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# The Swiss School for Physical Education and Sport of Magglingen

(for the beginning; see issue of June 1978)

## Center of scientific research

The medicine in its large extent comes nearer and nearer to sports. The medical intervention is not any longer limited to practical treatments or controls but it will expand to the social sciences as psychology and sociology.

Actually the Research Institute concentrates its main activities on the biological aspect where investigations of the effects of physical exercise on the respiratory and cardiovascular systems, and on metabolism are made.

Very special interest is at the present time centered on the morphological and biochemical changes in the skeletal muscle in view of the various methods of training.

The Research Institute provides medical care for all courses held at the SSPES. The Research Institute is also responsible for all the dope tests being carried out at national and international competitions in Switzerland.

## Administration center

The SSPES is in charge of docu-

mentation and supervision of the Y+S movement, of the national sports center of Tenero (a «little Magglingen» in the canton of Tessin), of sports for apprentices and of sports facilities.

The school issues also a periodical to be presented later and maintains an information service for each language (German, French, Italian).

Youth and sport offer a great variety of sports activities to young people between 14 and 20 years of age.

The SSPES is responsible – by order of the Confederation – to establish the teaching programs for the different branches. This task is done in close collaboration with the school authorities and with the federations.

The following branches are already introduced within Y+S:

- Basketball
- Canoeing
- Cross country skiing
- Cycling
- Fitness training
- Gymnastics

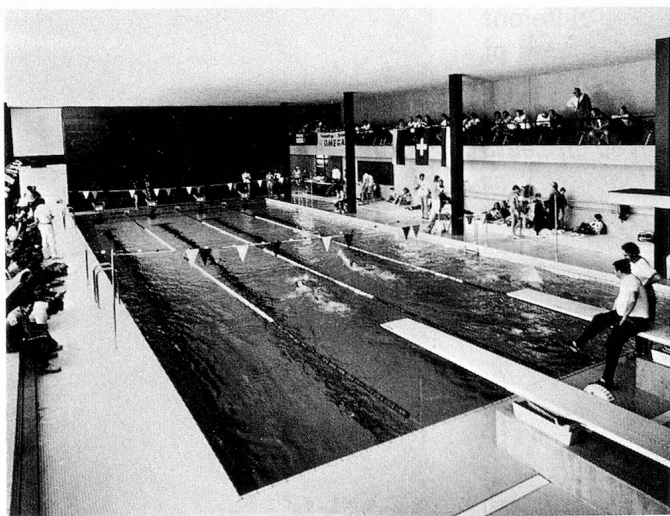
- Handball
- Hiking and camping
- Icehockey
- Judo
- Mountaineering
- Orientation
- Rhythmical gymnastics and dance
- Rowing
- Skiing
- Soccer
- Swimming
- Tennis
- Track and Field
- Volleyball

## Documentation center

By our days we can not imagine the further development without the use of traditional and modern means. The information service of the SSPES disposes of books as well as of a photographic service, it offers realizing films and video tapes and maintains a loan service for all these means.

The library consists of about 30000 books dealing with different technical aspects of sports. It is open to everybody and is free of charge.

About 300 films and 200 video-





tapes as well as some diaporamas are lent out.

Up to now, the SSPES has printed about 40 scientific and didactic papers and books.

Since more than 30 years the school published monthly a periodical in three different editions (German, French and Italian); its title is «Youth and Sport» and its main purpose is to show how important sound physical education is with regard to physical, psychological and moral education of young people in view of the many problems they have to face in today's society. It also serves as a means of supplementary education of the cadre of instructors and the propaganda for sports.

#### **Lodging and sports center**

The SSPES is a real school-pension (more than 60 000 rations a year) for athletes of any level. These activities need a staff of

many people, for household, kitchen, garden etc. To conclude this little abstract, we can say that the SSPES is really an instrument in good working order of the government to encourage the sport within its reasonable limits

and to promote the well-being of the population.

It must be said that a lot of necessary and important work – and not the most attractive work – is done by foreign seasonal staff.

Arnaldo Dell'Avo

## **Dr. Kaspar Wolf, the director of the SSPES, answers our questions**

*1. The SSPES is as well a Federal School as a national sports center. Is it ready to allow for the three or even four ethnic groups of Switzerland?*

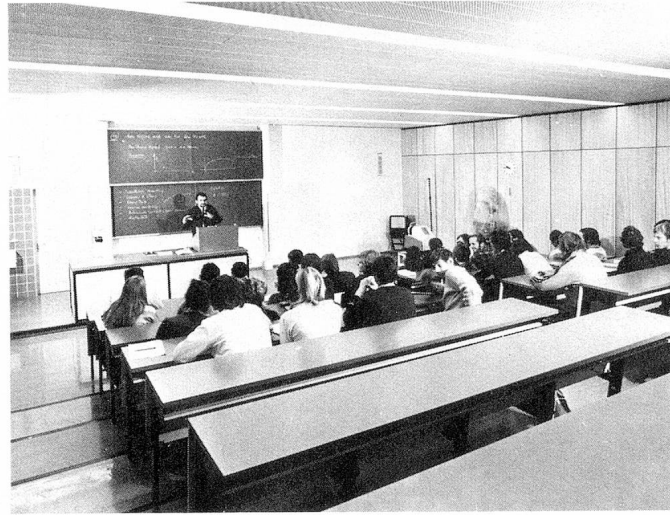
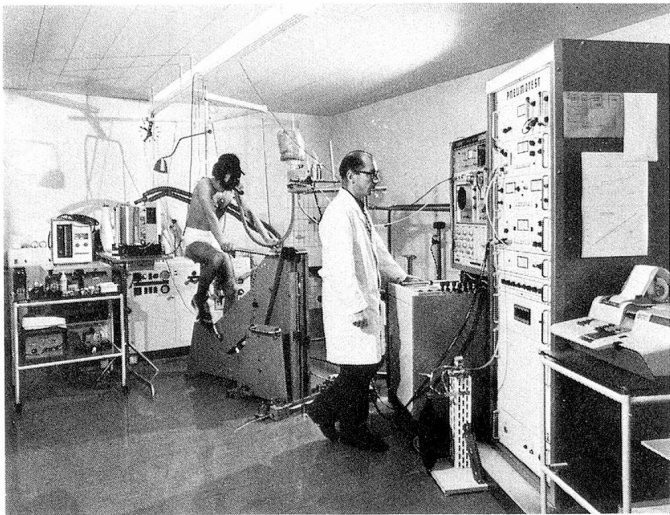
The SSPES is a national institution in charge of promoting the sport on all levels, for young and old, for female and male persons.

It is not by accident that it is situated on the linguistic boundary between the German and the French part of Switzerland. So it really does its duty for the whole country respectively for all four parts of Switzerland. However there are shades. Most of the employees of the SSPES speak German. The result is a loss of balance in favour of the German part of Switzerland, a fact that sometimes is taken as a little offence by the «Romandie». That is maybe also the reason for the several difficulties to have a little bit more influence on different plans and ideas in this part of Switzerland.

*2. Magglingen has lived to see a considerable development as there have been inaugurated some new buildings and sports grounds this very last time. Is it possible to preview by now already a further development of the SSPES in the next future either in planning for the construction of new facilities or in taking charge of new tasks?* In fact, the SSPES made great steps as well as in constructing

buildings and grounds as in over-taking new tasks. Considering the planning at long terms the main requests of the SSPES have been realized. Of course we miss e.g. a special hall for gymnastics but actually, in this time of lack of finances, it can not be the moment for beginning to plan this building. An other project, the youth sport center in Tenero, in the canton of Tessin, has got better chances to be realized. It is just in view of the problems of the minority of an ethnic group that the government has decided to take it into consideration during the actual legislature period. The SSPES itself does not foresee special extension of its tasks. The stoppage of the government for the employment





of new collaborators sometimes even makes it difficult to do all work as good as it should be done. The actual key-note must be «internal stability».

*3. The Swiss top level sport is mainly a «private affair». The SSPES belongs to the government. Although there is a narrow collaboration in these fields. Does this fact not cause interferences?*

The situation is clear concerning the top level sport: the Swiss Association for Physical Education is in charge of the top level sport. But the SSPES has to held

the top level athletes. This is done by contracts between the SSPES and the mentioned «private» partner, in instructing coaches, in lodging the athletes during their training camps and in guaranteeing the medical care and control.

We can state with pleasure that up to now this collaboration works well.

*4. The SSPES is a concept – not only in Switzerland but also abroad. How are its relations with similar foreign institutions?*

We are glad to say that the SSPES

is wellknown abroad. We keep good relations with similar institutions and organizations. Some of our collaborators are members in different international organizations, part of them in leading positions. On the other side the SSPES wants to host people from all over the world during international manifestations. It wants to be place to work and place of meeting. With regard to the smallness of our country our efforts sometimes are to be limited.

