

Tradoc Standardized Physical Training Guide

LTG Dennis Cavin, Commander of Accessions Command, tasked the U.S. Army Physical Fitness School (USAPFS) and the Center for Accession Research (CAR) to develop and test the ability of a standardized physical training (PT) program to improve fitness and reduce injuries and attrition during BCT. The program developed by the USAPFS followed the principles in Army Field manual 21-20 plus incorporated injury reduction principles involving reduced running mileage and a greater variety of exercises. LTG Cavin also wanted to determine if the new fitness program coupled with an administrative change might eliminate the necessity for the Fitness Assessment Program (FAP) or reduce the number of trainees who enter the FAP. New recruits who fail a basic fitness test at the Reception Station enter the FAP and train until they can pass the test and enter BCT. The proposed administrative change was to conduct the basic fitness test at Week 2 of BCT rather than in the Reception Station. This report examines attrition, fitness and injuries 1) during implementation of the standardized physical training program, and 2) among low-fit trainees who did and did not enter the FAP prior to BCT.

AR 350-1 08/19/2014 ARMY TRAINING AND LEADER DEVELOPMENT, Survival Ebooks

As U.S. service members deploy for extended periods on a repeated basis, their ability to cope with the stress of deployment may be challenged. Many programs are available to encourage and support psychological resilience among service members and families. However, little is known about these programs' effectiveness. This report reviews resilience literature and programs to identify evidence-informed factors for promoting resilience.

Social Science Goes to War

An Overview

Professional Journal of the United States Army

Textbooks of Military Medicine: Recruit Medicine

Evaluation of Two Army Fitness Programs: The TRADOC Standardized Physical Training Program for Basic Combat Training and the Fitness Assessment Program

Dr. Nicholas Romanov's Pose Method of Running

Running barefoot isn't as natural as we're led to believe. Recent studies have shown that up to 85% of runners get injured every year, how natural is that? The most important question that running "barefoot" or "naturally" doesn't address is how we should run. Repetitive ground impact forces are at the root of most running injuries. A 30 minute jog can log more than 5,000 foot strikes; its because of this volume of movement that efficient

This volume is an account of the many currents, some ongoing, that informed the Army's struggle to design a basic training course acceptable to the nation's civil and military leadership, the general public, various special interest groups, and the young men and women undergoing their first experience as soldiers. Employs a mixture of topical and chronological organization. The major focus is on the period from 1973 to 2004. Tells the Army's story of mixed-gender training at the initial-entry level.

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The Human Terrain System in Iraq and Afghanistan

A New Paradigm of Running

Training

Hearings Before the Committee on Armed Services, United States Senate, One Hundred Eighth Congress, Second Session, May 7, 11, 19, July 22, September 9, 2004

History and Lessons Learned

The Human Terrain System (HTS) was catapulted into existence in 2006 by the US military's urgent need for knowledge of the human dimension of the battlespace in Iraq and Afghanistan. Its centerpiece was embedded groups of mixed military and civilian personnel, known as Human Terrain Teams (HTTs), whose mission was to conduct social science research and analysis and to advise military commanders about the local population. Bringing social science - and actual social scientists - to the wars in Iraq and Afghanistan was bold and challenging. Despite the controversy over HTS among scholars, there is little good, reliable source material written by those with experience of HTS or about the actual work carried out by teams in theatre. This volume goes beyond the anecdotes, snippets and blogs to provide a comprehensive, objective and detailed view of HTS. The contributors put the program in historical context, discuss the obstacles it faced, analyse its successes, and detail the work of the teams downrange. Most importantly, they capture some of the diverse lived experience of HTS scholars and practitioners drawn from an eclectic array of the social sciences.

This regulation encompasses garrison, field, and subsistence supply operations. Specifically, this regulation comprises Army Staff and major Army command responsibilities and includes responsibilities for the Installation Management Command and subordinate regions. It also establishes policy for the adoption of an à la carte dining facility and for watercraft to provide subsistence when underway or in dock. Additionally, the regulation identifies DOD 7000.14-R as the source of meal rates for reimbursement purposes; delegates the approval authority for catered meals and host nation meals from Headquarters, Department of the Army to the Army commands; and authorizes the use of the Government purchase card for subsistence purchases when in the best interest of the Government. This regulation allows prime vendors as the source of garrison supply and pricing and provides garrison menu standards in accordance with The Surgeon General's nutrition standards for feeding military personnel. Also, included is guidance for the implementation of the U.S. Department of Agriculture Food Recovery Program.

Is there a sufficient evidence base for the U.S. Department of Health and Human Services (HHS) to develop a comprehensive set of physical activity guidelines for Americans? To address this question, the Institute of Medicine

(IOM) held a workshop titled "Adequacy of Evidence for Physical Activity Guidelines Development" in Washington, DC on October 23-24, 2006, sponsored by HHS. The workshop summary includes the presentations and discussions of more than 30 experts who were asked to consider the available evidence related to physical activity and the general population, as well as special population subgroups including children and adolescents, pregnant and postpartum women, older adults, and persons with disabilities. The summary provides an overview of the specific issues of relevance in assessing the quality and breadth of the available evidence.

The First 100 Days of Platoon Leadership - Handbook (Lessons and Best Practices)

Joint Training Manual for the Armed Forces of the United States

AR 600-63 04/14/2015 ARMY HEALTH PROMOTION , Survival Ebooks

Research Report

Mixed-gender Basic Training

Army Regulation 350-1 is the keystone training regulation for all US Army units. This regulation is the source reference for all training conducted within units across the US Army. This continent 6x9 paperback is designed with commanders, executive officers, and company grade NCOs in mind for portability and ease of use.

In this significant Marxist critique of contemporary American imperialism, the cultural theorist Randy Martin argues that a finance-based logic of risk control has come to dominate Americans' everyday lives as well as U.S. foreign and domestic policy. Risk management—the ability to adjust for risk and to leverage it for financial gain—is the key to personal finance as well as the defining element of the massive global market in financial derivatives. The United States wages its amorphous war on terror by leveraging particular interventions (such as Iraq) to much larger ends (winning the war on terror) and by deploying small numbers of troops and targeted weaponry to achieve broad effects. Both in global financial markets and on far-flung battlegrounds, the multiplier effects are difficult to foresee or control. Drawing on theorists including Michel Foucault, Giorgio Agamben, Michael Hardt, Antonio Negri, and Achille Mbembe, Martin illuminates a frightening financial logic that must be understood in order to be countered. Martin maintains that finance divides the world between those able to avail themselves of wealth opportunities through risk taking (investors) and those who cannot do so, who are considered "at risk." He contends that modern-day American imperialism differs from previous models of imperialism, in which the occupiers engaged with the occupied to "civilize" them, siphon off wealth, or both. American imperialism, by contrast, is an empire of indifference: a massive flight from engagement. The United States urges an embrace of risk and self-management on the occupied and then ignores or dispossesses those who cannot make the grade.

The platoon leader and platoon sergeant are two of the most important leaders in the U.S. Army. The way platoon leaders

and sergeants work together as a team can cause the success or failure of companies, battalions, brigades, and divisions. They represent the leading edge of leadership on and off the battlefield. On the battlefield, platoon leaders and sergeants build their platoons, empower squad leaders, integrate outside elements, and use troop-leading procedures to plan and lead. Off the battlefield, platoon leaders and sergeants prepare their platoon for combat through tough training. The platoon leader and platoon sergeant's ability to coach, teach, and mentor their Soldiers leads directly to the readiness of our formations. World-wide, platoon leaders and sergeants are personally leading the U.S. Army at the lowest level. This handbook is a guide for new leaders to help prepare them for a critical crucible of leadership that will determine the U.S. Army's ability to fight and win our country's wars.

NCO Guide

Adequacy of Evidence for Physical Activity Guidelines Development

American War and the Financial Logic of Risk Management

U. S. Army Board Study Guide

Professional Development of Officers Study: Implementation plan

Military Review

Evaluation of Two Army Fitness Programs: The TRADOC Standardized Physical Training Program for Basic Combat Training and the Fitness Assessment Program

Includes a foreword by Major General David A. Rubenstein. From the editor: "71F, or "71 Foxtrot," is the AOC (area of concentration) code assigned by the U.S. Army to the specialty of Research Psychology. Qualifying as an Army research psychologist requires, first of all, a Ph.D. from a research (not clinical) intensive graduate psychology program. Due to their advanced education, research psychologists receive a direct commission as Army officers in the Medical Service Corps at the rank of captain. In terms of numbers, the 71F AOC is a small one, with only 25 to 30 officers serving in any given year. However, the 71F impact is much bigger than this small cadre suggests. Army research psychologists apply their extensive training and expertise in the science of psychology and social behavior toward understanding, preserving, and enhancing the health, well being, morale, and performance of Soldiers and military families. As is clear throughout the pages of this book, they do this in many ways and in many areas, but always with a scientific approach. This is the 71F advantage: applying the science of psychology to understand the human dimension, and developing programs, policies, and products to benefit the person in military operations. This book grew out of the April 2008 biennial conference of U.S. Army Research Psychologists, held in Bethesda, Maryland. This meeting was to be my last as Consultant to the Surgeon General for Research Psychology, and I thought it would be a good idea to publish proceedings, which had not been done before. As Consultant, I'd often wished for such a document to help explain to people what it is that Army Research Psychologists "do for a living." In addition to our core group of 71Fs, at the Bethesda 2008 meeting we had several brand-new members, and a number of distinguished retirees, the "grey-beards" of the 71F clan. Together with longtime 71F colleagues Ross Pastel and Mark Vaitkus, I also saw an unusual opportunity to capture some of the history of the Army Research Psychology specialty while providing a representative sample of current 71F research and activities. It seemed to us especially important to do this at a time when the operational demands on the Army and the total force were reaching unprecedented

levels, with no sign of easing, and with the Army in turn relying more heavily on research psychology to inform its programs for protecting the health, well being, and performance of Soldiers and their families."

This two-volume set LNCS 12792 and 12793 constitutes the refereed proceedings of the Third International Conference on Adaptive Instructional Systems, AIS 2021, held as Part of the 23rd International Conference, HCI International 2021, which took place in July 2021. Due to COVID-19 pandemic the conference was held virtually. The total of 1276 papers and 241 poster papers included in the 39 HCII 2021 proceedings volumes was carefully reviewed and selected from 5222 submissions. The regular papers of AIS 2021, Part I, are organized in topical sections named: Conceptual Models and Instructional Approaches for AIS; Designing and Developing AIS; Evaluation of AIS; Adaptation Strategies and Methods in AIS.

Detainee Operations Inspection

Professional Development of Officers Study: Development periods

Assessing Fitness for Military Enlistment

Simulation-based Mounted Brigade Training Program

10th Edition

The 71F Advantage

Field Manual FM 7-0 Train to Win in a Complex World October 2016 FM 7-0, Train to Win in a Complex World, expands on the fundamental concepts of the Army's training doctrine introduced in ADRP 7-0. The Army's operations process is the foundation for how leaders conduct unit training. It also places the commander firmly at the center of the process and as the lead of every facet of unit training. FM 7-0 supports the idea that training a unit does not fundamentally differ from preparing a unit for an operation. Reinforcing the concepts, ideas, and terminology of the operations process while training as a unit makes a more seamless transition from training to operations. This publication focuses on training leaders, Soldiers, and Army Civilians as effectively and efficiently as possible given limitations in time and resources.

AR 350-2 05/19/2015 OPERATIONAL ENVIRONMENT AND OPPOSING FORCE PROGRAM , Survival Ebooks

"The Drillmaster of Valley Forge-Baron Von Steuben-correctly noted in his "Blue Book" how physical conditioning and health (which he found woefully missing when he joined Washington's camp) would always be directly linked to individual and unit discipline, courage in the fight, and victory on the battlefield. That remains true today. Even an amateur historian, choosing any study on the performance of units in combat, quickly discovers how the levels of conditioning and physical performance of Soldiers is directly proportional to success or failure in the field. In this monograph, Dr. Whitfield "Chip" East provides a pragmatic history of physical readiness training in our Army. He tells us we initially mirrored the professional Armies of Europe as they prepared their forces for war on the continent. Then he introduces us to some master trainers, and shows us how they initiated an American brand of physical conditioning when our forces were found lacking in the early wars of the last century. Finally, he shows us how we have and must incorporate science (even when there exists considerable debate!) to contribute to what we do-and how we do it-in shaping today's Army. Dr. East provides the history, the analysis, and the pragmatism, and all of it is geared to understanding how our Army has and must train Soldiers for the physical demands of combat. Our culture is becoming increasingly "unfit," due to poor

nutrition, a lack of adequate and formal exercise, and too much technology. Still, the Soldiers who come to our Army from our society will be asked to fight in increasingly complex and demanding conflicts, and they must be prepared through new, unique, and scientifically based techniques. So while Dr. East's monograph is a fascinating history, it is also a required call for all leaders to better understand the science and the art of physical preparation for the battlefield. It was and is important for us to get this area of training right, because getting it right means a better chance for success in combat.

Adaptive Instructional Systems. Design and Evaluation

The Army's Training Revolution, 1973-1990

AR 350-1 Army Training and Leader Development

Train to Win in a Complex World (FM 7-0)

Physical, Medical, and Mental Health Standards

An Empire of Indifference

The U.S. Department of Defense (DoD) faces short-term and long-term challenges in selecting and recruiting an enlisted force to meet personnel requirements associated with diverse and changing missions. The DoD has established standards for aptitudes/abilities, medical conditions, and physical fitness to be used in selecting recruits who are most likely to succeed in their jobs and complete the first term of service (generally 36 months). In 1999, the Committee on the Youth Population and Military Recruitment was established by the National Research Council (NRC) in response to a request from the DoD. One focus of the committee's work was to examine trends in the youth population relative to the needs of the military and the standards used to screen applicants to meet these needs. When the committee began its work in 1999, the Army, the Navy, and the Air Force had recently experienced recruiting shortfalls. By the early 2000s, all the Services were meeting their goals; however, in the first half of calendar year 2005, both the Army and the Marine Corps experienced recruiting difficulties and, in some months, shortfalls. When recruiting goals are not being met, scientific guidance is needed to inform policy decisions regarding the advisability of lowering standards and the impact of any change on training time and cost, job performance, attrition, and the health of the force. *Assessing Fitness for Military Enlistment* examines the current physical, medical, and mental health standards for military enlistment in light of (1) trends in the physical condition of the youth population; (2) medical advances for treating certain conditions, as well as knowledge of the typical course of chronic conditions as young people reach adulthood; (3) the role of basic training in physical conditioning; (4) the physical demands and working conditions of various jobs in today's military services; and (5) the measures that are used by the Services to characterize an individual's physical condition. The focus is on the enlistment of 18- to 24-year-olds and their first term of service.

Helicopters, discusses how helicopters fly and the various ways that helicopters are used in today's world. This title features a table of contents, glossary, index, vivid color photographs and diagrams, photo labels, sidebars, and recommended web sites for further exploration.

A key guide to complete fitness for both military and civilian use.

The U.S. Army Experience, 1973-2004

Army Physical Readiness Training

Recruiter Journal

Workshop Summary

U.S. Army Fitness Training Handbook

Review of Department of Defense Detention and Interrogation Operations

The essential guide for NCOs, this edition has been thoroughly revised and updated with the latest information on training, military justice, promotions, benefits, counseling, soldiers, physical fitness, regulations, and much more. • How to train, lead, and counsel troops effectively • Tips on how to move along your career as an NCO by continuing education, training, and professional development • Information about all the regulations NCOs need to be aware of in carrying out their jobs

Print Product Only NOTE: NO FURTHER DISCOUNT FOR THIS PRINT PRODUCT -- OVERSTOCK SALE -- Significantly reduced list price This monograph discusses the most common musculoskeletal injuries in military women. Prevention and management of these injuries are very important to sustain the fighting force and maintain military readiness. Information about the incidence, risk factors, prevention, diagnosis, evaluation, treatment, and rehabilitation of common musculoskeletal overuse and traumatic injuries sustained by women in the military is included. Sections topics cover an overview of musculoskeletal injuries in military women; common lower extremity overuse injuries; common traumatic injuries; an overview of general injury prevention, treatment, and rehabilitation techniques; and specific injury prevention, treatment, and rehabilitation techniques in the military.

Musculoskeletal Injuries In Military Women

Training in Units

Third International Conference, AIS 2021, Held as Part of the 23rd HCI International Conference, HCII 2021, Virtual Event, July 24–29, 2021, Proceedings, Part I

Army Food Program

Department of the Army Historical Summary

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