



Special Fitness Programs
in
Basic Combat Training (BCT)
at Fort Jackson, SC

Presented by
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FORT JACKSON, SOUTH CAROLINA





TRAINING LOAD FORT JACKSON, SC



<u>3CT</u>	<u>FY94</u>	<u>FY95</u>	<u>FY96</u>	<u>FY97</u>	<u>FY98</u>
MALE [64%]	22,561	18,044	19,779	22,820	21,439
FEMALE [36%]	11,421	10,097	10,708	13,650	11,935
TOTAL:	33,982	28,141	30,487	36,470	33,374



FITNESS TRAINING COMPANY



FIT TO WIN!!!





FITNESS TRAINING COMPANY- SPECIAL FITNESS PROGRAMS



- Fitness Training Unit (FTU) Program
- Physical Training and Rehabilitation Program (PTRP)
- Army Physical Fitness Test (APFT) Completion Program



FTC'S IET SOLDIER POPULATION



• TOTAL:	538	F (71%)	M (29%)
– FTU:	135	97	38
– PTRP:	349	249	100
– APFT:	54	34	20

AS OF: 14 OCT 99



FITNESS TRAINING UNIT (FTU)



(Slide 1 of 2)

- Originally created in 1985
- **MISSION:** Improve the fitness level of new accessions who do not pass the initial push-up assessments for entry to BCT
- **GOAL:** To better prepare soldiers for the physical demands of BCT



FITNESS TRAINING UNIT (FTU)



(Slide 2 of 2)

- January 1998 --MODIFICATION TO PROGRAM:
 - change from one to three-event training program(push-ups, sit-ups, and one-mile run)
 - additional goal: to reduce injuries in BCT



FTU ENTRY CRITERIA



- **Entry Criteria:**

	<u>PushUp</u>	<u>SitUp</u>	<u>One-Mile Run</u>
Males:	13	17	8:30
Females:	3	17	11:00

- **Note:** No time limit on pushups (PU) and situps (SU)



FTU EXIT CRITERIA



- Entry Criteria:**

	<u>PU</u>	<u>SU</u>	<u>Run</u>
Males:	13	17	8:30
Females:	3	17	11:00

- Exit Criteria:**

	<u>PU</u>	<u>SU</u>	<u>Run</u>
Males:	18	21	8:30
Females:	5	21	11:00

- Designed as a Three-Week Program**

- PU/SU failures ship to BCT once they meet the exit criteria (tested three times a week)
- Runners exit after they can run one mile in the specified times (tested once a week)



FTU PROGRAM OF INSTRUCTION



- “Total Soldier” Concept
 - Physical Fitness Instruction ***
 - Mental Fitness Instruction
 - General Subjects (Soldierization) Instruction***



FTU PHYSICAL FITNESS INSTRUCTION



- Total Fitness (PU/SU Improvement) [3x wk]
- Weight Training [3x wk]
- Cardiorespiratory Training [3x wk]
 - running
 - road marching
- Developmental Stretching [2-3x wk]
- Diet and Nutrition [1x wk]



FTU SOLDIERIZATION INSTRUCTION



- Uniform/Barracks Appearance
- Military Customs and Courtesies
- Drill and Ceremony
- Uniformed Code of Military Justice
- Equal Opportunity/Sexual Harassment
- Army Values



FTU SUCCESS STORY -- FY 98



	<u>RECEIVED IN REC BN</u>	<u>TO FTC</u>	<u>TO BCT</u>	<u>FTC DISCHARGES</u>
MALES	22,757	884	762	122
FEMALES	13,182	2,087	1,754	319
TOTAL	35,939	2,971 (8.3%)	2,516 (85%)	441 (15%)

*FY98 Closed Out



FTU -- THE REST OF THE STORY -- FY98



	<u>TO BCT</u>	<u>GRADUATED BCT</u>	<u>BCT DISCHARGE</u>
MALES	762	662	95
FEMALES	<u>1,754</u>	<u>1,443</u>	<u>316</u>
TOTALS	2,516	2,105 (84%)	411 (16%)

*FY98 Closed Out



FTU SUCCESS STORY -- FY 99



	<u>RECEIVED IN REC BN</u>	<u>TO FTC</u>	<u>TO BCT</u>	<u>STILL IN FTC</u>	<u>FTC DISCHARGES</u>
MALES	21,979	792	621	115	45
FEMALES	14,123	1,245	1,072	72	74
TOTAL	<u>36,102</u>	<u>2,037</u>	<u>1,693</u>	<u>187</u>	<u>119</u>
		(6%)	(83%)	(9%)	(6%)

*As of 30 SEP 99



FTU -- THE REST OF THE STORY -- FY99



	<u>TO BCT</u>	<u>GRADUATED BCT</u>	<u>STILL IN BCT</u>	<u>BCT DISCHARGE</u>
MALES	621	411	149	49
FEMALES	1,072	603	327	93
TOTALS	1,693	1,014 (60%)	476 (28%)	142 (8%)

As of 30 SEP 99



PHYSICAL TRAINING AND REHABILITATION PROGRAM





PTRP



(Slide 1 of 2)

- Originally created in 1995; 50-soldier maximum capacity
- **MISSION:** Provide the proper environment to promote healing while ensuring physical & mental fitness and soldierization training
- **GOAL:** Rehabilitate those highly motivated, quality soldiers who were injured during BCT or Advanced Individual Training (AIT)



PTRP



(Slide 2 of 2)

- January 1998 - maximum capacity limitation removed
 - new additional goal: maximize the number of injured soldiers returning to training after recovery
- October 1998 - No longer an optional program



PTRP ENTRY CRITERIA



- Injury or illness that will prevent soldier from training
- Recommended by Physical Therapy **OR** Recommended by Health Care Provider (HCP) for injuries/illnesses requiring convalescent leave
- Endorsed by BCT unit



**SOLDIERS AND INJURIES
RECOMMENDED FOR PTRP (CY98)**



	Male	Female	Total
# Soldiers	670	1337	2007
(% of total trained)	(3%)	(12%)	(6%)
# Injuries	778	1844	2622



PTRP PROGRAM OF INSTRUCTION



- “Total Soldier” Concept
 - Physical Fitness Instruction
 - Mental Fitness Instruction
 - General Subjects Instruction
- NOTE:
 - Medical appointments take priority over all training -- follow-ups every 7-14 days
 - Case Management -- soldiers >60 days



PTRP PHYSICAL FITNESS INSTRUCTION



(Slide 1 of 2)

- Total Fitness (PU/SU Improvement) [2x wk]
- Aquatics/Pool Therapy [2x wk]
- Weight Training [2x wk]
- Developmental Stretching [5x wk]
- Diet and Nutrition [1-2x mo]
- Cardiorespiratory Training [3x wk]



PTRP PHYSICAL FITNESS INSTRUCTION



(Slide 2 of 2)

- **Cardiorespiratory Groups:**
 - 1- no walk or run
 - 2- walk
 - 3- walk/run
 - 4- run

NOTE: Company weight rooms open during off-duty hours



PTRP MENTAL FITNESS INSTRUCTION



- Problem Solving and Coping Skills
- Self-control and Relaxation
- Self-assessment of Stress
- Newcomers' Orientation
 - **BDE CDR**
 - **O.T.**
- Motivation
 - **7th platoon: privileges, volunteer work program**
- “Rap With The Chap”



PTRP GENERAL SUBJECTS INSTRUCTION



- Drill and Ceremony
- Military Customs and Courtesies
- Uniform Appearance
- Uniformed Code of Military Justice
- Equal Opportunity/Sexual Harassment
- Army Values
- Opportunity for Education (Education Ctr)



PTRP EXIT CRITERIA



- Medically cleared by therapist
- APFT score appropriate for week of training
 - 1-3 wks- **30 pts in each event**
 - 4-5 wks- **40 pts in each event**
 - 6-9 wks- **50 pts in each event**
 - AIT - **60 pts in each event**
- Approved by FTC and Brigade Commanders



TOTAL INJURIES ASSIGNED TO PTRP BY REGION (CY98)



	Male	Female	Total
	429	1181	1610
Lower Extremity	342 (80%)	1077 (91%)	1419 (88%)
Trunk	28 (7%)	68 (6%)	96 (6%)
Upper Extremity	57 (13%)	36 (3%)	93 (6%)
Face	2 (<1%)	0 (0%)	2 (< 1%)



TOTAL INJURIES ASSIGNED TO PTRP BY CATEGORY (CY98)



	Male	Female	Total
	429	1181	1610
Overuse	174 (41%)	539 (46%)	713 (44%)
Stress Fracture	156 (36%)	481 (41%)	637 (40%)
Trauma	88 (21%)	125 (11%)	213 (13%)
Other	11 (3%)	36 (2%)	47 (3%)

NOTE: Overall, females assigned to PTRP have 2.75 times more injuries than males



PTRP WORKLOAD



- Entire FY 98: 812
- Entire FY 99: 1773



PTRP SUCCESS STORY -- FY 98



	<u># RECEIVED</u>	<u># RETURNED TO BCT</u>	<u># STILL ASSIGNED TO PTRP</u>	<u># DISCHARGED FROM PTRP</u>
MALES	269	143 (53%)	0 (0%)	101 (38%)
FEMALES	543	248 (46%)	0 (0%)	259 (48%)
TOTAL	812	391 (48%)	0 (0%)	360 (44%)

	<u># MEB/AWOL</u>	<u># SHIPPED TO AIT</u>
MALES	9	16
FEMALES	13	23
TOTAL	22 (3%)	39 (5%)

FY98 Closed Out



PTRP -- THE REST OF THE STORY -- FY98



	<u># RETURNED TO BCT</u>	<u># GRADUATED FROM BCT</u>	<u># STILL IN IN BCT</u>	<u># DISCHARGED FROM BCT</u>
MALES	143	134 (94%)	0	7 (5%)
FEMALES	<u>248</u>	<u>217 (88%)</u>	<u>0</u>	<u>23 (9%)</u>
TOTAL	391	351 (90%)	0 (0%)	30 (8%)

<u> </u>	<u># RETURNED TO PTRP</u>
MALES	0
FEMALES	<u>1</u>
TOTAL	1 (0.3%)

FY98 Closed Out



PTRP SUCCESS STORY -- FY 99



	<u># RECEIVED</u>	<u># RETURNED TO BCT</u>	<u># STILL ASSIGNED TO PTRP</u>	<u># DISCHARGED FROM PTRP</u>
MALES	573	198 (35%)	96 (17%)	196 (34%)
FEMALES	1200	312 (26%)	239 (20%)	484 (40%)
TOTAL	<u>1773</u>	<u>510 (29%)</u>	<u>335 (19%)</u>	<u>680 (38%)</u>

	<u># RECALLED/MEB/AWOL</u>	<u># SHIPPED TO AIT</u>
MALES	38 (7%)	45 (8%)
FEMALES	104 (9%)	61 (5%)
TOTAL	<u>142 (8%)</u>	<u>106 (6%)</u>

As of 30 SEP 99



PTRP -- THE REST OF THE STORY -- FY99



	<u># RETURNED TO BCT</u>	<u># GRADUATED FROM BCT</u>	<u># STILL IN IN BCT</u>	<u># DISCHARGED FROM BCT</u>
MALES	198	169 (85%)	19 (10%)	5 (3%)
FEMALES	<u>312</u>	<u>246 (79%)</u>	<u>43 (14%)</u>	<u>12 (4%)</u>
TOTAL	510	415 (81%)	62 (12%)	17 (3%)

<u> </u>	<u># RETURNED TO PTRP</u>	<u># OTHERS FROM BCT</u>
MALES	4	1
FEMALES	<u>7</u>	<u>4</u>
TOTAL	11 (2%)	5 (1%)

As of 30 SEP 99



APFT COMPLETION PROGRAM



- Originally created in Oct 1998
- **MISSION:** Increase the fitness level of IET soldiers who did not pass end-of-cycle APFT
- **GOAL:** Maximize the number of soldiers able to pass their end-of-cycle APFT and graduate BCT/AIT



APFT COMPLETION ENTRY-EXIT CRITERIA



- **ENTRY:**
 - must have completed all other mandatory training
- **EXIT:**
 - must pass APFT with appropriate score:
 - BCT--50 points in each event
 - AIT--60 points in each event



APFT COMPLETION PROGRAM OF INSTRUCTION



- “Total Soldier” Concept
 - Physical Fitness Instruction
 - Mental Fitness Instruction
 - General Subjects (Soldierization) Instruction



APFT COMPLETION PHYSICAL FITNESS INSTRUCTION



- **APFT [1x wk]**
- **Total Fitness (PU/SU Improvement)/ Partner Resisted Exercises [2x wk]**
- **Weight Training [3x wk]**
- **Cardiorespiratory Training**
 - **running [4x wk]**
 - **APFT**
 - **fartlek/interval**
 - **endurance**
 - **pacing**
- **Developmental Stretching [6x wk]**



APFT COMPLETION MENTAL FITNESS INSTRUCTION



- Goal Setting
- Motivation
- Self-control and Relaxation
- Self-assessment of Stress
- Movies (i.e., '*Rudy*')



APFT COMPLETION SOLDIERIZATION INSTRUCTION



- Uniform/Barracks Appearance
- Military Customs and Courtesies
- Drill and Ceremony
- Uniformed Code of Military Justice
- Equal Opportunity/Sexual Harassment
- Army Values



APFT COMPLETION SUCCESS STORY -- FY 99



Total Soldiers Entered in Program: 586

Graduated from the Program/ to AIT: 472

Discharged from the Program: 46

Sent to the PTRP: 37

Currently in Program: 31

Current Success Rate: 86 %

AS OF: 30 SEP 99



SUMMARY



- FTC strengthens and rehabilitates soldiers
- GOAL:
 - Retain the soldier that has potential to succeed in today's Army
 - Maximize combat power



QUESTIONS??



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**FORT JACKSON,
SOUTH CAROLINA**

