

1. Objective

- a. The object of the Physical Training Program is to give to the trainees in the shortest practicable time an intensive, all-round training which will develop in them those qualities, capabilities and reflexes associated with first-class physical condition and in particular to prepare them for the arduous military duties which await them upon their return to troops.

2. Organization

- a. In those institutions where Army Specialized Training Program contracts call for the use of institutional personnel to conduct physical training, the Commandant will give such supervision to the training as will ensure the effective execution of the program. However, the "chain of command" in this training is through institutional authorities, with whom the Commandant will collaborate closely. In those institutions where contracts do not call for use of institutional personnel to conduct the physical training program, the Commandant will organize and execute the program by utilizing military personnel as instructors.
- b. Six (6) hours each week, consisting of three periods of two hours each, are to be devoted to the physical training programs. In addition, trainees electing to do so should be encouraged to devote a part of their daily and week-end periods of free time to training for, or participation in, intramural sports.
- c. To make efficient use of existing facilities and teaching personnel the time schedule for physical training must be integrated with the academic and military training schedules to the end that classes may be conducted throughout each day.
- d. The physical training program should begin immediately upon the assignment of trainees to classes and should develop progressively throughout the training course.
- e. Normally, the platoon is a convenience unit for regular instruction; however, companies or entire battalions could be brought together occasionally for various drills in order to develop esprit de corps and the habit of mass action.
- f. In the interests both of effective teaching and of developing trainee leadership, it is suggested that qualified trainees who may be possessed of exceptional skills or capabilities be utilized, wherever possible, as demonstrators and assistant instructors.

3. Standards.

- a. The fact that a trainee has passed the required physical examination for the Army and has successfully completed the transition period from civilian to soldier indicates that he is good material. However, it does not necessarily follow that he possesses the physical stamina or the basic skills to cope with the tasks that active duty will impose. Overzealousness on the part of an instructor in mistaking quantity of training given for quality of performance may defeat the purpose or lead to injury by