

W9

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Assessing the physical readiness for military and rescue operations

In the past physical strength and endurance were factors which determined whether soldiers or civilians were deemed useful. These days, owing to the civilization development, coordination motor abilities (CMA) are to a large extent decisive with regard to effective functioning of an individual in various conditions. The importance has been given to a quick and precise use of different types of equipment and weapons. The lack of precision while performing tasks or a wrong decision made due to tiredness can cause tragic accidents. It is essential that coordination motor abilities do not rapidly deteriorate in long-term functioning of individuals who realize military or rescue operations. It is also important to know how long it takes after a period of rest to once more include a particular soldier or a rescuer in military activities.

The author together with collaborators conducted the research related to accomplishing tasks of a survival school (rescue tasks) among soldiers and civilians (Tomczak 2013; Tomczak/Dąbrowski/Mikulski 2017; Tomczak/Różański/Jówko 2017). The research lasted from 36 to 72 hours and involved sleep deprivation or a substantial limit on sleep. The undertaken tasks required a moderate physical effort. The following coordination motor abilities were observed, which were the most adequate for the assessment in the described situations:

1. Abilities in differentiating the use of forearm muscle strength
2. Dynamic body balance
3. Motor adjustment (running tests)
4. Divided attention

On the basis of the obtained results, the following conclusions were made:

1. The worsening of chosen CMA indicators occurs to a lesser degree among soldiers of special forces if compared to other people that participated in the research.
2. The division of attention during short-term military tasks (approx. 90 seconds) that demand a lot of concentration did not deteriorate.
3. A few hours of rest, including sleep, did not cause full regeneration of physical strength (CMA did not retain their initial level).
4. With regard to the greater significance of an ability to use equipment with precision, it is advisable to introduce coordination exercises after different types of physical effort, as part of physical education classes for soldiers and people associated with rescue services.

Referentinnen / Referenten

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