

VIth INTERNATIONAL SCIENTIFIC CONFERENCE
“The Problems of Sex Dimorphism in Sport”
(Szczyrk, October 20th – 22nd, 2000)

International scientific conferences headlined “*The Problems of Sex Dimorphism in Sport*”, traditionally organised by the Polish Association of Female Sport and the Chair of Individual Sports of the Academy of Physical Education in Katowice, Poland have already been noticed by many various organisations and associations in different parts of the world. The Fifth Conference was organised under the auspices of the IAAF President. Dr Primo Nebiolo, and the last one, i.e. the Sixth, that took place during the celebrations of the XXXth Anniversary of the Existence of the Academy of Physical Education in Katowice, was held under the auspices of the International Council of Science for Sport and Physical Education (ICSSPE) and its President Prof. Gudrun Doll-Tepper.

This time the Conference topic was “Women in Sport and Physical Culture at the Break of the Millennium”. Choosing this topic for discussion, the Conference organisers tried to underline the fact that the contemporary female sport – looking at it from the quantitative point of view – presently reaches the level of 40% of the total of world sport and, because of the decisions taken by various sport bodies, and first of all by the IOC, reveals genuine possibilities of its future growth, mostly because of the enrichment of the Olympic agenda with different female sport competitions. If men do not make up their mind to practise callanetics or synchronised swimming (what does not seem very probable), the female Olympic agenda will become much richer as compared to the male one as early as the first decade of the XXI Century. In these circumstances, in case women do not achieve many considerable sport successes, hardly any country could realistically count on reaching a top position in the Olympic ranking. Even now the sport achievements of such top sport super-powers as Russia, the USA, or Germany are greatly determined by

the successes of sportswomen, and the Chinese sport has been observed to be dominated by women first of all.

The attempts to hold and, possibly, to strengthen the current position of Polish sport in the world will seem hardly probable without the participation of women. It is also worth remembering that – as it seems – it is considerably easier to become successful in female sport at present, and this tendency is professed to be observed in a number of the coming years. This is why it appears to be so important to take up many various steps and activities aiming at the development of female sport in our country. The scientific works, especially those attempting to form the theoretical as well as methodological basis and taking into account the specific possibilities of female physical and psychical traits, are those of greatest importance. Another important field has been formed by the exchange of information gathered as a result of different scientific experiments taken to evaluate sport in general and the implementation of the results in the everyday practice of female sport.

Such examples at the VIth Conference are manifold. First of all it is worth stressing the presentations of such top sport trainers and scientific as **Alexiei Medvedev**, **Evgeni Ivantchenko**, **Sergei Boitchenko** and many others.

A. Medvedev, one of the most prominent weight-lifting experts, a man that worked as an adviser of the national Chinese female weight-lifting team during its greatest successes, presented extremely interesting results of his research as well as the way they may be implemented in female sports. **E. Ivantchenko** – a trainer of many female Olympic final swimming participants, many of them, additionally, Olympic medal winners – presented the analysis of the interdependence between long-term training loads of a number of female top swimmers and the phases of their different menstrual cycles. Additionally, he stressed the importance of the recognition of individual reactions of female swimmers onto the training loads during the phases of their menstrual cycle. A representative of Belaurus, **S. Boitchenko**, discussed the decisive elements in the specific methods of female sports training of fencers.

The problems of the training of weight-lifters appeared in two other papers. **A. Haleczko** and **T. Socha**, while discussing the results of the research dealing with the somatic traits of female weight-lifters and the results they achieve, presented number of analytical methods to be used while trying to describe the

mutual relation between the body weight of the examined female weight-lifters and the sports results they gained. Another paper, delivered by **A. Martyn** from the Ukraine, analysed the interdependencies between the results of the – generally understood – speed in sport and the modification of training loads.

While discussing a number of other presentations of the foreign Conference participants, one has to mention the papers delivered by prominent representatives of the Moscow and Kiev scientific centres. **W. Balsevitch** from Moscow presented the results of his long-term research on the evolution of the kinesiological potential of sportswomen, **L. Lubisheva** talked on the processes of social adaptation of women that had finished their sport careers in Russia, **M. Shestakhov**, delivered a paper on neurone nets and modelling in sport and **M. Guzhov** analysed the health aspects of physical culture and sport in the life of Russia sportswomen in the period of transformation of the political system.

The Kiev scientific centre was mainly represented by women **L. Shahlina**, who took part in all the conferences organised by us so far, discussed the specific motoric traits of women practising different sports, **A. Jastchenko**, **O. Shinkharuk** and **M. Ibraimova** presented the results of their investigation dealing with various aspects of female sport training methods in chosen disciplines of sport.

Another interesting paper was delivered by a representative of the Islamic republic of Iran. Mr Maghaddan S. R. Rahimi, who talked on the attempts to make the aspects of female sport more active in his country.

The most numerous group of the Conference participants consisted of the representatives of different home research centres, mainly the Academies of Physical Education. It is, however, worth noticing that a considerable group of scientists arrived at the conference from the neighbouring Republic of Slovakia.

Prof. Zbigniew Drozdowski of the Poznań Academy of Physical Education, who, in fact, started the examination of the symptoms of sex dimorphism in movement activity and professional sport, presented his anthropological remarks on biosocial conditions of the participation of women in the sport of future generations.

The papers delivered by a number of other representatives, of home scientific centres mostly concentrated on different aspects of the theory of female sport training. There were also a few presentations that dealt with a

number of problems as seen from a broader perspective of different sciences of the physical culture.

All together there were delivered 81 papers, 24 of them being presented by the scientists outside Poland.

Taking due proportions as regards the evaluation of our attempts performed in the interests of female sport, one of the most important achievements of the conference was that we were able to make a number of top specialists of many foreign research centres from Russia, The Ukraine, Belarus, Slovakia or Bulgaria, many of them having great experience and many genuine scientific successes in the domain of female sport, be interested in the participation in our Conference. The papers delivered by them duly enriched the substantial worth of the Conference.

We were also satisfied to find out that the problems discussed at the Conference met the interest of many foreign publishers. The materials of the Conference covered the sixth number of a scientific periodical entitled "*Theory and Practice in Physical Culture*", published in Russia.

The problems of female sport were also presented in a special issue of a scientific periodical entitled "*Science and the Olympic Sport*", published in Kiev.

Stanisław Socha