

THE NATIONAL INSTITUTE OF PHYSICAL EDUCATION AND SPORTS (INEF) IN MADRID

In No. 62/63 of the *Olympic Review*, we spoke of the National Institute of Physical Education and Sport in Madrid, on the occasion of a session organized by the Spanish Centre of Olympic Studies. Today we should like to give you a fuller account of this remarkable institution ably run by its head, Dr. José Maria Cagigal.

INEF is the summit organization responsible for the organization of sport in Spain.

Up till 1961, the teaching of physical education was left entirely to the individual schools. On 23rd December 1961, it was made compulsory by law. A new organization was needed therefore for the training of specialized instructors, and thus INEF came to be created. Under the dynamic influence of remarkable officials, its field of activity very quickly expanded. At the present moment, there is nothing connected either closely or remotely with



sport that is not handled there: scientific and cultural investigations, importance of sport in modern life, sports medicine problems, training of doctors and assistants, study seminars . . . A meeting place or the different national federations, INEF has become the prime mover of sport in Spain.

The importance of INEF necessarily led to the building of a complex worthy of the

part it has to play. Located in the heart of the University of Madrid, it covers an area of 42 acres. Three main buildings house the administrative offices, the documentation department, the library, the medical departments, the restaurant, the leisure lounges, the teachers' accommodation, the sports pavilion, as well as many specialized sports halls. Next to the buildings are the open-air swimming pool measuring 50 by 18 m with a 16x16 m diving



pool alongside, the stadium, provided with all the necessary technical facilities, and an open-air sports complex. In addition, a second gymnasium designed more particularly for combative sports and an indoor swimming pool are in the process of construction.

Full use is made of these remarkable facilities all year round thanks to very careful planning. Most of the national sports federations meet there, and in addition to specific INEF courses, a great many meetings and conferences for trainers, doctors, psychologists, and students are also held there. The Centre of Olympic Studies constitutes one of these activities, all centred on the propagation of sport.

This very full time-table presupposes a highly efficient staff, which is in fact the case. Conscientious and enthusiastic organizers and officials, confident in the beneficial properties of sport at all levels, do their utmost to give all those who pass through INEF the same faith in sport and the same ideals.



¹ For example, the third world congress of the International Society of Sport Psychology will be held from 25th to 29th June 1973 at INEF.