

# Sa Army Military Skills Development Application Form

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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

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

the number of cases of post traumatic stress disorder ptsd affecting both combat veterans and survivors of armed conflict has increased in recent years exposure to traumatic events can cause ptsd and the serious consequences of this disorder can often lead to impulsive and destructive

behaviors such as drug abuse and uncontrollable anger combat related ptsd is also one of the strongest contributing factors to the high suicide risk in returning troops this book presents the collected papers from the 2012 nato advanced study institute asi invisible wounds new tools to enhance ptsd diagnosis and treatment iw2012 held in ankara turkey in june 2012 this asi was attended by 56 scientists and representatives from nato and partner countries and expert contributors from nine different countries were invited to take part in the workshop the aim of the asi was to equip participants with an in depth knowledge of the latest theoretical advances in neuroscience psychotherapy and pharmacology and thereby to assist them in the task of assessment diagnosis prevention and treatment of ptsd and related co morbid disorders the book is divided into four sections a review of the latest science related to theoretical constructs and associated neurosciences screening stress inoculation training and co morbid issues considering the whole person in treatment this book will provide a valuable resource for all those whose work involves dealing with post traumatic stress disorder

think of your transition to civilian life as a journey you choose the best route select the landmarks that will be important to you this handbook serves as your guide offering insight and information as you travel along your route remember throughout your journey you remain in charge of where you are going and how you will get there once you know your options you will be able to make informed decisions about the choices open to you and your family this book provides that direction on life after the military with links to resources and helpful information note this handbook is a non refundable item unless damaged upon receipt and we strongly recommend viewing it before your purchase militaryhandbooks co

this timely book examines how the south african national defence force has adapted to the country s new security political and social environment since 1994 in south africa s changed political state how has civilian control of the military been implemented and what does this mean for defence in a democracy this book presents an overview of the security environment how the mission focus of the military has changed and the implications for force procurement force preparation force employment and force sustainability the author addresses other issues such as the effect of integrating former revolutionary soldiers into a professional armed force the effect of affirmative action on meritocracy recruitment and retention military veterans looking at the difficulties they face in reintegrating back into society and finding gainful employment gender equality and mainstreaming the rise of military unions and why a confrontational instead of a more corporatist approach to labour relations has emerged hiv aids and the consequences this holds for the military in terms of its operational effectiveness in closing the author highlights key events that have caused the sandf to become lost in transition and transformation spelling out some lessons learned the conclusions she draws are pertinent for the future of defence security and civil military relations of countries around the world

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