***“Contracting Physical Trainers: Army to prepare for the change of the Army physical fitness test to Army combat fitness test”***

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BIBLIOGRAPHY

 **Contracting Physical Trainers: Army**

**Section 1**

**Introduction of the study**

**Introduction**

The United States Army Basic is the military basic training of the army of the United States . It consists of two parts and is decentralized as the only basic training of the armed forces of the United States. Depending on which career the trainee recruiter has chosen during his recruitment, the training lasts between 15 weeks and one year.

 **Statement of the study**

The reason of the study was to identify the first part of the basic training is called Basic Combat Training and lasts nine weeks. It applies equally to the reservists and national guards of the service.

**Importance of the study**

In this study to identify the problem is that the modern soldier should train regularly, improving physical fitness and athletic performance. APFT does not reflect this progress at all. Apparently therefore, starting in October 2020, soldiers will undergo a new test –“ *the army combat uniform test”. The APFT”,* of course, was easier to carry out (no equipment was required), but he completely did not appreciate the bunch of important physical skills that are measured in the new ACFT: power, absolute strength and anaerobic performance.

***“Scope of the study”***

The capacity of this study to prepare for such a test, you need to combine “heavy cardio” (like farmer walking, pulling / pushing a sled, carrying a log / partner) and “light” - various types of sprint, “bear walking” (on four limbs), etc.

**Review OF Literature**

According to Sean Kimmons (2018) *"The Army Combat Fitness Test will ignite a generational, cultural change in Army fitness and become a cornerstone of individual Soldier combat readiness," said “Maj. Gen. Malcolm Frost."It will reduce attrition and it will reduce musculoskeletal injuries and actually save, in the long run, the Army a heck of a lot of money."*
*"Throughout that research and testing, the goal was to provide our leaders with a tough, realistic, field-expedient assessment of the physical component of their Soldiers' individual readiness," said Sgt. Maj. of the Army Daniel A. Dailey. "The ACFT is scientifically-validated and will help better prepare our Soldiers to deploy, fight, and win on any future battlefield* “(Gatchell, B., Suits, D. L., Benson, J., Vergun, D., Kimmons, S., Kearnes, M. and Nielsen, J. W. (2018). *."*

**Section 2**

**Discussion**

Since the early 1980s, the American armed forces have evaluated the athletic training of soldiers using the “*Army Physical Fitness Test (APFT). It consists of 3 disciplines:*

* *2 miles race (~ 3.22 km),*
* *the maximum number of push-ups in 2 minutes,*
* *the maximum number of body lifts in 2 minutes”.*

APFT surrenders during the course of a young fighter, and then in its unit - every six months. This test is passed collectively, for example, by a platoon (30-50 people). Diagnostic testing can also be performed during deployment in war zones and other countries, but no one will perform the “for protocol” test. The problem is that the modern soldier should train regularly, improving physical fitness and athletic performance (Moore, 2018). ATPF does not reflect this progress at all.

**“Army combat test”**

Apparently therefore, starting in October 2020, soldiers will undergo a new test - the army combat uniform test (ATBF). The old ATFF, of course, was easier to carry out (no equipment was required), but he completely did not appreciate the bunch of important physical skills that are measured in the new ATBF: power, absolute strength and anaerobic performance. Using ATBF, you can check various physical indicators and understand what to work on. And if you are not going to the service, you can use it as a “fun” training with pacifist friends.

**Process**

Basic Combat Training actually takes ten weeks. In the first week they arrived recruits are made familiar with their training center. Since this week has little relevance to the actual education, it is also declared as "Week 0". The Sunday is up to a walk basically at the free disposal of the individual on the base. All religious weekly ceremonies of the most popular religions in the United States are held that day. If a recruit cannot be made religious on grounds of lack of premises or clergy, his drill sergeant must ensure that this can take place in the area. Possibly this arrangement already took place during the recruitment.

**Arrival**

The first week is for preparation and orientation at the site of basic education. The recruits fill in documents, receive the quarter-inch haircut typical of American soldiers, and undergo vaccinations , medical and dental examinations. This week, a precursor to the Physical Fitness Test will be held, the “*Physical Assessment Test”* , which requires men to walk a mile in eight and a half minutes. Women are two minutes more available. In addition, the recruits are familiarized with basic military ceremonial, especially with putting up as a unit.

**Bayonet training in phase II**

The first week of actual basic education retains the contents of the first week and classroom tuition. Thus, "Phase One", the acquisition of principled soldierly skills, has begun. In the second week compass and map reading will focus on orientation and navigation skills in addition to a first aid course . The focus of the third week is the physical physique , with marches (also night march ), training for close combat (with and without bayonet ) and warfare agentsis charged. Only in the fourth week is shooting with the assault rifle of the US armed forces, the M-16 , on the program. In the fifth week, "Phase Two" will be heralded, applying the learned skills in the field. Through cooperative exercises, the camaraderie between the individual recruits is to be strengthened in the following week . Psychological aspects are also emphasized in the seventh week, for example in dealing with hand grenades, with combat noise, in a motivation training and a danger briefing. After intense physical stress in the eighth week with marches over 10 and 15 km. The recruits receive two days of rehabilitation and leisure. Week nine is the final week and is for adoption.

**Composition of the test**

Only 6 tests; To pass, you need to score at least 70 points in each exercise, but a maximum of 100.

1. Dead lift with track bar: 2 attempts to take maximum weight for 3 reps (3PM)

**100 points: 155 kg X 3 reps**

**70 points: 80 kg X 3 reps**

Here absolute power is measured. Circular training with your own weight will not prepare for this test! You need to be strong in order to carry artillery shells and light machine guns or to climb on the wall in body armor and with all ammunition. So you have to work out in the gym with a barbell ... a heavy barbell.

2. Throw: throwing a 4.5-kilogram med ball behind the head at a distance

**100 points: 13.5 m**

**70 points: 8.5 m**

A number of tasks - throwing a grenade, jumping through a trench, throwing up a box with cartridges for an arrow, knocking out a door - requires not just effort, but developed with maximum acceleration. To become more powerful, focus on plyometrics: jumping, throwing, swinging, and weightlifting.

3. Push-ups from the bottom point (with the separation of the palms): a maximum of 2 minute

**100 points: 70 reps**

**70 points: 30 reps**

If a soldier is strong enough, this is for him a test of muscle endurance. But weak cadets already become a test of strength and show what to work on.

4. Sprint and carry: 25-meter run, 40-kg sled pull 25-meter run, 50 m run with side step (to the side), a farmer's walk with two 18-kilogram 25-meter dumbbells, all for a while.

**100 points: 1:40**

**70 points: 2:09**

A new OFP test for the army, but it’s best prepared for what you can encounter on the battlefield: sprint to cover, dragging a wounded man to a safe place, moving ammunition 50 meters. Good anaerobic performance is needed, so a marathon will not save: it requires a lot of muscle mass and glycogen reserves in it.

5. Raising the legs in the hang on the bar: knees touching the elbows

**100 points: 20 reps**

**70 points: 5 reps**

As with push-ups, for some it is already a test for muscle endurance, but for someone else it is necessary to develop enough strength of the muscles of the body. Usually the smaller guys can easily cope with it, but the big guys understand what they are behind and what to work on.

6. Race for 2 miles (3219m) for a while

**100 points: 12:45**

**70 points: 18:00**

This test evaluates aerobic performance: whether you overheat and precipitate or run easily and calmly under high stress and severe climatic conditions. Big guys often lose consciousness in the heat, while their weaker counterparts continue to run at temperatures below 60. Training can also be divided into two types, as in the case of sprint-carrying. Conduct “non-burdened” aerobic training - low-intensity long-distance running; add to them the “weighted” marching throws in full combat gear.

**Program 1, Development of OFP:**

|  |  |  |  |
| --- | --- | --- | --- |
| Days  | Performance | Time  | Activities |
| 1 | Strength and strength endurance | 10 minutes | to iron: squat, dead lift, thrust to the belt and bench press ––“ *4–6 sets of 4–6 reps”.* |
| 2 | - Aerobic performance. | 30-40 minutes | to run far and long, so don’t gas, |
| 3 | - Anaerobic performance. | 35 minutes | Sledding, carrying heavy loads and sprints. Work hard, but don’t get killed. |
| 4 | Power and strength | 45 minutes | Warm up with plyo-metrics and exercises for dexterity, add power and perfectly prepare for the power unit . |
| 5 | OFP to your taste | More time | To push the sled, drag the dumbbells, |

**Program 2. Focus on Strength.**

|  |  |  |  |
| --- | --- | --- | --- |
| Days  | Performance | Time  | Activities |
| 1 | - Power and strength | 10 minutes | Plyometric weighted exercises and weightlifting: 4-6 sets of 2-3 reps. |
| 2 | - Anaerobic performance. | 30-40 minutes | Carrying heavy loads and sprints. Shells will not bring themselves |
| 3 | - Strength | 35 minutes |  iron: squat, dead-lift, thrust to the belt and bench press –“ 4-6 sets of 4-6 repetitions”. |
| 4 | Aerobic Performance | 45 minutes | Long distance running. Since you ride military equipment, march throws do not threaten you. |
| 5 | Strength endurance | 10minutes | Exercise "Caterpillar, push-ups, squat, thrust and lifting the body |

**ACTF cost**

*According to frost, 2018*

*"To outfit the entire United States Army with 15 lanes per battalion ... you are talking approximately $30 million,"*

*"$30 million over the lifespan of this equipment, which is 10 years, that's less than $3 per soldier." Then in October 2020, the ACFT will become the Army's new fitness test of record, Frost said. The APFT is a physical fitness test that has served the Army well for decades, but we can improve upon it."*

**Conclusion**

The best method is to allocate a slot for each skill in the program. Regular exercise should improve various physical qualities, causing training adaptations.

A common mistake is an attempt to improve everything at once - a “cross-mix” of different loads, where you can’t cope with any good enough to achieve positive adaptations. Minimize such cross-training and focus on developing different qualities individually.

**Recommendations**

**Strength**: grab iron, heavy weights, few repetitions, long rest pauses.

**Power:** ploy-metrics and agility exercises.

**Anaerobic performance**: with load (farmer's walk) and without (sprint)

**Aerobic performance**: long-distance running, exercise bike, rowing

**Strength endurance**: body weight circuit training

This physical test is an example of testing versatile physical abilities. You can develop in all these areas or focus on physical fitness or strength.

Here are examples of a preparation program for taking the physical test described above. The first

 – With emphasis on general physical fitness, the second - on the development of strength.

**Appendix A**

A common mistake is an attempt to improve everything at once - a “cross-mix” of different loads, where you can’t cope with any good enough to achieve positive adaptations. Minimize such cross-training and focus on developing different qualities individually.

**1. How does the abilities to improve your performance? Please mark one response per line.**

|  |  |  |  |
| --- | --- | --- | --- |
| Performance | Increased |  Decreased | No change |
| Strength |  |  |  |
| Power |  |  |  |
| Aerobic performance |  |  |  |
| Anaerobic Performance |  |  |  |
| strength |  |  |  |

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