

„Tailor-made training programmes for sport professionals; the Hungarian approach”

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As indicated previously, the Hungarian sport success is remarkable at Olympic level. As we used to say, behind every successful man, there is a woman, who benefit ... translated into our situation in Hungary, the beneficial parties are the youth, the families and the nation. We do also believe, though that the success can also be guaranteed through education.

The tradition of sport and physical education in Hungary is very long.

The very first PE recorded legislation element related to PE teaching in school was in 1777 (236 years ago). The first school where structured education of PE teachers was introduced has been established in 1833 (180 years ago). The PE in school became compulsory subject in 1868 and 1883 (145 and 130 years ago).

Nowadays, the Hungarian Government has introduced the daily (5 times a week) compulsory PE lessons in 2012 September (1 year ago). This is a unique motion and standard in the history of the school PE education even within the European Union.

Why I am emphasising the importance of the school PE?

The answer is simple; the school can provide the solid basis for a structured and thoughtful implementation and development of i.e. fundamental movement skills from which all specific sport can benefit, because in most of the countries in the World, the elementary school is compulsory. The development curve therefore starts in the school, continues in talent detection, development and care and finishes in the elite sport. We do not say though that all the school children must be an elite athlete, in contrary we say that the children should acquire all necessary skills in the most appropriate time when the skills can optimally be developed, that phase is the school time between the ages 6 to 10. During the PE class, we can really get to know the abilities and the skills of our children, especially during games. PE is the only subject where it is not possible to cheat on the test or prompt to another. Sport is structured very well, there are strict rules, if someone breaks it will expect a yellow card.

We are working with children coming from different social background with different attitude. Therefore our system is ready to understand the differences and diversity very well.

The countries of the African continent are greatly diverse regarding ethnics and culture. Among the top 15 list of the ethnically most diverse countries in the world only one is non-African. There are several countries in the continent with more than 100 different ethnicities living together. This status quo often causes tensions within and between the countries concerned.

To develop the acceptance and common understanding of each other, sport is a great tool. As soon as we are playing in a team, we become united, and we don't care about the difference between us regarding origin, colour or cultural background.

On the other hand, sport is a developed way of physically activity. In Europe we admire African people, how much physical activity they have to do to live their everyday life. While we spend huge amounts of money to go to high-tech gyms, African people exercise while going to work and providing food for their families. For this reason, their physical condition is originally better than ours in the developed countries.

I believe that working with African states to develop their sport sector with our expertise could be beneficial in a wide range of ways; but the focus should go on the school PE education first. The top of the iceberg on the level of elite sport is of course is the participation in the Olympic Games and other major international events, but more importantly the whole society could benefit from enhancing the sport activity rate of its members.

We at the University are running several international programmes for PE teachers and sport coaches all around the World.

The strength of our international projects offered to partner countries lays in the careful study and previous analysis of the circumstances and knowledge before we propose anything. We do not to aim to change the daily practice radically in this area where the system is based on local traditions and customs. After careful consultation with the partners who know of course the specificity of the partner country much better as we do, we design the necessary steps of and long road to guarantee the sustainability of such development together.

As a reference and result of such thinking and approach, we offer today programme to the **Government of India and Singapore.**

We cooperate with the **International Canoe Federation** and with the **International Judo Federation** as well as we have more than 20 years partnership with the **International Olympic Committee, Olympic Solidarity.**

Thanks to the strength of the partnership the University has developed with the Hungarian National Centre for Sport, such global package looks very beneficiary for future partner countries', who's representatives, hopefully are sitting here in the room.