

**Title:** Developing Physical Readiness Training Plans

**Estimated Time:** Self-paced, Online (90 minutes)

**Purpose:** To ensure Army leaders (at all levels) are able to develop structured and strategic training plans that are intended to avoid or decrease injuries and increase or improve work production and performance.

**Context:** This storyboard presents the flow of activities for an instructional unit that is intended to close a current performance problem. Currently many Soldiers are experiencing injuries due to training errors committed by Army leaders due to a lack of knowledge and skills, causing individuals to not meet job requirements. The activities in this storyboard are intended to educate and certify Army leaders to successfully develop training plans that prevent and decrease common physical training injuries. This training is developed and designed for Army leaders who are expected to know, identify, and describe Army physical training exercises in accordance with prescribed regulations. This instructional unit will not prescribe instructions on how to conduct the exercises, but instead will focus on the principles and components of physical readiness training.

**Overview:** This storyboard presents the flow of activities for a self-paced online training course that will serve to educate and certify/recertify Army leaders, so they are equipped with the knowledge and skills to develop and execute physical training plans. The activities will begin with a presentation, followed by a demonstration, an opportunity to practice the skill, a self-assessment, and a debrief session.

**Expected Outcomes:** Army leaders create and execute structured and strategic training plans to avoid/decrease injuries and increase/improve work production and performance. All learners are able to describe the principles and components of physical readiness training, demonstrate their knowledge and skills by incorporating running activities, strength and mobility activities, and endurance and mobility activities withing a training plan, and create a four-week training plan that incorporates the principles and components of physical readiness training.

**Resources:** Instructor/Developer, internet access, computer access, videos/course access, learners, note pad, pen or pencil.

**Facilities:** Suitable workspace and computer access.

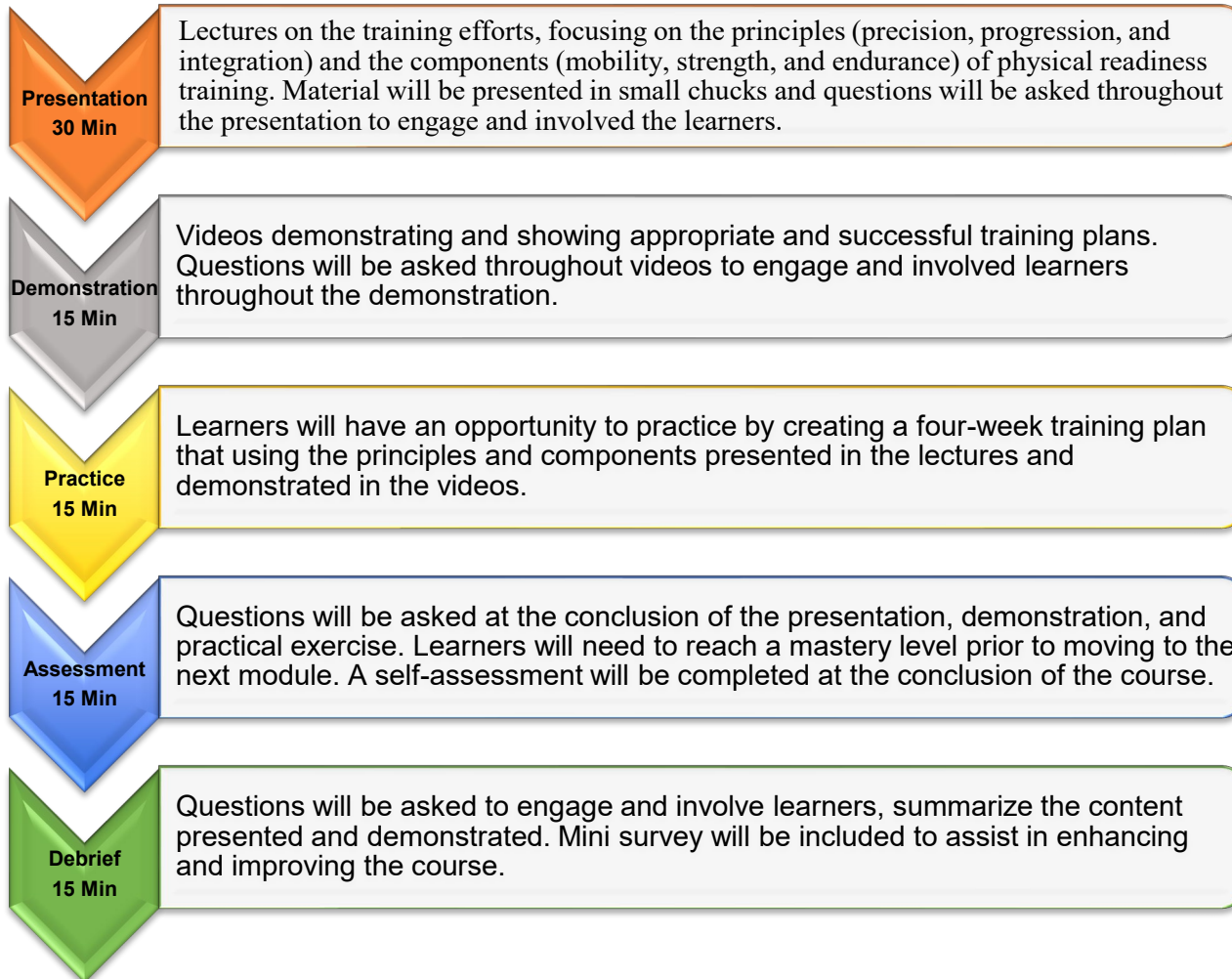
**Key Stakeholders:** Army leaders that require initial training (instruction), certification, or recertification.

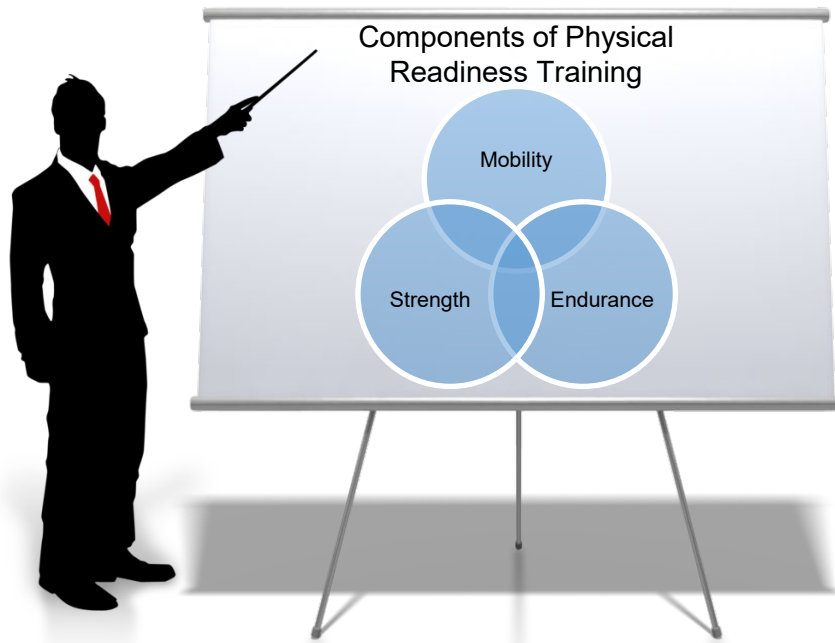
**Title:** Developing Physical Readiness Training Plans

**Estimated Time:** Self-paced, Online (90 minutes)

**Purpose:** To ensure Army leaders (at all levels) are able to develop structured and strategic training plans that are intended to avoid or decrease injuries and increase or improve work production and performance.

**Flow of lesson:** The flow of activities for a self-paced online training course includes presentation, followed by a demonstration, an opportunity to practice the skill, a self-assessment, and a debrief session.





**Instructional Activity Description:**

The presentation is designed and developed to provide:

- Brief overview of the performance problem
- Explain and describe the principles and components of physical readiness training
- Discuss symptoms of overtraining

**Activity Deliverables/Outcomes:**

- Take notes of presentation
- Identify and describe the principles and components of physical readiness training
- Identify symptoms of overtraining
- Answer questions throughout presentation

**Resources Required:**

- Internet access (Course Access)
- Students (Army Leaders)
- Suitable working environment
- Presentation with graphics, videos, and script for facilitator (includes questions for learners)

**Notes:**

- Presentation begins with brief overview of performance problem
- Overview of the principles, components, and symptoms of overtraining.
- Mini video showing a group of individuals overtraining, followed by asking the learner to write down what they observed.
- Mini video showing a group of individuals conducting a successful training plan, followed by asking the learner to write down what they observed.

**Key learning objectives / sub-objectives:**

- Identify and describe the principles and components of physical readiness training.
- Identify the symptoms of overtraining by observing training plan in action.

**Key Content Points:**

- Principles and Components of physical readiness training
- Symptoms of overtraining
- Causes of common injuries

## Course Title: Developing Physical Readiness Training Plans

### Activity Title: Demonstration

**Estimated Time:** 15 Minutes

5 Days @ 60 Minutes per Day				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Preparation: PD (5 reps) Activities: Sustained Running Or ETM (20-30 min) Recovery: RD (30 sec)	2 Preparation: PD (5 reps) Activities: STM (2x10 reps) & PSD (4x30 sec) or other strength training modal- Recovery: RD (30 sec)	3 Preparation: PD (5 reps) Activities: MD 1&2 (1 rep ea) & (8 reps) Recovery: RD (30 sec)	4 Preparation: PD (5 reps) Activities: STM (2x10reps) & PSD (4x30 sec) or other strength training modalities Recovery: RD (30 sec)	5 Preparation: PD (5 reps) Activities: MMD 1&2 (1 rep ea) & Sustained Running or ETM (20-30 min) Recovery: RD (30 sec)
8 Preparation: PD (5 reps) Activities: STM (2x10 reps) & PSD (4x30 sec) or other strength training modalities Recovery: RD (30 sec)	9 Preparation: PD (5 reps) Activities: Sustained Running or ETM (20-30 min) Recovery: RD (30 sec)	10 Preparation: PD (5 reps) Activities: STM (2x10 reps) & PSD (4x30 sec) or other strength training modalities Recovery: RD (30 sec)	11 Preparation: PD (5 reps) Activities: STM (2x10 reps) & PSD (4x30 sec) or other strength training modalities Recovery: RD (30 sec)	12 Preparation: PD (5 reps) Activities: STM (2x10 reps) & PSD (4x30 sec) or other strength training modalities Recovery: RD (30 sec)

### Instructional Activity Description:

The demonstration is designed and developed to provide:

- An example of a well-developed training plan using the principles and components of physical readiness training that avoid overtraining and muscle overuse.

### Activity Deliverables/Outcomes:

- Observe and take notes of the demonstration
- Answer questions throughout demonstration

### Resources Required:

- Internet access (Course Access)
- Students (Army Leaders)
- Suitable working environment
- Demonstration video and script for facilitator (includes questions for learners)

### Notes:

- Facilitator will demonstrate proper placement of activities and exercises for a two-week training plan.
- Facilitator explains the reason of activity/exercises selected during demonstration
- Facilitator asks questions throughout the demonstration
- 2-3 examples shown at the conclusion of the demonstration of both well-developed training plans and plans that cause overtraining and muscle overuse. Facilitator highlight key points on examples.

### Key learning objectives / sub-objectives:

- Identify and describe the principles and components of physical readiness training.
- Demonstrate knowledge and skills by incorporating running activities, strength and mobility activities, and endurance and mobility activities within a training plan.

### Key Content Points:

- Proper placement of activities and exercise using the principles and components of physical readiness training

**Course Title:** Developing Physical Readiness Training Plans

**Activity Title:** Practice

**Estimated Time:** 15 Minutes



**Instructional Activity Description:**

The practice session is designed and developed to provide an opportunity for the learner to practice (apply) the knowledge gained during the presentation and demonstration of the course to enhance their skills.

**Activity Deliverables/Outcomes:**

- Create a four-week training plan

**Resources Required:**

- Internet access (Course Access)
- Students (Army Leaders)
- Suitable working environment
- Pen/Pencil and note pad (option to print calendar)

**Notes:**

- Facilitator provides instructions for completing practice exercise
- Results will be verified/checked by the learner with rubric (provided)
- Learner has option to print calendar for exercise (provided) or complete on note pad.
- Learner can continue to assessment when practice is complete

**Key learning objectives / sub-objectives:**

- Demonstrate knowledge and skills by incorporating running activities, strength and mobility activities, and endurance and mobility activities within a training plan.
- Create a four-week training plan that incorporates the principles and components of physical readiness training.

**Key Content Points:**

- Proper placement of activities and exercise using the principles and components of physical readiness training
- Avoid overtraining and muscle overuse



**Instructional Activity Description:**

Upon completion of the presentation, demonstration, and practice session, a self-assessment will be provided to validate the learner's ability to achieve each of the learning objectives.

**Activity Deliverables/Outcomes:**

- Complete assessment
- Check accuracy with rubric (provided)

**Resources Required:**

- Internet access (Course Access)
- Students (Army Leaders)
- Suitable working environment
- Assessment and Rubric

**Notes:**

- Facilitator provides instructions for completing self-assessment
- Results will be verified/checked by the learner with rubric (provided)

**Key learning objectives / sub-objectives:**

- Identify and describe the principles and components of physical readiness training.
- Identify the symptoms of overtraining by observing training plan in action.
- Demonstrate knowledge and skills by incorporating running activities, strength and mobility activities, and endurance and mobility activities within a training plan.
- Create a four-week training plan that incorporates the principles and components of physical readiness training.

**Key Content Points:**

- Principles and Components of physical readiness training
- Symptoms of overtraining
- Causes of common injuries



**Instructional Activity Description:**

The debrief session is designed and developed to provide an opportunity for the learner reflect on the course and how the new knowledge and skills can be used in the future.

**Activity Deliverables/Outcomes:**

- Learners reflect on the knowledge and skills gained from the course and use in the future.

**Resources Required:**

- Internet access (Course Access)
- Students (Army Leaders)
- Suitable working environment

**Notes:**

- Debrief begins with summary of the course and facilitator addresses key content points of the course.
- Facilitator ask questions to prompt the learner in reflecting on the course content and how to integrate in the future.

**Key learning objectives / sub-objectives:**

- Identify and describe the principles and components of physical readiness training.
- Identify the symptoms of overtraining by observing training plan in action.
- Demonstrate knowledge and skills by incorporating running activities, strength and mobility activities, and endurance and mobility activities within a training plan.
- Create a four-week training plan that incorporates the principles and components of physical readiness training.

**Key Content Points:**

- Principles and Components of physical readiness training
- Symptoms of overtraining
- Causes of common injuries