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Published by / deleted 2 years ago Sorry, this post was deleted by the person who originally posted it. It does not appear in any channels, and anyone with a direct link to it will see a message like this one. 30 comments Page 2 Posted by / removed 2 years ago 30 comments 1 When you take APFT, that minimum number of points that you have to score in each event? 60 Points 2 What FM covers physical fitness? FM 21-20 3 What are the three phases of physical fitness? Preparatory compilation Maintenance 4 In how long is the preparatory stage? 2 Weeks 50 How Long Is the Air Conditioning Phase? The air conditioning stage ends when the soldier is physically capable of the mission and all personal forces-related goals and units of fitness goals have been met. 6 What is MFT? Master Fitness Trainer. Master Fitness Trainer (MFT) is a soldier who has completed either a four-week active component, a two-week reserve component, or an MFT coursework by the U.S. Military Academy. Although called hosts, MFTs are simply soldiers who know about all aspects of physical training and how soldier body function. Most importantly, since the ITF is taught to develop individual and unitary programmes, they should be used by commanders as special assistants for this purpose. 7 What does FITT mean? Frequency, intensity, time and type (this abbreviation makes it easy to remember key factors in the curriculum) 8 What is Da Form 3349? Physical Profile Form 9 What is the purpose of physical fitness? Increase the ability of soldiers to meet the physical needs of war. 10 What are three periods of normal daily training? Warm-up Conditioning Cool-Down 11 What commands to get a unit from a normal line formation in an extended rectangular formation? Expand to the left, march arms down, move to the left, face expand to the left, march arms down, move to the right, face the front head, count even numbers to the left, reveal 12 What AR covers army physical fitness program? AR 350-1 Chapter 1 Section 24 13 Soldiers 55 years and older have the ability to host 3 APFT events or what? Alternative APFT. The alternative APFT is defined as push-ups, squats and alternative aerobic events (2.5-mile walk, 800-yard swim, or 6.2-mile bike ride). 14 What are the seven basic principles of exercise? Regularity Progression Overload Balance Variety Recovery 15 What are the three phases of fitness conditioning? Preparatory Maintenance 16 What are the five components of physical training? Cardio Respiratory Endurance My Strength Muscular Endurance Flexibility Body Composition 17 How Many scorers should be delivered for APFT? Minimum 1 for every 15 soldiers 18 What is a DA Form 705? The Physical Readiness Scorecard 19 Fitness tasks provide the basis for meeting all training requirements. The main elements of fitness tasks can be in what four groups? Collective Task Individual Task Leaders Resources to train 20 Min two physical fitness formations? Advanced Rectangular Circular is a test preparatory pad for national marriage and family therapy expertise. Online training material includes several variations of practice quizzes and exams, case studies, definitions, slideshows, matching, and more. Diagnostic exams identify areas for additional study. DA: 11 PA: 11 MOZ Rank: 12 Sudden changes in behavior, fear, night terror, regressive behaviors, promiscuity, over-knowledge of sex, social isolation, reluctance to engage in physical activity, and attempted suicide Military Training Home Page Military Fitness Home The U.S. Army is now moving to a holistic health and fitness initiative (H2F). 2.0 What is a master fitness trainer? Master Fitness Trainer (MFT) provides training related to the U.S. Army Physical Readiness (APRT) system and H2F initiative. 3.0 What is the role of MFT? The role of the DFT is to assist commanders in developing physical readiness training programmes (GPS) to improve operational readiness and minimize injuries. ITF-certified soldiers are expected to improve the physical readiness of soldiers, reduce accession losses, reduce injury rates and standardize unit training in accordance with the military training doctrine. (Fort Carson Mountaineer, 2015). 4.0 What is the purpose of the MFTC? The Master Fitness Coach course (MFTC) trains individual non-commissioned officers (NCOs) and has instructed officers in all aspects of the APRT system and the H2F initiative so they can be the unit's advisors on physical readiness and monitoring teams and individual fitness programs. 5.0 Where does the IFST come from? The MFTC supplied the U.S. Army Physical Training School (USAPFS) through a two-phase online and residential program: Phase 1: a self-confident (remote learning) online curriculum performed as a one-week (46-hour) distributed training course. Phase 2: A training programme for staff or a mobile training group (MTT) is part of a two-week (96-hour) course. These two steps are discussed in detail below. 5.1 MFTC Mobile Training Groups has six mobile training groups (MTT), each consisting of (Jones, 2013a): the leader of the NGO (usually a master sergeant); Member of the NGO group (usually a staff sergeant); and a civilian contractor. 6.0 A Brief History of MFTC The last MFT program is a converted version of the program that existed in the 80s and 90s, but was discontinued in 2001. The end of this program, coupled with the high operational pace that has come with the wars in Afghanistan and Iraq, has left the U.S. Army in need of a systematic approach to physical readiness. In 2013, the U.S. Army revived MFT (Jones, 2013a). 7.0 AIRRS enrollment includes: Recommended by Battalion Battalion (or equivalent). Recommended candidates must have an Army Physical Fitness Test (APFT) score of 240 points or higher, with a minimum of 70 points in each event (apart from 80 (Jones, 2013b)). Active or backup component soldiers. Enlisted in the Army Requirements and Resources System (ARRS) dl. School Code: 805P o dl. Course Number: 9E-S16P/920-ASIP5 (DL). Rank: NCO's: The first priority of adoption is given to THE NPO in the rank of Staff Sergeant (SSG) and above. The second priority of admission is given to sergeants in the rank of sergeant (SGT). Officers: The first priority of accepting officers in the rank of second lieutenant (2LT) to the captain (CPR). The second priority of adoption is given to senior officers. Age: Applicants aged 40 and over must provide evidence that they have undergone a medical examination and participation in the PRT program for at least 90 days prior to the start date of the course. This is an impossible condition. Medical: Candidates with a temporary profile will not be allowed to participate in the course. Candidates with a permanent profile that prevents them from performing exercises in FM 7-22 will not be allowed to participate in the course. Candidates with a permanent profile, which does not prevent them from performing exercises in FM 7-22, will ask for the abandonment of USAPFS. After the approval of USAPFS, the candidate can attend the course. Compliance with the body composition standards specified in AR 600-9. General Technical (GT) Score: GT Score of 110 or higher is recommended for candidates, according to USAPFS, due to the higher content of learning for exercise science. 8.0 Sketches of MFTC Syllabus themes covered in the MFTC include: Army rules and physical training policies; Exercise science; Assessment of fitness; Principles of exercise training; Sports nutrition/performance (Fort Carson Mountaineer, 2015); Analysis of the form of running (Fort Carson Mountaineer, 2015); Exercise recipe; Leadership exercise; individual and individual physical readiness programmes in accordance with the current doctrine and provisions of the army. Lessons are a mixture of classroom learning and practical demonstrations/practices. 9.0 MFTC Phase 1 All instructions for MFTC Phase 1 are provided by email after successfully enrolling a candidate in the Army Requirements and Resources System (ARRS). Applicants must contact their school staff for admission. After registering on Blackboard, the candidate will have 45 days to complete the MFTC Phase 1. Candidates will receive/pass: 17 lessons. Two exams: 70 is the minimum score. Graduation certificates are automatically generated for successful candidates and sent by email. Two homework: The last slide of the Performance Nutrition Lesson (Diet Recall PE). The last lesson slide for APFT and alternative events (preparatory drills, recovery exercises and four for the core). Must be completed before the first day of Phase 2. Stage 1 must be successfully completed before the candidate is enrolled in the second stage. 10.0 MFTC 2 To qualify for MFTC Phase 2, candidates must: Completed MFTC Phase 1 within 120 days of MFTC Phase 2. Achieve a minimum score of 240 points (with a minimum of 70 points in each event) for the APFT, which is managed on the first day of MFTC Phase 2. Candidates will conduct MFTC Phase 2 through: a residential course at USAPFS; or a MMT within its unit. Applicants must receive a confirmation/welcome letter about 3-4 weeks before the start date, which will also provide additional information about the course. To complete the MFTC Phase 2, candidates must: Attend 100% of the course. Complete all graded requirements with a 70% minimum passing score or GO: Two written quizzes (Jones, 2013b). PE's; LDR; Evaluation of PRT; MFT oral presentation; and a written exam (this is an open-book test with 50 questions (Jones, 2013b)). 11.0 Additional skill identification candidates, having successfully completed both stages of the MFTC, will be awarded with an additional Skills Identifier (ASI): P5 for NCOs; and 6P for officers. 12.0 Useful publications TradOC Rules (TR): TR 350-6 - Enrolled Initial Entry Of Training Policy and Administration (December 18, 2015). TR 350-10 - Institutional Leadership Training and Education (August 12, 2002). TR 350-16 - Drill Sergeant and Advanced Individual Sergeant Training Program (January 23, 2015). TR 350-36 - Basic Officer Strategies and Administration (September 1, 2015). TR 10-5-8 - Initial Military Training Center for Excellence (October 2, 2012). Reporting on military exercises and training operations (November 16, 2010). Army Rules (AR)/AR 600-8-10 - Leaves and Passes (August 4, 2011). AR 612-201 - Initial support for entry/pre-service trainees (August 4, 2011). Field Guide (FM): FM 7-22 - Army Physical Readiness Training (October 2012). The U.S. Army is currently undertaking a comprehensive rewrite of FM 7-22 to include a proposed name change TO FM 7-22 - Holistic Health and Fitness due to be published in 2019. Articles/Books: Funkhouser, A.C. (2017) Holistic Health and Fitness: The Best Way to Ready. ARMY Magazine. April 2017, p.41-44. East, W.B. (2013) Historic review and analysis of the preparation and assessment of the physical readiness of the army. Fort Leavenworth, Kansas: Institute for Combat Research Press. Available from the World Wide Web. . Access: December 12, 2018. USAPFS (U.S. Army School of Physical Training). (1990) Master Fitness Coach Course. Minnesota: University of Minnesota. 13.0 Useful Links 14.0 Links for Carson Climber. (2015) Master Fitness Course builds tactical athletes. Available from the World Wide Web: . Access: December 12, 2018. Jones, C.K. (2013a) Master Fitness Coach Course explains why PRT. Available from the World Wide Web: Access: December 12, 2018. Jones, C.K. (2013b) New MFTC: How Can I Get Caught? Available on the World Wide Web: . Access: December 12, 2018. 2018].

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