

THE BEGINNING AND THE EVOLUTION OF THE GENERAL AND SPECIFIC PHYSICAL EDUCATION IN THE NAVAL EDUCATION

Naie Gilles OPRISAN

Lecturer, Naval Academy, Constantza

Abstract: The present text tries to popularize (if needed anymore) this way too, of the superior education in the naval sciences developed in the „Mircea cel Bătrân” Naval Academy, Constanta, especially referring to **the general and specific physical training of the naval students**. First of all we'll try to present a synthesis of different works concerning the historical education of the naval education and the way they paid attention and involved in this branch of the specific professional training of the naval students. Then we'll refer directly to the Naval Institute „Mircea cel Bătrân” (the actual Naval Academy) and the serious and devoted activity in the field of **the general and specific training of the students**. We clearly showed our concernings to ensure a strong material basis of this branch of the educational process and we also involved very good teachers to do the instruction and the training of the students, at highest level.

Key words: Physical training, specific material endowment, enlisting highest level teachers, psycho-motional involvement, naval schools, applicative swimming, sailing boats, body exercises, etc.

(We mention the contribution in achieving this work of mr. col. (rs.) **Dan NICOLAU**.)

INTRODUCTION

From the very beginning the naval education had as a basic compound the activity of physically preparing the future „seawolves”. In order to manage this, an important branch of the specific educational process of forming real naval officers (no matter military or civilian) was the forming of the speciality psycho-motional skills and the general and specific physical training of the future officers in the Navy. Each one's capability to fight to survive in the open sea in extreme cases, depends on that.

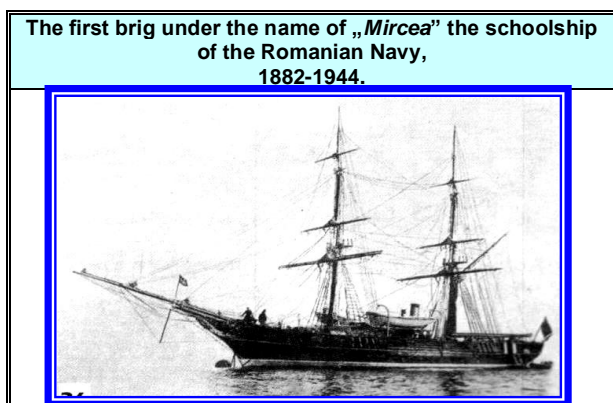
NAVAL SCHOOLS IN THE ROMANIAN HISTORY AND THE INTEREST FOR THE GENERAL AND SPECIFIC PHYSICAL TRAINING OF THE NAVAL STUDENTS

1. When in 1872 November the 17-th, the first **School of the Flotilla** in Romania, in Galati, (By the Ministerial Decision no. 11(15) / 17.11.1872.)

The studies of the future officers lasting for two years, there were selected according to the regulations of the time, „**the most valuable youngmen**”, and these ones as mentioned in the specialty literature, in the practical part of the courses, (April 15-September 11), aboard ships included: „**installing sails, rowing and sailing**”.

2. Eventually, at the **Naval Children School**, (Constituted also in Galati by a Highest Decision no.2408 / October 30. 1881.) the students were recruited at the age of 12-15 and in the practical part of the Educational Plan they existed: „**exercises over the sails, the arming of the men-of-war**” („**The men-of-war**” = all weapons aboard a (military) ship.) **and body exercises as swimming, gymnastics, fencing**”, etc.

We need to mention here that for the use of the school, **a first schoolship of Romania was bought, the legendary „Mircea” brig**, which arrived in Galati after a 24 days march on August the 12-th, 1882. The school gave Romania the first naval officers (commanders and principal assistant) for the **Romanian River Service**.



3. At the third naval education school in the Romanian Navy, **The Officers School of the Flotilla**, also having two years,¹ courses period according to their educational plan, they were noted „**service aboard ship, fencing and swimming**”.

4. Starting with June 9, 1920, a **Naval School**² is established in Constanta, being this way the first Superior Naval institution in Romania. Eventually it will be transformed in the **Superior Naval Education Institute**.

In the educational plans, **the physical training** is present in all superior education institutions and they are established **the physical education departments**.³

Between 1924-1926, The Naval School was endowed with specific equipments and educational materials, being built **a gym hall and a lawn tennis terrain**. Starting with 1928, according to **The Functioning Regulation of the School**, a new programme was elaborated for improving the older ones. It included courses **to manoeuvre the naval devices, to manoeuvre the boats and motor boats, to manoeuvre sailing ships, music, gymnastics and fencing**, etc. From the very beginning, during the months of June-July there have been programmed lessons for „**practical appliances**” including **“the manoeuvres the rowing and sailing boats”**.⁴

One of the requests when admitted in the Naval School was for the young candidates, was to be „**goodlooking**”. Before the admission exam all candidates health state will be thoroughly checked. The shorter the 1,6 m will not be admitted and the ones presenting lung, eyes or skin diseases, as well as the rheumatoids and psychic disabilities won't be admitted. A main care would be taken to understand the personality features of each individual, all those being very important in promoting officers in leading positions. Thoroughly mentions have been made on this after a long observation.

The students used „**to play gymnastics, team sports and fencing**”. Even during the war there existed an important interest towards the „**physical culture**” courses.

5. Eventually, The school of Active Officers in the Naval Forces (The Military Naval School) is transformed in the Superior School of the Navy (1956) marking this way the entering of the institution between the other superior education in the Romanian educational net.⁵ The period of the studies raised from three to four years and starting with 1958, they organized the institute in battalions, just like in the army way. Inside the organization of the institute they appear the „**naval training**” and „**physical training**”.

¹ Constituted in Galati with the Highest Decision no.745 / 04.03.1893.

² By a Ministry Decision no.372 / 09.06.1920.

³ V. Gomoiu, 1926.

⁴ Official bulletin no.285 / 1928 and no. 29 / 1936.

⁵ By the Decision of the Ministries Council (H.C.M.) of Popular Republic of Romania no.1887 and the Order of the Romanian Ministry of Defence (M.F.A.) no. 00252610.

6. In 1972 is established in parallel a **Civilian Naval Institute (I.M.C.)** another distinctive educational unit for 4 years courses, subordinated to the Ministry of Education.

7. Later on, in 1973, the two superior education entities fused having a military and a civilian branch. (**The Superior Naval Military School and the Civilian Naval School (I.M.C.)**). Therefore it's been created **THE NAVAL INSTITUTE „MIRCEA CEL BĂTRÂN” (I.M.M.B.)** Constanta. (By the Decision no. 502 / 29.08.1973.) The most important thing concerning that unique superior education institution from Constanta has been the achieving „the physical training” as a main preparation category of the naval students.

In 1990 **THE NAVAL INSTITUTE “MIRCEA CEL BĂTRÂN”** becomes **THE NAVAL ACADEMY „MIRCEA CEL BĂTRÂN”**, (By the Government Decision no. 406 / 1990.) a public institution of superior poli-technic education. (**NAVAL ACADEMY „MIRCEA CEL BĂTRÂN”** subordinated to **The National Ministry of Defence (M. Ap. N)**, institutionally confirmed and officially (**ARACIS**) confirmed as having a „**high grade of stability and confidence**”, having also legal status, functions on the basis of **Romanian Constitution** and **National Education Law no. 1 / 2011**, respecting all military regulations and the specific laws in the superior military and civilian superior

education, and respecting also, **The Universal Declaration of Human Rights**.)

THE TESTING OF GENERAL PHYSICAL TRAINING AT THE EXAMS TO BE SELECTED AS A STUDENT IN THE NAVY FORCES

(Beyond the **Naval Institute „Mircea cel Bătrân”** (highest level institution), there were for more **The Military Naval College „Alexandru Ioan Cuza”** and **The Naval Military Masters (CWO) School „Admiral murgescu”**.)

The entrance examination was including as a first phase **an eliminatory medical examination** and **the physical capabilities contest**.

The physical tests and the levels to be touched changed every year according to the evolution, trying to lift up the level if the candidates in the superior naval education.

Only the youngmen having a **special capability, a special level of speed, or force and a remarkable physical endurance were admitted**.

We present in the next table **the physical tests and the levels**, established for the admittance in the superior naval education system at the naval Institute until 1989, mentioning, that all the tests had a special specific test added, **the seasick test**.

| Tests and levels for the admittance in the superior naval educational system (until 1989) at the Naval Institute „Mircea cel Bătrân” | | | | | |
|---|---------------------|------------------|-------------------|----------------------------|-------------|
| Notes | Pullings at the bar | Speed run (50 m) | Speed run (100 m) | Long distance run (1000 m) | Long jump |
| 10 | 12 | < 6,6 | < 13,1” | < 3’26” | > 4,74 |
| 9 | 11 | 6,6 - 6,7 | 13,1” - 13,3” | 3’26” - 3’29” | 4,65 - 4,74 |
| 8 | 10 | 6,8 - 6,9 | 13,4” - 13,6” | 3’30” - 3’34” | 4,55 - 4,64 |
| 7 | 9 | 7,0 - 7,1 | 13,7” - 13,9” | 3’35” - 3’39” | 4,45 - 4,54 |
| 6 | 8 | 7,2 - 7,3 | 14,0” - 14,2” | 3’40” - 3’44” | 4,35 - 4,44 |
| 5 | 7 | 7,4 - 7,6 | 14,3” - 14,5” | 3’45” - 3’49” | 4,25 - 4,34 |
| 4 | 6 | 7,7 - 7,9 | 14,6” - 14,8” | 3’50” - 3’54” | 4,15 - 4,24 |
| 3 | 5 | 8,0 - 8,2 | 14,9” - 15,1” | 3’55” - 3’59” | 4,05 - 4,14 |
| 2 | 4 | 8,3 - 8,5 | 15,2” - 15,4” | 4’00” - 4’05” | 3,95 - 4,04 |
| 1 | 3 | > 8,5 | > 15,4” | > 4’05” | < 3,95 |

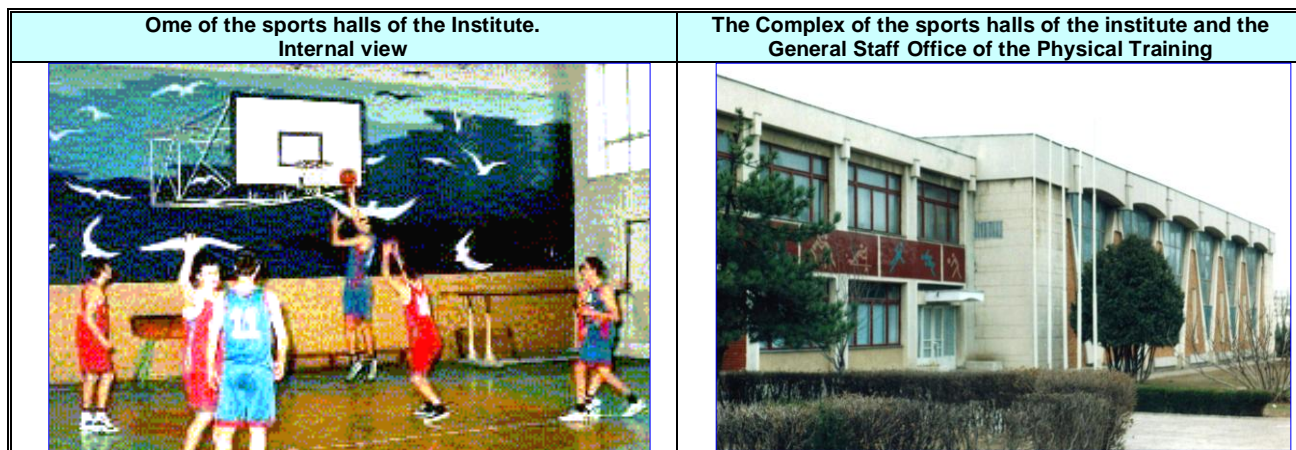
The candidates had to achieve the physical tests at the minimum level of 5 points (of ten) according to the **Physical Training Regulations Book** made by the **National Defence Ministry** in tight cooperation with the **Education Ministry** of Romania.

THE CREATION, AN THE DEFINING OF THE MATERIAL BASIS OF THE GENERAL PURPOSES OF THE SPECIFIC TRAINING OF THE NAVAL STUDENTS

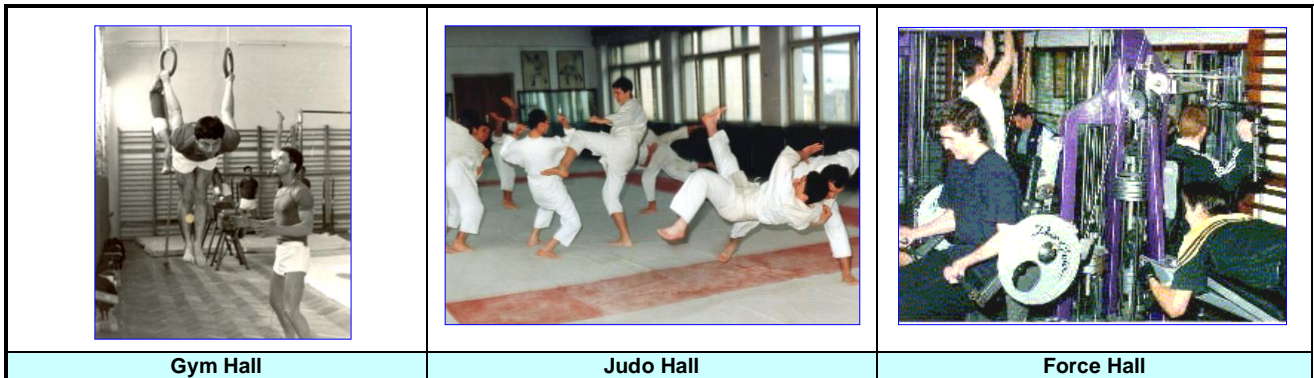
In the very beginning of the 1978-1979 years, The Naval Institute „Mircea cel Bătrân” had a good financial support

to create a reasonable material support for **general and specific physical training** development of the naval students at a highest level of the international requests in the field.

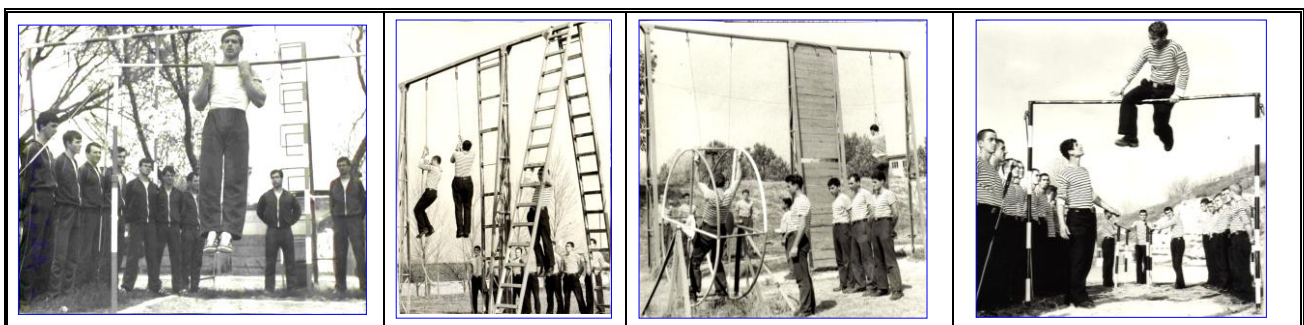
Step by step. The Institute received new constructions and modern improvings for the „**physical training**” programmes defining the field as basic activity, equally maybe with the **fight and naval training**. **Two new sport halls were built, having multipurpose roles**, all of them with highest class outbuildings, all of them, calculated to answer to **3000 students** requests according to the social expectancies.



Another **gym hall**, a **judo hall** and a **force training hall** with heavy weight lifting equipments have been built

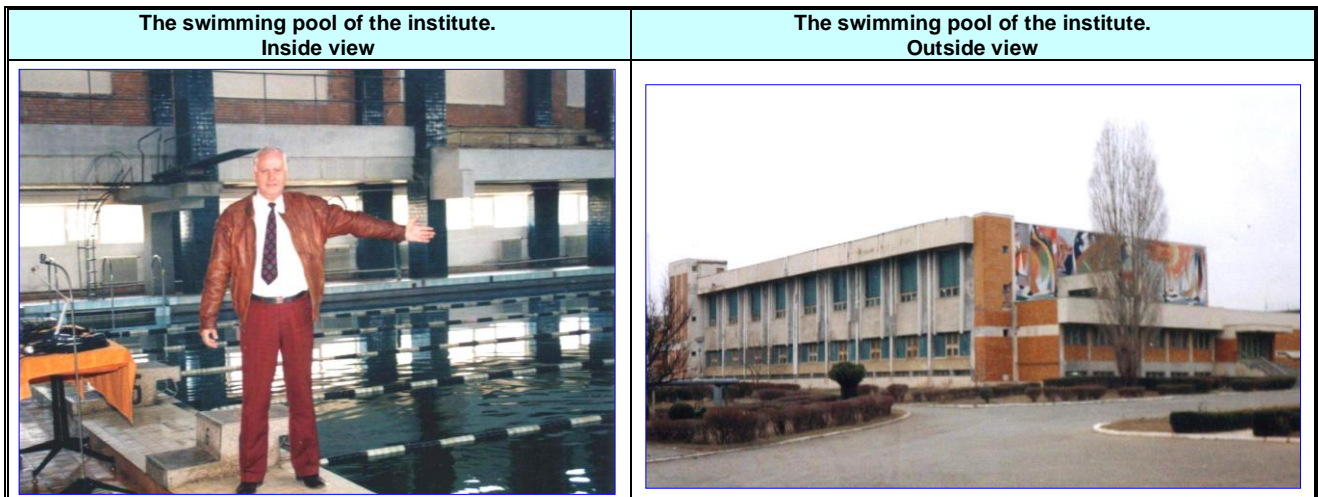


A **gym portico** in the open and a **training general and specific physical training practice** ground completed the material basis in the open for the **professional training** of the naval students.



The named **Complex for Physical General and Specific Training** included also a covered an **olympic swimming pool** having a tribune and a **spring board** for

jumps, a **rowing stand** for **kaiac-canoe and academic rowing** (a simulator for rowing) and another **force hall** inside this complex.

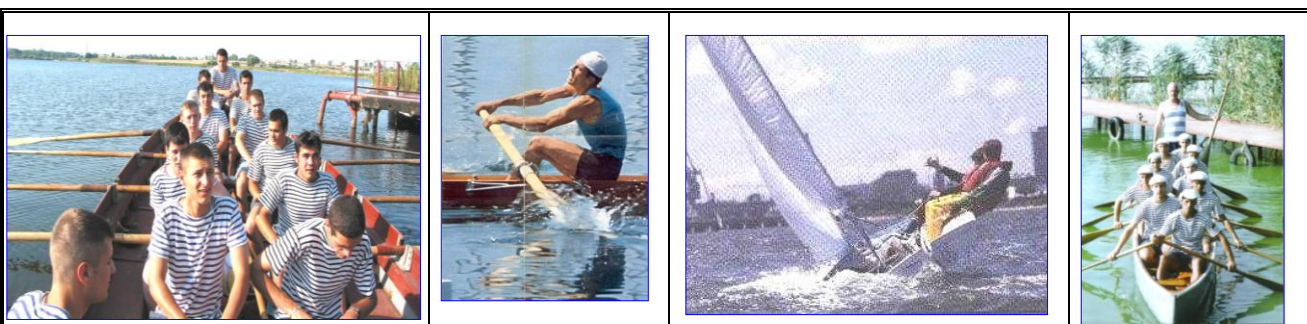


Over 10 hectares have been given by a „**General plan of Urban Systematization and Territorial Organization**” of Constanta City to build up a **stadium with athletic trace**, a **place to organize a handbal, volley, basket** and lawn tennis terrains in the open, as well as a **n endurance practice ground (polygon)** all of them realised by the Engines Staff of the Institute for the Special Training of the students.



For the training of the students some different boats were bought to be given to **the Practical Training station and Nautical Sports (S.P.M.S.N.)** situated on the Mamaia lake bank, where the naval students get their first lessons about their future profession.

The sailing and the rowing on different types of boats, as well as the **swimming in the sea** became regular activities, having a major importance in forming the naval students as well as gathering that specific experience so needed in this kind of activities in the open sea.

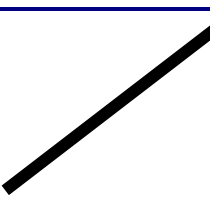



COMPLETING THE EDUCATIONAL STAFF OF THE PHYSICAL TRAINING AREA






The physical training staff of the Naval Institute “Mircea cel Batran” from Constanta has a high level team of professors which develop a professional activity due to raise a **general and specific training** for all the over **3000**

naval students for the exploitation the over **300 ships of the civilian and military ships** of the Romanian fleet.


We are showing here the civilian and military proforsors who acted in the **Physical Training Staff of the „MIRCEA CEL BATRAN” NAVAL INSTITUTE Constanta.** (The present Naval Academy „Mircea cel Batran”, Constanta.)

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| <p>SPĂLĂȚELU Mihail</p> <p>First Rank Captain (Colonel in the Navy) Chief of Staff up to 1993. Specialities: <i>football+military physical tests</i> (Retired in 1993 - died)</p> |  |
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|---|---|
| <p>ATANASIU Lidia</p> <p>Civilian professor, University lecturer, Doctor. Chief of the Staff In 2004. Specialized in <i>handball.</i> (Actually retired.)</p> |  |
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| <p>COMĂNIȚĂ Petre Civilian professor, University lecturer (without being a Doctor!!!!) Specialized in <i>football</i> (Retired).</p> | ? |
| <p>SĂLIȘCAN Alexandru Civilian professor University lecturer. Specialized in <i>athletics</i> (Retired).</p> | ? |
| <p>MIHĂILESCU Cristian Civilian professor. University lecturer, Doctor. Specialized in <i>gymnastics, culturism, fitness</i>. Exceptional professor and sportsman as well, a world champion in culturism! (Still active in the Naval Academy)</p> |  |
| <p>TULBURE Tiberiu Nicolae Civilian professor, University lecturer (not yet a Doctor !!!) Specialized in <i>swimming</i> (Retired).</p> | ? |
| <p>OPRIȘAN Naie Civilian professor, University lecturer, Doctor. Specialized in <i>nautical sports, swimming and practical nautical training</i>. (Still acting in the Naval Academy)</p> |  |
| <p>BEJAN Aurel Civilian professor, University lecturer. Doctor. Specialized in <i>basketball</i>. (Retired as ill, then died at 58 in 2013.)</p> |  |
| <p>IONESCU Laurențiu Viorel Civilian professor, University lecturer, Doctor. Specialized in <i>volleyball</i>. Still acting in the Maritime University of Constanta (U.M.C.)</p> |  |
| <p>BUJOR Răducan-Rică Civilian professor, University lecturer. Specialized in <i>basketball</i> (retired).</p> | ? |
| <p>ANTONESCU Marin Civilian professor, University lecturer. Specialized in lawn <i>tennis</i> (Retired).</p> | ? |
| <p>LAZĂR Ion Civilian professor, Doctor. Specialized in <i>athletics</i>. (Still acting in the Naval Academy).</p> |  |

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| <p>UNGUREANU George Civilian professor, trainer. Specialized in judo. (Retired because of illness)</p> |  |
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| <p>BRATU Ilie Military professor . Major in the Navy, preparing to be a Doctor. Chief of the staff between 1993-2001. Specialized in <i>basketball + military specific sportive tests</i>, (Retired).</p> | ? | ? |
|--|---|---|

| | | |
|--|---|---|
| <p>ENE-VOICULESCU Virgil Military professor, Commander (equivalent of colonel). Specialized in <i>football, swimming, military tests</i>. Chief of Staff between 2001-2004; Then the Naval Academy Senate; Then, starting with 2014; Pro-rector of the Scientific activity and the Research activity.</p> |  |  |
|--|---|---|

| | | |
|--|---|---|
| <p>OLARU Constantin Cristinel Military professor, Major Superior trainer; Preparing to be a Doctor. Specialized in <i>swimming and military specific sportive tests</i>. Actually is the chief of the Practical Nautical Activities Base, in Palazu Mare.</p> |  |  |
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Romania has become a worldwide recognized naval transporter by 1989. The serious **general and specific physical training** of the naval students was realized by the specialized professors we mentioned. These ones improved their knowledge inside a national perfectioning system, according to the regulations.

All that work in the Staff of the Physical Training of the Naval Institute was officially noticed many a time. For example, starting with 1983 the members of the *Physical Training Staff* have been given:

**The Cup and the first place in The National Defence Ministry for
 „The Best Material Basis and Global Sportive Activity”
 in Romania.**

* * *

As everyone knows, the Naval Institute was including a military and civilian sections as well. Both were preparing specialized navigators for the military and the civilian (trading) fleet according to the needs in the social field.

Starting with 1990 the students of the civilian branches of the Naval Institute started a hungerstrike in front of the Romanian Government in Bucharest (some 200) asking to re-invent the former **Civilian Naval Institute-(I.M.C.)** who had functioned also in Constanta in 1972 in 1972-1973 when it fused with the **Superior Military Naval school** having as result the **Naval Institute „Mircea cel Bătrân” (I.M.M.B)** in 1973.

The students of the civilian sections **managed at that time** to establish **The Civilian Naval Institute (I.M.C.)** in Constanta. (By the Government Decision No.480 / 06.02.1990.)

Eventually this decision was given another serial number, and this **Civilian Naval Institute** was named as **Maritime University of Constanta (U.M.C.)**

* * *

Just a few tennis tables were put in the halls, and that was all in a specific national Naval Institute !!!

(I eventually decided to establish by myself a **large construction yard** to realize a **naval base** on the south bank of Mamaia Lake and bring from Reghin factory **the first boats**, used even today for **the naval practical training** !)

The following evolution of the superior naval education, including here the general and specific physical training of the students will be focused on in our future works!