

W. S. Allen

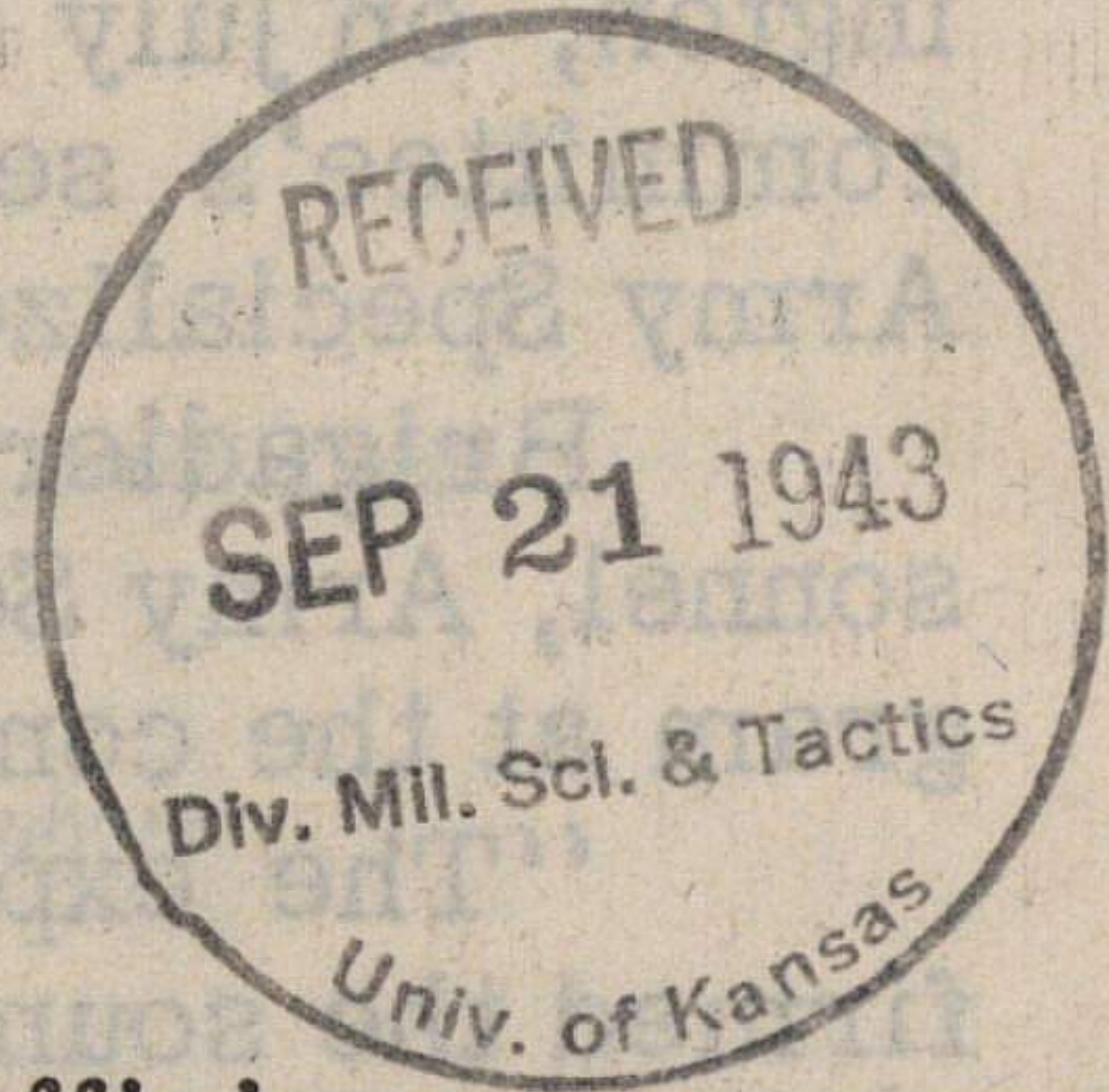
ARMY Specialized Training Bulletin



NO. 2

SEPTEMBER 1943

ASTP Soldiers Show Improvement in Physical Efficiency



Sharp improvement in physical efficiency among A.S.T.P. soldiers during their first term of participation in the Army Specialized Training Program has been demonstrated at the twelve institutions in which the program had its inception.

Average performances in pre-tests and post-tests among 2,577 trainees who took the tests at these institutions were as follows:

Test Events	Pre-Test 3/31 to 4/12	Post-Test 6/14 to 7/3	Gain in Performance	% Gain in Performance
1. Push-ups	18.0	22.8	4.8	27%
2. Squat-jumps	30.7	38.6	7.9	26%
3. Sit-ups	32.0	41.4	9.4	30%
4. Pull-ups	5.5	7.1	1.6	29%
5. 100 yd Pick-a-back	27.00 sec.	24.6 sec.	2.4 sec.	9%
6. Burpee - 20	9.8	11.8	2.0	20%
7. 300 yd run	47.1 sec.	44.4 sec.	2.7 sec.	6%

Test events 1,2,3 and 4, in which the performer repeats the exercise until he can no longer continue, measure roughly the soldier's muscular tone, strength, and endurance. The over-all average improvement in these four events was 28%.

Test events 5,6 and 7, which are scored against time, provide an index to the individual's coordination, speed and cardio-respiratory endurance. The average improvement recorded in these events was 12%, which is regarded as highly satisfactory.