



METADATA

Title: Physical fitness tests for the Armed and Security Forces personnel

Other Titles: Relevance with operational physical performance and readiness

Language: Greek

Authors: Xavenetidis, K., Professor, Hellenic Army Academy

ISBN: 978-618-228-057-7

Subject: MEDICINE AND HEALTH SCIENCES, LIFE SCIENCES, BIOLOGICAL SCIENCES

Keywords: Physical condition / Physical capacity evaluation / Norms / Diagnostic techniques and procedures / Armed and Security Forces

Bibliographic Reference: Havenetidis, K. (2023). Physical fitness tests for the Armed and Security Forces personnel [Undergraduate textbook]. Kallipos, Open Academic Editions. <http://dx.doi.org/10.57713/kallipos-289>

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 inexpediciencies 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.

