

## **Navy Physical Readiness Program Operating Guide**

Journal of Health, Physical Education, Recreation  
Journal of Physical Education and Recreation  
Navy Study Group's Report on Progress of Women in the Navy  
Volunteer Training Drills  
The Good, the Bad, & the Ugly: Cleveland Indians  
Physical Fitness Manual for the U. S. Navy  
Fighting Fitness  
Naval Mine Warfare  
Anthropology and the United States Military  
Military Requirements for Senior and Master Chief Petty Officer  
Navy Performance Evaluation System  
Physical Fitness Manual for the U.S. Navy  
The Journal of Health and Physical Education  
Naval Training Bulletin  
Physical Fitness for Boys  
Naval Training Bulletin  
Military Medicine  
Military Recruiting  
The U.S. Navy Seal Guide to Fitness and Nutrition  
Pushing the Limits  
Navy Seal Physical Fitness Guide  
8 Weeks to SEALFIT  
Journal of Sports Medicine and Physical Fitness  
All Hands  
U.S. Coast Guard Aviation  
Body Composition and Physical Performance  
Naval Military Personnel Manual  
Officers Physical Training Manual, Eleventh Naval District, San Diego, California  
Yearbook  
Sensitivity and Specificity of Selected Methods of Assessing Body Composition  
All Hands Number 792  
Assessing Readiness in Military Women  
Lectures Given at the Physical Fitness Coaching School  
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The Epidemiology of Smoking Among U.S. Navy Women Recruits  
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A Historical Review and Analysis of Army Physical Readiness Training and Assessment  
Joining the United States Navy  
Physical Training Program Guidelines for U.S. Navy Recruits: Preparing Recruits for Battle Stations  
Assessing Fitness for Military Enlistment

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**The Good, the Bad, & the Ugly: Cleveland Indians**

## **Physical Fitness Manual for the U. S. Navy**

This book is for the teenager or young adult who is interested in enlisting in the United States Navy. It will walk him or her through the enlistment and recruit training process: making the decision to join, talking to recruiters, getting qualified, preparing for basic training, and learning what to expect at basic recruit training. The goal of the McFarland Joining the Military book series is to help young people who might be curious about serving in the military decide whether military service is right for them, which branch is the best fit, and whether they are qualified for and prepared for military service. Features include lists of books, web links, and videos; a glossary; and an index.

## **Fighting Fitness**

## **Naval Mine Warfare**

Sea mines have been important in naval warfare throughout history and continue to be so today. They have caused major damage to naval forces, slowed or stopped naval actions and commercial shipping, and forced the alteration of strategic and tactical plans. The threat posed by sea mines continues, and is increasing, in today's world of inexpensive advanced electronics, nanotechnology, and multiple potential enemies, some of which are difficult to identify. This report assesses the Department of the Navy's capabilities for conducting naval mining and countermining sea operations.

## **Anthropology and the United States Military**

## **Military Requirements for Senior and Master Chief Petty Officer**

## **Navy Performance Evaluation System**

This book surveys the entire field of body composition as it relates to performance. It includes a clear definition of terminology and a discussion of the various methods for measuring body composition. The authored papers represent a state-of-the-art review of this controversial field and address questions such as: What is a better measure of body composition--body fat or lean body mass? Does being overweight for one's height really affect performance? The book also addresses the issue of physical appearance as it relates to body fatness and performance. It includes an in-depth discussion

of many of the topics of interest to those involved in sports medicine and exercise physiology.

### **Physical Fitness Manual for the U.S. Navy**

Recruits at the Naval Recruit Training Center, Great Lakes, are required to complete an 8-week course of Basic Training prior to assignment to specialized schools. New requirements have been implemented to increase the physical fitness and readiness of recruits, including: (a) incorporation of Battle Stations into the final evaluation of recruits, (b) a directive instructing Recruit Division Commanders (RDCs) to assess the physical rigor of the training program to determine if the program is "too easy", and (c) a directive instructing RDCs to ensure that the physical conditioning program for women is sufficient to prepare them for successful completion of the final physical readiness test and Battle Stations. It was not within the purview of the Naval Health Research Center (NHRC) to make recommendations to change Battle Stations. NHRC was required to incorporate six physical training sessions per week. Meeting Basic Training goals can be accomplished by providing each recruit with a comprehensive physical conditioning program designed to: (a) increase aerobic endurance, (b) increase muscular strength and power, (c) increase flexibility, and (d) decrease the incidence of musculoskeletal injuries. The successful execution of the physical conditioning program will increase recruit physical fitness, prepare recruits for Battle Stations, and increase Basic Training graduation rates.

### **The Journal of Health and Physical Education**

#### **Naval Training Bulletin**

#### **Physical Fitness for Boys**

Training is about learning new skills and certifying the ability to perform them to a given standard. Section 1 begins with a one-year outline for training officers. Section 2 follows with a table of listings for each outline given in the book, indicating whether the drill is inside or outside and the preparation time needed for it. Section 3 consists of general guidelines for the training officer on how to conduct drills in a safe but effective manner. Section 4 contains the outlines of the various drills that should be conducted. They can be customized and altered, but the basic concept will provide you with a solid place to start. The safety of the members is paramount. Follow all safety precautions and conduct the drills in accordance with standards and company policies.

## **Naval Training Bulletin**

### **Military Medicine**

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### **Military Recruiting**

No book before this one has rendered the story of cigarettes -- mankind's most common self-destructive instrument and its most profitable consumer product -- with such sweep and enlivening detail. Here for the first time, in a story full of the complexities and contradictions of human nature, all the strands of the historical process -- financial, social, psychological, medical, political, and legal -- are woven together in a riveting narrative. The key characters are the top corporate executives, public health investigators, and antismoking activists who have clashed ever more stridently as Americans debate whether smoking should be closely regulated as a major health menace. We see tobacco spread rapidly from its aboriginal sources in the New World 500 years ago, as it becomes increasingly viewed by some as sinful and some as alluring, and by government as a windfall source of tax revenue. With the arrival of the cigarette in the late-nineteenth century, smoking changes from a luxury and occasional pastime to an everyday -- to some, indispensable -- habit, aided markedly by the exuberance of the tobacco huskers. This free-enterprise success saga grows shadowed, from the middle of this century, as science begins to understand the cigarette's toxicity. Ironically the more detailed and persuasive the findings by medical investigators, the more cigarette makers prosper by seeming to modify their product with filters and reduced dosages of tar and nicotine. We see the tobacco manufacturers come under intensifying assault as a rogue industry for knowingly and callously plying their hazardous wares while insisting that the health charges against them (a) remain unproven, and (b) are universally understood, so smokers indulge at their own risk. Among the eye-opening disclosures here: outrageous pseudo-scientific claims made for cigarettes throughout the '30s and '40s, and the story of how the tobacco industry and the National Cancer Institute spent millions to develop a "safer" cigarette that was never brought to market. Dealing with an emotional subject that has generated more heat than light, this book is a dispassionate tour de force that examines the nature of the companies' culpability, the complicity of society as a whole, and the shaky moral ground claimed by smokers who are now demanding recompense From the Trade Paperback edition.

### **The U.S. Navy Seal Guide to Fitness and Nutrition**

The U.S. Department of Defense (DoD) faces short-term and long-term challenges in selecting and recruiting an enlisted

force to meet personnel requirements associated with diverse and changing missions. The DoD has established standards for aptitudes/abilities, medical conditions, and physical fitness to be used in selecting recruits who are most likely to succeed in their jobs and complete the first term of service (generally 36 months). In 1999, the Committee on the Youth Population and Military Recruitment was established by the National Research Council (NRC) in response to a request from the DoD. One focus of the committee's work was to examine trends in the youth population relative to the needs of the military and the standards used to screen applicants to meet these needs. When the committee began its work in 1999, the Army, the Navy, and the Air Force had recently experienced recruiting shortfalls. By the early 2000s, all the Services were meeting their goals; however, in the first half of calendar year 2005, both the Army and the Marine Corps experienced recruiting difficulties and, in some months, shortfalls. When recruiting goals are not being met, scientific guidance is needed to inform policy decisions regarding the advisability of lowering standards and the impact of any change on training time and cost, job performance, attrition, and the health of the force. *Assessing Fitness for Military Enlistment* examines the current physical, medical, and mental health standards for military enlistment in light of (1) trends in the physical condition of the youth population; (2) medical advances for treating certain conditions, as well as knowledge of the typical course of chronic conditions as young people reach adulthood; (3) the role of basic training in physical conditioning; (4) the physical demands and working conditions of various jobs in today's military services; and (5) the measures that are used by the Services to characterize an individual's physical condition. The focus is on the enlistment of 18- to 24-year-olds and their first term of service.

### **Pushing the Limits**

### **Navy Seal Physical Fitness Guide**

### **8 Weeks to SEALFIT**

### **Journal of Sports Medicine and Physical Fitness**

### **All Hands**

Developed by a retired Navy SEAL Commander, this groundbreaking fitness regimen, providing in-depth philosophy and

training on how to develop the character traits that go into making a Navy SEAL, shows how to get the best functional workout available with the least amount of equipment. Original,

### **U.S. Coast Guard Aviation**

Genuine fans take the best team moments with the less than great, and know that the games that are best forgotten make the good moments truly shine. This monumental book of the Cleveland Indians documents all the best moments and personalities in the history of the team, but also unmask the regrettably awful and the unflinchingly ugly. In entertaining—and unsparing—fashion, this book sparkles with Indians highlights and lowlights, from wonderful and wacky memories to the famous and infamous. Such moments include the impressive playoff run in 2007 and the opening of Jacobs Field, but also the 23-2 loss to the Twins in 2003 and the debacle that was the “ten cent beer night” in 1974. Whether providing fond memories, goose bumps, or laughs, this portrait of the team is sure to appeal to the fan who has been through it all.

### **Body Composition and Physical Performance**

Will enhance the physical abilities required to perform Spec Ops mission-related physical tasks, promote long-term cardiovascular health and physical fitness, prevent injuries, accelerate return to duty, and maintain physical readiness under deployed or embarked environments. Includes an overview of physical fitness and addresses: SEAL mission-related physical activities, cardiorespiratory conditioning, running, swimming, strength training, flexibility, calisthenics, load-bearing, training for specific environments, training and sports related injuries, harmful substances that affect training, etc. Illustrated.

### **Naval Military Personnel Manual**

His family says he was a great story teller. Yet Vice Admiral Allan Rockwell McCann left no reminiscences that might reveal a deeper sense of his extraordinary service to the nation. In his four-decade military career spanning two world wars, he rarely discussed for the record the many historic circumstances that enveloped him. If you were to judge the admiral by his military awards and ribbons, they would not suggest the career he led. His signature achievement was development of a workable submarine rescue chamber. Yet Allan McCann, a man born to a Scottish tailor in a remarkable town in the Berkshire Mountains of Massachusetts, seemed to be always on the scene of historic events. Among his accomplishments, he was the Navy’s liaison officer to modify the antiquated O-12 submarine into the privately-leased Nautilus that made the first attempt to sail beneath the Arctic ice shelf in 1931. He was submarine squadron commander deployed in the Pacific

from Hawaii to search for survivors of the ill-fated Dole Air Race to Honolulu in 1927. He was aboard the sub tender Pelias and directed firepower to knock down Japanese aircraft attacking Pearl Harbor on 7 December 1941. He was commander of the battleship USS Iowa during the Battle of Leyte Gulf. He was Chief of Staff of the mysterious Navy's 10th Fleet that stymied a last ditch effort by Nazi Germany to attack North America via U-boats in Operation Teardrop. He was commander of a Navy task force taking President Harry S. Truman to the Potsdam talks in 1945 and relayed the message to him that an atomic bomb had been exploded over Hiroshima. As ComSubPac, he was aboard the first submarine in 1947 to navigate under the polar ice. He also was the Navy Inspector General who assumed a pivotal role in the so-called Revolt of the Admirals in 1949. Throughout his naval career, Admiral McCann was widely revered as a very efficient, competent officer who succeeded in many endeavors but did not boast of them nor seek self-promotion. Rather, he let the record speak for him. This book is an overdue appreciation of the admiral who has all but been ignored in naval history.

### **Officers Physical Training Manual, Eleventh Naval District, San Diego, California**

This study addressed several issues related to the course of smoking among young women entering the US Navy. The smoking experience of women entering the Navy was described, and their smoking prevalence was compared to civilians. The effect of an involuntary, 8-week smoking ban during recruit training on recruits' smoking perceptions and intentions was examined. Three months after leaving recruit training, baseline smokers were reassessed to determine the impact of the eight weeks of enforced cessation on smoking relapse. Finally, nonresponse to the 3-month assessment and its potential effect on validity of findings was investigated. About 5,500 women were surveyed over a 1-year period at entry to recruit training. Standardized comparisons showed the smoking rate among recruits was higher than civilians' (38.7% versus 28.8%, respectively) controlling for differences in age, race, and education. Age, education, and race/ethnicity were related to smoking prevalence at entry. As a result of the 8-week smoking ban, there was a 39% reduction in the percent of all women recruits who perceived themselves as smokers from entry to graduation from recruit training. Age, education, race/ethnicity, level of baseline smoking and addiction, and intentions to smoke were related to changes in perceptions of being a smoker, or the maintenance of consistent positive perceptions of being a nonsmoker. Similarly, changes in intentions to smoke were associated with sociodemographic and baseline smoking variables. Those with any smoking experience at entry were surveyed 3-months after leaving recruit training to determine subsequent short-term effects of the involuntary smoking ban. Response rate to the follow-up survey was 39%. Reluctant respondents were not different from those responding promptly to the original survey, but nonrespondents as a group were less educated, had a higher prevalence of baseline smoking, and were more frequent smokers than respondents. Sixty-eight percent had relapsed at the follow-up. Relapse rates varied by sociodemographic characteristics, entry and graduation smoking variables, entry-to-graduation changes in perceptions and intentions to smoke, and Navy factors. The type of smoker one was at entry to the Navy was an important predictor of relapse, with 89% of daily smokers smoking at the 3-month follow-up. Results suggest

that the 8-week involuntary ban on smoking was useful in bringing about changes in self-reported smoking status and in helping some individuals stay off cigarettes once they leave recruit training, although policy alone cannot be expected to be effective for all smokers. High relapse rates particularly among heavier smokers underscore the need for educational/motivational efforts during recruit training to help maintain the quit status achieved during those eight weeks.

### **Yearbook**

### **Sensitivity and Specificity of Selected Methods of Assessing Body Composition**

Reviews the recruiter incentive systems that the military services use to optimize the performance of military recruiters and ensure that only fully qualified applicants are enlisted. Reviews the services' recruiting processes to: (1) screen, select, and train recruiters; (2) screen, select, and prepare recruits for basic training; and (3) measure and reward recruiter performance. Identifies practices in each service that enhance recruiter performance and retention of recruits and could be expanded to other services.

### **All Hands Number 792**

### **Assessing Readiness in Military Women**

Covers basics of physical well-being, advice for challenges encountered in extreme conditions and mission-related activities.

### **Lectures Given at the Physical Fitness Coaching School**

An edited collection of ethnographic research that seeks to provide visions of and for US military culture from a solid anthropological base. The volume explores several important but relatively unknown cultural variations in the defense community through a variety of lenses. A strong list of contributors highlight important issues such as: anthrax vaccines, the 'Golden Age' culture of the military, gender roles among army spouses, weight control and physical readiness, the military advisor, and the United States Naval Academy.

### **Dissertation Abstracts International**

## **The Epidemiology of Smoking Among U.S. Navy Women Recruits**

"The Drillmaster of Valley Forge-Baron Von Steuben-correctly noted in his "Blue Book" how physical conditioning and health (which he found woefully missing when he joined Washington's camp) would always be directly linked to individual and unit discipline, courage in the fight, and victory on the battlefield. That remains true today. Even an amateur historian, choosing any study on the performance of units in combat, quickly discovers how the levels of conditioning and physical performance of Soldiers is directly proportional to success or failure in the field. In this monograph, Dr. Whitfield "Chip" East provides a pragmatic history of physical readiness training in our Army. He tells us we initially mirrored the professional Armies of Europe as they prepared their forces for war on the continent. Then he introduces us to some master trainers, and shows us how they initiated an American brand of physical conditioning when our forces were found lacking in the early wars of the last century. Finally, he shows us how we have and must incorporate science (even when there exists considerable debate!) to contribute to what we do-and how we do it-in shaping today's Army. Dr. East provides the history, the analysis, and the pragmatism, and all of it is geared to understanding how our Army has and must train Soldiers for the physical demands of combat. Our culture is becoming increasingly "unfit," due to poor nutrition, a lack of adequate and formal exercise, and too much technology. Still, the Soldiers who come to our Army from our society will be asked to fight in increasingly complex and demanding conflicts, and they must be prepared through new, unique, and scientifically based techniques. So while Dr. East's monograph is a fascinating history, it is also a required call for all leaders to better understand the science and the art of physical preparation for the battlefield. It was and is important for us to get this area of training right, because getting it right means a better chance for success in combat.

## **Ashes to Ashes**

## **A Historical Review and Analysis of Army Physical Readiness Training and Assessment**

Includes list of aviator numbers (names of all those who earned pilots wings, 1916-1996).

## **Joining the United States Navy**

## **Physical Training Program Guidelines for U.S. Navy Recruits: Preparing Recruits for Battle**

## **Stations**

### **Assessing Fitness for Military Enlistment**

U.S. military personnel are required to adhere to standards of body composition, fitness, and appearance to achieve and maintain readiness--that is, the maintenance of optimum health and performance so they are ready for deployment at any moment. In 1992, the Committee on Military Nutrition Research reviewed the existing standards and found, among other things, that the standards for body composition required for women to achieve an appearance goal seemed to conflict with those necessary to ensure the ability to perform many types of military tasks. This report addresses that conflict, and reviews and makes recommendations about current policies governing body composition and fitness, as well as postpartum return-to-duty standards, Military Recommended Dietary Allowances, and physical activity and nutritional practices of military women to determine their individual and collective impact on the health, fitness, and readiness of active-duty women.

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