

U.S. ARMY SERGEANTS MAJOR ACADEMY (BNCOC)

T343 / IMPLEMENT A TOTAL FITNESS PROGRAM

OCT 04



**Stand Alone Common Core**

### TRAINING SUPPORT PACKAGE (TSP)

<b>TSP Number / Title</b>	T343 / IMPLEMENT A TOTAL FITNESS PROGRAM
<b>Effective Date</b>	01 Oct 2004
<b>Supersedes TSP(s) / Lesson(s)</b>	None
<b>TSP Users</b>	600-BNCOC-TATS Basic Noncommissioned Officer's Course
<b>Proponent</b>	The proponent for this document is the Sergeants Major Academy.
<b>Improvement Comments</b>	<p>Users are invited to send comments and suggested improvements on DA Form 2028, <i>Recommended Changes to Publications and Blank Forms</i>. Completed forms, or equivalent response, will be mailed or attached to electronic e-mail and transmitted to:</p> <p style="text-align: center;">COMDT USASMA ATTN ATSS-DC BLDG 11291 BIGGS FIELD FORT BLISS TX 79918-8002</p> <p style="text-align: center;">Telephone (Comm) (915) 568-8875 Telephone (DSN) 978-8875 <a href="mailto:atss-dcd@bliss.army.mil">E-mail: atss-dcd@bliss.army.mil</a></p>
<b>Security Clearance / Access</b>	Unclassified
<b>Foreign Disclosure Restrictions</b>	FD5. This product/publication has been reviewed by the product developers in coordination with the USASMA foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

**PREFACE**

---

**Purpose**

This Training Support Package provides the instructor with a standardized lesson plan for presenting instruction for--

**Task Number****Task Title**

071-990-0009

Implement an Individual Total Fitness Program

---

**This TSP  
Contains**

## TABLE OF CONTENTS

	<u>PAGE</u>
Preface.....	2
Lesson Section I Administrative Data .....	4
Section II Introduction.....	8
Terminal Learning Objective - Coordinate unit physical fitness activities .....	9
Section III Presentation .....	11
Enabling Learning Objective A - Employ the components of fitness.....	11
Enabling Learning Objective B - Employ the principles of exercise.....	15
Enabling Learning Objective C - Employ the phases of fitness conditioning.....	19
Enabling Learning Objective D - Employ the seven-step planning process.....	25
Enabling Learning Objective E - Develop special PT programs for soldiers requiring that appropriate training.....	30
Section IV Summary.....	34
Section V Student Evaluation.....	35
Appendix A Viewgraph Masters A - .....	1
Appendix B Test(s) and Test Solution(s) (N/A) B - .....	1
Appendix C Practical Exercises and Solutions (N/A) C - .....	1
Appendix D Student Handouts D - .....	1

---

IMPLEMENT A TOTAL FITNESS PROGRAM  
T343 / Version 1  
01 Oct 2004

**SECTION I. ADMINISTRATIVE DATA**

<b>All Courses Including This Lesson</b>	<u>Course Number</u>	<u>Version</u>	<u>Course Title</u>
	600-BNCOC	1	Basic Noncommissioned Officer Course

<b>Task(s) Taught(*) or Supported</b>	<u>Task Number</u>	<u>Task Title</u>
	<u>Individual</u> 071-990-0009	Implement an Individual Total Fitness Program

<b>Reinforced Task(s)</b>	<u>Task Number</u>	<u>Task Title</u>

<b>Academic Hours</b>	The academic hours required to teach this lesson are as follows:	
	<u>Resident Hours/Methods</u>	
	2 hrs	/ Conference / Discussion
Test	0 hrs	
Test Review	0 hrs	
	Total Hours: 2 hrs	

<b>Test Lesson Number</b>	<u>Hours</u>	<u>Lesson No.</u>
Testing (to include test review)	3 hrs	<u>E303 version 1</u>

<b>Prerequisite Lesson(s)</b>	<u>Lesson Number</u>	<u>Lesson Title</u>
	None	

<b>Clearance Access</b>	Security Level: Unclassified Requirements: There are no clearance or access requirements for the lesson.
-------------------------	---

<b>Foreign Disclosure Restrictions</b>	FD5. This product/publication has been reviewed by the product developers in coordination with the USASMA foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.
--	--

**References**

<u>Number</u>	<u>Title</u>	<u>Date</u>	<u>Additional Information</u>
FM 21-20	PHYSICAL FITNESS TRAINING	30 Sep 1992	With change 1 dated 1 Oct 1998

**Student Study Assignments**

Before class--

- Read FM 21-20, Chapter 1, p 1-3 thru 1-9, and 1-11 thru 1-15; Chapter 2, p 2-0, 2-3 thru 2-5, and 2-13 and 2-14; and Chapter 10, p 10-1 thru 10-4; and Appendix A.

During class--

- Participate in classroom discussion.

After class--

- None.

**Instructor Requirements**

1:16, SSG, BNCOC graduate, ITC, and SGITC qualified

**Additional Support Personnel Requirements**

<u>Name</u>	<u>Stu Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
None			

**Equipment Required for Instruction**

<u>ID Name</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
441-06 LCD PROJECTION SYSTEM	1:16	1:1	No	1	No
559359 SCREEN PROJECTION	1:16	1:1	No	1	No
702101T134520 DELL CPU, MONITOR, MOUSE, KEYBOARD	1:16	1:1	No	1	No
7110-00-T81-1805 DRY ERASE BOARD	1:16	1:1	No	1	No
7510-01-424-4867 EASEL, (STAND ALONE) WITH PAPER	1:16	1:1	No	1	No

\* Before Id indicates a TADSS

**Materials Required**

**Instructor Materials:**

- VGTs: 1-11.
- TSP.

**Student Materials:**

- Student Handouts 1 and 2.
- Pen or pencil and writing paper.

**Classroom, Training Area, and Range Requirements**

GEN INSTRUCT BLDG (CLASSROOM SIZE 40X40 PER 16 STU)

**Ammunition Requirements**

<u><b>Id</b></u>	<u><b>Name</b></u>	<u><b>Exp</b></u>	<u><b>Stu Ratio</b></u>	<u><b>Instr Ratio</b></u>	<u><b>Spt Qty</b></u>
None					

**Instructional Guidance**

**NOTE:** Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

Before class--

- Read and study TSP material and be ready to conduct the class.
- This TSP has questions throughout to check on learning or generate discussion among the group members. You may add any questions you deem necessary to bring a point across to the group or expand on any matter discussed.
- You must know the information in this TSP well enough to teach from it, not just read from it.

During class--

- Conduct the class in accordance with this TSP.

After class--

- Collect all recoverable materials.
- Report any lesson discrepancies to the Senior Instructor.
- Conduct after action review for the lesson.

**Proponent  
Lesson Plan  
Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
\s\Johnnie S. Dills	GS09	Training Specialist	9 Aug 04
\s\Phillip King	GS11	Course Manager, B/ANCOC	9 Aug 04
\s\Agnes D. Bennett- Green.	SGM	Chief, B/ANCOC	9 Aug 04
\s\Marion Lemon	SGM	Chief, CDDD	9 Aug 04

**SECTION II. INTRODUCTION**

Method of Instruction: <u>Conference / Discussion</u>
Technique of Delivery: <u>Small Group Instruction (SGI)</u>
Instructor to Student Ratio is: <u>1:16</u>
Time of Instruction: <u>5 mins</u>
Media: <u>VGT-1</u>

**Motivator**

The preface of FM 21-20 states the following: On 5 July 1950, U.S. troops, who were unprepared for the physical demands of war, were sent to battle. The early days of the Korean war were nothing short of disastrous, as U.S. soldiers were routed by a poorly equipped, but well-trained, North Korean People's Army. As American soldiers withdrew, they left behind wounded comrades and valuable equipment; their training had not adequately prepared them to carry heavy loads.

The costly lessons learned by Task Force Smith in Korea are as important today as ever. If we fail to prepare our soldiers for their physically demanding wartime tasks, we are guilty of paying lip service to the principle of "Train as you fight." Our physical training programs must do more for our soldiers than just get them ready for the semiannual Army Physical Fitness Test (APFT').

Ref: FM 21-20, p iii

---

**Terminal Learning Objective**

**NOTE:** Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

<b>Action:</b>	Coordinate unit physical fitness activities.
<b>Conditions:</b>	As a unit leader in a company or/battalion level unit and given FM 21-20.
<b>Standards:</b>	<p>Coordinated unit physical fitness activities by--</p> <ul style="list-style-type: none"> <li>• Employing the components of fitness.</li> <li>• Employing the principles of exercise.</li> <li>• Employing the phases of fitness conditioning.</li> <li>• Employing the seven-step planning process.</li> <li>• Developing Special PT Programs for soldiers requiring the appropriate training.</li> </ul> <p>IAW FM 21-20.</p>

**Safety Requirements**

None

**Risk Assessment Level**

Low

**Environmental Considerations**

**NOTE:** It is the responsibility of all soldiers and DA civilians to protect the environment from damage.  
None

**Evaluation**

During this course, you will take a 50-question examination. The examination will include questions on the ELOs and TLO from this lesson. You must correctly answer at least 35 questions to receive a GO. A GO is a graduation requirement.

**Instructional  
Lead-In**

As we saw in the historical reference to Task Force Smith, the state of soldiers' physical fitness can have a dramatic effect on unit's readiness. In extreme cases, the state of physical fitness could make the difference between victory or defeat, or even survival or death. In this lesson you will build on your knowledge and experience of physical fitness and learn how to incorporate what you learn today into an effective training program for your unit.

QUESTION: What is your definition of physical fitness in your own words?

**NOTE:** Ask a few students the question and discuss their definitions.

ANSWER: See VGT-1.

Ref: FM 21-20, Chapter 1, p 1-3

**SHOW VGT-1, PHYSICAL FITNESS**



**PHYSICAL FITNESS**



**Physical Fitness is ability to function effectively in physical work, training, and other activities and still have enough energy left over to handle any emergencies which may arise.**

**(FM 21-20)**

T343/OCT 04/VGT-1
Basic Noncommissioned Officer Course

**REMOVE VGT-1**

Even the routine work and training in some units might require the fitness level of a professional athlete. In combat, the required fitness level for victory might well be much higher than what we would even expect of a professional athlete. Normally a professional athlete would enter a contest in a well-rested, well-fed condition. A soldier, on other hand, might have to perform his mission without food or rest. Even soldiers in sedentary jobs need to prepare for the possibility of missions that might require a high level of fitness.

**SECTION III. PRESENTATION**

**NOTE:** Inform the students of the Enabling Learning Objective requirements.

**A. ENABLING LEARNING OBJECTIVE**

<b>ACTION:</b>	Employ the components of fitness.
<b>CONDITIONS:</b>	As a unit leader in a company or/battalion level unit and given FM 21-20.
<b>STANDARDS:</b>	Employed the components of fitness IAW FM 21-20, Chapter 1, p 1-3 and 1-4, and Chapter 2, p 2-0.

1. Learning Step / Activity 1. Principles of Exercise

Method of Instruction: Conference / Discussion  
 Technique of Delivery: Small Group Instruction  
 Instructor to Student Ratio is: 1:16  
 Time of Instruction: 15 mins  
 Media: VGT-4 and VGT-5

Now that we know the definition of physical fitness, let's look at its components.

**SHOW VGT-2, COMPONENTS OF FITNESS**



**COMPONENTS OF FITNESS**



- **Cardiorespiratory Endurance**
- **Muscular Strength**
- **Muscular Endurance**
- **Flexibility**
- **Body Composition**

T343/OCT 04/VGT-2
Basic Noncommissioned Officer Course

Ref: FM 21-20, Chapter 1, p 1-3

**Cardio-respiratory endurance:**

FM 21-20 defines cardiorespiratory fitness as the efficiency at which the body delivers nutrients and oxygen to the working muscles and removes waste products.

We sometimes refer to Cardiorespiratory (CR) fitness as CR endurance, aerobic fitness, or aerobic capacity and measure it by  $VO_2$  max. This is the maximal amount of oxygen used by the body during a continuous bout of exhaustive aerobic exercise.

Activities best suited for improving CR endurance are running, cycling, swimming, walking, hiking, road marching, cross-country skiing, skating, aerobic dance and various aerobic exercise machines (stair master, health rider, life cycle and Nordic track). Soldiers should gauge the intensity of their workouts for CR fitness by determining and exercising at their training heart rate (THR). Individuals perform pulse checks periodically throughout workouts to maintain exercise intensity in the zone.

Ref: FM 21-20, Chapter 1, p 1-3 and Chapter 2, p 2-0

**Muscular strength:**

FM 21-20 defines muscular strength as the greatest amount of force a muscle or muscle group can exert in a single effort. You can most accurately measure muscular strength by lifting a weight for a one repetition maximum. A safer method is to lift less weight for more repetitions to temporary muscle failure (the inability to complete another correct repetition). We usually do training at an intensity of 3-7 repetitions to temporary muscle failure.

Activities may include training with equipment (free weights, machines or elastic bands), lifting objects used in soldiering or recreation, and, lastly, moving your own body weight as in climbing.

**Muscular endurance:**

FM 21-20 defines muscular endurance as the ability of a muscle or muscle group to perform repeated contractions against a less-than-maximum resistance for a given period of time. Some exercises that require and develop muscular endurance are: push-ups, sit-ups and other calisthenics. To develop muscular endurance, you should choose a resistance that lets you do more than 12 repetitions of given exercise. To accomplish gains in both muscular strength and muscular endurance, you choose a resistance that allow only 8-12 repetitions to temporary muscle failure for specific muscle groups.

**Flexibility:**

FM 21-20 defines flexibility as the ability to move the joints or any group of joints through an entire, normal range of motion. There is no one method to assess total-body flexibility. FM 21-20 lists assessments to measure the range of motion of different joints. Regular performance of slow, gradual static stretching exercises (holding each stretch for 30 seconds or longer) is a safe method to improve flexibility.

**Body composition:**

FM 21-20 defines body composition as the amount of body fat a soldier has in comparison to his total body mass. AR 600-9 describes in detail the procedures for measuring and maintaining body composition. Practicing good nutritional habits and training the other four components of fitness appropriately will usually be effective in maintaining good body composition.

Improving the first three components of fitness listed above will have a positive impact on body composition and will result in less fat. Excessive body fat detracts from the other fitness components, reduces performance, detracts from appearance, and negatively affects one's health.

FM 21-20, Chapter 1, p 1-3 and 1-4

Proper training to enhance the five components of fitness will lead to a higher level of physical fitness.

## **REMOVE VGT 2**

Now let's look at motor fitness, the key element that bridges the gap between physical fitness and combat readiness.

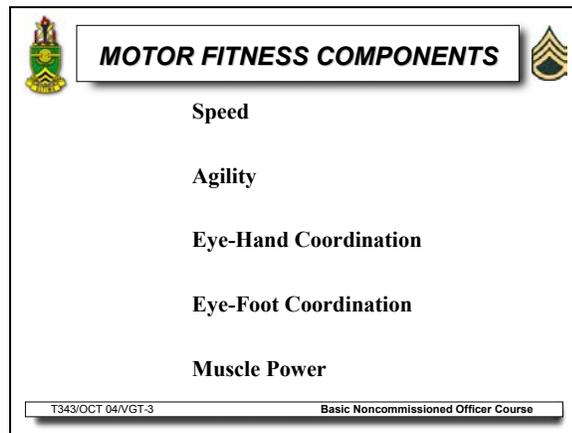
QUESTION: What are the factors of motor fitness?

**NOTE:** Briefly discuss each bullet on the VGT.

ANSWER: SEE VGT-3.

Ref: FM 21-20, Chapter 1, p 1-3

## **SHOW VGT-3, MOTOR FITNESS COMPONENTS**



Ref: FM 21-20, Chapter 1, p 1-3

Factors such as speed, agility, muscle power, eye-hand coordination, and eye-foot coordination are components of “motor” fitness. These factors affect a soldier’s survivability on the battlefield. Appropriate training can improve these factors within the limits of each soldier’s potential. The Army’s fitness program seeks to improve or maintain all the components of physical and motor fitness through sound, progressive, mission-specific physical training for individuals and units.

## **REMOVE VGT-3**

**CHECK ON LEARNING:**

QUESTION: What are the five components of fitness?

ANSWER: The five components of fitness are cardiorespiratory (CR) endurance, muscular strength, muscular endurance, flexibility, and body composition.

Ref: FM 21-20, Chapter 1, p 1-3

QUESTION: What activities place an extra demand on your cardiovascular and respiratory systems?

ANSWER: These activities are running, road marching, bicycling, swimming, cross-country skiing, rowing, stair climbing, and jumping rope.

Ref: FM 21-20, Chapter 2, p 2-0

**B. ENABLING LEARNING OBJECTIVE**

<b>ACTION:</b>	Describe the principles of exercise.
<b>CONDITIONS:</b>	As a unit leader in a company or/battalion level unit and given FM 21-20.
<b>STANDARDS:</b>	Described the principles of exercise IAW FM 21-20, Chapter 1, p 1-4 thru 1-7, and Chapter p 2-3 thru 2-5.

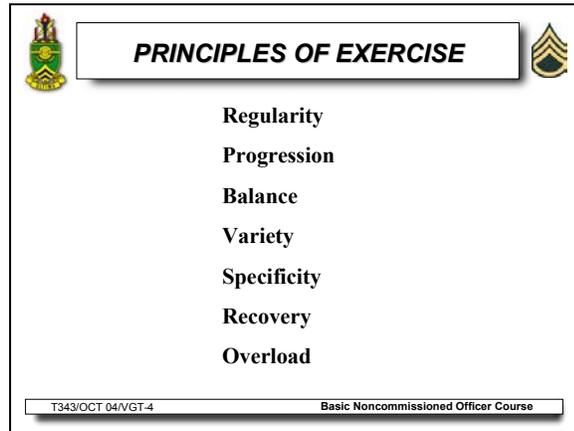
## 1. Learning Step / Activity 1. Principles of Exercise

Method of Instruction: Conference / Discussion  
 Technique of Delivery: Small Group Instruction  
 Instructor to Student Ratio is: 1:16  
 Time of Instruction: 15 mins  
 Media: VGT-4 and VGT-5

**Principles of Exercise:**

During challenging physical fitness training we walk a tightrope, balancing between training hard and avoiding injuries. FM 21-20, Chapter 1, p 1-4 describes seven principles of exercise that set parameters to help achieve balance while walking on the physical fitness training tightrope. Let's discuss each principle listed on this next VGT.

**NOTE:** Show the bullets one at a time and briefly discuss each one.

**SHOW VGT-4, PRINCIPLES OF EXERCISE**

Ref: FM 21-20, Chapter 1, p 1-4

**Regularity** is key to achieving a training effect. Soldiers should exercise each of the first four fitness components at least three times per week. Infrequent exercise can do more harm than good. Regularity is also important in resting, sleeping, and following a good diet.

**Progression** is the goal of most training programs; however, we must be patient with the rate of our improvement. The intensity and/or duration of exercise must gradually increase to safely improve our fitness levels.

**Balance** is necessary for a program to be effective. Include activities that develop all components of fitness and involve the entire body (not just legs, chest, abdomen or arms). Don't overemphasize any one component or body part while neglecting others.

**Variety** in the activities scheduled for physical fitness training reduces boredom and increases motivation and progress.

**Specificity** is what gears a specific exercise toward a particular mission. Units must gear training for the particular improvement desired. If you want to improve in your road marching ability, you need to practice road marching.

**Recovery** allows time between challenging workouts for the body to rest, rebuild, and respond by becoming bigger, stronger, faster, and/or more fatigue resistant. Rest and sleep are also an important part of recovery. If you place great physical demands upon your body and you don't provide it with adequate rest, then you won't see optimal results and may possibly set yourself up for an injury. You should follow a hard day of training with an easier day. Another way to permit recovery is to alternate the muscle groups exercised each day. Recovery periods between sets and exercises during a given workout must be adequate for performing a quality exercise.

**Overload** is the key to making a workout a worthwhile effort. Each exercise session must exceed the normal demand placed on the body in order to bring about a positive training effect.

#### **REMOVE VGT-4**

#### **FITT Factors:**

QUESTION: What are the FITT Factors?

ANSWER: Frequency, intensity, time, and type.

Ref: FM 21-20, Chapter 1, p 1-4

#### **SHOW VGT-5, FITT FACTORS**

**FITT FACTORS**

- Frequency
- Intensity
- Time
- Type

T343/OCT 04/VGT-5 Basic Noncommissioned Officer Course

FM 21-20, Chapter 1, p 1-4 thru 1-7

**NOTE:** FITT Factors -- frequency, intensity, time, and type of exercise govern how you can safely and appropriately prescribe exercise for optimal improvement.

**Frequency:** AR 350-15 specifies that we conduct a vigorous physical fitness training program 3 to 5 times per week. For optimal results, commanders must strive to conduct 5 days of physical training per week. Ideally, at least three exercise sessions for CR fitness, muscle endurance, muscle strength, and flexibility should be performed each week to improve fitness levels.

**Intensity:** Training at the right intensity is the biggest problem in unit programs. The intensity should vary with each type of exercise. Exercise for CR development must be strenuous enough to elevate the heart rate to be between 60 and 90 percent of the heart rate reserve (HRR). FM 21-20, Chapter 2, p 2-3 thru 2-5 explains the calculation of percent HRR.

For muscle strength endurance, intensity refers to the percentage of the maximum resistance used for a given exercise. When determining intensity in a strength-training program, it is easier to refer to a "repetition maximum" or "RM." For example, a 10-RM is the maximum weight that an individual can correctly lift 10 times.

**Time:** Like intensity, the time spent exercising depends on the type of exercise. In order to improve cardiorespiratory endurance, you must use 20 to 30 continuous minutes of intense exercise.

For muscular endurance and strength, exercise time equates to the number of repetitions done. For the average soldier, 8 to 12 repetitions with enough resistance to cause muscle failure improves both muscle endurance and strength. As soldiers progress, they will make better strength gains by doing two or three sets of each resistance exercise.

Hold flexibility exercises or stretches for varying times depending on the objective of the session.

**Type:** Type refers to the kind of exercise performed. When choosing the type, the commander should consider the principle of specificity. Chapters 2, 3, and 4 of FM 21-20 discuss various types of CR, muscular strength, and flexibility exercises. The basic rule is that to improve performance, one must practice the particular exercise, activity, or skill he wants to improve.

**NOTE:** Figure 1-1 in FM 21-20 reflects how the FITT Factors apply to prescribing exercise for each of the first four components of fitness.

**REMOVE VGT-5**

**CHECK ON LEARNING:**

QUESTION: What are the FITT factors?

ANSWER: The FITT Factors are frequency, intensity, time, and type.

Ref: FM 21-20, Chapter 1, p 1-4 thru 1-7

QUESTION: For muscle strength, what does exercise time equate to?

ANSWER: For muscular endurance and strength, exercise time equates to the number of repetitions done.

Ref: FM 21-20, Chapter1, p 1-6

**C. ENABLING LEARNING OBJECTIVE**

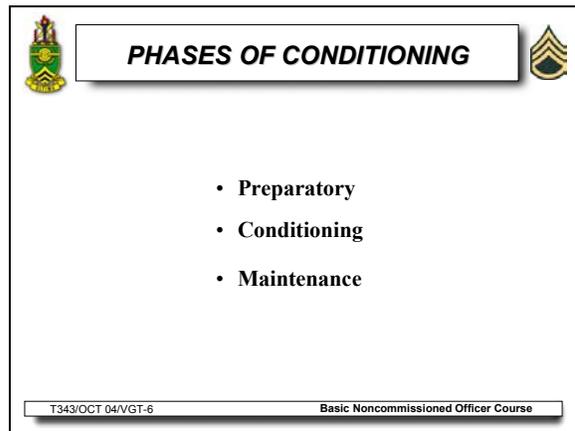
<b>ACTION:</b>	Employ the phases of fitness conditioning.
<b>CONDITIONS:</b>	As a unit leader in a company or/battalion level unit and given FM 21-20.
<b>STANDARDS:</b>	Employed the components of fitness IAW FM 21-20, Chapter 1, p 1-3 and 1-4, and Chapter 2, p 2-0.

1. Learning Step / Activity 1. Phases of Conditioning  
 Method of Instruction: Conference / Discussion  
 Technique of Delivery: Small Group Instruction  
 Instructor to Student Ratio is: 1:16  
 Time of Instruction: 5 mins  
 Media: VGT-6

**Phases of Conditioning:**

Not all soldiers in the unit are at the same physical fitness level, nor are they able to train at the same intensity. FM 21-20 describes three phases of fitness conditioning: preparatory, conditioning, and maintenance. The starting phases for different units or individuals vary depending on their age, fitness levels, and previous physical activity. Young, healthy soldiers may be able to start with the conditioning phase, while those who have been exercising regularly may already be in the maintenance phase. Factors such as extended field training, leave time, and illness can cause soldiers to drop from a maintenance to a conditioning phase.

Persons who have not been active, especially those over 40 years old, should start with the preparatory phase. Many soldiers who fall into this category may be recovering from illness, injury, or pregnancy. Most units will have soldiers in all three phases of training at the same time.

**SHOW VGT 6, PHASES OF CONDITIONING**

Ref: FM 21-20, Chapter 1, p 1-7

The **preparatory phase** helps both the cardiorespiratory and muscular systems get used to exercise, preparing the body to handle the conditioning phase. The workload in the beginning must be moderate. To achieve planned increases in frequency, intensity, and time, follow progression from a lower to a higher level of fitness. To reach the desired level of fitness, soldiers must increase the amount of exercise and/or the workout intensity as their strength and/or endurance increases.

The **conditioning phase** ends when a soldier is physically mission-capable and has achieved all personal and unit fitness goals.

The **maintenance phase** sustains the high level of fitness achieved in the conditioning phase. The emphasis is no longer on progression. A well-designed 45-60 minute workout (including warm-up and cool-down) at the right intensity three times a week is enough to maintain almost any appropriate level of physical fitness. Maintaining an optimal level of fitness should become part of every soldier's lifestyle.

### **REMOVE VGT-6**

### **CHECK ON LEARNING**

QUESTION: What are the three phases of fitness conditioning?

ANSWER: The three phases of fitness conditioning are preparatory phase, conditioning phase, and the maintenance phase.

Ref: FM 21-20, Chapter 1, p 1-7 thru 1-9

2. Learning Step / Activity 2. Discuss the four-week training schedule/month 2, using the seven principles of exercise.

Method of Instruction: Conference / Discussion  
 Technique of Delivery: Small Group Instruction  
 Instructor to Student Ratio is: 1:16  
 Time of Instruction: 20 mins  
 Media: VGT-9 and VGT-10

To ensure the program is sound, you must justify your training events in accordance with the seven principles of exercise that we have been talking about. Training geared specifically toward your performance requirements will justify the principle of specificity in your program. Some battle-focused examples of mission specific PT are as follows: road marching, cross country runs, flak vest PT, log drills, rope climbing, individual movement techniques, litter relays, buddy carries, water can PT, obstacle and confidence courses, etc.

The aforementioned examples help us manipulate the amount of training effect desired for given training events. These tools allow us to train soldiers with low risk of injury. It also provides leaders with a broad base of techniques to improve soldiers' physical performance.

**SHOW VGT 7, FOUR-WEEK TRAINING SCHEDULE/MONTH 2**

 <b>FOUR-WEEK TRAINING SCHEDULE/MONTH 2</b> 						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	A: Confidence Obstacle Course D: 90 Min I: 70-90% MHR/ TMF	A: Ability Group Run D: 2 miles I: 70% MHR	A: Push-up/Sit-up Improvement D: 45 Min I: TMF	A: Road March D: 2 hours I: 6 miles @ 20 min/mile w/ 30 lb ruck, weapon, LCE, softcap	A: Individual Movement Tech, Circuit D: 40 Min I: 80% MHR/ TMF	
	A: TOC Equip Circuit D: 50 Min I: TMF/80% MHR	A: Ability Group Run D: 3 Miles I: 75% MHR w/100 Push-ups and Sit-ups	A: Sandbag Circuit D: 60 Min I: TMF/70% MHR	A: Aquatic Calisthenics D: 45 Min I: 70-90% MHR	A: Weight Training for Performance D: 75 Min I: TMF	
	A: Ability Group Run D: 3 miles I: 75-80% MHR w/ 150 Push-ups and Sit-ups	A: Bayonet Assault Course I: 80-90% MHR/ TMF BDU + Boots	A: 1000m Swim D: 45 Min I: 70-90% MHR	A: Litter Relays D: 60 Min I: 70-90% MHR/ TMF BDU + Boots	A: Cross Country Run D: 40 Min I: 70% MHR BDU w/ athletic footwear of choice	
	A: Log Drills D: 60 Min I: TMF (Anaerobic power)	A: Interval Training D: 60 Min I: As per 2 Mile Run Breakdown 5X 400m with Flexibility Improve. Training	A: Rifle Drills B: 60 Min I: TMF/70% MHR	A: Road March D: 105 min I: 6 miles @ 17.5 min/mile w/ 30lb ruck, weapon, LCE, softcap	A: Single Station Machine Circuit to Music D: 60 Min I: TMF/80% MHR	
T343/OCT 04/VGT-7			Basic Noncommissioned Officer Course			

Ref: FM 21-20, Chapter 10

**NOTE:** Use VGT-7 to brief the Four-Week Training Schedule. If needed, make a copy of slide as a handout.

This example will give you an idea of what your schedule should look like. It also shows that the second month of this unit's physical training program is aggressive. It is very battle-focused and challenging, and it offers a lot of variety. From this calendar, I will show you three examples of justification. This should clarify any misunderstandings in justifying a PT program. MSE overload occurs in Week 2 during the TOC equipment circuit, sandbag circuit, and weight training session since each event achieves Temporary muscle failure (TMF). Following the FITT factors, MSE training occurs three times per week, intensity is at TMF, vary the type of training, and training time is never less than 50 minutes.

During the four-week training period, Ability Group Runs progress from 2 miles at 70 percent MHR in Week 1, to 3 miles at 75 percent MHR during Week 2, to 3 miles at 75-80 percent during Week 3. The peak of progression during this four-week training period occurs in week four with interval training which participants will execute with THR between 70 and 90 percent MHR (intermittently).

To be effective, a program should include activities that address all the fitness components, since overemphasizing any one of them may hurt the others. Don't forget to incorporate all three types of stretching (static, passive, and PNF) and to stretch all muscle groups. For example, week 4 interval training involves FLEX improvement. Balanced lower body stretching on this day will include hip flexor and gluteus maximus, quadriceps and hamstrings, gastrocnemius/soleus and anterior tibialis.

**REMOVE VGT-7**

**Break:** TIME: 00:50 to 01:00

**SHOW VGT-8, GENERAL RULES**

	<b>GENERAL RULES</b>	
<ul style="list-style-type: none"> <li>• Don't progress more than 5-10% per week for MSE.</li> <li>• Don't progress more than 10% per week for CR.</li> <li>• Every day is a recovery day.</li> <li>• Include combined training events (CR and MSE).</li> <li>• Do not limit CR just to running.</li> </ul>		
<small>T343/OCT 04/VGT-8      Basic Noncommissioned Officer Course</small>		

Ref: FM 21-20, (This information is from other Chapters in FM 21-20 and not in the students reading, plus this is not testable).

**NOTE:** Leave VGT-8 up for a few minutes to allow students to copy down information. (If necessary)

The following General Rules will assist you while developing your training calendar:

1. Don't progress more than 5-10 percent per week for MSE.
2. Don't progress more than 10 percent per week for CR (time or distance).
3. Every day is a recovery day (from the previous day's training events).
4. Include combined training events that incorporate both CR and MSE.
5. Don't limit CR to just running.

**REMOVE VGT-8**

We will discuss the seven-step planning process, development of the unit training program, and the justification of the principles of exercise IAW the four-week training schedule in the next ELO. Design the process to improve performance in your unit for each soldier.

However, we did not account for the performance of your injured, overweight, pregnant, and newly assigned soldiers. In addition we did not address the retraining of your APFT failures.

**CHECK ON LEARNING:**

QUESTION: How can balance be effective when developing a training program?

ANSWER: To be effective, a program should include activities that address all the fitness components.

Ref: FM 21-20, Chapter 1, p 1-4

**D. ENABLING LEARNING OBJECTIVE**

<b>ACTION:</b>	Employ the seven-step planning process.
<b>CONDITIONS:</b>	As a unit leader in a company or/battalion level unit and given FM 21-20.
<b>STANDARDS:</b>	Employed the seven-step planning process in unit program development IAW the unit Commanders guidance and FM 21-20, Chapter 10, p 10-1 thru 10-4.

## 1. Learning Step / Activity 1. Seven-Step Planning Process

Method of Instruction: Conference / Discussion  
 Technique of Delivery: Small Group Instruction  
 Instructor to Student Ratio is: 1:16  
 Time of Instruction: 15 mins  
 Media: VGT-9 and VGT-10

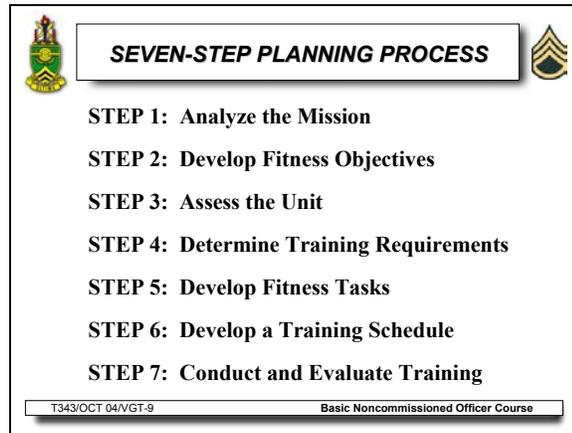
**Seven-Step Planning Process:**

What connection is there between our wartime mission and our level of physical fitness? Across the war fighting spectrum from Combat Arms, Combat Support, and Combat Service Support, there are a wide variety of conditions that can affect our ability to fight our nation's conflicts. There are jobs in the Army that often remove us from concerns of direct fire on the modern battlefield. Iraq Freedom, for example, had many supporting forces that were offset from the direct line of fire. How did the soldiers' level of fitness affect their performance in support units?

You may have seen cooks set up casualty collection points and triage sites. You may have seen supply clerks pulling TOC security while digging deliberate fighting positions. You may have seen transportation soldiers react to direct fire when their convoy got ambushed. You may have seen finance soldiers at D-main react to indirect fire during SCUD alerts. Helicopter pilots and crew chiefs may turn into infantrymen during escape and evasion

following downed aircraft procedures. When we analyze our wartime mission, we must keep in mind the physical demands of day-to-day activities and include physical preparation for battlefield contingencies as well. We should, therefore, plan wisely to minimize injuries and accidents. You do this by following the seven step planning process.

### **SHOW VGT-9, SEVEN-STEP PLANNING PROCESS**



Ref: FM 21-20, Chapter 10, p 10-1 thru 10-3

#### **Analyze the Mission:**

**Wartime Mission:** In order to identify the most demanding physical requirements of your mission, you must start with your unit's Mission Essential Task List (METL). This list defines critical organizational tasks necessary for tactical, strategic, and theater level mission accomplishment. For example, Infantry Company: Assault, Defend.

**ARTEP/MTP:** Squad and Platoon EX-EVALS, Company EDREs, ARTEP exercises, JRTC and NTC rotations all provide excellent assessments of your unit's level of physical performance.

NCO experience is the backbone of the Army; the insight and experience of noncommissioned officers provide a good platform of knowledge on what physical training is effective for units, and what is not.

**NOTE:** Ask students what their deployment experiences have been in reference to physical fitness. Discuss the NCO experiences in the classroom.

**Develop Fitness Objectives:**

Based on your mission analysis, you and your commander must identify specific fitness objectives that will drive your unit physical fitness program. A clearly defined objective clarifies the commander's desired end state regarding physical fitness. You will develop several fitness objectives for your platoon. These objectives must correspond with your METL. Your unit mission will drive your fitness objectives.

**Assess the Unit:**

For these objectives to be effective, you must have performance measures that act as benchmarks on the path of attaining your objectives. Performance measures must be measurable and quantifiable.

Identify current fitness level. With the training objectives established, the commander and the MFT are ready to find the unit's current fitness level and measure it against the desired level. An effective way to measure the current level is to utilize current physical training assessment tools in your unit such as the APFT, 4 or 5-mile run requirements, road-march requirements, rope climb, obstacle course, etc.

Test standardized performance measures. The most basic performance measure at your disposal is the APFT. In addition to using the assessment criteria provided by the APFT, you should encourage your commander to approve the assessment criteria provided by more battle focused drills. Some (examples) could be a timed squad litter carry over a specified distance, a timed fireman's carry with an equal size soldier over a set distance, a timed obstacle course, road-march and/or run requirement, a standardized individual shuttle run using a set number of 81mm mortar rounds over a set distance, etc. It's important to standardize your assessment techniques and evaluate all soldiers in an equitable manner. When conducting another assessment 4-8 weeks from now, ensure that your assessment techniques remain standardized to facilitate quantifiable results of your unit's level of physical performance.

**Determine Training Requirements:**

Identify strengths and weaknesses. The results of your initial assessment will drive the way you choose to train in the future. You will be able to identify your unit's weaknesses and train specifically to improve them, using the techniques taught to you in this block of instruction. Consider the adjustments to your training plan in accordance with the principles of exercise. Your assessment will help you determine the type of training or training events that will comprise your PT schedule.

Once the commander has determined training requirements, he reviews higher headquarters' long and short-range training plans to identify training events and allocations of resources which will affect near-term planning.

**Develop Fitness Tasks:**

Fitness tasks establish priorities, frequencies, and the sequence for training requirements. These priorities need adjustments for real world constraints before they become a part of the training plan. The essential elements of fitness tasks consists of four groups: collective tasks, individual tasks, leader tasks, and resources required for training.

**REMOVE VGT-9****SHOW VGT-10, STEP 6: DEVELOP A TRAINING SCHEDULE**

**STEP 6: DEVELOP A TRAINING SCHEDULE**

1. Determine the minimum frequency of training.
2. Determine the type of activity.
3. Determine the intensity and time of the selected activity.

T343/OCT 04/VGT-10 Basic Noncommissioned Officer Course

Ref: FM 21-20, Chapter 10, p 10-2

**Develop a Training Schedule:**

**Pay particular attention when developing your training schedule.** It is imperative that your four-week physical training schedule be realistic. The first of three steps of the planning process will help you to develop a deliberate and well thought-out training program to improve the physical performance of your unit.

You will design the fitness training schedule from your near-term planning. You must emphasize the development of all the fitness components and follow the principles of exercise and FITT factors. The training schedule shows the order, intensity, and duration of activities for PT.

There are three distinct steps in planning daily physical training activities. They are as follows:

1. Determine the minimum frequency of training. Ideally it should include three cardiorespiratory and three muscular conditioning sessions each week.
2. Determine the type of activity. This depends on the specific purpose of the training session.
3. Determine the intensity and time of selected activity. Each activity period should include a warm-up, a workout that develops cardiorespiratory fitness and/or muscular endurance and strength, and a cool down.

At the end of a well-planned and executed PT session, all soldiers should feel physically stressed. They should also understand the objective of the training session and how it will help them improve their fitness levels.

**REMOVE VGT-10****Evaluate Training:**

The final step is to evaluate training. The key to evaluating training is to determine if the training the unit is conducting will result in improvements in physical conditioning. If not, the training needs revision. Leaders should not let PT that is all form and little substance sidetrack them. Such training defeats the concept of objective-based training and results in little benefit to soldiers.

**CHECK ON LEARNING:**

QUESTION: What are the seven steps in the seven-step planning process?

ANSWER: The seven steps are-- (1) Analyze the mission, (2) Develop fitness objectives, (3) Assess the unit, (4) Determine training requirements, (5) Develop fitness tasks, (6) Develop a training schedule, and (7) Conduct and evaluate training.

Ref: FM 21-20, Chapter 10, p 10-1 thru 10-4

QUESTION: What are the three distinct steps in planning daily physical training activities?

ANSWER: The three distinct steps in planning daily physical training activities are-- (1) Determine the minimum frequency of training, (2) Determine the type of activity, and (3) Determine the intensity and time of selected activity. (FM 21-20, Chapter 10, p 10-3)

**E. ENABLING LEARNING OBJECTIVE**

<b>ACTION:</b>	Develop Special PT Programs for soldiers requiring that appropriate training.
<b>CONDITIONS:</b>	As a unit leader in a company or/battalion level unit and given FM 21-20.
<b>STANDARDS:</b>	Developed training programs for soldiers in identified special populations IAW FM 21-20, Chapter 1, p 1-11 thru 1-15; Chapter 2, p 2-13 and 2-14; and Appendix A.

## 1. Learning Step / Activity 1. Special PT Program

Method of Instruction: Conference / Discussion  
 Technique of Delivery: Small Group Instruction  
 Instructor to Student Ratio is: 1:16  
 Time of Instruction: 20 mins  
 Media: VGT-11

The day-to-day unit PT program you conducted at your unit may not be appropriate for all soldiers in the unit. Some of them may not be able to exercise at the intensity or duration best suited to their needs. Your commander and the Master Fitness Trainer(s) (MFTs) will design a special PT program for those soldiers.

QUESTION: What is the name of the three groups of soldiers that may need a special PT program?

**NOTE:** Wait for response then show VGT-11, but only uncover the first bullet for discussion.

ANSWER: See VGT-11.

Ref: FM 21-20, Chapter 1, p 1-11

## SHOW VGT-11, SPECIAL PT PROGRAMS



### **SPECIAL PT PROGRAMS**



- **Those who fail the APFT and do not have medical profile.**
- **Those who are overweight/overfat according to AR 600-9**
- **Those who have either permanent or temporary medical profiles.**

T343/OCT 04/VGT-11
Basic Noncommissioned Officer Course

Ref: FM 21-20, Chapter 1, p 1-11

### **Those who fail the APFT and do not have medical profile:**

Soldiers with reasonable levels of overall physical fitness should easily pass the APFT. Your soldiers with substandard fitness levels will fail. Soldiers who fail the APFT must receive special attention. Leaders should analyze their weaknesses and design programs to overcome them. For example, if the soldier is overweight, he may need nutrition and dietary counseling along with a special exercise program. As leaders, you must be able to recognize the unique conditions of soldiers who fall into these categories and devise a PT plan that accommodates their limitations.

**NOTE:** Now uncover the second bullet for discussion.

### **Those who are overweight/overfat according to AR 600-9**

Designers of weight loss and physical training programs for overweight soldiers should remember this: even though exercise is the key to sensible weight loss, reducing the number of calories consumed is equally important. It is best to try to educate the soldier on better food choices and concepts of caloric intake vs. caloric expenditure. A combination of both actions is best.

The types of exercise your soldiers do affect the amount and nature of weight loss. Both running and walking are good tools for burning calories.

QUESTION: How many calories do running or walking burn per mile?

**NOTE:** Wait for response and then give the correct.

ANSWER: 100.

Ref: FM 21-20, Chapter 1, p 1-12

QUESTION: How many calories are in one pound of fat?

**NOTE:** Wait for response and then give the correct answer.

ANSWER: 3,500 calories.

Ref: FM 21-20, Chapter 1, p 1-12

As you see, to reduce a pound of fat it will require a great deal of running or walking. Use your unit MFTs to determine the specific caloric requirement a soldier needs to safely and successfully lose excess fat. Your overweight soldiers should strive to reduce their fat weight by two pounds per week.

**NOTE:** Now uncover the last bullet for discussion.

#### **Those who have either permanent or temporary medical profiles**

A special PT program for soldiers with permanent or temporary medical profiles is very important. This manual stresses what soldiers can do while on medical profile rather than what they cannot do. It's very important that you and your chain of command follow all the regulations and directives regarding medical profiles. DOD Directive 1308.1 requires that, "Those personnel identified with medically limiting defects shall be placed in a physical fitness program consistent with their limitations as advised by medical authorities." AR 350-15 states, "For individuals with limiting profiles, commanders will develop physical fitness programs in cooperation with health care personnel." For your soldiers and their safety you must comply with all DOD Directives and army regulations.

All profiled soldiers should take part in as much of the regular fitness program as they can. Substitute appropriate activities to replace those regular activities in which they cannot participate. Chapter 2 describes some aerobic activities the soldier can do to maintain cardiorespiratory fitness when he cannot run. Chapter 3 shows how to strengthen each body part. Applying this information should allow some strength training to continue even when body

parts are injured. The same principle applies to flexibility (Chapter 4).

Remember, you are responsible for all soldiers in your charge; therefore, so don't overlook their medical conditions when planning tasks or missions. Be careful not to violate their profile in any case.

### **REMOVE VGT-11**

You must also give special consideration to soldiers who are age 40 or older and to recent arrivals who cannot meet the standard of their new unit. The commander and MFTs should design a special PT program for these individuals. Once they show they can participate with the unit move, them into your regular unit physical activities.

### **CHECK ON LEARNING:**

QUESTION: What two exercises burns 100 calories per mile?

ANSWER: Running and walking

Ref: FM 21-20, Chapter 1, p 1-12

QUESTION: Who should your commander cooperate with when designing physical fitness programs for special population soldiers?

ANSWER: Health care personnel.

Ref: FM 21-20, Chapter 1, p 1-12

**SECTION IV. SUMMARY**

Method of Instruction: <u>Conference / Discussion</u> Technique of Delivery: <u>Small Group Instruction (SGI)</u> Instructor to Student Ratio is: <u>1:16</u> Time of Instruction: <u>10 mins</u> Media: <u>None</u>
--

**Check on Learning**

QUESTION: What are the principles of exercise?

ANSWER: Regularity, progression, balance, variety, specificity, recovery, and overload.

Ref: FM 21-20, Chapter 1, p 1-4

QUESTION: What are the seven steps in the planning process of the fitness program?

ANSWER: 1) Analyze the Mission 2) Develop Fitness Objectives 3) Assess the Unit 4) Determine Training Requirements 5) Develop Fitness Tasks 6) Develop a Training Schedule 7) Conduct and Evaluate Training.

Ref: FM 21-20, Chapter 10, p 10-1 and 10-3

QUESTION: What is the name one of the groups of soldiers that may need a special PT program?

ANSWER: Any one the following groups: APFT failures, overweight soldiers, and soldiers with medical profiles.

Ref: FM 21-20, Chapter 1, p 1-11

**Review / Summarize Lesson**

During this lesson we discussed the information necessary to implement a total fitness program. By using the components of fitness, principles of exercise, phases of fitness conditioning, and the seven-step planning process, you now understand the procedures for developing fitness program. Your unit master fitness trainer will be a helpful resource to get you started and let you know if there is an existing program for the special PT.

**SECTION V. STUDENT EVALUATION**

---

**Testing  
Requirements**

**NOTE:** Describe how the student must demonstrate accomplishment of the TLO. Refer student to the Student Evaluation Plan.

During this course, you will take a 50-question examination. The examination will include questions on the ELOs and TLO from this lesson. You must correctly answer at least 35 questions to receive a GO. A GO is a graduation requirement.

---

**Feedback  
Requirements**

**NOTE:** Feedback is essential to effective learning. Provide remedial training as needed.

---

---

**VIEWGRAPHS FOR LESSON 1: T343 version 1**

---

Enabling Learning Objective A

Learning Step 1

VGT-1, Physical Fitness

***PHYSICAL FITNESS***

**Physical Fitness is ability to function effectively in physical work, training, and other activities and Still have enough energy left over to handle any emergencies which may arise.**

**(FM 21-20)**

T343/OCT 04/VGT-1

Basic Noncommissioned Officer Course

## VGT-2, Components of Fitness



## ***COMPONENTS OF FITNESS***



- **Cardiorespiratory Endurance**
- **Muscular Strength**
- **Muscular Endurance**
- **Flexibility**
- **Body Composition**

Enabling Learning Objective B

Learning Step 1

VGT-3, Motor Fitness Components



# ***MOTOR FITNESS COMPONENTS***



**Speed**

**Agility**

**Eye-Hand Coordination**

**Eye-Foot Coordination**

**Muscle Power**



# ***PRINCIPLES OF EXERCISE***



**Regularity**

**Progression**

**Balance**

**Variety**

**Specificity**

**Recovery**

**Overload**



# ***FITT FACTORS***



- **Frequency**
- **Intensity**
- **Time**
- **Type**

Enabling Learning Objective C

Learning Step 1

VGT-6, Phases of Conditioning



## ***PHASES OF CONDITIONING***

- **Preparatory**
- **Conditioning**
- **Maintenance**

T343/OCT 04/VGT-6 **Basic Noncommissioned Officer Course**

VG-7, Four-Week Training Schedule/Month 2

 <div style="text-align: center; border: 1px solid black; padding: 5px;"> <h2 style="margin: 0;">FOUR-WEEK TRAINING SCHEDULE/MONTH 2</h2> </div> 						
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	A: Confidence Obstacle Course D: 90 Min I: 70-90% MHR/ TMF	A: Ability Group Run D: 2 miles I: 70% MHR	A: Push-up/Sit-up Improvement D: 45 Min I: TMF	A: Road March D: 2 hours I: 6 miles @ 20 min/mile w/ 30 lb ruck, weapon, LCE, softcap	A: Individual Movement Tech. Circuit D: 40 Min I: 80% MHR/ TMF	
	A: TOC Equip Circuit D: 50 Min I: TMF/80% MHR	A: Ability Group Run D: 3 Miles I: 75% MHR w/100 Push-ups and Sit-ups	A: Sandbag Circuit D: 60 Min I: TMF/70% MHR	A: Aquatic Calisthenics D: 45 Min I: 70-90% MHR	A: Weight Training for Performance D: 75 Min I: TMF	
	A: Ability Group Run D: 3 miles I: 75-80% MHR w/ 150 Push-ups and Sit-ups	A: Bayonet Assault Course I: 80-90% MHR/ TMF BDU + Boots	A: 1000m Swim D: 45 Min I: 70-90% MHR	A: Litter Relays D: 60 Min I: 70-90% MHR/ TMF BDU + Boots	A: Cross Country Run D: 40 Min I: 70% MHR BDU w/ athletic footwear of choice	
	A: Log Drills D: 60 Min I: TMF (Anaerobic power)	A: Interval Training D: 60 Min I: As per 2 Mile Run Breakdown 5 X 400m with Flexibility Improve. Training	A: Rifle Drills B: 60 Min I: TMF/70% MHR	A: Road March D: 105 min I: 6 miles @ 17.5 min/mile w/ 30lb ruck, weapon, LCE, softcap	A: Single Station Machine Circuit to Music D: 60 Min I: TMF/80% MHR	
T343/OCT 04/VGT-7			<b>Basic Noncommissioned Officer Course</b>			

## VGT-8, General Rules



## **GENERAL RULES**



- **Don't progress more than 5-10% per week for MSE.**
- **Don't progress more than 10% per week for CR.**
- **Every day is a recovery day.**
- **Include combined training events (CR and MSE).**
- **Do not limit CR just to running.**

Enabling Learning Objective D

Learning Step 1

VGT-9, Seven-Step Planning Process



## ***SEVEN-STEP PLANNING PROCESS***



**STEP 1: Analyze the Mission**

**STEP 2: Develop Fitness Objectives**

**STEP 3: Assess the Unit**

**STEP 4: Determine Training Requirements**

**STEP 5: Develop Fitness Tasks**

**STEP 6: Develop a Training Schedule**

**STEP 7: Conduct and Evaluate Training**

## VGT-10, Step 6: Develop a Training Schedule

***STEP 6: DEVELOP A TRAINING SCHEDULE***

- 1. Determine the minimum frequency of training.**
- 2. Determine the type of activity.**
- 3. Determine the intensity and time of the selected activity.**

Enabling Learning Objective E

Learning Step 1

VGT-11, Special PT Programs



## ***SPECIAL PT PROGRAMS***



- **Those who fail the APFT and do not have medical profile.**
- **Those who are overweight/overfat according to AR 600-9**
- **Those who have either permanent or temporary medical profiles.**

**Appendix B Test(s) and Test Solution(s) (N/A)**

**Appendix C Practical Exercises and Solutions (N/A)**

---

**HANDOUTS FOR LESSON 1: T343 version 1**

---

**This Appendix  
Contains**

This appendix contains the items listed in this table--

<b>Title/Synopsis</b>	<b>Pages</b>
SH-1, Advance Sheet	SH-1-1
SH-2, Extracted Material from FM 21-20	SH-2-1

---

## Student Handout 1

### Advance Sheet for T343, Implement a Total Fitness Program

**Lesson Hours** This lesson consists of two hours of conference/discussion.

**Overview** Improving soldiers' physical fitness is one of the best ways to increase performance on the battlefield. In this lesson you will build on your existing knowledge and learn how to implement a unit physical fitness program.

**Learning Objective** Terminal Learning Objective (TLO).

<b>Action:</b>	Coordinate unit physical fitness activities.
<b>Conditions:</b>	As a unit leader in a company or/battalion level unit and given FM 21-20.
<b>Standards:</b>	Coordinate unit physical fitness activities by-- <ul style="list-style-type: none"> <li>• Employ the components of fitness.</li> <li>• Employ the principles of exercise.</li> <li>• Employ the phases of fitness conditioning.</li> <li>• Employ the seven-step planning process.</li> <li>• Develop Special PT Programs for soldiers requiring the appropriate training.</li> </ul> IAW FM 21-20.

**ELO A** Employ the components of fitness.  
**ELO B** Employ the principles of exercise.  
**ELO C** Employ the phases of fitness conditioning.  
**ELO D** Employ the seven-step planning process.  
**ELO E** Develop Special PT Programs for soldiers requiring the appropriate training

**Assignment** The student assignments for this lesson are--

- Read FM 21-20, Chapter 1, p 1-3 thru 1-9, and 1-11 thru 1-15; Chapter 2, p 2-0, 2-3 thru 2-5, and 2-13 and 2-14; and Chapter 10, p 10-1 thru 10-4; and Appendix A.

---

**Additional  
Subject Area  
Resources**None

---

**Bring to Class**

- Pen or pencil and writing paper.
  - Reading material list on advance sheet.
-

## Student Handout 2

### Extracted Material from FM 21-20

---

**This Student Handout Contains**

This student handout contains 24 pages of extracted material from the following publication:

FM 21-20, Physical Fitness Training, Sep 92/w/change 1

Chapter 1	p 1-3 thru 1-9, and 1-11 thru 1-15
Chapter 2	p 2-0, 2-3 thru 2-5, 2-13 and 2-14
Chapter 10	p 10-1 thru 10-4
Appendix A	A-0 and A-1

**Disclaimer:** The training developer downloaded the extracted material from the U.S. Army Publishing Directorate Home Page. The text may contain passive voice, misspellings, grammatical errors, etc., and may not be in compliance with the Army Writing Style Program.

---

#### RECOVERABLE PUBLICATION

YOU RECEIVED THIS DOCUMENT IN A DAMAGE-FREE CONDITION. DAMAGE, IN ANY WAY, TO INCLUDE HIGHLIGHTING, PENCIL MARKS, OR MISSING PAGES WILL SUBJECT YOU TO PECUNIARY LIABILITY (STATEMENT OF CHARGES, CASH COLLECTION, ETC.) TO RECOVER PRINTING COSTS.