;
- contact with the authorities concerned;
- search for interventions for financing (olympic solidarity, foundations, international federations involved, UNESCO funds, etc.)
- signing of agreements

Proposal N° 3: to continue to regionalize the existing system of bursaries allocated to talented athletes in foreign institutes or universities.

4.3. Trainers (Coaches)

Proposal N° 4: coordination of, aids let's repeat, avoid overlapping, and establish a coherent planning. study of priorities and requirements.

It is worth noting that swimming is not greatly developed in certain regions (black Africa, for example). This should, therefore, be a priority sport.

Act on recommendation by the relative federations.

4.4. Sports Medicine

It would be advisable to accelerate the formation of sports Doctors, taking care to examine in each case the regional peculiarities.

Proposal N° 5: It seems to me the best way would be to provide for a **sports medical centre** in each training centre with the following principle assignments:

- examination of peculiarities;
- evaluation of talents (detection-tests-orientation);
- sports medical control;
- fight against doping;
- the formation of sports medical auxiliaries.

4.5. Documentation

The rapid, serious and useful circulation of ideas, methods and processes comes through information. At the moment, this is of secondary importance and sketchy. Above all, it conflicts with the language barrier.

The aim should be to put reliable and continuous documentation at the regions' disposal.

Two networks ought to be created:

1. within the sports studies institutes (theoretical aspects);
2. within the training centres (practical aspects).

Moreover, a system of video-cassettes presenting the basic aspects of training and the techniques ought to be set up and made available to the regions.

4.6. Sport for All

This problem has considerable scope.

The first phase should consist of carrying out a study on the possibilities and the means of establishing "Sport for All": children, women, non-sporting adults and the handicapped, in the principle homogeneous zones.

The realization could consist of:

- surveys;
- formation of sports leaders from the armed forces;
- selection of rural and urban district tests in order to bring them limited experience;
- establishment in these districts of an evolutionary economic centre which could also be transformed progressively;
- study of the standardization of light sports equipment in order to progress rapidly to an autonomy relative to this domain (creation of factories).

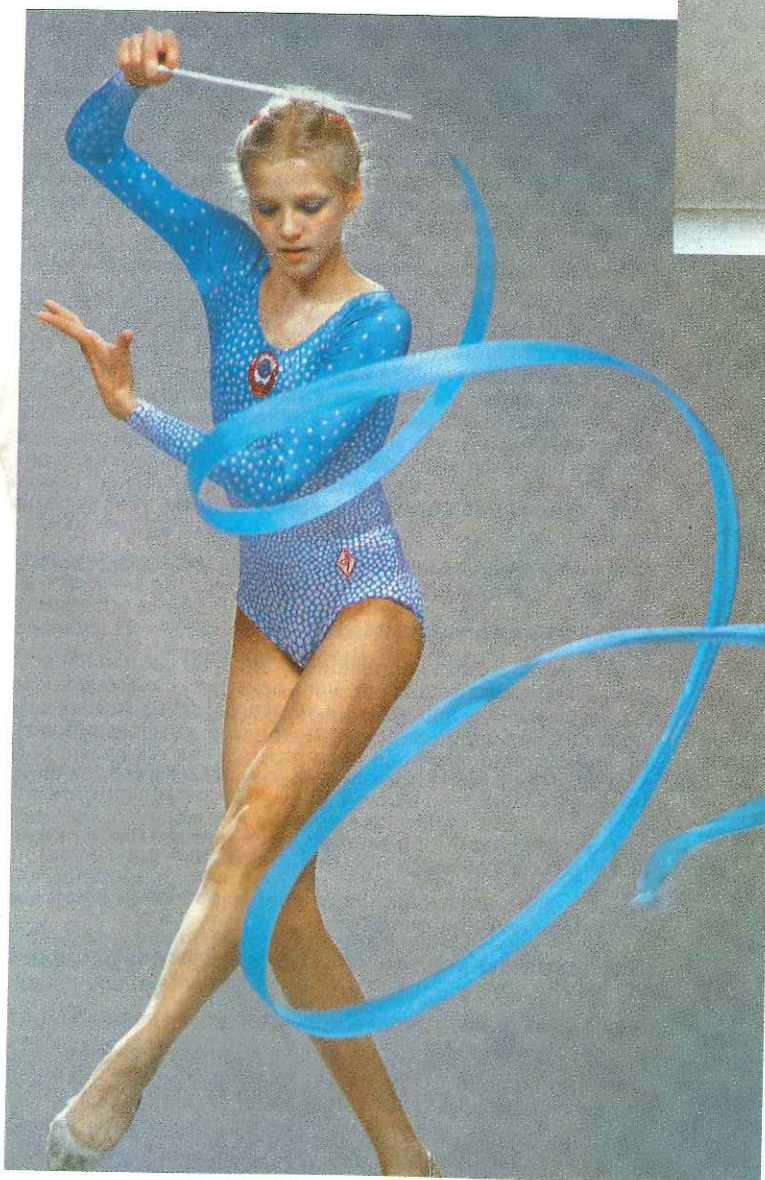
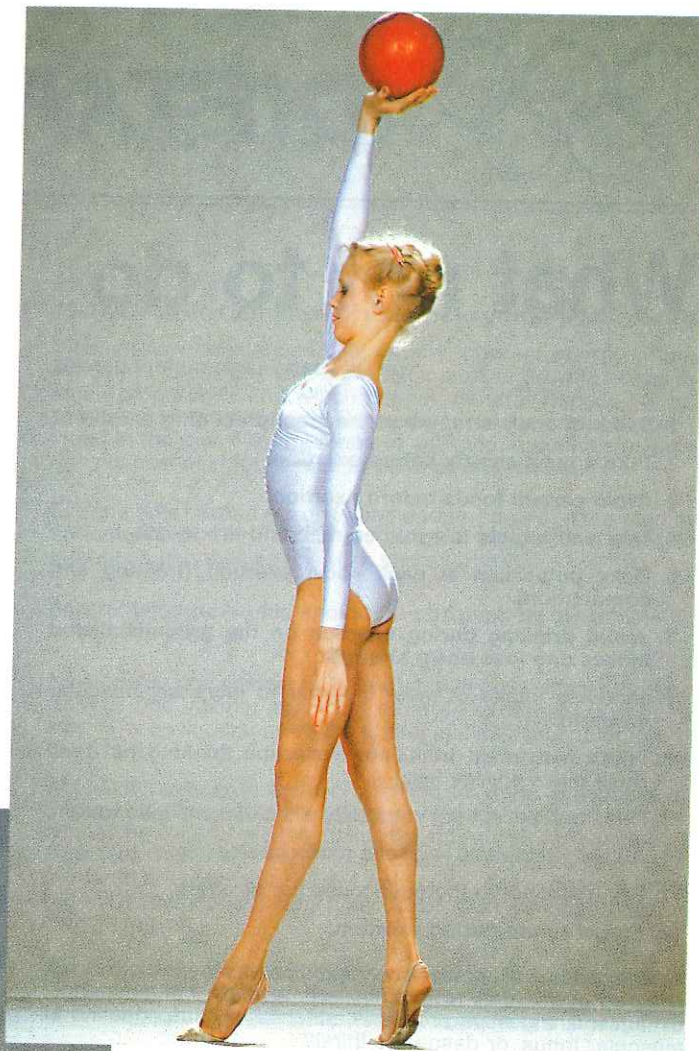
CONCLUSIONS

1. We suggest thoroughly modifying the sports **model** proposed to developing countries.
2. We recommend a new firm approach which would lead to the responsibilities, management and realization of projects being entrusted to those who are familiar with the needs of their region.
3. We recommend **real and permanent** cooperation between the organisms at present working in a disorganised manner.
4. We ask the I.O.C. to be the driving force of the proposed actions in close coordination with the other international authorities involved.

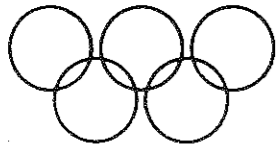
CISM is ready to cooperate.

Le texte français de cet article peut être obtenu sur simple demande adressée à SPORT INTERNATIONAL

*Jolies
ambassadrices*



*Pretty
persuaders*



DIETARY MISTAKES

What not to do

by Dr. Jean-Pierre de Mondenard

1. Build up one's strength at the meal preceding exertion.
2. Take a meal shortly before exertion.
3. Avoid certain foods before exertion.
4. Take salt tablets to avoid cramps and tiredness.
5. Take potassium at each sport exertion (training and competition).
6. Avoid drinking during exertion on the grounds that it makes one lose one's strength.
7. Increase intake of meat in order to increase muscular strength.
8. Take a sweetened drink before exertion, thinking that it will raise one's energy level.
9. Think that perspiring copiously will make one lose weight.
10. Abuse vitamins to improve performance.
11. Drink alcohol to increase muscular strength.
12. Forget to eat during exertion.

What sportsman, whether in competition or otherwise, has not suffered at one time or another from cramps, hunger pangs, exhaustion, digestive problems, stitches, a sharp decline in muscular tonus, or desperate thirst?

All these problems can be prevented by a balanced, suitable intake of food, either before, during or after the competition.

In fact, good eating habits should be adopted a long time in advance. They play a large part in bringing the athlete gradually up to top form.

The opposite is also true: a freak diet during the competition or precompetition period frequently results in poor performance during exertion.

Among athletes, there are two extremes: some over-sacrifice dietary rules to gastronomy, while some do quite the opposite, building dietetics up into an infallible and miraculous means of helping them win victories.

According to the latter, success depends on a so-called "wonder" foodstuff or even nutrient, whether it be raw meat, vitamins, potassium, sugar or glucose, etc.

In both cases, the nutritional mistakes or beliefs are numerous.

We shall therefore look at the most common dietary mistakes and beliefs which are encountered in the sporting environment.

1. Build up one's strength at the meal preceding exertion

Because of the relative slowness of the digestion, the last meal will not have any effect in providing the energy-giving substances required for exertion during a competition. All the specialists are agreed in recommending a very light meal.

2. Take a meal shortly before exertion

The last meal before exertion should be taken at least three hours, and even four hours for some people, before exertion.

Why such a long interval between the last meal and the beginning of the competition?

When exertion takes place during digestion, the latter is seriously upset and there may be stomach cramps or even vomiting, tachycardia (increase in the number of heart beats per minute), and breathlessness.

During digestion, the blood supply is drawn towards the digestive area, i.e. away from the muscles and the brain.

If, at that moment, the athlete exerts himself, the muscles are at a disadvantage, since they require an inflow of blood to carry out their work (hence a lack of tonus, slowness and difficulty in starting to move, poor performance, sleepiness).

It is therefore easy to see that digestion and muscular effort do not go together comfortably.

3. Avoid certain foods before exertion

The composition of the meal preceding the competition should not be rigid. Some people are able to eat practically anything and achieve their best performance, while there are others who on the contrary have to restrict themselves to a pre-competition meal in the sporting style (ham, jam sandwich) if they are to avoid digestive difficulties during exertion.

I know one judo champion who, during the whole day of a championship (Paris Tournament, Olympic Games) was only able to take liquids.

Thus, without taking it to excess, the athlete may eat in a reasonable manner whatever he likes, even if this includes foodstuffs which have a bad dietary reputation in sporting circles.

However, to make the most of the possibilities, it is preferable to take the precompetition meal recommended by the Scandinavians. "This meal is made up mainly of bread, marmalade (jam), a slice of ham and a lightly sugared drink (less than 20 grammes per litre). Whatever it includes, the meal should be a light one, and athletes must be advised not to take in large quantities of poultry meat, etc. at that moment".

4. Take salt tablets to avoid cramps and tiredness

During intense, repeated exertion in high temperatures, the secretion of sweat increases, particularly the amount of water, while the concentration of salt in the sweat is reduced. The kidneys adapt themselves by reducing the excretion of sodium in the urine, and the liquid secreted by the salivary glands contains less salt. At this level of adaptation, the trained athlete is able to retain his hydromineral (water and salts) balance and maintain his physical condition with only 5 grammes of salt per day, at the same time as providing intense work in a hot humid atmosphere and excreting between four and nine litres of sweat per day.

Thus the addition of a little salt to foodstuffs is sufficient to make up for excessive losses.

5. Take potassium when it is hot

Under normal exertion conditions, there is no point in the athlete taking in extra potassium, since only very little potassium is lost in sweat. Many authors have given proof of this. Normal eating ensures an adequate supply. If a loss of potassium is feared, 1½ litres of natural orange juice provides the equivalent of a potassium loss corresponding to between two and three litres of sweat.

6. Avoid drinking during exertion on the ground that it makes one lose one's strength

In sport, there are two particularly tenacious ideas which are still being hawked around.

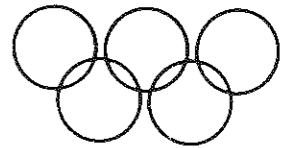
"The runner who does best in hot weather is the one who drinks the least".

"Don't drink during exertion—you'll lose your strength".

In our opinion, it is these ideas which should be lost! In fact, work carried out by Scandinavia scientists has demonstrated the essential role of drink in respect of performance.

When the athlete perspires, the liquids bathing the muscular cells are reduced. These cells cannot function properly until

MADE BY ATHLETES



the quantity of liquid is built up again. In order to limit the drop in performance due to perspiration during exertion, a glucose solution must be taken in. The concentration of glucose in the drink varies according to the air temperature (summer or winter).

for example: below 10°C: 120 grammes per litre;

around 20°C: 60 grammes per litre;

above 25°C: 40 grammes per litre;

7. Increase intake of meat in order to increase muscular strength

Most athletes are convinced of this, and base their excessive consumption of meat on the fact that proteins are active in the formation of muscle.

The well-known saying "beef muscle makes human muscle" is firmly entrenched in the minds of athletes.

Much work has been done which proves that the energy provided by products during intense physical exertion is no greater than at rest. Which means that when there is too much over 20% of the intake calories—the excess is destroyed.

8. Take a sweetened drink before exertion, thinking that it will raise one's energy level

It is generally admitted that the last normal meal should be taken at least three hours, or even four hours for some people, before the competition. On the other hand, there is no point in taking a glucose drink during the period between the end of the meal and 20 minutes before the competition. In fact, a "sugared" drink consumed during this period results in the secretion of insulin, a hormone which reduces the blood-sugar level and thus the physical possibilities at the beginning of the effort. In other words, an excess of sugar, in the form of drinks, while at rest is likely to have the opposite effect to that intended.

However, a glucosed drink taken during the 20 minutes preceding exertion, by virtue of the time required for absorption and therefore for it to become usable by the organism, will be effective between 20 and 30 minutes after being drunk, i.e. at the beginning of exertion.

9. Think that perspiring copiously during exertion will make one lose weight

It is not rare to see athletes wearing several layers of clothes or even a sweat garment during training in the hope of losing more quickly the weight put on during holiday periods or between seasons. They even work hard at it, since these athletes have noticed that perspiration is greater during intense exertion.

It is true that weighing oneself immediately after exertion shows a weight loss of between one and three kilos, depending on the intensity and duration of the exertion. That is normal.

However, if the weight were to be checked after the meal following the training period, the athlete would have the disagreeable surprise of seeing that there was no weight loss.

In fact, during intense exertion, the loss of weight is due to dehydration—in other words, to the loss of water through perspiration.

During the intake of food following exertion, the organism makes the most of the opportunity to maintain the balance of liquids bathing the cells.

Thus, during the meal following exertion, water in the food will not be eliminated in the urine but retained to compensate for the loss due to exertion. As a consequence, the weight measured before training will remain practically the same.

On the other hand, in order to lose weight, there must be an effort at between 30 and 50% maximum capacity since, at that moment, it is fats which are used up by the organism.

10. Thinking that the abuse of vitamins improves performance

Vitamins are substances without any inherent energy value, which are necessary to the organism and its growth, acting in small proportions and which cannot, generally speaking, be produced within the body. This means that they must be provided in the diet. The presence of sufficient quantities of vitamins is essential for obtaining good sports results.

Experiments carried out on young people show that the vitamin enrichment of diets which are already balanced in no way increases capabilities for work and exertion.

Several important rules should be observed by the athlete in using vitamins.

Never given one vitamin on its own, but in multi-vitamin preparations; one vitamin absorbed alone in excessive quantities results in an imbalance which is prejudicial to muscular effort.

It is not necessary, in terms of vitamins, to "dope" the athlete at the time of the event with a large overdose of vitamins. Care should be taken that the daily diet during training includes sufficient vitamins. A very varied diet (fresh vegetables, dairy products and cereals) will not only cover daily requirements, but will also ensure optimal daily doses slightly higher than the daily minimum.

As the Scandinavians point out humorously, "the absorption of large quantities of vitamins in the form of pills is a rather expensive means of increasing the vitamin content of the urine".

11. Thinking that alcohol promotes muscular strength

The work of physiologists provides a clear, unequivocal answer: this is not true. The calories provided by alcohol cannot be used for muscular work. The organism's elimination of alcohol is no more rapid for a labourer or an athlete than for a sedentary person.

Alcohol may have a part to play regarding energy in respect of the organism's fundamental requirements — the so-called rest consumption.

On the other hand, if the organism carries out a normal activity (walking) or an intense activity (a removals man, lumberjack or athlete), the consumption of calories will increase as a function of the intensity of the exertion and, for the lumberjack or the athlete, could rise to ten times higher than at rest.

The contribution of alcohol to progressively increasing consumption rates does not vary. Thus the labourer "uses", in terms of energy, the same quantity of alcohol as the person sipping a whisky lying in a hammock. All this shows that the labourer does not need several bottles of wine a day in order to carry out his work on the grounds that he "uses" a lot of energy.

12. Forget to eat during exertion — exhaustion

Athletes who "forget" to take regular nourishment during exertion of a prolonged nature (cross-country skiing, marathon, cycling race, etc.) may suffer from a sudden feeling of weakness and lose all strength to continue skiing, running or cycling.

It is easy to halt this state of weakness, whether it manifests itself by pangs of hunger, exhaustion or loss of strength, by the immediate intake of carbohydrates in liquid or solid form.

The meal preceding exertion does not prevent pangs of hunger in any way. In fact, they can only be prevented by an intake of food during exertion whenever this lasts more than 45 minutes (glucosed drinks such as XLI, Milupa, Athlon, etc.; glucose tablets such as Dextrosante, Dextrodose, etc.).

La Vie au **C.I.S.M.**



Life in **CISM**

- CHAMPIONNATS 1983 - CHAMPIONSHIPS 1983 - CHAMPIONNATS 1983 - CHAMPIONSHIPS 1983 -



30th SKI-WEEK - Norway - Jorstadmoen - March 14th / 19th

PARTICIPATING COUNTRIES: 9 - Algeria, Austria, Finland, France, F.R. Germany, Italy, Netherlands, Sweden, Switzerland.

OFFICIAL REPRESENTATIVE: Major General J.C. PENNINGTON (U.S.A)

RESULTS: Sport International No 60 (August 1983) pges 36-38



32th CROSS-COUNTRY - Algeria - Alger - April 4th / 9th

PARTICIPATING COUNTRIES: 19 - Algeria, Bohrain, Belgium, Djibouti, France, Gabon, Iran, Italy, Jordan, Kuwait, Libya, Morocco, Netherlands, Niger, Uganda, Portugal, Sudan, Tunisia, U.S.A.

OFFICIAL REPRESENTATIVE: General Div. J. BRESSON (France)

RESULTS: Sport International no 60 (August 1983) pges 39-40



7th CYCLING - Italy - Lecce - May 12th / 22th

PARTICIPATING COUNTRIES: 6 - Italy, Belgium, France, F.R. Germany, Libya, Netherlands.

OFFICIAL REPRESENTATIVE: Colonel (BEM) KESTELOOT (Belgium)

RESULTS: Sport International No 61 (November 1983) pges 8-9



30th BASKETBALL - U.S.A. - Little Creek - May 16th / 28th

PARTICIPATING COUNTRIES: 8 - U.S.A., Belgium, F.R. Germany, Rep. Korea, Egypt, Italy, Panama, Surinam.

OFFICIAL REPRESENTATIVE: Colonel Osiris C. LABATUT RODRIGUES (Brazil)

RESULTS: CISM-NEWS No 5-83 and Sport International No 61 (March 1984) pges 24, 25, 26



15th PARACHUTING - Switzerland - Frauenfeld - June 3th / 13th

PARTICIPATING COUNTRIES: 21 - Switzerland, Algeria, Austria, Belgium, Brazil, Denmark, Egypt, Finland, France, F.R. Germany, Jordan, Libya, Marocco, Oman, Saoudi Arabia, Spain, Sweden, United Arab Emirates, U.S.A., Thailand, Turkey.

OFFICIAL REPRESENTATIVE: Colonel L.A. VILLALAIN LINAJE (Spain)

RESULTS: Sport International No 61 (November 1983) pges 5, 6, 7



11th WRESTLING - France - Villeurbanne - June 20th / 28th

PARTICIPATING COUNTRIES: 9 - France, Egypt, F.R. Germany, Greece, Iran, Italy, Pakistan, U.S.A., Venezuela.

OFFICIAL REPRESENTATIVE: Brigadier General R.A. CUERVO ROMERO (Venezuela)

RESULTS: Sport International No 61 (November 1983) pges 18-19



3th HOCKEY - F.R. Germany - Köln - June 23th / 30th

PARTICIPATING COUNTRIES: 6 - Belgium, F.R. Germany, France, Netherlands, Nigeria, Pakistan.

OFFICIAL REPRESENTATIVE: Major General KLIK (Netherlands)

RESULTS: Sport International No 61 (November 1983) pges 16-17



25th SEA-WEEK - F.R. Germany - Eckernförde - August 7th/14th

PARTICIPATING COUNTRIES: 9 - Argentina, Brazil, F.R. Germany, Denmark, U.S.A., Italy, Norway, Netherlands, Sweden.

OFFICIAL REPRESENTATIVE: Rear-Admiral A.C. LEDESMA (Argentina)

RESULTS: CISM-NEWS No 6-83



35th BOXING - Thailand - Bangkok - August 15th / 24th

PARTICIPATING COUNTRIES: 12 - Thailand, Austria, F.R. Germany, Ivory Coast, U.S.A., Irag, Italy, Kuwait, Nigeria, Uganda, Sudan, Zaire.

OFFICIAL REPRESENTATIVE: Lt-Colonel J. MOUKORI MBAPPE (Cameroon)

RESULTS: CISM-NEWS No 6-83



18th MODERN PENTATHLON - U.S.A. - Ft Sam-Houston - Aug 29th / Sep 7th

PARTICIPATING COUNTRIES: 9 - U.S.A., Austria, Bahrain, Egypt, Finland, France, F.R. Germany, Mexico, Switzerland

OFFICIAL REPRESENTATIVE: R. MOLLET (Belgium)

RESULTS: Sport International No 62 (March 1984) pges 28, 29, 30



28th P.A.I.M. – Sweden – Satenas – August 31st / Sept. 7th

PARTICIPATING COUNTRIES: 7 – Sweden, Argentina, Brazil, Denmark, Spain, Finland, Norway.

OFFICIAL REPRESENTATIVE: Colonel K. ABILDSKOV (Denmark)

RESULTS: CISM-NEWS No 7-83



31st CISM MILITARY PENTATHLON – Denmark – Farum – Sept. 9th/16th

PARTICIPATING COUNTRIES: 15 – Denmark, Algeria, Argentina, Austria, Belgium, Brazil, F.R. Germany, P.R. China, Egypt, Spain, Italy, Norway, Netherlands, Sweden, Switzerland.

OFFICIAL REPRESENTATIVE: Colonel K. SCHARENBERG (F.R. Germany)

RESULTS: CISM-NEWS No 7-83



27th SWIMMING – Greece – Volos – September 22nd / 30th

PARTICIPATING COUNTRIES: 8 – Greece, F.R. Germany, Belgium, Egypt, France, Italy, Netherlands, Sweden.

OFFICIAL REPRESENTATIVE: Major General C.H. REES Jr. (U.S.A.)

RESULTS: CISM-NEWS No 7-83



17th ORIENTEERING – Brazil – Curitiba – September 26th / Oct. 3rd

PARTICIPATING COUNTRIES: 11 – Brazil, F.R. Germany, Austria, Belgium, Spain, Finland, France, Ireland, Norway, Sweden, Switzerland.

OFFICIAL REPRESENTATIVE: Colonel E. MORAGA NEIRA (Chile)

RESULTS: CISM-NEWS No 7-83



24th SHOOTING – U.S.A. – Fort-Benning – October 17th / 25th

PARTICIPATING COUNTRIES: 25 – U.S.A., F.R. Germany, Austria, Belgium, Brazil, Rep. Korea, Dominican Republic, Egypt, Spain, Finland, France, Iraq, Ireland, Italy, Kuwait, Norway, Oman, Pakistan, Netherlands, Portugal, Sudan, Sweden, Switzerland, Thailand, Venezuela.

OFFICIAL REPRESENTATIVE: Colonel A.A.H. ABAL (Kuwait)

RESULTS: CISM-NEWS No 7-83 and Sport International No 61 (March 1984) pgs 31-34

Lu pour vous Dr. M. VRILLAC

Le stretching du sportif

«Entraînement à la mobilité musculaire»
par Sven A. Solveborn.

L'auteur Sven A. Solveborn est un médecin chirurgien de 32 ans, joueur et entraîneur de hand-ball de haut niveau. Il décrit la technique de cette méthode du stretching née chez les Scandinaves.

Les bases physiologiques du stretching sont connues; c'est tout le problème de la sensibilité musculaire proprioceptive et de l'arc réflexe gamma. Les principes du stretching sont appliqués en kinésithérapie.

Cette méthode repose sur les principes de base suivants:

- 1/ Contraction préalable du muscle) : Contractez
- 2/ Relâchement) : Décontractez
- 3/ Traction) : Tendez

Contraction pendant 10 à 30 secondes d'un muscle ou d'un groupe musculaire, avec la plus grande force possible sans raccourcissement musculaire (contraction statique - isométrique).

Relâchement pendant 2 à 3 secondes.

Traction du muscle, en douceur, aussi loin que possible, sans que la douleur apparaisse. Conserver la position pendant 10 à 30 secondes (= stretch). Après le stretching, stretch aussi les muscles antagonistes.

Cette technique de travail musculaire en trois phases provoque:

- un blocage du réflexe d'extension, cause de raccourcissement musculaire et de blessures,
- une relaxation musculaire qui protège les muscles contre les surcharges,
- une modification du tissu conjonctif dans le complexe muscle tendon et capsule articulaire.

Il en résulte une augmentation rapide de la mobilité.

Avantages de la méthode:

Elle prévient les blessures sportives: tout entraînement intensif classique provoque une diminution de la mobilité, c'est-à-dire un raccourcissement musculaire, causes de blessures.

Combiné à un autre entraînement, le stretching, au contraire augmente la mobilité (entre 5% et 12% pendant 48 heures après l'entraînement) ce qui permet d'éviter les blessures les plus courantes en sport: déchirures musculaires, inflammations des tendons, entorses...).

Les effets du stretching seul, non combiné à un autre entraînement, se font sentir en moyenne pendant 90 minutes.

Elle améliore la performance

Le stretching permet à la force musculaire d'agir plus longtemps, d'où une plus grande vitesse, dans la fin du mouvement, un meilleur «finish». Sebastian-Coë pratique le stretching tous les jours.

Les muscles stretchés réalisent de plus grandes contractions et développent une plus grande force.

Elle évite l'apparition de raideurs après l'effort

Le stretching se traduit par une augmentation du métabolisme des muscles, les tendant, ce qui diminue les risques de courbatures après l'entraînement.

Elle est efficace en kinésithérapie du sport, dans le traitement et la rééducation des muscles atteints (contractions, séquelles de claquage, par exemple).

Donc cette méthode d'auto-étirement musculaire est destinée à entraîner la mobilité, à obtenir une amplitude maximale du mouvement des articulations.

L'entraînement de la mobilité devra s'opérer en même temps que celui de la force, de la résistance: la forme et la performance optimales du sportif s'obtenant par un bon équilibre entre ces trois facteurs.

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«Urgences à bord ... que faire.»

par Neil HOLLANDER et Harald MERTES
(ouvrage traduit en plusieurs langues)

Quelle que soit votre expérience de navigateur et les joies que vous procure la mer, il vous appartient de vous préparer à surmonter certaines difficultés et à éviter certains risques.

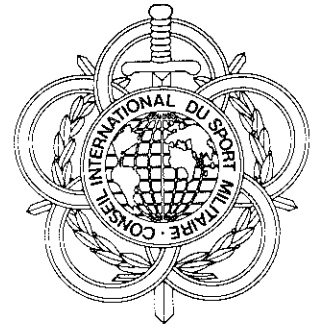
«Urgences à bord ... que faire» vous permet de vous imprégner tranquillement à terre afin de trouver la bonne marche à suivre en situation difficile; des solutions claires et efficaces dans 140 situations difficiles sont proposées par thème: démâtage, panne de moteur, problème d'ancre, réparation de voile, échouage, homme à la mer, urgence médicale, etc....

Les procédures d'urgence sont illustrées de schémas compréhensibles au premier coup d'oeil.

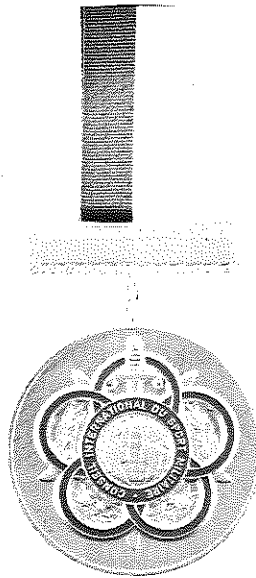
Un marin averti en vaut deux!

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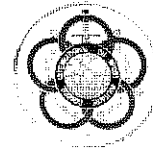
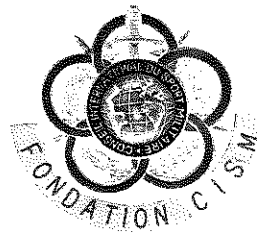




PRIVILEGED FIRM OF "C.I.S.M." SOLIDARITY FOUNDATION FOR WINNER MEDALS AND SOUVENIRS
 FIRME PRIVILEGEE DE LA " FONDATION SOLIDARITE C.I.S.M." POUR MEDAILLES VAINQUEURS ET SOUVENIRS



Winners medals
 Participants medals
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 Buttons
 Key-holders
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 Gift Plates



Médailles vainqueurs
 Médailles participants
 Médailles commémoratives
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 Plaques cadeau
 Insignes

