



Title

MILITARY ACADEMY CADETS' PHYSICAL ACTIVITY DURING THE PANDEMIC

Abstract

The COVID 19 Pandemic represents an immense threat for the entire society regarding health, economy, and lifestyle. As a response to the pandemic, all governments in the world adopted social distancing and working from home as essential preventive measures for reducing and eventually stopping the virus. Thus, physical activity in all its forms stopped for hundreds of millions of people. The rigorous government measures in the Republic of North Macedonia referred to online classes in the entire education system, as well as ban on training and competition in all sports, whereas in certain stages of the pandemic leaving one's home was banned for the entire nation. The Military Academy as an integral part of the educational apparatus and sports adjusted its modus operandi in accordance with all recommendations and restrictions. On the other hand, regular physical activity plays a fundamental role in prevention and treatment of cardiovascular diseases, diabetes, anxiety, hypertension, as well as huge mental stress caused by the pandemic. The need for regular physical activity was as it had never been before. People are aware that physical activity plays a crucial role in maintaining physical and mental health. This paper addresses the effect, activities, results from exams, the interest in and method of realization of regular classes of the subject "Special physical training and sports" of the Military Academy Skopje cadets.

Key words: pandemic, COVID-19, physical activity, health, immunity.

Practical Implications

The idea is to find the best way and solution to stimulate cadets and all other military staff to be highly motivated during difficult life conditions.

References

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Circuit Training during Physical Education Classes to Prepare Cadets for Military Academies Tests: Analysis of an Educational Project - Pietro Luigi Invernizzi, Gabriele Signorini, Maurizio Pizzoli, Giampietro Alberti, Damiano Formenti and Andrea Bosio.

Figures and tables

Conflict of interest

I think there is no any reason for conflict of interest!

CV

https://www.eventora.com/en/files/cism-2021/Submissions/637605540043541879_Sasho-Danevski-CV.pdf/get