

Core Health & Fitness: Soldier Conditioning Assessment (SCA)



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Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Introduction

1. **Applicability.** Core Health & Fitness is designed to ensure that irrespective of age, gender, or rank, Army participants are physically capable of carrying out their military duties whilst leading a healthy lifestyle.
2. **Requirement.** The training requirement to be achieved is as follows:
 - a. **Soldier Conditioning Assessment (SCA).** The SCA will replace the Soldier Conditioning Review (SCR) from 1 Apr 25 for all Regular and Reserve personnel.
 - b. **Objective.** The SCA is designed to be a maximal effort assessment; soldiers should give their best performance across all components. The results provide a measurable snapshot of an individual's current physical condition, which is the first step in a meaningful progression. The key is not where a soldier starts, but how they improve over time. Fitness is trainable, and the SCA enables individuals, commanders and the unit PT Staff to track improvement, set achievable goals and tailor training to maximise progress.
 - c. **Gender free.** The SCA is a gender free maximal effort assessment.
 - d. **Pilot period.** The SCA will be piloted for a 12-month period (until 31 Mar 26) with the following aims:
 - (1) **Effectiveness.** Validate the feasibility of the SCA. Evaluate the extent to which SCA measures critical components of fitness (cardiovascular endurance, muscular strength, and functional movement). Assess the quality and utility of feedback provided to personnel for meaningful improvement.
 - (2) **Efficiency.** Analyse delivery time, resource requirements, and adaptability for various group sizes. Ensure the framework reduces disruption to unit-level training and operations.
 - (3) **Cultural Shift.** Measure the extent to which SCA inspires soldiers to prioritise fitness and fosters a culture of excellence and competitiveness. Validate each exercise standard, with a view to raising them in future iterations and introducing a '300 Club' equivalent for our fittest soldiers.
 - (4) **Review and Revise.** Identify and endorse any changes that are required prior to Army Wide implementation. Areas may include the requirement for gender and age-appropriate standards in the SCA.
 - e. **Standard.** Eligible Participants are to attain the required standard¹ on the SCA.

¹ An individual is deemed to be conformant for the SCA once they have completed one full attempt of the assessment (recorded a score in all 4 elements). The current 12-month rolling currency will not be used for the SCA. Throughout the Pilot period, SCA (1) will be conducted between Apr-Sep, and SCA (2) between Oct-Mar. A 4-week gap between SCA (1) and SCA (2) is required.

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Delivery Personnel

1. **Officer in Charge (OIC).** In accordance with AGAI Vol 1 Ch 7, an OIC is to be nominated prior to an SCA. That individual is to have sufficient military experience and judgement to be responsible for the safety of individuals during the activity; as a minimum this is to be a Corporal (or equivalent), but typically a Captain / Sergeant or above. The OIC is then responsible for those taking part in the assessment and making the decisions to remove those from the activity who become injured or are unable to complete in-full. The OIC must be nominated in advance of the activity; be given sufficient time to fully understand their responsibilities; and read all procedural briefs to all Participants participating in the SCA.
2. **Physical Training Instructor (PTI)².** The PTI will be the individual(s) who is / are Suitably Qualified and Experienced Participants (SQEP) and have Knowledge, Skills, Experience and Behaviours (KSEB) to deliver the SCA.
3. **Conducting Staff.** This is the collective delivery team including PTIs and NCOs (recorders, safety staff, etc).
4. **Protocol Briefs.** These briefs have been created for the Officer in Charge (OIC) and Physical Training Staff to ensure the assessment is conducted correctly and to ensure a Safe System of Work (practice) is conformed with.
5. **Procedural Briefs.** These briefs have been created for the OIC to read to the participants prior to conducting the SCA and should be read (and delivered) in isolation from the Protocol briefs.

² [2024DIN07-081-Individuals competent to conduct single Service Physical Fitness and Swimming Tests and Assessments, together with Basic, Initial and Subsequent Trade Training syllabised Physical Training including the use of Non-Specialist Instructional Staff.docx](#)

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Learning Specification – SCA

Section A: Administration

Resource

Course number / title	Individual Training Requirement
Module number / title	Core Health & Fitness
Lesson title	Soldier Conditioning Assessment (SCA)
Training Objective(s)	2.1 Demonstrate components of fitness
Enabling Objective(s)	2.1.1 Demonstrate aerobic fitness, muscular strength, and muscular endurance.
Issue number	2.0
Assessment date	Apr 25
Handouts	Nil
Exercises	Nil
Equipment	See Section B
Instructor	RAPTCI / AAPTI (inc' AR) / SIO PT / Contract PTI / oTLB PTIs (RN / RM & RAF)
Preparation	Undergo a varied, structured, and progressive PT programme comprising of at least 3 periods of PT per week.

Section B: Execution

Assessment Elements

Aerobic Element	Using the aerobic energy system, complete an 800m warmup, followed by 2km Aerobic Run (or Multi-Stage Fitness Test [MSFT] or Alternative Aerobic Assessment [A3] where applicable) as quickly as possible. Directly correlated with the RFT(S), the 2km run measures cardiovascular endurance, which is critical for sustained physical activity during operations. Aerobic fitness is linked to reduced injury risk and improved recovery. It reflects the ability to move quickly under duress, simulating battlefield scenarios that require rapid movement over short distances.
Hex Bar Deadlift	Using lower limb muscular strength, establish 1 x Repetition Maximum (1RM) using the estimate table. Indirectly correlated with the RFT(S), deadlifts assess total body strength, focusing on the posterior chain (hamstrings, glutes, and lower back). This is essential for lifting and carrying heavy loads like ammunition or casualties. The hex bar deadlift is safer for soldiers of all abilities while still assessing maximal strength relevant to military tasks.
Press Ups	Using upper limb anterior muscular endurance, complete as many press ups within a timeframe of 1 minute. Directly linked with the RFT(S), press-ups evaluate endurance in the chest, shoulders, triceps, and core. This is crucial for repetitive tasks such as digging trenches, moving in and out of the prone position, or handling equipment. They are simple to administer and provide a reliable measure of muscular endurance across all fitness levels.
Pull Ups	Using upper limb posterior muscular strength, complete as many pull ups as possible. Not correlated with the RFT(S), pull-ups test upper body; back; bicep and shoulder strength; and grip endurance, which are vital for climbing obstacles and pulling oneself to safety in combat. They also enhance overall combat readiness by improving shoulder stability and can reduce injury risks.

Equipment

Dress	The dress for the SCA is PT kit ³ and training shoes.
Aerobic Element	2km Run: Stopwatch(es). Numbered discs. Safety vehicle (when necessary). Hi-visibility vests (when Road Safety Participants are used). Aerobic Assessment (Run) Procedural brief and Results sheet(s). MSFT: Flat and non-slip gymnasium floor. Cones / pre-defined distance markers. Aerobic Assessment (MSFT) Procedural brief and Results sheet(s). Alternative Aerobic Assessment (A3): Wattbike Trainer or Pro. Alternative Aerobic Assessment (A3) Procedural brief and Results sheet(s). Weighing Scales.
Hex Bar Deadlift	Lifting Platform / solid surface (not a wooden floating floor eg/ a typical gymnasium hall). Olympic Hex Bars. Olympic Weight Discs and collars. Hex Bar Deadlift Procedural brief and Results sheet(s).
Press Ups	Matted flooring / singular mat. Stopwatch(es). Press Ups Procedural brief and Results sheet(s).
Pull Ups	Pull Up Beam / Bar. Pull Ups Procedural brief and Results sheet(s).

³ PT kit will vary across units, locations and environments and should take into consideration the climate, wind chill and extremes of temperature.

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

General notes – SCA

1. **Prior to the Assessment.** The OIC is to:
 - a. Read all procedural briefs⁴ and the PTI is to give demonstrations as appropriate, prior to Participants undertaking the respective elements.
 - b. Answer any questions.
 - c. Ensure a thorough and specific warm-up is conducted.
2. **During the SCA.** The OIC and PTI(s) are to:
 - a. Monitor performance and correct / give advice where necessary⁵.
 - b. Withdraw Participants from the Assessment who do not comply with the instructions given on the procedural brief.
 - c. Ensure correct monitoring of exercises during all elements.
 - d. Allow a minimum 3 mins recovery period between elements.
3. **After the SCA.** The PTI is to:
 - a. Record the respective scores for each element of the SCA against each participant's name on completion of the assessment.
 - b. Enter all results on the Fitness Information System Software (FISS) as appropriate.
 - c. Identify individuals who fail to achieve the required standards.

⁴ The OIC may delegate this responsibility to a SQEP where appropriate.

⁵ Technical advice must be given by a PTI.

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

The SCA Elements

1. The SCA assesses the following components of fitness:
 - a. Aerobic Fitness.
 - b. Lower strength and Upper limb strength / muscular endurance.
2. The SCA comprises of the following components:
 - a. Body Composition Measurement (BCM)⁶.
 - b. Aerobic Assessment⁷ (2km Run / MSFT / Alternative Aerobic Assessment [A3]).
 - c. Hex Bar Deadlift.
 - d. Press Ups.
 - e. Pull Ups.

Aerobic	Deadlift	Press Ups	Pull Ups
			
Aerobic Fitness	Lower Limb Muscular Strength	Upper Limb Anterior Muscular Endurance	Upper Limb Posterior Muscular Strength

3. The MSFT may only be used as an alternative to the run for the following reasons:
 - a. Logistical (for example: insufficient supervisory staff or security issues).
 - b. Meteorological (for example: inclement weather / poor visibility [fog]).
 - c. Geographical (for example: limited space, hilly terrain etc).

⁶ The Body Composition Measurement (BCM) is a Defence requirement as outlined in JSP 661 Health & Wellbeing. For ease of application, this has been included whilst conducting the SCA. Those SP exempt the SCR are still required to conduct (and have recorded) their BCM.

⁷ Guidance on alternative assessments and applicability is to be sought from the unit RAPTCI. Alternative exercises to the 2km Run assessment may be (1) the Multi-Stage Fitness Test (MSFT) where applicable or (2) the A3 [Wattbike] Assessment; the A3 has been developed to enable medically downgraded Participants to complete this element of the SCR.

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

SCA Standards

1. The SCA uses a generic scoring matrix (1-15) below to baseline an individual's overall fitness condition across some of the components of fitness (not to scale):

Red (inadequate physical conditioning)		Amber (moderate physical conditioning)				Green (adequate physical conditioning)			Green (high physical conditioning)					
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

Scoring

2. The traffic light scoring criteria against the SCA standards indicate the following:
- Red** = Indicates below the expected level of physical conditioning for a soldier. This must trigger a mandatory targeted remedial PT intervention to improve physical conditioning.
 - Amber** = Represents the baseline level of physical conditioning. Soldiers scoring in this category meet the expected minimum but should always aim for improvement. Depending on where they fall within the Amber, they may receive targeted PT interventions and / or tailored guidance from unit PT staff.
 - Green / Green** = Indicates above-average conditioning relative to Army expectations. However, soldiers who achieve a green rating should always continue to progress further.
3. Regardless of the initial RAG rating, the focus should always be on progression – ensuring every soldier is improving their physical conditioning over time through structured training and effort.

Notes

4. The following note should be read and understood as to inform the current standards:
- Assessment standards are age / gender free.
 - The inclusion of pull-ups in the SCA will be kept under review during the pilot. While all soldiers are to complete the pull-up assessment to their best effort, there will be **no mandatory targeted training** for those who do not meet the required standard⁸.
 - The standards for the run, deadlift & pull-ups were adopted from the previous SCR. The standards for the press ups were developed based on EDGE trials (c1000 SP from the RSA / 3 (UK) Div units / other orgs).

⁸ Refer to page 3 para 2d3.

5. The standards table is illustrated below⁹:

Aerobic Assessment - 2km Run (mins:secs) - recorded in mins:secs														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
14:15	13:45	13:10	12:35	12:00	11:25	10:50	10:15	09:40	09:05	08:30	07:55	07:20	06:45	06:10

Aerobic Assessment - MSFT - recorded by levels														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
-	-	04-00	04-07	05-08	06-07	07-08	08-07	09-06	10-04	11-02	11-10	12-07	13-04	14-01

Alternative Aerobic Assessment (A3) - recorded as a ratio of wattage / body weight (W/kg)														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1.88	1.94	2.02	2.1	2.2	2.3	2.43	2.52	2.65	2.75	2.84	2.92	3.0	3.08	3.15

Hex Bar Deadlift (kgs) - recorded in kg														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
40	45	50	57.5	65	72.5	80	87.5	95	102.5	110	117.5	125	132.5	140

Press Ups														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
10	12	14	16	18	20	23	26	29	31	34	37	40	45	50

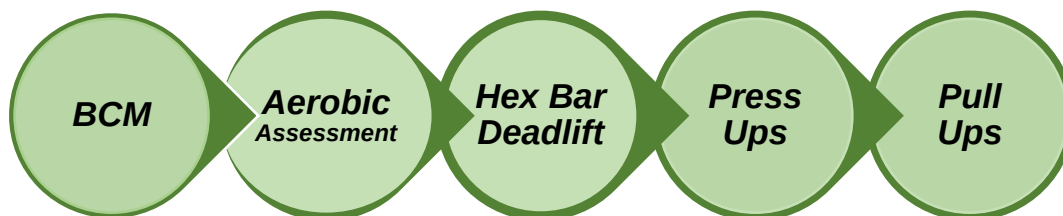
Pull Ups														
A half score can be recorded for the final Pull Up only (i.e. 1.5 x Pull Ups, 2.5 x Pull Ups)														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
0	0.5	1	1.5	2	2.5	3	3.5	4	5	6	7	8	9	10

⁹ These standards have been set based off the trials conducted and will be reviewed after 31 Mar 26. The Aerobic Assessments – MSFT and A3 standards are under review by Army HQ, STAIR / EDGE teams and have not been adjusted, however, the standards colour-coded to align to the guidance on the scoring matrix (see page 9).

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SCA Delivery

1. **Sequence.** The time to deliver the entire SCA is dependent on resources (mainly equipment and PT Staff) and the number of participants. Based on the resources available, the SCA is to be delivered using the sequence highlighted below:



2. **BCM requirement.** The BCM is to be conducted prior to commencing the SCA (where applicable).

3. **SCA flow.** The SCA should be completed as follows:

a. Upon completion of the Aerobic Assessment, participants are to have a minimum of 3 mins recovery before commencing the Hex Bar Deadlift ladder.

b. The Hex Bar Deadlift ladder is to be completed in the same order of those finishing the Aerobic Assessment (e.g. first participant to complete the 2km Run is the first to commence the Hex Bar Deadlifts).

c. There is to be a minimum of 3 mins recovery before commencing the Press Ups. In partners, the first half of the participants to complete the Hex Bar Deadlift are the first to commence the Press Ups.

d. There is to be a minimum of 3 mins recovery before commencing the Pull Ups.

4. **Supervision.** PTIs are required to supervise all components of the SCA:

a. Aerobic Assessment (2km run / MSFT / A3).

b. Hex Bar Deadlift.

c. Press Ups.

d. Pull Ups.

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SCA - Procedural Brief (delivered by the OIC)

General

1. The SCA is a short, maximal effort fitness assessment designed to measure specific components of physical conditioning and track overall physical improvement. Underpinned by clear attainment standards, the SCA enables targeted interventions to drive continual physical development should these standards not be met. While not directly linked to PES, it provides a valuable indicator of aerobic fitness and strength. The 5 elements of the SCA are:

- a. Body Composition Measurement (BCM)¹⁰.
- b. Aerobic Assessment - 2km Run / MSFT or Alternative Aerobic Assessment (A3) for those unable to complete the 2km Run or MSFT.
- c. Hex Bar Deadlift.
- d. Press Ups.
- e. Pull Ups.

Timings

2. Other than the Aerobic Assessment and Press Ups there are no specific time limits to conduct the other assessments.

Safety

3. You are to obey any directions or instructions given by any member of the PT staff, particularly with regards to safety. Jewellery and rings¹¹ are to be removed. Where rings cannot be removed, they are to be taped. Hair is to be tied back and secured off the shoulders. You may wear spectacles if you wish.

Dress

4. The dress for the SCA is PT kit and training shoes.

Medical factors

5. At this point, does anyone have any medical factors that will prevent them from conducting the SCA, or wish to Opt-Out or declare a Bad Day?

6. Has everyone eaten and hydrated prior to the SCA?

Questions

7. Are there any questions prior to starting?

¹⁰ To be conducted annually (as a minimum) IAW JSP 661 Health & Wellbeing.

¹¹ Watches or Heart Rate Monitors can be worn.

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Aerobic Assessment (2km Run)



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Aerobic Assessment (2km Run) – Protocol Brief

Assessment Criteria

1. The aerobic assessment / run comprises two parts as follows:
 - a. **Part 1.** A warm-up consisting of a walk / jog over a measured 800m course which is to be completed in a minimum time of 5 mins 30 secs and a maximum time of 6 mins.
 - b. **Part 2.** A 'best effort' run over a measured 2km course and follows on immediately after Part 1.

Standards

2. The standards are shown below:

Aerobic Assessment - 2km Run (mins:secs) - recorded in mins:secs														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
14:15	13:45	13:10	12:35	12:00	11:25	10:50	10:15	09:40	09:05	08:30	07:55	07:20	06:45	06:10

Equipment

3. The following equipment is required to conduct the aerobic assessment element of the SCA:
 - a. Stopwatch(es).
 - b. Numbered discs.
 - c. Safety vehicle (when necessary).
 - d. Hi-visibility vests (when road safety Participants are used).
 - e. Aerobic assessment / run procedural brief and results sheet(s).

Venue

4. The aerobic assessment (800m warm-up and 2km best effort) is to be conducted on level ground affording a good running surface; a 400m running track may be used. The 2km start and finish points are to be clearly marked.

Conducting Staff

5. The following staff are required to conduct the assessment:
 - a. **The OIC.** The OIC is responsible for the administration and safe conduct of the assessment.

- b. **The Conducting Staff.** The Conducting Staff must be a suitably qualified and in-date PTI(s).
- c. **Timekeeper.** The Timekeeper is responsible for timekeeping during the assessment and must be a PTI who has been briefed on the assessment requirements and capable of operating a stopwatch.
- d. **Pacesetter.** The Pacesetter is responsible for setting the correct pace required for Part 1 of the assessment only and must be a suitably qualified and in-date PTI.
- e. **Counter.** Where a 400m running track, or measured loop is used for the assessment, the OIC may wish to appoint a counter to record the number of laps covered by each participant.
- f. **Sweeper.** The Sweeper is responsible for any casualties and must be an NCO.
- g. **Road Safety Participants.** Road safety Participants (where used) are responsible for warning approaching vehicles that troops are on the road and notifying the OIC / Conducting Staff of approaching traffic. Road safety Participants are not to control the flow of traffic must be NCOs who have been fully briefed about QRs for the Army, Ch 5, Para QRs J5.020 Traffic Regulations / Safety for Marching Troops. They are to wear a hi-visibility vest.
- h. **Safety Vehicle Driver.** When a safety vehicle is used, the driver is responsible for following the last participant around the route and picking up any participant (or member of the conducting staff) that require transporting to the finish of the assessment.
- i. **Recorder.** The recorder is responsible for noting the run times achieved by each participant on the aerobic assessment results sheet(s) and must be a PTI.

Safety

- 6. The OIC and Conducting Staff are to ensure the following safety procedures:
 - a. The aerobic assessment / run procedural brief is read to all participants before the start of the assessment.
 - b. On courses where the run route crosses roads / road junctions, additional conducting staff may be required to act as road safety personnel. On such courses, it may be necessary to place signs around the course to notify drivers that Participants are running / marching.
 - c. The NCO acting as a sweeper is to be competent at administering first aid to anyone suffering from injury or illness.
 - d. A safety vehicle is to be used where necessary.
 - e. Participants should undergo a directly controlled cool-down after the assessment.

Assessment procedures and protocol

7. The OIC is to ensure that:
 - a. The Aerobic Assessment (Part 1 – 800m and Part 2 – 2km run) procedural brief is read to all participants and any questions that may arise are answered.
 - b. Ensure participants have undergone a thorough and specific warm-up conducted by the PTI.
 - c. Participants who fail to comply with the instructions given on the Aerobic Assessment procedural brief are withdrawn from the assessment.
 - d. Participants are monitored closely throughout to ensure adherence to the assessment protocols and advised as necessary.
 - e. Scores (in mins / secs) for each participant are recorded on the results sheet(s).
 - f. A cool-down is delivered for all participants.

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Aerobic Assessment (2km Run) – Procedural Brief (delivered by the OIC)

Aim

1. The aim of the 2km run element of the SCA is to assess your Aerobic Fitness.

Assessment Criteria

2. You will be required to conduct an individual 2km run at maximum best effort.

Conduct

3. The assessment comprises 2 parts as follows:
 - a. **Part 1.** A warm-up comprising an 800m run / walk in a time of not less than 5 mins 30 secs and not more than 6 mins.
 - b. **Part 2.** A 'best effort' run over a measured 2km course and follows on immediately after Part 1.

Standards

4. The standards are shown below:

Aerobic Assessment - 2km Run (mins:secs) - recorded in mins:secs														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
14:15	13:45	13:10	12:35	12:00	11:25	10:50	10:15	09:40	09:05	08:30	07:55	07:20	06:45	06:10

Scoring

5. If you fail to complete the 800m warm up or 2km aerobic run you will be recorded as 'Did Not Finish' (DNF). On successful completion of the 2km course, your time will be recorded.

Questions

6. Are there any questions?

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Aerobic Assessment (Multi-Stage Fitness Test [MSFT])



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Aerobic Assessment (Multi-Stage Fitness Test [MSFT]) – Protocol Brief

Introduction

1. The MSFT is only to be used in situations where it is not possible for logistical, geographical, meteorological or security reasons to conduct the run assessment. Where deemed appropriate the MSFT can be utilised as an alternative to the 2km run aerobic assessment. The decision to use the MSFT can be taken by the UFTO and / or RAPTCI.

Assessment Criteria

2. The MSFT involves participants running between 2 sets of lines set 20m apart (a lap) whilst keeping up with a series of 'beeps' from a media device / CD / MP3. The 'beeps' start off at a slow jogging pace and after each minute, become progressively faster so that it is more difficult to maintain the required speed.

3. The first expired minute is referred to as '**level 1**', the second expired minute is referred to as '**level 2**' and so on. The end of each level is denoted by a '**triple beep**'. Participants are to stop running when they fail to maintain the pace after 3 warnings.

Standards

4. The standards are shown below:

Aerobic Assessment - MSFT - recorded by levels														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
-	-	04-00	04-07	05-08	06-07	07-08	08-07	09-06	10-04	11-02	11-10	12-07	13-04	14-01

Equipment required to conduct the MSFT

5. To conduct the MSFT in a safe and efficient manner, the following equipment will be required:

- a. MSFT ([Audio](#)).
- b. Cones (or other suitable markers) x 4.
- c. Whistle.
- d. Tape measure.
- e. Audio player.
- f. Aerobic assessment MSFT procedural brief and results sheet(s).

Venue

6. The MSFT is best conducted in an indoor facility but may be conducted outdoors. The venue should have a flat, non-slip surface and be at least 25m long to facilitate turning at the end of each lap.

Conducting Staff

7. The following staff are required to conduct the assessment:
 - a. **The OIC.** The OIC is responsible for the administration and safe conduct of the assessment.
 - b. **The Conducting Staff.** The Conducting Staff must be a suitably qualified and in-date PTI(s) or an NCO for Turn Judge and Counter where PTIs are not available.
 - c. **Turn Judge(s).** The turn judge may be anyone who has received a full brief on the MSFT. The turn judges are to be positioned at each end of the course and give verbal warnings of 'keep the pace' to participants who fail to reach the line on the sounding of each 'beep'. At the same time, turn judges are to alert the counter(s) that a participant has failed to maintain the correct pace by raising their arm in the air. Participants are permitted a further 2 laps in which to regain then maintain the pace; if they fail to do either, they will be withdrawn from the test. These last 2 laps count towards the participant's score.
 - d. **Counter(s).** The counter(s) may be anyone who has received a full brief on the MSFT. One counter for each participant is preferred however, where not possible, this must not exceed a 1:5 ratio. Counters should position themselves at one end of the course and monitor participants who fail to maintain the correct pace (indicated by the turn judge raising his / her arm). The counter is to record the level and lap at which a participant drops out and pass on to the recorder.
 - e. **Recorder(s).** The recorder(s) must be a PTI. The recorder is responsible for recording the raw scores achieved by each participant on the aerobic assessment (MSFT) results sheet(s).

Safety

8. The OIC and Conducting Staff are to ensure the following safety procedures:
 - a. The aerobic assessment (MSFT) procedural brief is read to all participants before the start of the assessment.
 - b. Participants should undergo a directly controlled cool-down after the assessment.

Assessment procedures and protocol

9. Prior to the start of the assessment, the Conducting Staff are to:
 - a. Set up digital appliance and check audio level.
 - b. Set markers 20m apart with a lane width of between 1 to 1.5m for each participant. (Disregard if predefined distance / lane markers in place).
 - c. Assemble and divide the group into manageable numbers for the assessment.
 - d. Read the Aerobic Assessment (MSFT) procedural brief.

- e. Assign participants to their respective lanes (1 x participant per lane).
 - f. Ensure that Turn Judge(s), Counter(s) and Recorder(s) are in position and ready, then start the assessment.
10. During the assessment the OIC and Conducting Staff are to:
- a. Monitor participants during the assessment and give advice where necessary.
 - b. Ensure that Turn Judge(s), Counter(s) and Recorder(s) are carrying out their duties IAW the assessment protocols.

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Aerobic Assessment (Multi-Stage Fitness Test [MSFT] run) – Procedural Brief (delivered by the OIC)

Aim

1. The aim of the MSFT element of the SCA is to assess your Aerobic Fitness.

Assessment Criteria

2. The assessment requires you to run between 2 markers placed 20m apart in response to a series of pre- recorded timed 'beeps.' You will also have a run-out area at each end of the course in which to turn; you may elect to turn left or right.

Conduct

3. You must reach each marker in time with the '**beep**'. After each minute, the '**beeps**' become progressively faster so that it is more difficult to maintain the required speed. You will be starting the test at what is known as '**level 1**', the second level is '**level 2**' and so on. The end of each level is indicated by a '**triple beep**'. You must stop when you can no longer maintain the set pace. The turn judge will notify you when you have failed to maintain the correct pace.

Standards

4. The standards are shown below:

Aerobic Assessment - MSFT - recorded by levels														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
-	-	04-00	04-07	05-08	06-07	07-08	08-07	09-06	10-04	11-02	11-10	12-07	13-04	14-01

5. If you fail to maintain pace with the '**audio beeps**' you will receive a warning. If you fail to correct the warning after 3 notices you will be removed from the MSFT. Your final successful shuttle will be recorded.

Questions

6. Are there any questions?

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Aerobic Assessment (Alternative Aerobic Assessment [A3])



Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Aerobic Assessment (Alternative Aerobic Assessment [A3]) – Protocol Brief

Introduction

1. The Alternative Aerobic Assessment (A3) may only be undertaken by Army Participants with Medically Limited Deployability (MLD) and Medically Not Deployable (MND) grades after being cleared to do so by unit Medical Officers (MO).

Assessment criteria

2. The A3 comprises 2 parts as follows:
 - a. **Part 1 – Warm Up.** This is a 5 mins warm-up on the Wattbike using the normal level from the 8 / 12 week A3 program pedaling at 95 rpm.
 - b. **Part 2 – A3.** The A3 starts immediately after the warm-up and is a continuous 10min ride at a standard set against body mass (kg) and Power (Wattage [W]) and is recorded as W/kg.

Standards

3. The standards are shown below:

Alternative Aerobic Assessment (A3) - recorded as a ratio of wattage / body weight (W/kg)														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1.88	1.94	2.02	2.1	2.2	2.3	2.43	2.52	2.65	2.75	2.84	2.92	3.0	3.08	3.15

Equipment

4. To conduct the A3 in a safe and efficient manner, the following equipment is required:
 - a. Wattbike Trainer or Pro.
 - b. Weighing scales (in kg).
 - c. Aerobic assessment (A3) procedural brief and results sheet(s).

Venue

5. The A3 is best conducted in a well-ventilated indoor facility but may be conducted outdoors when no indoor venue is available.

Dress

6. Dress for the A3 is PT kit and training shoes; cycling shoes **are not** permitted.

Conducting Staff

7. The following staff are required to conduct the assessment:

- a. **The OIC.** The OIC is responsible for the administration and safe conduct of the assessment.
- b. **The Conducting Staff.** The Conducting Staff must be a suitably qualified and in-date PTI.
- c. **Recorder(s).** The recorder(s) must be a PTI. The recorder is responsible for recording the raw scores achieved by each participant on the A3 results sheet(s).

Safety

- 8. The Conducting Staff are to ensure the following safety procedures:
 - a. The Aerobic Assessment (A3) Procedural Brief is read to all participants before the start of the assessment.
 - b. Participants may be permitted to wear their watches if they wish; this is at the discretion of the OIC / PTI.
 - c. Participants should undergo a directly controlled cool-down after the assessment.

Assessment procedures and protocol

- 9. Prior to the start of the assessment, the Conducting Staff are to:
 - a. Assemble and divide the group into manageable numbers for the assessment.
 - b. Read the Aerobic Assessment (A3) procedural brief.
 - c. Monitor the participants performance and give advice where necessary.
 - d. Ensure that the Recorder(s) are in position and ready, then start the assessment.
- 10. On completion of the assessment, the OIC is to ensure that:
 - a. The recorder logs the scores for each participant on the results sheet(s).
 - b. Participants undergo a thorough cool-down to reduce the risk of injury.
 - c. Results are recorded on FISS as part of the SCA.

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Aerobic Assessment (Alternative Aerobic Assessment [A3]) – Procedural Brief (delivered by the OIC)

Aim

1. The aim of the Alternative Aerobic Assessment (A3) Test is to measure your Aerobic Fitness.

Assessment Criteria

2. You will be required to ride for 10 mins at your employment role-related standard in watts per kilogram of body mass (W/kg).

Conduct

3. You are to conduct a 5min warm up on the Wattbike, using your normal warm-up level from your 8-12 weeks training plan pedaling at 95 rpm. The A3 starts immediately after your warm-up and is a 10min continuous ride at a standard set against body mass (kg) and power (Wattage) is recorded in Watts per kg W/kg). As with other aerobic assessments Participants are expected to achieve the highest possible standard.

Standards

4. The standards are shown below:

Alternative Aerobic Assessment (A3) - recorded as a ratio of wattage / body weight (W/kg)														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1.88	1.94	2.02	2.1	2.2	2.3	2.43	2.52	2.65	2.75	2.84	2.92	3.0	3.08	3.15

5. Once you have completed the A3 your score will be displayed on the App / console display. This score will be recorded as part of the SCA.

Questions

6. Are there any questions?

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Hex Bar Deadlift



Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Hex Bar Deadlift – Protocol Brief

Assessment Criteria

1. The Hex Bar Deadlift (HBD) is conducted in a linear ladder format with pre-loaded weights equating to 40kg, 60kg, 80kg, 100kg, and 120kg¹². Participants **must** start at the lower end of the ladder (40kg) and work their way through to their 1RM test weight.
2. Participants are to stand upright, positioning themselves in the middle of the hex bar with their feet in a stable position. They are to move into the hinge / squat position with their hands placed over grasp on the bar grips in a comfortable position that will allow the individual to perform the lift in a safe a secure manner. This is known as the '**start position**'.
3. The HBD is performed by grasping the bar firmly, lifting from the knees, and keeping a straight back. Participants are to lift the bar by straightening the knees until the individual is in a fully upright position with a straight back and fully extended arms.
4. The weight is to be lifted on a level plane, parallel to the ground, until it reaches the mid-thigh position. The body must be kept in a safe (braced) position throughout the exercise.
5. Participants are to conduct between 3-5 preparatory repetitions throughout the ladder of the allocated pre-loaded weights before highlighting to the PTI they are ready to conduct their 1RM assessment by using the command 'test staff'. Individuals are to conduct the 1RM assessment on their selected pre-loaded weight by completing a minimum of 3 and a maximum of 10 repetitions.
6. Upon completion of each preparatory lift of between 3-5 repetitions, Participants can rest from between 30 seconds to 1 minute before conducting the next pre-loaded weight within the HBD ladder.
7. When conducting the 1RM maximal effort assessment, based on form, the PTI can provide advice to the Participant (at participants request) if they should move ahead to the next pre-loaded weight within the ladder.

¹² Due to any Physical Training Equipment (PTE) resources issues, there may be a requirement to initially scope the range of Olympic Hex Bars needed. For example, ask participants what their anticipated starting weight will be. This may permit commencing the incremental lifts on the 60kg bar(s), rather than the 40kg. OICs and PTIs are to co-ordinate accordingly and as the participants present.

Standards

8. The Estimated 1RM table is shown below:

SCA Hex Bar Deadlift – Estimated 1RM Table ¹³					
1 rep	40kg	60kg	80kg	100kg	120kg
2 reps	42	63	84	106	128
3 reps	44	65	88	108	130
4 reps	45	67	90	110	132
5 reps	47	69	92	116	138
6 reps	48	71	96	118	140
7 reps	49	72	98	120	144
8 reps	50	75	100	124	150
9 reps	51	78	104	130	154
10 reps	52	80	108	134	160

9. The predicted 1RM is taken from the scoring matrix below and rounding is to the nearest score. Example: 7 x 80kg = 98kg (1RM) and is recorded as a 9 (95kg).

Hex Bar Deadlift (kgs) - recorded in kg														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
40	45	50	57.5	65	72.5	80	87.5	95	102.5	110	117.5	125	132.5	140

Equipment

10. The equipment requirements are shown below:

- Lifting platform / solid surface (not a wooden gym floor).
- Olympic Hex Bar(s).
- Olympic Weight Discs and collars.
- HBD Procedural Brief and Results Sheet(s).

Venue

11. The HBD element of the SCA will normally be performed in a gymnasium however any dry, warm, and well-ventilated area will suffice.

Duties

12. The OIC and PTI(s) are responsible for the administration and safe conduct of the assessment and recording participants' scores on the results sheet.

¹³ Brzycki, Matt (1998). A Practical Approach to Strength Training. McGraw-Hill.
Baechle TR, Earle RW, Wathen D (2000). Essentials of Strength Training and Conditioning, 2: 395-425.
dos Remedios R (2007) Men's Health Power Training, Rodale Inc. 23.

Safety

13. The OIC and PTI(s) are to ensure the following:
 - a. Any equipment used is serviceable and suitable for the activity.
 - b. The participants carry out the exercise in a safe and secure manner.
 - c. Participants have removed all jewellery and rings (where rings cannot be removed, they are to be taped)¹⁴.
 - d. Hair is to be tied back and secured off the shoulders.

Assessment procedures and protocol

14. The OIC is to ensure that:
 - a. The HBD procedural brief is read to all participants and any questions that may arise are answered.
 - b. Ensure participants have undergone a thorough and specific warm-up conducted by the PTI.
 - c. Participants who fail to comply with the instructions given on the HBD procedural brief are withdrawn from the assessment.
 - d. Participants are monitored closely throughout to ensure adherence to the assessment protocols and advised as necessary.
 - e. Scores (in kgs) for each participant are recorded on the results sheet(s).

¹⁴ Watches or Heart Rate Monitors can be worn.

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Hex Bar Deadlift – Procedural Brief (delivered by the OIC)

Aim

1. The aim of the Hex Bar Deadlift (HBD)¹⁵ element of the SCA is to measure your Lower Limb Muscular Strength.

Assessment Criteria

2. Participants are to conduct between 3-5 preparatory repetitions throughout the ladder of the allocated pre-loaded weights before highlighting to the PTI they are ready to conduct their 1RM assessment by using the command 'test staff'. You will then be required to complete between 3-10 repetitions building at a maximal effort using a hex bar weight appropriate to you. This weight will be converted to determine a 1 x repetition maximum (1RM).
3. The PTI will set up the weights available (40-120kg) as shown in the Estimated 1RM table below: The scoring range is outlined in **bold**.

SCA Hex Bar Deadlift – Estimated 1RM Table ¹⁶					
1 rep	40kg	60kg	80kg	100kg	120kg
2 reps	42	63	84	106	128
3 reps	44	65	88	108	130
4 reps	45	67	90	110	132
5 reps	47	69	92	116	138
6 reps	48	71	96	118	140
7 reps	49	72	98	120	144
8 reps	50	75	100	124	150
9 reps	51	78	104	130	154
10 reps	52	80	108	134	160

4. The predicted 1RM is taken from the scoring matrix below and rounding is to the nearest score. Example: 7 x 80kg = 98kg (1RM) and is recorded as a 9 (95kg).

Hex Bar Deadlift (kgs) - recorded in kg														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
40	45	50	57.5	65	72.5	80	87.5	95	102.5	110	117.5	125	132.5	140

¹⁵ The Hex Bar Deadlift was chosen over the conventional Olympic Bar Deadlift as there is less requirement for Range of Movement (RoM) at the Pelvis, Lumbar Spine, and Hip Complex (PLHC). Typically, our military population have limited RoM at the ankle and lumbar spine and the Hex Bar compensates for this limitation. Equally, the Hex Bar achieves greater torque at the knee compared to that of the hip.

¹⁶ Brzycki, Matt (1998). A Practical Approach to Strength Training. McGraw-Hill.

Baechle TR, Earle RW, Wathen D (2000). Essentials of Strength Training and Conditioning, 2: 395-425.

dos Remedios R (2007) Men's Health Power Training, Rodale Inc. 23.

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Hex Bar Deadlift – Procedural Brief (delivered by the OIC)

5. The following are examples:
- 40kg for 7 reps = a predicted 1RM of 49kg. The score is recorded as 2.
 - 60kg for 8 reps = a predicted 1RM of 75kg. The score is recorded as 6.
 - 80kg for 5 reps = a predicted 1RM of 92kg. The score is recorded as 9.
 - 100kg for 4 reps = a predicted 1RM of 110kg. The score is recorded as 11.
 - 120kg for 6 reps = a predicted 1RM of 140kg. The score is recorded as 15.

Demonstration and assessment requirements

6. **Demonstration.** Watch this way for a complete demonstration of the exercise (the OIC should describe the assessment requirements highlighting start and finish position / body shape / common errors). Prior to the start of the assessment, you are to:
- Familiarise yourself with the **‘start position’**.
 - This is stood centrally in the middle of the hex bar.
 - Feet placed at approximately shoulder width apart.
 - Body flexed at the hip girdle in the squat position.
 - Hands placed in the correct position (for example: palms towards the mid-line of the body), from which you can commence the exercise. **The handles must be facing downwards¹⁷.**
7. **Assessment requirements.** The assessment requirements for a HBD are:
- From the start position and on the command **‘prepare to lift – lift’**, you are to commence the exercise by straightening your legs, lifting from the lower back and shoulder girdle until your legs are fully locked at the knees, arms straight with the bar at mid-thigh height. Your core should remain braced.
 - You are to lower the hex bar returning it to the floor under control prior to continuing the next repetition until maximum effort is achieved. Your core should remain braced.
 - At all times the bar must be kept parallel to the floor when both lifting and lowering it.
 - The PTI will record your final repetition. On completion of the assessment, you are to move to the holding area and await further direction.

¹⁷ This further reduces the RoM at the hip and likelihood of Lumber Spine injury. See footnote 12 above.

Scoring

8. If you fail to carry out the preparatory HBD correctly you will be given a maximum of 2 x attempts to reset your starting weight¹⁸.
9. Once your HBD is complete, your 1RM score will be recorded.

Demonstration images

10. The demonstration images are shown below:



Timings

11. There is no time limit for this element of the SCA.

Questions

12. Are there any questions?

¹⁸ Due to any Physical Training Equipment (PTE) resources issues, there may be a requirement to initially scope the range of Olympic Hex Bars needed. For example, ask participants what their anticipated starting weight will be. This may permit commencing the incremental lifts on the 60kg bar(s), rather than the 40kg. OICs and PTIs are to co-ordinate accordingly and as the participants present.

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Press Ups



Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Press Ups – Protocol Brief

Assessment Criteria

1. The aim of the Press Up element of the SCA is to assess your Upper Limb Anterior Muscular Endurance. Participants are to be paired off and stood directly opposite a partner to conduct the 1 minute maximal effort Press Up assessment. Upon conducting the assessment, individuals are to adopt the Press Up start position (partner to count) which consists of their chests being placed on the floor, with hands placed parallel to the chest and feet no more than 30cm apart. On the word of command '**standby go**', individuals are to commence the assessment. The following protocol must be adhered to:
 - a. Upon pushing up, elbows are to be fully extended ensuring the body is straight, whilst using the toes as a pivot to ensure a full repetition is completed correctly.
 - b. Upon conducting the lowering phase of the exercise, individuals are to ensure their arms align parallel to the floor at a 90-degree angle before pushing back to extension.
 - c. Upon stopping to rest, individuals can assume any position but must return to the start position before recommencing the exercise.
 - d. Counters are to ensure they are counting their partners repetitions aloud. Upon completion of the 1-minute assessment, the counter is to provide the score to the PTI.
2. Upon completion of the exercise, the PTI will collect individual scores. Once completed, individuals will be directed to '**one-place change**', to enable the partner to conduct the Press Up assessment.
3. Upon completion of the Press Up element, Participants will receive a minimum of 3 mins recovery before commencing the brief for the Pull Ups.

Standards

4. The standards are shown below:

Press Ups														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
10	12	14	16	18	20	23	26	29	31	34	37	40	45	50

Equipment

5. The equipment requirements are shown below:
 - a. Non-Slip Surface / mat.
 - b. Press Ups Procedural Brief and Results Sheet(s).

Venue

6. The Press Up element of the SCA will normally be performed in a gymnasium however any non-slip, dry, warm, and well-ventilated area / surface will suffice. Matting maybe required for the prone position start if outside of the gymnasium.

Duties

7. The OIC and PTI(s) are responsible for the administration and safe conduct of the assessment and recording participants' scores on the results sheet.

Safety

8. The OIC and PTI(s) are to ensure the following:
- a. Any equipment used is serviceable and suitable for the activity.
 - b. The participants carry out the exercise in a safe and secure manner.
 - c. Participants have removed all jewelry, and rings (where rings cannot be removed, they are to be taped)¹⁹.
 - d. Hair is to be tied back and secured off the shoulders.

Assessment procedures and protocol

9. The OIC / PTI(s) are to ensure that:
- a. If you fail to carry out any repetition fully, the PTI will inform the counter by saying '**no rep**'. Participants are to ensure they adapt their form accordingly to ensure the correct assessment criteria of the exercise is completed. Once the 1-minute Press Up element is complete, your score will be recorded.
 - b. The Press Up demonstration brief is delivered to all participants and any questions that may arise are answered.
 - c. Participants who fail to comply with the instructions given on the Press Up procedural brief are withdrawn from the assessment.
 - d. Participants are monitored closely throughout to ensure adherence to the assessment protocols and advised as necessary.
 - e. Scores for each participant are recorded on the results sheet(s).

¹⁹ Watches or Heart Rate Monitors can be worn.

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Press Ups – Procedural Brief (delivered by the OIC)

Aim

1. The aim of the Press Up element of the SCA is to assess your Upper Limb Anterior Muscular Endurance.

Assessment Criteria

2. You will be required to conduct an individual maximum best effort in 1-minute.

Demonstration and assessment requirements

3. **Demonstration.** Watch this way for a complete demonstration of the exercise (the OIC should describe the assessment requirements highlighting start and finish position / body shape / common errors). Prior to the start of the assessment, you are to:
 - a. Familiarise yourself with the '**start position**' which is led on the floor with your chest on the mat and with your hands placed parallel to your chest. Feet are to be no more than 30cm apart.
 - b. Your hands are to be slightly wider than shoulder width apart and in a position that you can raise your chest from the floor before returning to the lower position of the exercise.
 - c. On the command '**standby go**', you are to raise your body by extending your arms, keeping your body straight and using your toes as a pivot.
4. **Assessment requirements.** The assessment requirements for the Press Ups are:
 - a. Upon pushing up, elbows are to be fully extended ensuring the body is straight, whilst using the toes as a pivot.
 - b. Upon conducting the lowering phase of the exercise, participants are to ensure their arms align parallel to the floor with a 90-degree bend at the elbow, before pushing back to extension.
 - c. Upon stopping to rest, Participants can assume any position but must return to the start position before recommencing the exercise.
 - d. Counters are to ensure they are counting their partners repetitions aloud.
5. Once completed, individuals will be directed to "one-place change", to enable the partner to conduct the Press Up assessment.
6. Upon completion of the Press Up element, Participants will receive a minimum of 3 mins recovery before commencing the brief for the Pull Ups.

Scoring

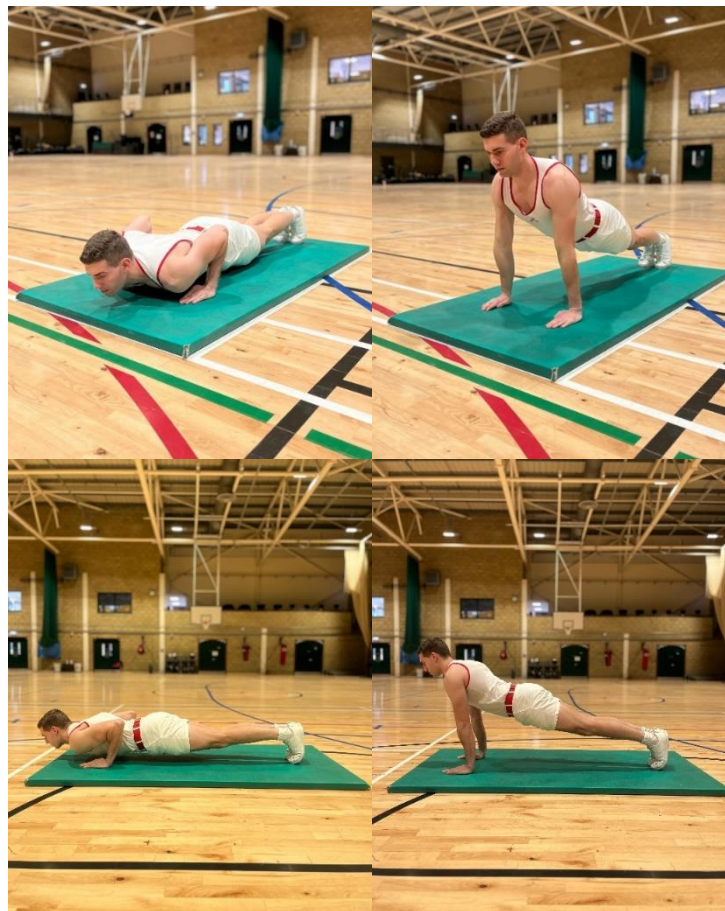
7. If you fail to carry out any repetition fully, the PTI will inform you by saying '**no press up**'. You are to return to the start position before attempting a further repetition. Once all press ups are complete, counters are to provide the score to the PTI, so it is recorded.

8. The standards are shown below:

Press Ups														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
10	12	14	16	18	20	23	26	29	31	34	37	40	45	50

Demonstration images

9. The demonstration images are shown below:



Timings

10. There is a 1-minute time limit for this element of the SCA.

Questions

11. Are there any questions?

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Pull Ups



Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Pull Ups – Protocol Brief

Assessment Criteria

1. The aim of the Pull Up element of the SCA is to assess your Upper Limb Posterior Muscular Strength. Participants are to stand directly under the pull up beam / bar in the **'at ease position'** whilst receiving a demonstration of the exercise by the PTI. Upon the word of command **'on the bar-up'** participants are to jump upwards (or be assisted) and hang by placing both hands in the over grasp position on the beam / bar. Hands are to be positioned slightly wider than shoulder width apart with arms fully extended. The arms and body are to hang straight in a natural position; this is known as the **'start position'**. This will be quickly followed by the word of command **'standby go'**, signifying to individuals that the assessment has now commenced.
2. The pull ups are performed by pulling the entire body upwards and vertical until the upper chest is parallel to the beam / bar with the head and chin above the beam / bar. Once in this position the body is to be lowered back down until full extension of the arms is achieved.
3. The participant's legs can be crossed or straight at any point during the exercise.
4. There should be no kipping or swinging at any point whilst conducting the exercise.
5. Participants are to complete pull ups to their own timings up to the point of failure. A half pull up (upper arm being parallel to the ground) can be recorded.
6. Counters are to ensure they are counting their partners repetitions aloud. Upon completion of the assessment, the counter is to provide the score to the PTI.

Standards

7. The standards are shown below:

Pull Ups														
A half score can be recorded.														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
0	0.5	1	1.5	2	2.5	3	3.5	4	5	6	7	8	9	10

Equipment

8. The equipment requirements are shown below:
 - a. Pull Up beam / bar.
 - b. Non-Slip Surface / mat.
 - c. A box / step to assist reaching starting position.
 - d. Pull Ups Procedural brief and Results Sheet(s).

Venue

9. The Pull Up element of the SCA will normally be performed in a gymnasium on Functional Training Rig. This may be indoor or outdoor however, they must be clean and dry. Heave Beams may be used where no functional training rigs are available.

Duties

10. The OIC and PTI(s) are responsible for the administration and safe conduct of the assessment and recording participants' scores on the results sheet.

Safety

11. The OIC and Conducting Staff are to ensure the following:
- a. Any equipment used is serviceable and suitable for the activity.
 - b. The participants carry out the exercise in a safe and secure manner.
 - c. Participants have removed all jewellery, and rings (where rings cannot be removed, they are to be taped)²⁰
 - d. Hair is to be tied back and secured off the shoulders.

Assessment procedures and protocol

12. The OIC is to ensure that:
- a. The Pull Up procedural brief is read to all participants and any questions that may arise are answered.
 - b. Ensure participants have undergone a thorough and specific warm-up conducted by the PTI.
 - c. Participants who fail to comply with the instructions given on the Pull Up procedural brief are withdrawn from the assessment.
 - d. Participants are monitored closely throughout to ensure adherence to the assessment protocols and advised as necessary.
 - e. Scores (reps including a half rep on the final repetition) for each participant are recorded on the results sheet(s).

²⁰ Watches or Heart Rate Monitors can be worn.

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

Pull Ups – Procedural brief (delivered by the OIC)

Aim

1. The aim of the Pull Up element of the SCA is to assess your Upper Limb Posterior Muscular Strength.

Assessment Criteria

2. You will be required to conduct an individual maximum best effort.

Demonstration and assessment requirements

3. **Demonstration.** Watch this way for a complete demonstration of the exercise (the OIC should describe the assessment requirements highlighting start and finish position / body shape / common errors). Prior to the start of the assessment, you are to:
 - a. Familiarise yourself with the '**start position**' which is stood directly under the pull up bar in the '**at ease position**'.
 - b. On the command '**on the beam / bar, up**', you are to adopt the '**hanging position**' by placing your hands onto the pull up beam / bar in an over grasp grip position, arms and body fully extended; if required you may be assisted onto the beam (for example: use of a box / step).
 - c. Your hands are to be slightly wider than shoulder width apart and in a position that you can raise your chest to the beam / bar.
4. **Assessment requirements.** The assessment requirements for the Pull Ups are:
 - a. From the hanging position and following the command '**standby go**', you are to complete pull ups to your own timings up to the point of failure. A half pull up (upper arm being parallel to the ground) can be recorded.
 - b. The pull ups are performed by pulling the entire body upwards and vertical until the upper chest is parallel to the beam / bar with the head and chin above the beam / bar. Once in this position the body is to be lowered back down until full extension of the arms is achieved. Participant's legs can be crossed or straight and there is to be no swinging or kipping.
 - c. A half score can be recorded. The upper arm must be parallel to the ground to be recorded as a half pull up.
 - d. Watch this way for a complete demonstration of the exercise (the OIC should describe the assessment requirements, highlighting start position, finish position and body shape, and may wish to point out common errors).

Scoring

5. If you fail to carry out any repetition fully, the PTI will inform you by saying ‘**no pull up**’. You are to return to the bottom position of the exercise before attempting further repetitions. Once all pull ups are complete and the individual comes off the bar / beam, your score will be recorded.

Standards

6. The standards are shown below:

Pull Ups														
A half score can be recorded														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
0	0.5	1	1.5	2	2.5	3	3.5	4	5	6	7	8	9	10

Demonstration images

7. The demonstration images are shown below:



Timings

8. There is no time limit for this element of the SCA.

Questions

9. Are there any questions?

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

SCA Results Sheet – Aerobic Assessment 2km Run

Service Number	Rank	Name	BCM			Aerobic Assessment - 2km Run (mm:ss)	Hex Bar Deadlift			Press Ups	Pull Ups
			Height (m)	Weight (kg)	Waist (cm)		Weight (kg) (40-120kg)	Reps (3-10)	Predicted 1RM (40-140kg)		
						:					
						:					
						:					
						:					
						:					
						:					
						:					
						:					
						:					
						:					
						:					
						:					
						:					
						:					
						:					
						:					

To be completed by the PTI and OIC

Appointment	Service number	Rank	Name	Signature	Date
PTI					
OIC					
	Remarks:				

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

SCA Results Sheet – Aerobic Assessment Multi-Stage Fitness Test (MSFT)

Service Number	Rank	Name	BCM			Aerobic Assessment - MSFT (00-00)	Hex Bar Deadlift			Press Ups	Pull Ups
			Height (m)	Weight (kg)	Waist (cm)		Weight (kg) (40-120kg)	Reps (3-10)	Predicted 1RM (40-140kg)		
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						-					
						-					
						-					
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To be completed by the OIC

Service number	Rank	Name	Signature	Date
Remarks:				

Core Health & Fitness: Soldier Conditioning Assessment (SCA)

SCA Results Sheet – Alternative Aerobic Assessment (A3)

Service Number	Rank	Name	BCM			Aerobic Assessment - A3 (0.00)	Hex Bar Deadlift			Press Ups	Pull Ups
			Height (m)	Weight (kg)	Waist (cm)		Weight (kg) (40-120kg)	Reps (3-10)	Predicted 1RM (40-140kg)		
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To be completed by the OIC

Service number	Rank	Name	Signature	Date
Remarks:				