



**Military Physical Fitness and Readiness
Encyclopedia: Training Manual, Review and
Assessment, Standards, Body Composition and
Weight Control, Obesity, Health Behavior, Army,
Navy, Air Force**

U.S. Government, U.S. Military, U.S. Army, U.S. Navy, U.S. Air Force (USAF)

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This is a print replica reproduction of over two dozen military documents and manuals about physical readiness and physical fitness, featuring the up-to-date Army Physical Readiness Training manual plus a major report on the history of Army physical readiness training and assessment. Contents include:

Army Physical Readiness Training * Historical Review and Analysis of Army Physical Readiness Training and Assessment * Standards of Medical Fitness * Army Training and Leader Development * Army Body Composition Program (formerly Weight Control Program) * Strategies for Enhancing Military Physical Readiness in the 21st Century * Obesity: A National Security Concern * Does Current Army Physical Fitness Training Doctrine Adequately Prepare Soldiers for War? * Civilian Fitness: A Readiness Enabler * Physical Readiness Training: A Meta-Analysis * Physical Fitness in the United States Marine Corps: History, Current Practices, and Implications for Mission Accomplishment and Human Performance * Military Health Behaviors: Promotion of Healthy Weight and Fitness in Career Personnel * The Case for Pre-Enlistment Physical Fitness Testing: Research and Recommendations * Administrative and Safety Evaluation of a Proposed Army Physical Readiness Test * The Victory Fitness Program * A History of the U.S. Navy Physical Readiness Program from 1976 to 1999 * Physical Fitness in the Air Force Reserve: Past, Present, and Future * Navy Physical Readiness Test * Smoking versus Nonsmoking and the Army Physical Fitness Test * Peacetime Physical Fitness and its Effect on Combat Readiness * Sailors' Perceptions of the Navy's Health and Physical Readiness Program * Physical Training for the Modern Battlefield: Are We Tough Enough? * Impact of a Health and Physical Readiness Program on Naval Air Station Productivity * A Review of Physical Fitness as it Pertains to the Military Services * A Comparative Analysis of Army Physical Readiness Test Results of AMEDD Units With Formal Physical Training Programs and AMEDD Units Without Formal Physical Training Programs * An Evaluation of Physical Readiness Training in Armor One Station Unit Training * Physical Fitness Testing by the U.S. Air Force Academy, 1955-1981.

Military leaders have always recognized that the effectiveness of Soldiers depends largely on their physical condition. Full spectrum operations place a premium on the Soldier's strength, stamina, agility, resiliency and coordination. Victory—and even the Soldier's life—so often depend upon these factors. To march long distances in fighting load through rugged country and to fight effectively upon arriving at the area of combat; to drive fast-moving tanks and motor vehicles over rough terrain; to assault and run and crawl for long distances; to jump in and out of craters, and trenches, and over obstacles; to lift and carry heavy objects; to keep going for many hours without sleep or rest—all these activities of warfare and many others require superb physical conditioning. Units must be able to operate continuously while deployed. PRT provides a foundation for combat readiness and must be an integral part of every Soldier's life. Soldiers and leaders are responsible for maintaining a high state of physical readiness to support training and operational missions. Units need to be capable of fighting for sustained periods. Soldiers should therefore become experts in the conduct and performance of PRT. This link between training and sustainment is vital to mission success.

Once Soldiers and units train to the required level of proficiency, leaders structure individual and collective training plans to retrain critical tasks at the minimum frequency needed to sustain proficiency. Sustainment training is the key to maintaining unit proficiency despite personnel turbulence and operational deployments. Army units train to accomplish their missions by frequent sustainment training on critical tasks.

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