United States Army Center for Initial Military Training



Michael S. McGurk
Director, Research and Analysis
Fort Eustis, Virginia



What We Do For The Army



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)



People - Character, Competence, **Commitment**

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





Army Combat Fitness Test

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



Initial Training of the U.S. Army

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

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



Holistic Health & Fitness

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

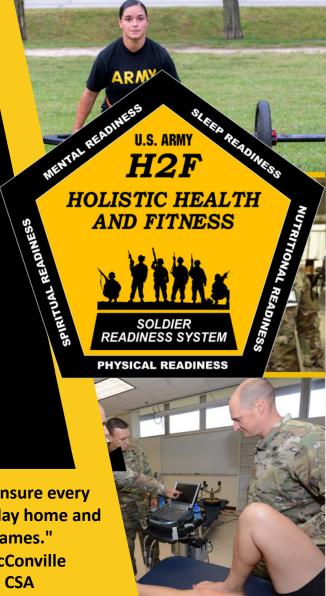
Implement H2F to:

- 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