

The Brazilian Air Force's wing operational exercise as way to motivate soldiers to military training

Mr. Diego Souza* (Human Performance Post Graduate Program, Rio de Janeiro, Brazil)
 Mr Pedro Palermo (Human Performance Post Graduate Program, Rio de Janeiro, Brazil)
 Dr Grace Guindani (Human Performance Post Graduate Program, Rio de Janeiro, Brazil)
 Dr Marcelo Ribeiro (Human Performance Post Graduate Program, Rio de Janeiro, Brazil)
 Dr Andre Bezerra (Human Performance Post Graduate Program, Rio de Janeiro, Brazil)
 Dr Renato Massafferri (Human Performance Post Graduate Program, Rio de Janeiro, Brazil)
 Dr Alini Schultz (Human Performance Post Graduate Program, Rio de Janeiro, Brazil)
 Dr Daniele Gabriel-Costa (Human Performance Post Graduate Program, Rio de Janeiro, Brazil.)

INTRODUCTION

Experts in sports and exercise physiology analyzed the common combat tasks of the Brazilian Air Force (BAF) and proposed a championship based on the Military Crossfit Training method and Military Aeronautical Pentathlon in order to improve physical-psychomotor skills, mental readiness and group cooperation among militaries of the BAF. The aim of this study was to assess the level of the soldier's satisfaction when practicing the proposed exercises.

METHODS

125 military personnel (24 women) participated in the study. The events are presented in Table 1. Each military answered a satisfaction questionnaire (21 questions), using the Likert Scale (1= strongly disagree; 5= strongly agree) at the end of the contest. Free comments could included at the end of the questionnaire. The answers were divided into two groups per contest: G1 - negative partial index with the sum of the scores 1 to 3; and G2 - positive partial index with the sum of scores 4 to 5. The average of the 5 disciplines on G1 and G2 was used to calculate the negative and positive Overall Satisfaction Index (OSI- and OSI+), respectively.

RESULTS

The OSI- was 18,40% and the OSI+ was 81,64%. The C5 was the sole exercise which had a G1 > G2. According to the comments, it might be explained by the changes in rules implemented during competition to adjust unforeseen logistical issues and not by the exercises themselves.

DISCUSSION AND CONCLUSION

The acceptance of the proposed model led the BAF Command to consider it as one of the operational training exercises of the military personnel. Despite the great acceptance, it is recommended that the exercises go through a process of scientific validation.

PRACTICAL IMPLICATIONS

To encourage CISM in developing international contests based on the military combat tasks similarly to the one proposed in the study.

REFERENCES

No references.

FIGURES AND TABLES

Table 1- Description of competition events.

| Contests (C) | Description |
|--------------|---|
| C1 | 300 m obstacle course with 9mm pistol assembly and disassembly processes. |
| C2 | Combined contest of fast orienteering (2-3 km), pistol shooting (10m) and swimming (25m). |
| C3 | swimming (50m) with obstacles |
| C4 | Climb up and down a 4m high rope preceding a 400 meters' sprint equipped with backpack. |
| C5 | Military operational circuit with functional exercises distributed in 200 meters. |

C = contest

CONFLICT OF INTEREST

The authors declare no conflict of interest.