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

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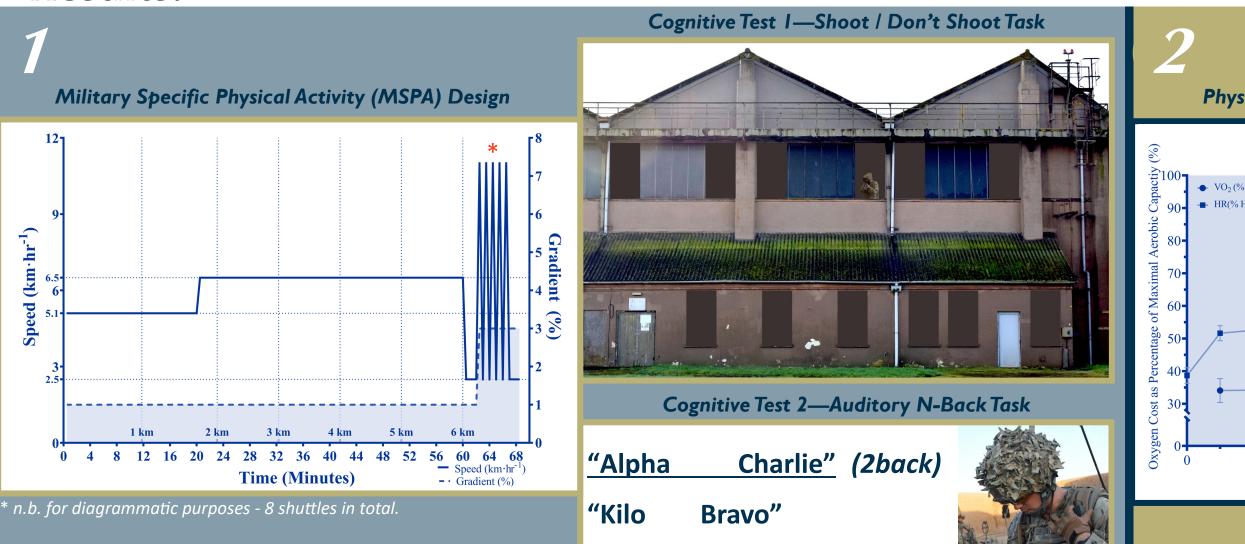
S.L. Coakley., O.R. Runswick., S.D. Blacker., & S.D. Myers.

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: I. 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:



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