Standards of medical fitness in US navy military age in 17-21

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Introduction: Military forces due to his important responsibilities should have fitness. Soldiers are required to take a physical fitness test at least twice per year. The physical fitness tests of all branches of the military and other special units have differing exercises, standards, and distances in runs and swims. This article is a one-stop location for answers to the many different PFTs in US department of defense. The Army physical fitness test consists of a tow mile run, sit-ups and push-ups. Because of the importance of this issue, this article wants to determine the score of employee and soldiers in age 17-21

Method: We have searched the literature for articles in texts, journals, valid and reliable e book, search engines and US navy websites collect data and information.

Results: 78 sit-ups, 71 push-ups, 13/00 sec (2 miles) running (score 100), 53 sit-ups, 42 push-ups, 15/54 sec (score 60). Soldiers are required to score a minimum of 60 points on each event (50 points per event in order to graduate Army Basic Training). The Army Physical Fitness Test (APFT) scores are also used in the promotion system. Soldiers who fail any portion of the APFT must retake the entire APFT within three months (unless they have an approved medical profile). Individuals who are flagged for APFT failure are not eligible for promotion, reenlistment or enlistment extension. For Army Special Forces Assessment and Selection Course (SFAS), it is recommended to score a minimum of 260 on the Army PFT for 17-21 year old male. This three-week course requires you to be able to fast march many miles a day using land navigation skills, climb obstacle courses. If you can do the recommended scores for Army Ranger, you should be well prepared for SFAS. Navy Physical readiness tests, with associated height/weight/body fat measurements, are conducted twice each fiscal year. The test is designed to measure flexibility, muscular endurance and aerobic capacity. The Navy physical fitness test consists of a 1.5 mile run, sit-ups and push-ups. This is a standard PT test used by other branches and many law enforcement agencies across the United States.

Conclusions: This article should help many with finding the standards they should reach prior to joining the military. It is always recommended to never strive for the minimum physical standards when seeking a profession that requires a fit body to perhaps save your life or the lives of your comrades.

Keywords: Navy, Medical fitness, Standard fitness, Medical, military.