The Influence of Military Specific Physical Activity on Physical and Cognitive Performance Relevant to Military Operations: Future Directions


Background: The challenging and stochastic nature of military operations requires personnel to operate at a high level whilst coping with numerous physical (e.g. load carriage, fire and movement) and cognitive challenges (e.g. decision making, communication).

Purpose: To investigate the effect of military specific physical activity (MSPA) on physical and cognitive performance.

Methods:

1. Develop a MSPA protocol & performance measures.
2. Quantify the physical demands of MSPA
3. Establish reliability and validity of performance measures
4. Quantifying the MSPA’s effect on performance measures

Results:

1. Military Specific Physical Activity (MSPA) Design

2. Physical Demands of the MSPA Protocol

3. Reliability of Military Specific Cognitive Measures

4. Integration of Performance Measures into the Military Specific Physical Activity Design

n.b. Data collection ongoing - currently n=12
*n.b. for diagrammatic purposes - 8 shuttles in total.

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