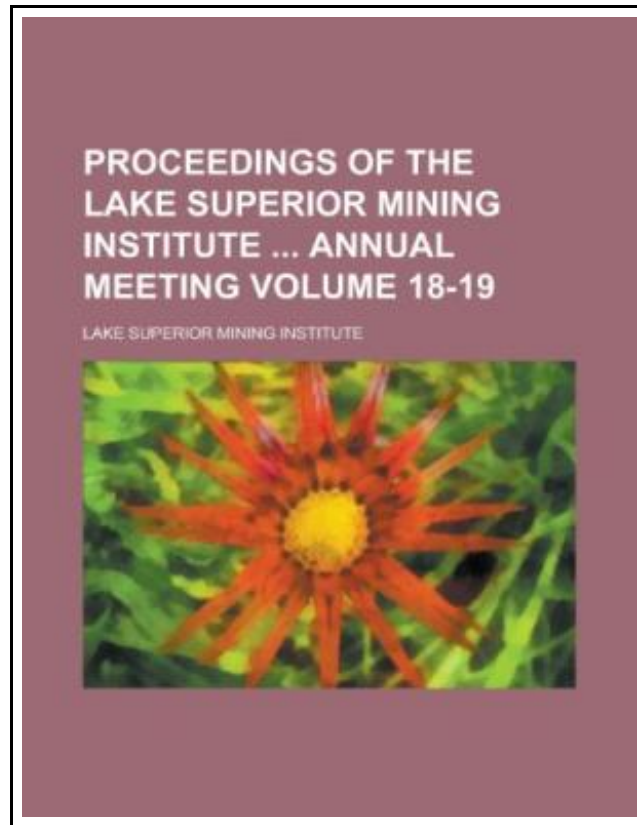


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RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 54 pages. LC Number: UB418. W65 U573 1998c OCLC Number: (OCoLC)40411423 Subject: Physical fitness -- Standards -- United States. Excerpt: . . . Chapter 1 Introduction Health Affairs, who is responsible for establishing a health promotion program to be implemented in conjunction with the fitness and body fat program. DOD guidance states that each service must develop its own program according to its particular needs, placing primary emphasis on maintaining general health and physical fitness. Evaluation of individual fitness is an integral component of the program. Instruction 1308. 3 sets out a DOD number of key requirements for this evaluation, including the following: The services must use physical fitness tests of cardiovascular endurance, such as running a certain distance within a specified time limit, and muscular strength and endurance, such as sit-ups and push-ups. All servicemembers are to be tested regardless of age. Testing standards may be adjusted for age and must be adjusted for physiological differences between men and women. All servicemembers are to be formally tested for the record at least annually. Efficiency or fitness reports must include comments if the servicemember fails to meet physical fitness standards. DODs instruction also sets out body fat control policies and procedures. The instruction requires the services to use a two-tier screening process. If a servicemember exceeds the weight parameters for his or her height in a screening table or the members immediate commander determines that his or her appearance suggests an excess of body fat, then the servicemembers percent of body fat is to be estimated. To standardize as DOD much as possible, requires the services to use similar validated circumferential equations for the prediction of body composition. The mens equation involves measurements of the neck and waist...



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