

ARMY SPECIALIZED TRAINING DIVISION
PROGRAM OF PHYSICAL TRAINING

1. Objective

2. Organization.

a. Institutional personnel to conduct physical training . . .

b. Six hours each week, consisting of three periods of two hours each, are to be devoted to the physical training program. In addition, trainees electing to do so should be encouraged to devote part of their daily and week-end periods of free time to training for, or participation in, intramural sports.

c. . . . schedule must be integrated with the academic and military training schedules to the end that classes may be conducted throughout each day.

d. . . program should begin immediately upon the assignment of trainees to classes, and should develop progressively throughout training course.

. . . .

3. Standards

By the end of the first week tests should be made to screen out those who require special training. Further tests are to be made at the end of each term (and at such other times as may be desired) to measure progress and to determine when those of inferior development may be qualified to participate in the general program.

The physical efficiency testing program is designed to measure the principle factors in general physical fitness which are strength, endurance, agility and coordination.

1. Push-ups - average performance, 23 times.
2. Squat Jumps (32 times)
3. Sit-ups (33 times)
4. Pull-ups (8 times)
5. 100 yard pick-a-back (26 seconds)
6. Burpee test, 20 seconds (10 times)
7. 300 yard run (46 seconds)

. . . .

Reports of trainees' physical efficiency tests are to be submitted at the conclusion of each 12-week term. Forms will be provided.

There should be such additional testing in the area of aquatics as may be necessary to classify trainees for instructional purposes. Non-swimmers, inadequate swimmers, and satisfactory swimmers should be segregated and assigned to appropriate programs of instruction.

The following War Department publications are to be used as the basis of instruction:

- (1) Training circular No. 87WD
- (2) FM 21-20 Basic Field Manual - Physical training
- (3) TM 21-220 Technical Manual - Sports and Games