

**ARNG - SQI4- Conduct Physical Readiness Training
1038-79T-2610 / Version 3.0
Effective Date Not Assigned**

SECTION I. ADMINISTRATIVE DATA

All Courses Including This Lesson	<u>Course Number</u>	<u>Version</u>	<u>Course Title</u>	
	805B-79T-SQI4	3.0	ARNG Recruiting and Retention	
Task(s) Taught(*) or Supported	<u>Task Number</u>	<u>Task Title</u>		
	<u>Individual</u>			
	1038-79T-2508 (*)	Conduct Physical Readiness Training (PRT)		
Reinforced Task(s)	<u>Task Number</u>	<u>Task Title</u>		
	None			
Knowledge	<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
	805B-K-0078	Know Approaches to Counseling	Yes	Yes
	805B-K-0077	Know Army Drill & Ceremonies	Yes	Yes
	805B-K-0084	Know Army Weight Control Program	Yes	Yes
	805B-K-0122	Know Composite Risk Management	Yes	Yes
	805B-K-0123	Know Army Physical Readiness Training	Yes	Yes
	805B-K-0124	Know Army Physical Fitness Test (APFT) Requirements	Yes	Yes
	805B-K-0125	Know Physical Fitness Assessment (PFA) Requirements	Yes	Yes
	805B-K-0132	Know Recruit Sustainment Program (RSP)	Yes	Yes
	Skill	<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>
805B-S-0007		Operate A Computer	Yes	Yes
805B-S-0024		Utilize PureEdge Forms	Yes	Yes
805B-S-0049		Prepare and Execute Briefings	Yes	Yes
805B-S-0052		Apply leadership tactics	Yes	Yes
805B-S-0059		Perform Command Voice techniques	Yes	Yes
805B-S-0060		Perform Physical Exercises	Yes	Yes
805B-S-0061		Perform Body Fat Measurements	Yes	Yes
805B-S-0065		Perform Organizational Skills	Yes	Yes
805B-S-0066		Perform Army Writing Skills	Yes	Yes
805B-S-0074		Recognize Risks and Hazards	Yes	Yes
805B-S-0006		Perform Public Speaking	Yes	Yes
805B-S-0096		Perform Demonstrations	Yes	Yes

**Administrative/
Academic
Hours**

The administrative/academic hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	2 hrs	20 mins	Demonstration
Yes	0 hrs	30 mins	Conference/Discussion
Yes	0 hrs	0 mins	Test Review
Yes	0 hrs	0 mins	Test
<hr/>			
Total Hours:	3 hrs	0 mins	

**Test Lesson
Number**

<u>Hours</u>	<u>Lesson Number</u>
None	

**Prerequisite
Lesson(s)**

<u>Lesson Number</u>	<u>Lesson Title</u>
None	

**Training
Material
Classification**

Security Level: This course/lesson will present information that has a Security Classification of: U - Unclassified.

**Foreign
Disclosure
Restrictions**

FD5. This product/publication has been reviewed by the training/educational developers in coordination with the PEC-SMTC FD authority. This product is releasable to students from all requesting foreign countries without restrictions.

References

<u>Number</u>	<u>Title</u>	<u>Date</u>	<u>Additional Information</u>
AR 600-9	THE ARMY WEIGHT CONTROL PROGRAM	27 Nov 2006	
DA FORM 4856	Developmental Counseling Form	01 Aug 2010	
DA FORM 5500	BODY FAT CONTENT WORKSHEET (MALE)	01 Aug 2006	
DA FORM 5501	BODY FAT CONTENT WORKSHEET (FEMALE)	01 Aug 2006	
DA FORM 705	ARMY PHYSICAL FITNESS TEST SCORECARD	01 Jun 1999	
DA FORM 7566	COMPOSITE RISK MANAGEMENT WORKSHEET	01 Apr 2005	
FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages)	26 Oct 2012	
TC 3-21.5	Drill and Ceremonies	20 Jan 2012	

**Student Study
Assignment**

Have knowledge and access to FM 7-22 and GTA 07-08-003 (Quick Reference Guide)

**Instructor
Requirements**

SMTC Qualified Instructor(s)

**Additional
Support
Personnel
Requirements**

<u>Name</u>	<u>Student Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
None			

Equipment Required for Instruction

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
6130-01-C12-1514 - Power Supply Assembly, TYX: Battery Back Up UPS APC	1:5	1:1	No	0	No
6730-01-C07-0756 - Projector, LCD/DLP: ELP7200 Epson	0:0	1:1	No	0	No
6730-01-C13-1784 - Screen Projection, Rear/Fixed or PT: 980S Quartet	0:0	1:1	No	0	No
702101C056576 - COMPUTER, PERSONAL WORKSTATION	0:0	1:1	No	0	No
702101C161319 - COMPUTER MICRO LAP TOP PORTABLE AC	1:1	0:0	No	0	No
7025-01-559-1352 - Display Unit: Smartboard White 64	0:0	1:1	No	0	No
7520-01-186-3605 - Marker Assortment, Tube Type	1:1	5:1	No	0	Yes
7520-01-C12-6434 - Easel, portable with/without Access TY SZ AA: QRT500TE Quartet	1:5	1:1	No	0	No
7730-01-C09-7569 - Television Large Screen, with Stereo Speakers: Regza 42RV530U Toshiba	0:0	2:1	No	0	No

(Note: Asterisk before ID indicates a TADSS.)

Materials Required*Instructor Materials:*

1) FM 7-22

Student Materials:

1) FM 7-22

Classroom, Training Area, and Range Requirements

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
17120-M-1600-40 Classroom, Multipurpose, 1600 Square Feet, 40 Students		1:25	10	10

Ammunition Requirements

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

Instructional Guidance

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

Instructors must ensure the Operating Environment (OE) is addressed throughout the lesson.

Have knowledge and access to FM 7-22 and GTA 07-08-003 (Quick Reference Guide)

**Proponent Lesson
Plan Approvals**

Name

Rank

Position

Date

None

NO DATA

SECTION II. INTRODUCTION

Method of Instruction: Conference/Discussion
Instr Type(I:S Ratio/Qty): 79T Certified Instructor (1:25/0)
Time of Instruction: 5 mins
Instructional Strategy:

Motivator

As RRNCO's it is our responsibility to assist in training Soldiers. With the introduction of the Army Physical Training manual, it is our responsibility to read, understand, and implement the training program and regiment. Knowledge of health, nutrition, and exercise science has dramatically changed over the past decade. This manual takes into account yoga, plyometrics, weight training, and war fighting to a comprehensive and intensive physical readiness program. It is now our responsibility to learn the APRT that our warriors returning from IET have seen since 2005.

Terminal Learning Objective

NOTE. Inform the students of the following Terminal Learning Objective requirements.
At the completion of this lesson, you [the student] will:

Action:	Conduct physical readiness training (PRT) to Army Soldiers in platoon-sized elements
Conditions:	In a classroom environment, given FM 7-22
Standards:	Students must be familiar with PRT.

Safety Requirements

In a training environment, leaders must perform a risk assessment in accordance with FM 5-19, Composite Risk Management. Leaders will complete each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil consideration, (METT-TC).

No food or drink is allowed near or around electrical equipment (CPU, file servers, printers, projectors, etc.) due to possible electrical shock or damage to equipment. Exercise care in personal movement in and through such areas. Avoid all electrical cords and associated wiring. In the event of an electrical storm, you will be instructed to power down equipment. Everyone is responsible for safety. A thorough risk assessment must be completed prior to every mission or operation. In the event of a tornado, or other adverse weather, designated storm shelters provide protection. In SGT Young Hall, the designated storm shelters are: all latrines and GuardX Rooms, Classrooms #107 and #108.

Risk Assessment Level

Low - Power and Data Cables on the floor.

Assessment: Power cords and data cables may cause a potential tripping hazard.

Controls: Tape or secure cables to the floor.

Leader Actions: Inspect floor prior to training. Periodically remind students to look down before they move their feet.

Low - Power and Data Cables on the floor.

Assessment: Power cords and data cables may cause a potential tripping hazard.

Controls: Tape or secure cables to the floor.

Leader Actions: Inspect classroom prior to training. Periodically remind students to look down before they move their feet.

Low - Food or drink near computer and electrical equipment.

Assessment: Food or drinks may spill into electrical equipment and cause an electrical shock and damage equipment.

Controls: Do not allow food or drink around electrical or computer equipment.

Leader Actions: Inspect classroom prior to training. Identify and correct violations.

Low - Electrical storm

Assessment: During an electrical storm, surges of electricity can be passed through electrical equipment and can pose a hazard to equipment users.

Controls: Power down all electrical equipment.

Leader Actions: Conduct exterior inspection of building to ensure no tree limbs are in contact with the building. Locate fire extinguisher(s) and first aid kit(s) and ensure they are functional.

Environmental Considerations

NOTE: Instructor should conduct a Risk Assessment to include Environmental Considerations IAW FM 3-34.5, Environmental Considerations {MCRP 4-11B}, and ensure students are briefed on hazards and control measures.

Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. It is the responsibility of all Soldiers and DA Civilians to protect the environment from damage.

Evaluation

Refer student to the Individual Student Assessment Plan (ISAP).

Instructional Lead-in

As an RRNCO, instilling motivation through physical training ensures Soldiers are physically and mentally prepared for training. Conducting PRT at RSP drill may be one of your responsibilities, don't be "that NCO" who doesn't know how to properly conduct a PRT session.

SECTION III. PRESENTATION

TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Development of Army Physical Readiness Training.

Method of Instruction: Conference/Discussion

Instr Type(I:S Ratio/Qty): 79T Certified Instructor(1:25/0)

Time of Instruction: 0 hrs 20 mins

Instructional Strategy: Unassigned

Media Type: None

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

NOTE: Students are encouraged to read the following chapters prior to the 'Conduct Physical Readiness Training (PRT)' class.

a. The Physical Readiness Training (PRT) program was developed and researched by the Army Physical Fitness School at Ft. Jackson, in conjunction with the United States Army Center for Health Promotion and Preventive Medicine (USACHPPM). It is the first scientifically validated PT program in US Army history.

NOTE: Refer to FM 7-22, Chapter 1. Read the following paragraphs to the students: 1-9 through 1-15.

NOTE: Read the last sentence (including bullets) of paragraph 1-20.

NOTE: Read the first 5 sentences of paragraph 1-22.

NOTE: Read the following excerpt from paragraph 1-26:

b. "Noncommissioned officers have an opportunity to lead everyday during PRT. Nothing is more important to the Army than building confident, competent, adaptive leaders for tomorrow."

NOTE: Refer to FM 7-22, Chapter 2. Read the first paragraph in its entirety. Read the first sentence

of the third paragraph.

NOTE: Read the following paragraphs to the students: 2-1 through 2-10.

NOTE: Read the following excerpts from paragraph 2-11:

c. "Integration uses multiple training activities to achieve balance and appropriate recovery between activities in the PRT Program. Military movement drills (MMDs) improve running form and movement under direct or indirect fire."

NOTE: Refer to FM 7-22, Chapter 3. Read the following excerpts from paragraph 3-1:

d. "The success or failure of the PRT program depends upon the quality of its leadership....only the best qualified NCOs in the unit should lead PRT. The leader must exemplify the Army adage: Be, Know, Do"

NOTE: Read the following excerpt from paragraph 3-2:

e. "The unprepared, hesitant leader loses the confidence and respect of Soldiers almost immediately. The well-prepared, confident leader gains the respect and cooperation of all Soldiers at the outset."

NOTE: Read paragraph 3-3 to students.

NOTE: Read the following excerpt from paragraph 3-4:

f. "If Soldiers are exercised too violently, they become so stiff and sore that they look upon the next PRT session with apprehension. When this happens, Soldiers can develop antagonistic attitude toward the leader and the program. Instead of cooperating, they will mangle at every opportunity."

NOTE: Read the following excerpt from paragraph 3-5:

g. "Soldiers reflect the attitude of the PRT leader. If the leader is enthusiastic, his instructed Soldiers will be enthusiastic. If the leader is apathetic, his instructed Soldiers will be apathetic."

NOTE: Read the following excerpt from paragraph 3-8:

h. "When Soldiers feel their chain of command believes in PRT to the extent that they themselves regularly engage in the activities, they are motivated to greater effort."

NOTE: Refer to FM 7-22, Chapter 7. Read paragraph 7-1 through 7-8.

NOTE: Read paragraphs 7-15 through 7-28.

NOTE: Read paragraph 7-29, and the "Four-Count Exercise" bullets only.

NOTE: Read paragraph 7-30, and the "Four-Count Exercise" bullets only.

NOTE: Read paragraph 7-42.

Check on Learning:

If Soldiers are exercised too violently, they become so stiff and sore that they look upon the next PRT session with apprehension.

a. **True Ref: FM 7-22 para 3-4**

b. False

Review Summary:

This lesson helps you to understand why a good physical readiness training program is so important. As an RRNCO you will have the opportunity to conduct many sessions. Let's explore now how to conduct these various training events.

TLO - LSA 2. Learning Step / Activity TLO - LSA 2. Conduct Preparation Drill

Method of Instruction: Demonstration

Instr Type(I:S Ratio/Qty): 79T Certified Instructor(1:25/0)

Time of Instruction: 0 hrs 30 mins

Instructional Strategy: Unassigned

Media Type: None

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

NOTE: Prior to this lesson, assign students one of the 25 PRT Assignments using the PRT Assignment Roster. Students will be responsible for demonstrating and describe the exercise in full detail.

NOTE: Refer to FM 7-22, Chapter 8. Read the following paragraphs: 8-1, and 8-5 through 8-8. Read, discuss, and demonstrate all ten 'Preparation Drill' exercises in its entirety (including check points and precautions).

- a. Bend and Reach
- b. Rear Lunge
- c. High Jumper
- d. Rower
- e. Squat Bender
- f. Windmill
- g. Forward Lunge
- h. Prone Row
- i. Bent-Leg Body Twist
- j. Push-Up
- k. Push-Up Using the Six-Point Stance

Check on Learning:

Question: The Preparation Drill consists of how many exercises?

Answer: 10

Review Summary:

To conduct the Preparation Drill you must first read and understand what the exercises are, how to execute, and execute safely. This lesson has taught you where to find the answers to these questions. You are now ready to move on to the next set of exercises.

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Conduct Conditioning Drill #1

Method of Instruction: Demonstration

Instr Type(I:S Ratio/Qty): 79T Certified Instructor(1:25/0)

Time of Instruction: 0 hrs 30 mins

Instructional Strategy: Unassigned

Media Type: None

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

NOTE: Refer to FM 7-22, Chapter 9. Read the following paragraphs: 9-2, and 9-7 through 9-9. Read, discuss, and demonstrate all five 'Conditional Drill #1' exercises in its entirety (including check points and precautions).

- a. Power Jump

- b. V-Up
- c. Mountain Climber
- d. Leg Tuck and Twist
- e. Single-Leg Push-Up

Check on Learning: Question: The Conditioning Drill #1 consists of how many exercises?

Answer: 5

Review Summary: In chapter 9 of FM 7-22 we learned how to perform the exercises associated with Conditioning Drill #1 safely. We can now move on to Military Drill #1.

TLO - LSA 4. Learning Step / Activity TLO - LSA 4. Conduct Military Movement Drill #1

Method of Instruction: Demonstration

Instr Type(I:S Ratio/Qty): 79T Certified Instructor(1:25/0)

Time of Instruction: 0 hrs 30 mins

Instructional Strategy: Unassigned

Media Type: None

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

NOTE: Refer to FM 7-22, Chapter 7. Read, discuss, and demonstrate the following paragraphs to students: 7-13 through 7-14, 7-36 through 7-38.

NOTE: Refer to Fm 7-22, Chapter 10. Read paragraphs 10-13 to 10-21. Demonstrate all three "Military Movement Drills #1" exercises in its entirety (including check points and precautions).

- a. Verticals
- b. Laterals
- c. Shuttle Sprint

Check on Learning: Question: Military Drill #1 consists of how many exercises?

Answer: 3

Review Summary: The purpose of MMD1 in the toughening phase is to enhance running form, dynamically prepare the body for more vigorous running activities, and develop motor efficiency. Ref FM 7-22 para 10-21.

TLO - LSA 5. Learning Step / Activity TLO - LSA 5. Conduct Recovery Drill

Method of Instruction: Demonstration

Instr Type(I:S Ratio/Qty): 79T Certified Instructor(1:25/0)

Time of Instruction: 0 hrs 30 mins

Instructional Strategy: Unassigned

Media Type: None

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

NOTE: Refer to FM 7-22, Chapter 7. Read paragraph 7-41.

NOTE: Refer to Fm 7-22, Chapter 8. Read paragraphs 8-14, 8-19 through 8-22.

Demonstrate all five "Recovery Drill" exercises in its entirety (including check points and precautions).

- a. Overhead Arm Pull
- b. Rear Lunge
- c. Extend and Flex
- d. Thigh Stretch
- e. Single-Leg Over

Check on Learning:

Question: The Recovery Drill consists of how many exercises?

Answer: 5

Review Summary:

FM 7-22 chapter 7 summary states "Successful execution of PRT depends on the leadership of competent instructors and AIs. PRT leaders must have more than the knowledge, skills, and abilities to execute a PRT session. They must also present a positive image of physical fitness."

SECTION IV. SUMMARY

Method of Instruction:	Conference/Discussion
Instr Type(I:S Ratio/Qty):	79T Certified Instructor(1:25/0)
Time of Instruction:	5 mins
Instructional Strategy:	None

Check on Learning

none

Review/ Summary

Summarize the learning activity.

SECTION V. STUDENT EVALUATION

Testing Requirements

Refer student to the Individual Student Assessment Plan (ISAP).

Feedback Requirements

Schedule and provide immediate feedback in context to the material presented. Answer students' questions, correct misunderstandings, and provide remedial training as needed.

Appendix A - Viewgraph Masters

**ARNG - SQI4- Conduct Physical Readiness Training
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Sequence	Media Name	Media Type
None		

Appendix B - Test(s) and Test Solution(s)

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 1038-79T-2610 Version 3.0

Appendix D - Student Handouts

**ARNG - SQI4- Conduct Physical Readiness Training
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Sequence	Media Name	Media Type
0	Recovery Drill	WPD
0	Hip Stability Eval	WPD
0	Preparation Drill	WPD
0	Military Movement Drills	WPD
0	Conditioning Drill	WPD
0	Performance Checklist	WPD

Appendix E - TRAINER'S LESSON OUTLINE

ARNG - SQI4- Conduct Physical Readiness Training

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DRAFT

1. The importance of this lesson: (Why)

Conduct physical readiness training (PRT) to Army Soldiers in platoon-sized elements

2. What we want our Soldiers to Achieve: (Outcomes/Standard)

Students must be familiar with PRT.

3. Tasks to be taught

<u>Task Number</u>	<u>Task Title</u>	<u>Task Type</u>
1038-79T-2508	Conduct Physical Readiness Training (PRT)	Individual TAUGHT

Additional Non-Standard Tasks

None

4. References:

<u>Reference Number</u>	<u>Reference Title</u>	<u>Date</u>
AR 600-9	THE ARMY WEIGHT CONTROL PROGRAM	27 Nov 2006
DA FORM 4856	Developmental Counseling Form	01 Aug 2010
DA FORM 5500	BODY FAT CONTENT WORKSHEET (MALE)	01 Aug 2006
DA FORM 5501	BODY FAT CONTENT WORKSHEET (FEMALE)	01 Aug 2006
DA FORM 705	ARMY PHYSICAL FITNESS TEST SCORECARD	01 Jun 1999
DA FORM 7566	COMPOSITE RISK MANAGEMENT WORKSHEET	01 Apr 2005
FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	26 Oct 2012
TC 3-21.5	Drill and Ceremonies	20 Jan 2012

Additional Non-Standard References

None

5. Resources

TIME: Time of Instruction (Time not specified)

LAND: Classroom, Training Area, and Range Requirements

<u>Id</u>	<u>Name</u>
17120-M-1600-40	Classroom, Multipurpose, 1600 Square Feet, 40 Students

AMMO: Ammunition Requirements

<u>DODIC</u>	<u>Name</u>
None	

MISC: Materiel Items and TADSS Requirements

<u>Id</u>	<u>Name</u>
6130-01-C12-1514	Power Supply Assembly, TYX: Battery Back Up UPS APC
6730-01-C07-0756	Projector, LCD/DLP: ELP7200 Epson
6730-01-C13-1784	Screen Projection, Rear/Fixed or PT: 980S Quartet
702101C056576	COMPUTER, PERSONAL WORKSTATION
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7520-01-186-3605	Marker Assortment, Tube Type
7520-01-C12-6434	Easel, portable with/without Access TY SZ AA: QRT500TE Quartet
7730-01-C09-7569	Television Large Screen, with Stereo Speakers: Regza 42RV530U Toshiba

(Note: Asterisk before ID indicates a TADSS.)

Additional Non-Standard Resources

None

6. A possible technique to achieve the outcome:

None

7. Conduct AAR with Soldier and Cadre.

None

NOTE: Before presenting this lesson, Instructors must be thoroughly prepared by studying the appropriate lesson plan and identified reference material.