Introduction of MNILK-symposium

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Nordic Military Sports Leader Conference (MNILK)
Militär nordisk idrottsledarkonferens

- Since 1968 Denmark, Finland, Norway and Sweden have gathered together to discuss about military sport
  - especially competitions
- Since 2004, there have been three subgroups:
  1) Competitions
  2) Education
  3) Development and Research
- Since 2005, annual scientific symposiums
  - lecturers and participants from the Nordic countries

The 1st MNILK

Oslo (Norway), 2005

Lt. Col. Steinar Högseth and Maj Anders Sookermany

Anders Sookermany: From conscripts to expert soldiers – skill learning in modernized armed Forces

Sindre Dyrstad: Relationship between physical training volume and soldiers' service performance during a peacekeeping mission

Hans Söndergaard:
1) Physical demands and physical training for the Special Operation Forces
2) Current status for project regarding data collection on conscripts

Ulf Bergh:
1) Physical tests: possibilities and limitations
2) How does protection level affect soldiers' performance and risks

Heikki Kyröläinen: Current research projects related in physical activity in the Finnish Defense Forces

The 2nd MNILK

Effects of Challenging Environments on Military Performance

Stockholm (Sweden), 2006

Lt. Col. Mikael Mineaur, Maj. Johan Salén, and Prof. Ulf Bergh

Gunnar Breivik: The quest for excitement and safe society

Ola Eiken: Motion illness and heat balance

Hannu Rintamäki: Soldiers thermal responses, physical strain and performance in cold weather

Jörgen W Eriksen: Skill acquisition according to cold weather operations

Helena Larsson: Physical tests predict discharge from military service. Screening test for knee pain and a lower-limb functional capacity test

Lars Nybo: The high temperature influence on physical performance

The 3rd MNILK

Military Operations: Physical, Mental and Social Capacity

Copenhagen (Denmark), 2007

General Erik Darre, Lt. Col. Finn Pauli Nielsen and Maj. Bengt Bergsten

Johan Österberg: **Physical fitness correlates with psychological variables and willingness to participate in international military service**

Reidar Säfvenbom: **Sport & peace: The use of sport & physical activity during military operations abroad**

Taija Finni: **Physiological and psychological responses to 60-hour sleep deprivation in cadets**

Anders Theut: **"Lessons learned", ISAF**

Staffan Nählinder: **Measuring mental workload and its effect on operative performance**

Minna Tanskanen: **Energy expenditure and its relationship with aerobic capacity and energy intake**

Martin Kreutzer: **Optimizing the Danish field supplies – for the sake of the soldiers**

Sindre Dyrstad: **Relationship between physical training volume and soldiers' service performance during a peacekeeping mission**

Lars Nybo: **Heat tolerance and performance**

The 4th MNILK

Requirements of Training and Testing for Evaluation of Soldiers' Performance: Special Reference to Military Tasks

Tuusula (Finland), 2008

Prof Heikki Kyröläinen and Prof Tommi Vasankari

Kim Kristensen: **Physical demands and -training preparations for ISAF personnel**

Bo Berlund: **Physical demands of the Swedish JAS-pilots - how to train and test their physical performance**

Bradley Nindl: **The science behind combat fitness and assessment: how has the U.S. Army paradigm changed in the global war on terrorism?**

Tommi Vasankari: **Reduced physical fitness of young people – challenges for military operations**

Anders Aandstad: **Physical activity and physical fitness in Norwegian cadets and Home Guard soldiers**

Bjørnar Dullum: **Changes in aerobic capacity in Norwegian Army cadets from 1989 to 2005**

Edward Zambraski: **Musculoskeletal injuries in the military: quantifying the problem and finding solutions**

Harri Pihlajamäki: **Musculoskeletal injuries in the Finnish Defence Forces among conscripts**

The 5th MNILK

Personnel Selection – Criteria and Methods – within a Military Context

Oslo (Norway), 2009

Monica Martinussen:	**100 years with pilot selection**
Klaus Gabriel Sørensen:	**Physical health conditions during deployment in Afghanistan**
Bradley C. Nindl:	**Physiological demands of the modern soldier: implications for training and selection of military personnel**
Heikki Kyröläinen:	**Selection of reservists to military troops: requirements of physical fitness**

Poster Session

Helena Larsson:	**Screening and testing for health maintenance and tests for selection into the Swedish Armed Forces - challenges for the future**
Gunnar Breivik:	**The idea of a "right stuff" - personality. The example of military paratroopers**
Nina Rones:	**The finest soldiers; A qualitative study of "the finest soldiers" in the Norwegian Home Guards Rapid Reaction Forces in the light of Pierre Bourdieu's theoretical perspectives**

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The 6th MNILK

Preparing for extreme performance – within a military context

Stockholm (Sweden), 2010

Jacob Palmer Bjerborg:	**Counter insurgency in Helmand, Afghanistan**
R. Kölegård:	**Thermal load in soldiers wearing the Swedish dessert ensemble**
Harri Lindholm:	**Soldier in heat - Finnish experiences of monitoring allostatic load in the field**
Jørgen Eriksen:	**Preparing for extreme performance- how to avoid extreme situations**
Jan van den Dool:	**Acclimatisation-protocol before going to Afghanistan in the summer-period**
Andreas Falk:	**Extreme endurance, by foot from Italy to Norway**
Harald Dobmeier:	**Instructor Military Fitness- Transforming sport knowledge in military context**

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The 7th MNILK

Military Physical Training and Tests

Copenhagen (Denmark), 2011

DAF:	**Implementation of MPT in the Danish Armed Forces, a review and a status physical test from a practical perspective and discussion**
Heikki Kyröläinen:	**Aerobic and neuromuscular tests are required in evaluating of physical performance of soldiers in operations**
Monica Olsson:	**Physical selection demands, education and training of the recruits from basic military training until mission**
Jens Bangsbo:	**High intense training – for effective performance enhancement**
Ulf Berglund:	**Education, physical training and tests, demands in military schools for officer cadets and NCOs**
Harald Dobmeier:	**Military fitness and performance in the German Armed Forces**

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The 8th MNILK

Physical Training, Activity and Performance in Military Veterans – Observations and Recommendations from "Lessons Learned" and Science

Kongsvinger (Norway), 2013

J.P. Bachke:	**Information about the Veterancenter**
Joseph Knapik:	**Injuries and changes in physical fitness in deployed US Army soldiers**
Heikki Kyröläinen:	**Physical training slows weakening of physical performance with aging**
Paul Andre Solberg:	**The human performance project - Norwegian Marine Corps**
Rune Oland:	**The soldier project**
Daniel Sandberg:	**Veteran affairs brief**
Anders Kilen:	**Microtraining**

The 9th MNILK

Stockholm (Sweden), 2014

Michail Keramidas: **Local cold tolerance: acute hypoxia and hypoxic acclimation**

Lena Norrbrand: **Metabolic demand during walking with night vision goggles**

Mikaél Grönkvist: **Cooling strategies during desert patrol**

The 10th MNILK

Task-Specific Physical Requirements and Training in the Armed Forces

Tuusula (Finland), 2016

Johanna Sundberg-Sjöberg: Training before taking action in hot environment and the inflict on soldiers' physical capacity

Anders Aanstad & Jon Kirknes: New physical fitness test in the Norwegian Armed Forces - 1. January 2017

Kai Pihlainen: Physical activity and work load during an international 6-month military operation: development of military simulation track

Tommi Ojanen: Changes in warfighters' physical performance during military field training

Patrick Gagnon: FORCEcombat – adapting the annual FORCE evaluation for the specific demands of the Canadian Army's combat missions

Thomas Wyss: Physical fitness, physical training, physical demands and injuries in Swiss soldiers

Thomas Bøge-Holtlund: Hand to hand combat – is it still relevant on the modern battlefield?

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About the International Military Sports Council (CISM)

Sports **Sport for Peace**

Championships **Solidarity**

The International Military Sports Council (CISM) is one of the largest multidisciplinary organizations in the world. CISM organize various sporting events for the armed forces of its 134 member countries and is one of the global sports organizations in which the largest number of disciplines is represented. CISM annually organizes over twenty Military World Championships for approximately 30 different sports, continental and regional competitions, the Military World Games and most recently Winter Games and World Cadet Games. CISM also invests very significantly in sport for peace activities and solidarity is one of our main initiatives.

Sport Sciences

CISM Sport & Science Forum*

Many people often rightly reproach to the experts, that they bluntly consider the world and its problems, and that they can only consider topics related to their domains of expertise. That critic particularly applies to doctors and sports scientists who flaunt that annoying tendency to consider everything from a biological, biomechanical or psychological point of view. Their approach towards the sport and athletic effort is simply a sum of physiological laws, biochemical equations, and biomechanical rules which, to their view, can explain the most spectacular achievements. It may seem excessive to believe that this postulate only applies in sport, but one must admit that the human body, the tool for these achievements, is an undeniable biological entity whose so perfect functioning depends on several parameters undisputedly belonging to the disciplines of medicine and biology, either physiology, biomechanics or any other one.

The CISM Sport & Science Forum has the intention to be an exchange e-platform in the area of sport sciences, in the broadest sense of the word, for all the CISM Delegations.

This structure intends to contribute in an interactive way to the improvement of knowledge in the field of training sciences, biomechanics, sports medicine, physiology, management, marketing, communication, and all others sports and physical activities related areas for all CISM community.
Its goal is to provide a specific platform for CISM country members to share news, experiences and results of scientific researches in the military sports field, raise matters for discussions, divulge national and international military sports links, and promote scientific events. In this sense, CISM created some links (on the right side) that could be useful for researchers, trainers, athletes and militaries, in a general way. Join us!

Sport Sciences in CISM
Next steps?

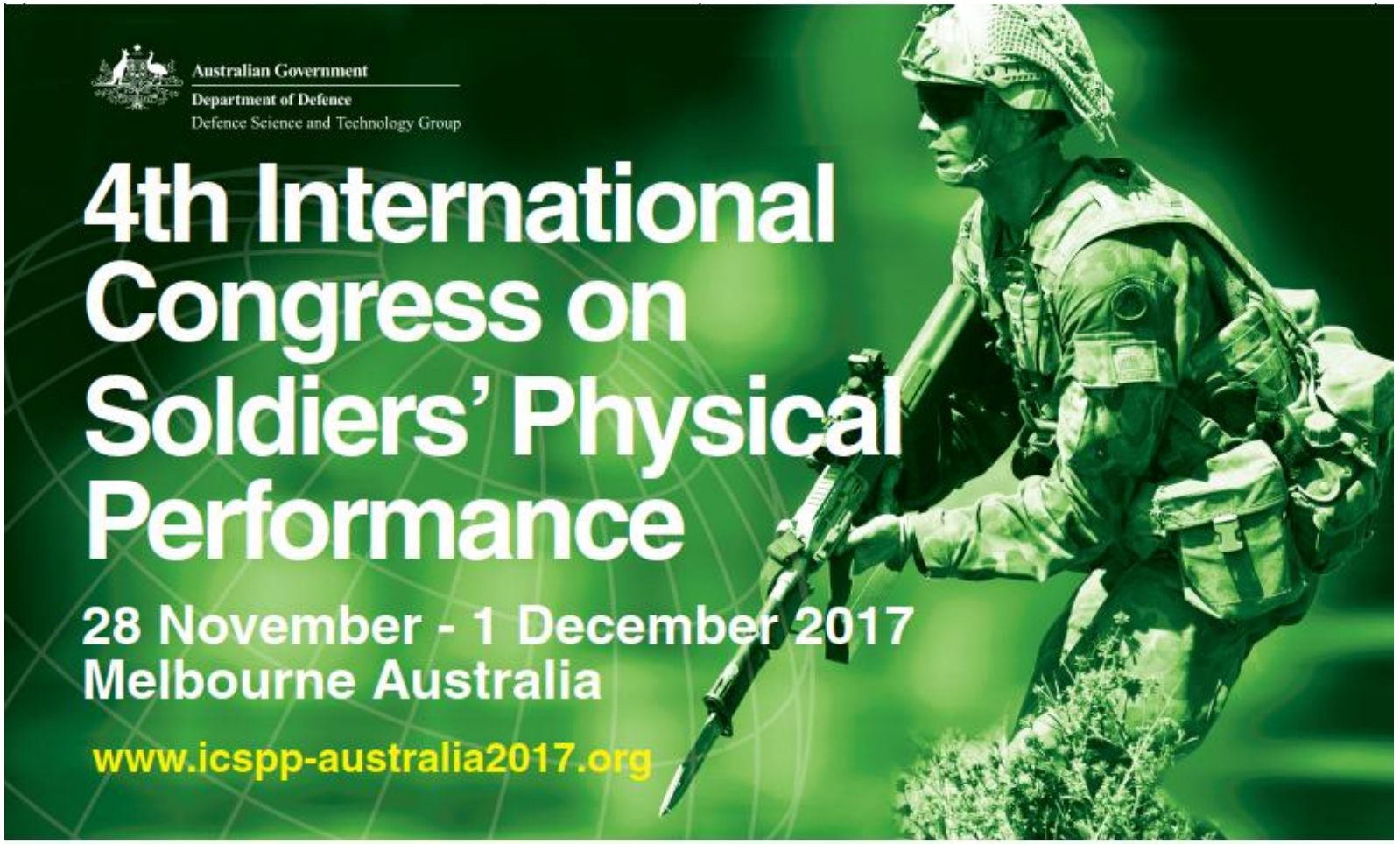
1) Be a partner of ICSPP congresses also in the future

2) Organize CISM Academy's symposia in every 3rd year

3) Organize meetings and / or sessions during congresses like ACSM and ECSS

4) Develop CISM Sport & Science Forum

5) Others…



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