

## **A SOLDIER AS MANAGEMENT TOOL: FUNCTIONAL & OPERATIONAL FITNESS**

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A soldier must be able, during his overall career, to carry out a certain number of various tasks and be capable to fulfil his function as well on a professional as medical and physical level. In terms of physical condition adapted physical tests and a regular follow-up are extremely important. Personnel having a good physical and mental condition are a key success factor and the challenge for a flexible, polyvalent army in a multinational environment. A scientific study was launched on this matter in partnership with the ULB (University Libre de Bruxelles), in order to determine functional and operational physical tests based on the idea: “a soldier as management tool”. The study is composed of a functional part and an operational part. Currently, the functional side is being studied and a questionnaire has been initialised to analyze the specific physical requirements to each function. The use of this knowhow to the recruiting standards must reduce dropout during training and gives the opportunity to start with a scientific follow-up.

At a later stage the difference between functional and operational fitness, by task and by type of mission, will be stipulated. A critical management within the sports organisation and a scientifically based study are essential for a successful sports policy, aimed on operability and availability and can persuade our commanders that Physical Training & Sports is vital for every soldier.