COMMON MODULE

MILITARY LEADERSHIP C

(GENERAL PHYSICAL TRAINING)

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Introduction

The international community is increasingly forced to provide humanitarian and military operations to protect human rights, protect ethnic and religious minorities, and protect territorial integrity on all continents.

While modern weapon systems can be purchased practically by everyone, it becomes more and more difficult to recruit and train suitable people to operate these weapon systems.

The goal of "ready fighters" ... makes it necessary to train as hard as possible and to lead the soldiers psychically and physically to the limits of their individual resilience.

A realistically demanding training of the trainees preceding military training is only in theory possible. In reality, it is impossible.

Therefore, the suitability of the individual as well as the personnel selection for relevant task areas play an important role under the aspect of high professionalism and against the background of a consumption and prosperity society without major external threats.

The development of Austrian society, based on overall health and performance, suggests that it will become more and more difficult for armed forces to recruit suitable offspring. In the lifestyle of the normal population, targeted physical activity, exercise and sport, health-conscious diet for the maintenance of health and quality of life do not play an important role.

Cardiovascular diseases are the most frequent cause of death in industrialized countries, back problems as a cause of work-related accidents and other "civilization phenomena" and their sequelae are expressed in increased medical conditions of the working population and lack of performance of young people.

Internal data from the Austrian Armed Forces show those overweight, structural back problems such as scoliosis, as well as a loss of endurance and strength endurance can be seen amongst young people.

While the spectrum of use is increasing in modern armed forces and requires maximum efficiency, mobility and endurance in adverse and unfamiliar environmental conditions, the soldiers are faced with reduced resilience, tractability and physical performance of soldiers.

Due to modern combat equipment, in particular caused by additional equipment (protection, complex communication or weapon systems), high weight loads occur, which can only be sustained by well-trained soldiers over a longer period of time. Scientific studies show that 45% additional load, based on the body weight, should be the maximum load limit in order to keep health consequences as low as possible.

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Despite high specialization in the field of military occupation, the NATO RSG 17 defined the fundamental tasks of all soldiers in the field of physical performance (Marching with baggage, overcoming obstacles, transport and handling of military equipment, fortification-construction, etc.) This must be managed to fulfil military orders.

The ability to survive is a limiting factor for male soldiers2.

In order to have the right assessments as well as the basis for training and training programs, test methods from sports science are used in many armies to test the aerobic performance. Run tests are conducted over distances between mostly 2400m and 3200m (one and a half to two miles).

The advantage over laboratory tests on ergometers, apart from the simpler implementation modalities, is mainly the usual muscle load, which can also be achieved by "non-rotors" over 10 to 12 minutes. The movement pattern of the running is very stress-resistant in its execution. In addition, the measurement accuracy can be reduced to a justifiable extent with regular application, assuming the corresponding test motivation. For these run tests for the estimation of the oxygen uptake and the VO2max values measured in the laboratory in the microbiological range, correlation coefficients of 0.65 to 0.9 were determined.

As a necessary capability for future officers, a relative VO2max of at least the minimum VO2max is found in military sports science to work with the psychophysical loads to be expected for them.

50 ml / kg / min are required. This is classified by NATO for a male 17 to 25 year old soldier as a "moderately trained soldier".

In order to allow a realistic assessment of the conditional fundamentals, the test method used should also be as specific as possible, i.e. its shape should largely correspond to the typical (sport-specific) movement sequences. Marching with combat equipment is regarded as a typical basic activity of soldiers in combat formations.

In specialist publications on the physical performance of soldiers the military equipment march as a model for specific fitness tests from performance-relevant and methodological perspective was considered as a possibility. The distances to be covered range from 3 km to 25 km. The standard for weight loading results from the absolutely necessary armament and equipment in today's battle conditions and amounts to between 20 and 30 kg depending on the army. Marches with lengths of more than 20 km are rejected as specific tests due to the excessive risk of injury.

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