



## METADATA

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### Abstract

The efficacy of physical condition improvement for the Armed and Security Forces personnel is firstly, related with physical fitness assessment and secondly, with the control of training program implementation within various units. Consequently, a necessary condition should include the recording-standardization of all evaluation procedures in order to accurately collect and statistically analyze physical conditioning data for the Armed and Security Forces. Furthermore, personnel must understand concepts, such as holistic fitness, physical fitness tests, occupational tasks, and scientific criteria of tests in order to determine the assessment procedure. The analytical description of tests and physical fitness testing batteries,

which comprise maximal strength-power, cardiorespiratory endurance, muscle endurance and mobility, is also considered essential for the assessment of these populations. Besides this, the description of various characteristic instances, the Armed and Security Forces missions, as well as the current inexpedencies and potential improvement will determine the frame for selecting a physical fitness test. In conclusion, the recommended physical fitness tests and physical fitness testing batteries, differentiated according to military specialty (general-special), should be characterized by safety, reliability and validity with the ultimate purpose to implement more effective exercise programs for the Armed and Security Forces personnel.

