

# Report from Nordic Meeting



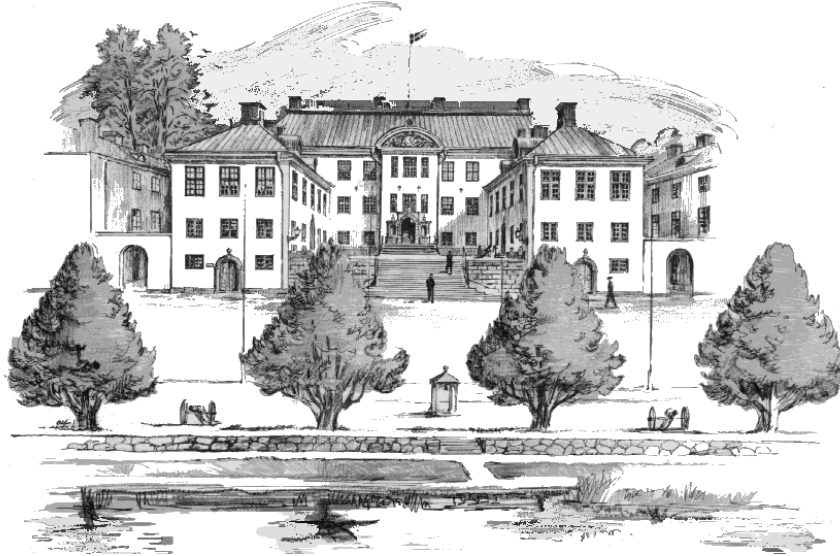
- 12-14 september in Stockholm
- FIN, DEN, NOR and SWE
- Science/Development, Education and Sports

# Conclusions

- Almost the same problems to handle
  - Physical employment standards
  - Relevant test methods
  - Transition to national defence
  - Lack of staff
- Networking between the nations expanding
- Decreasing sports for Nordic Championships  
(Mil and Aer Pent, shooting after MWG)

# Nordic symposium

*“Sports as a method to improve  
Soldier’s physical performance”*



# High level lectures

*“Impact of Human Performance Scientific Contributions to Operational Readiness: from recruitment to retirement”*

*“Changes in physical performance, induced by combined strength and endurance training during military operation.”*

*“Changes in body composition and physical performance of conscripts during military service”*

*“Gender differences in restitution of physical performance and physiological markers after strenuous military field training.”*

*” Physical activity and fitness level of reservists in Finland”*

*” Diet macronutrient composition, physical activity and body composition in soldiers during six months deployment”*

*“Training, energy expenditure, fatigue and physical performance”*





# <http://www.milспорт.one/cism-academy/sport-science>

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