

United States Army Center for Initial Military Training



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People – Character, Competence, Commitment

- Warrior Tasks and Battle Drills
- Officer Common Core Tasks
- Master Resiliency Training
- Master Fitness Training
- Army Expert Soldier Badge

Army Health and Fitness

- Improve Soldier screening
- Optimize physical & non-physical readiness
- Holistic Health & Fitness (H2F) Proponency
- Army Combat Fitness Test (ACFT)
- Occupational Physical Assessment Test (OPAT)



Initial Training of the U.S. Army

- Standardize execution of the enhanced Basic Training
- Increase the level of rigor in enlisted and officer schools
- Improve the leader to led ratios across all training
- Increase Graduation Rates



Army Combat Fitness Test

- Equip the Force
- Train the Force
- Policies and Doctrine
- Supporting Efforts



**We train 120,000 enlisted and 15,000 officers every year,
more than USMC, USAF, USN, combined**

Holistic Health and Fitness (H2F)

Why do we need H2F?

- ▶ **70%** of people between age 17-24 are unqualified for military service
- ▶ **17%** of Active Component (AC) Soldiers and **25%** of Reserve/National Guard Soldiers are obese
- ▶ **55%** of AC Soldiers sustain a musculoskeletal injury (MSKI) each year
- ▶ **10 million** limited duty days and **\$577 million** annually in patient care
- ▶ **37,000** of AC non-deployable Soldiers are non-deployable due to medical reasons
- ▶ **12%** of Soldiers have sleep disorders and **5%** of AC Soldiers require prescription sleep aids
- ▶ A **1%** reduction of non-available rates will save more than **\$40 million**

****Above data from the 2020 Health of the Force Report****



Implement H2F to:

- Optimize Soldier personal readiness
- Optimize physical and non-physical performance
- Reduce injury rates, particularly over-use MSKI rates
- Rapidly rehabilitate and recondition Soldier following injury
- Improve overall Soldier and unit morale and effectiveness



**"I want to ensure every
Soldier can play home and
away games."
- GEN McConville
40th CSA**

What do we need?

- Physical Readiness
 - ❖ Fitness Apps- remote fitness
 - ❖ Fitness Tracking/Dashboards
 - ❖ Fitness Equipment
 - ❖ Evidence based studies
- Sleep Readiness
 - ❖ Tracking
 - ❖ Teaching
 - ❖ Evidence Based Studies
- Nutritional Readiness
 - ❖ Funding
 - ❖ Education
 - ❖ Evidence based studies
- Spiritual Readiness
 - ❖ Education
 - ❖ Training
 - ❖ Evidence based studies
- Mental Readiness
 - ❖ Education
 - ❖ Training (cognitive, resilience)
 - ❖ Evidence based studies
- Other
 - ❖ Facilities
 - ❖ Partnerships
 - ❖ ARNG / USAR / ROTC / USAREC