



Army Obstacle Course Layout Plan

Headquarters Department of the Army

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the text 'Headquarters Department of the Army'.

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Fit & Active Maureen K. LeBoeuf, Lawrence F. Butler, 2008 We all know the dilemma Kids are tuning in to TVs and video games and tuning out physical activity As a result kids are more overweight than ever More than half of the adult population in the United States are overweight and almost a third are clinically obese An obvious answer is to become and stay fit through regular physical activity The authors of Fit Active The West Point Physical Development Program know this and in response they developed a program at West Point the academy that s been educating U S military and political leaders for over 200 years Now you can use the West Point fitness program to meet the needs of your students Fit Active The West Point Physical Development Program is a practical ready to use resource that will help you inspire the kids under your charge to be more physically active It includes the following features The system that has worked for the authors in their West Point program along with detailed strategies for modifying their approach for various ages and environments Activities and ideas that have been reviewed by high school physical education teachers to ensure the suggestions are appropriate for high school students New ideas and information that will help you improve your program Assessment strategies to help you meet state and national physical education standards At West Point fitness is seen as a solid foundation for emotional and intellectual well being and as a way to help prepare students for a lifetime of health physical activity and success in the classroom and beyond With that in mind the authors focus on how to develop and assess your program in part I and in part II they provide core activity courses including basic movement swimming boxing self defense and obstacle courses that develop motor skills In part III they delve into wellness and personal fitness strategies workout designs assessments and related issues and in part IV they outline courses for lifetime activities such as tennis golf ice skating and rock climbing As a result you get a comprehensive resource that is easy to use well illustrated adapted for high school and appropriate for a variety of groups and one that will also help you meet state and national standards Along the way your students will learn leadership skills through sports and become motivated to make physical activity and fitness an integral part of their lives long after they leave school

Army Physical Readiness Training Manual Barry Leonard, 2011-05 Guides leaders through a systematic approach to training consisting of an ordered comprehensive assemblage of facts principles and methods for training soldiers and units Provides a balanced training program that prepares soldiers for successful task performance and provides linkage to other training Injury control is woven into the training s fabric by recommended exercise intensity volume specificity and recovery within its progressive training schedules Sample schedules provide the commander a doctrinal template that can be applied to the unit s training needs Append Physical Fitness Test Climbing Bars Posture and Body Mechanics Environ Considerations Obstacle Negotiations Numerous photos This is a print on demand pub

FM 7-22 Army Physical Readiness Training Headquarters Department of the Army, 2017-08-27 Field Manual 7 22 encompasses the US Army Physical Readiness Training program in its entirety This is a must have reference for all leaders and Soldiers in order to fully understand and

implement PRT Physical Readiness Training at the Squad Company Battery Troop and higher levels This 6x9 inch paperback is perfect for personal use and carry and is designed to fit with other books published in this series Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More, 2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the total weight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf

half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude **Army Science And Technology Master Plan 2001, Volume 1, January 2001 ,2001 Manuals Combined: Military Working Dog Handler Medical and Doctrine Presentations And Manuals ,** Over 3 200 total slides and pages INTRODUCTION Dogs have served in active service at the sides of their handlers for decades They have been heroes showing bravery under fire saving lives often losing their own and bringing comfort to the injured and infirmed The first recorded American use of military dogs was during the Seminole War of 1835 and again in 1842 In Florida and Louisiana the Army used Cuban bred bloodhounds for tracking During the US Civil War dogs were used as messengers guards and unit mascots The Army Quartermaster Corps began the US Armed Forces first war dog training during World War II By 1945 they had trained almost 10 000 war dogs for the Army Navy Marine Corps and Coast Guard Fifteen war dog platoons served overseas in World War II Seven platoons saw service in Europe and eight in the Pacific MWDs were trained at Fort Carson Colorado organized into scout dog platoons and used in the Korean conflict for sentry duty and support of combat patrols In 1957 MWD training moved to Lackland Air Force base LAFB Texas with the Air Force managing the program Throughout the Vietnam Conflict the Military Police Corps used dogs with considerable success Most of these were sentry dogs used to safeguard critical installations such as ports and airfields A new dimension in canine utilization was realized when marijuana detector dog teams were trained and deployed to assist military police in suppressing illicit drug traffic Sentry and marijuana detector dog teams were then deployed worldwide in support of military police An important outgrowth of the conflict was the development of canine research and development efforts These ongoing efforts were able to initiate the first steps toward developing a more intelligent and stronger military dog training dogs to detect specific drugs and explosives developing multiple purpose dogs and employing tactical dogs by electronic remote control In the 1990s and early 2000s MWDs were deployed around the globe in military operations such as Just Cause Desert Shield and Desert Storm Uphold Democracy and Enduring Freedom and Iraqi Freedom These teams were effectively utilized to enhance the security of critical facilities and areas as well as bolster force protection and antiterrorism missions allowing commanders to use military police CONTENTS Military Working Dog Handler Medical Presentations 1 248 slides Military Working Dog Handler Additional Medical Dental Presentations 346 slides Handler Training Medical Tasks Manual 50 pages Design Guide for Military Working Dog Facilities 31 pages VETERINARY FOODBORNE ILLNESS SPECIMEN SAMPLE TEST AND SUBMISSION GUIDE 72 pages Military Police Military Working Dogs 58 pages SOLDIER S MANUAL AND TRAINER S GUIDE MOS 91T ANIMAL CARE SPECIALIST SKILL LEVELS 1 2 3 4 407 pages U S Army MILITARY WORKING DOG MANUAL 136 pages U S Air Force MILITARY WORKING DOG PROGRAM 51 pages U S Navy MILITARY WORKING DOG MANUAL 206 pages United States Department of

Agriculture National Canine Operations Manual 194 pages United States Department of Agriculture National Detector Dog Manual 274 pages *Army Science and Technology Master Plan* United States. Department of the Army,2001 **Design and lay out a newspaper** ,1985 Military Review ,1991 **Military Construction, Veterans Affairs, and Related Agencies Appropriations** United States. Congress. House. Committee on Appropriations. Subcommittee on Military Construction, Veterans Affairs, and Related Agencies,2012

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