



The ACFT Leg Tuck and Small Unit PRT Plan Guide

Student Guide



Time Estimate 4 Hours – ***(2 Hours Instruction-2 Hours Unit Application)***

Materials Needed

- Army Physical Fitness Uniform
 - Army Combat Uniform
 - Approved Army Climbing Bars
 - Notebook
 - Black Ink Pen
 - Performance Checklists ***(found in Student Guide)***
 - Weekly small unit readiness calendars ***(found in Student Guide)***
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Course Facilities Used

In the course

- Noncommissioned Officer Leader Center of Excellence Physical Readiness Field ***(map found in the student guide)***
 - Noncommissioned Officer Leader Center of Excellence SGM-A classroom Room 101
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Slides

The following are the slides that we will cover within this:

- #1-Instructor Introduction & Background
- #2-Agenda
- #3-Course Overview
- #4-Review Course Objectives
- #5-Ice Breaker Video Presentation
- #6-Foundations of Effective Small Unit PRT Training
- #7-Small Unit PRT Planning Approval
- #8-Army Leg Tuck Event
- #9-Bent-Leg Raise Exercise
- #10-Leg Tuck and Twist
- #11-Alternating Grip Pull-Up
- #12-Demonstrations and Individual Application
- #13-Unit Application

- #14-Assessments
- #15-Questions

Course Overview

This course is a 120-minute classroom face-to-face experience that will include classroom education and Physical Readiness Hands-on Training. In addition, students will be presented with an additional 120-minutes of practical application at the unit before the final assessment. The course will begin with video presentations and lectures of correct leg-tuck execution and the three applicable training exercises as dictated within the Army TC 3-22.20. The students will then in a classroom under facilitator supervision collaboratively develop a one-week small unit physical readiness training plan that will aims to increase human performance within the ACFT leg-tuck event. Upon completion of the classroom portion of instruction the students will be shown the proper execution of the leg-tuck event and three approved training exercise using the Army by the number's method of demonstration on an approved PRT filed. The students will be given the opportunity to practice and demonstrate the skills of the leg-tuck and three training exercises. Finally, the students will move under facilitator supervision back to their units where they will apply newly formed leg-tuck skills into training application. The course concludes with an assessment that will be given upon completion of the 120-minute unit application.

Course Pre-Requisites

None

Instructor Information

Instructor Name: SSG John Doe

Email: John.m.doe.mil@us.army.mil

Telephone: 915-000-0000

Office Hours: M-F 0900hrs-1700hrs

Instructional Methods: Video Presentations, lectures, hands-on practice,
unit application

Course Objectives

After completing this course, Army Team Leaders will be able to:

1. In a classroom environment, describe and demonstrate the knowledge necessary to build an effective small unit physical readiness training program, within their unit, to successfully prepare soldiers in their formation of execution of the ACFT leg-tuck event.
2. Produce to the total force Army structure a certified trainer that can demonstrate on an (approved physical readiness training field) they can properly individually execute and train soldiers for the ACFT leg tuck event.

Course Activities

- Course Introductions and overview
 - Issue Course Material
 - Pre-Test
 - Video Presentations
 - Lectures
 - Demonstrations
 - Individual and Unit Practical Application
 - Post-Test
 - Reflections
 - Assessments
 - Surveys
-

Attendance Policies

Attendance: The students are required to attend all classroom and hands on practice associated with the course requirements. Any classroom or training missed within this course will result in non-certification of this course. The course schedule and timeline must be followed, and no authorized absence is authorized. The cadre for this course understands that circumstances may arise that prevent you from meeting the attendance requirements outlined within this student guide. If a circumstance should arise that prevents you from attending all the course content, let your instructor know and you will be scheduled for the next available course.

Session 1-Introduction (15 Minutes)

Topic: Course Introductions
Course Overview
Issue Course Materials
Written Pre-Assessment

Session 2-Content Presentations (45 minutes)

Topic: Video Presentations
Instructor Lectures

Session 3-Hands on Practice (Individual) (30 minutes)

Topic: Instructor Demonstrations
Individual Student Application

Session 4-Unit Application (120 minutes)

Topic: Student Unit Application

Session 5-Course Evaluation/Conclusion (30 minutes)

Topic: Written/Hands on Post-Test Assessment
Course Survey
Course Material Turn-In
Certification Presentation

Slide 1-Introduction &

Background



IDE 737-Leg Tuck/Small Unit PRT Plan Student Guide

Notes: _____

Slide 2-Agenda



Notes: _____

Slide 3-Course Overview



Notes: _____

Slide 4-Course Objectives



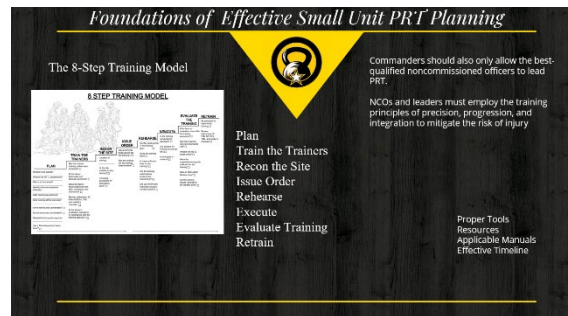
Notes: _____

Slide 5-Ice Breaker Video



Notes: _____

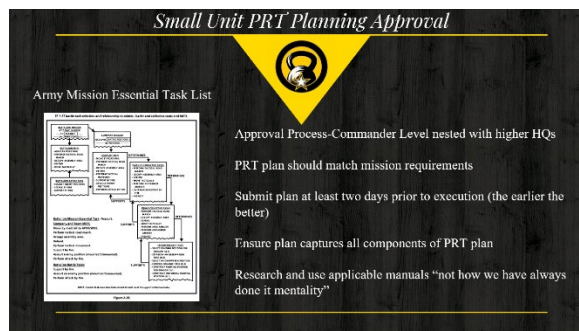
Slide 6-Foundations of Effective Small Unit PRT Planning



Notes: _____

Slide 7-Small Unit PRT

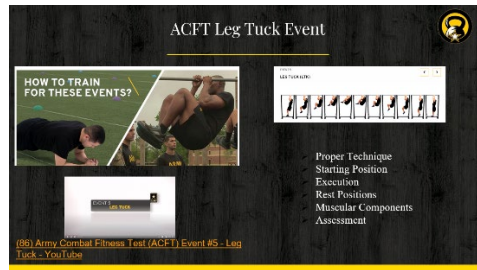
Planning Approval



Notes: _____

Slide 8-Army Leg Tuck

ACFT Leg Tuck Event



HOW TO TRAIN FOR THESE EVENTS?

LEG TUCK

ACFT TRAINING


- Proper Technique
- Starting Position
- Execution
- Rest Positions
- Muscular Components
- Assessment

(86) Army Combat Fitness Test (ACFT) Event #5 - Leg Tuck - YouTube

Notes: _____

Slide 9- Bent-Leg Raise

Bent-Leg Raise



Starting Position

The Bent-Leg Raise

Starting Position

Figure 6-4. Bent-leg raise (4 for the core)

- Proper Technique
- Starting Position
- Execution
- Rest Positions
- Muscular Components
- By the numbers

(86) Four for the Core: Bent-Leg Raise - YouTube

Notes: _____

Slide 10- Leg Tuck and Twist

Leg Tuck and Twist

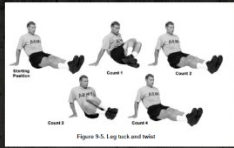



Figure 9-5. Leg tuck and twist



(86) Conditioning Drill 1: Leg Tuck and Twist - YouTube

- Proper Technique
- Starting Position
- Execution
- Rest Positions
- Muscular Components
- By the numbers

Notes: _____

Slide 11-Alternating Grip Pull-Up

Alternating Grip Pull-Up

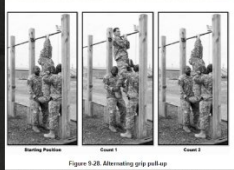



Figure 5-128. Alternating grip pull-up

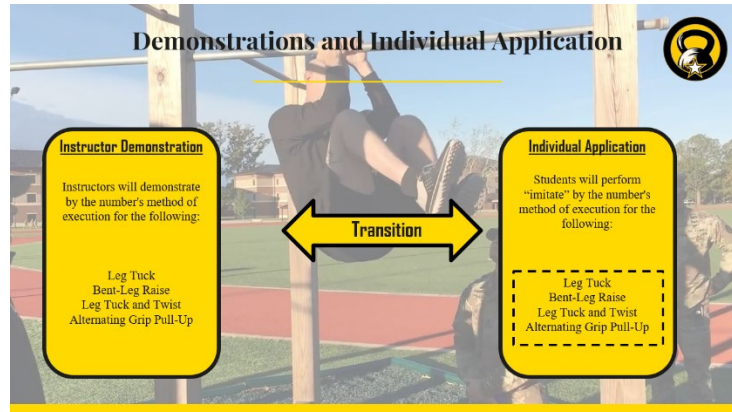


(86) Climbing Drills - Alternating Grip Pull-Up - YouTube

- Proper Technique
- Starting Position
- Execution
- Rest Positions
- Muscular Components
- Dismounting Bar

Notes: _____

Slide 12-Demonstrations and Individual Application



Notes: _____

Slide 13- Unit Application

Unit Application

Students will move to unit footprint for 48 hours of practical application.

Requirements:

- Submit two-day PRT plan to commander for approval
- Focus of PRT plan should include focus on leg tuck and three training exercises
- Lead "two" 60-minute PRT sessions (total 120 minutes)
- Session must include
 - Warm-Up (CD 1, CD 2, CD 3)-15 minutes
 - PRT workout session (focus "improvement in ACFT leg tuck event")-30 minutes
 - Cool Down-15 minutes

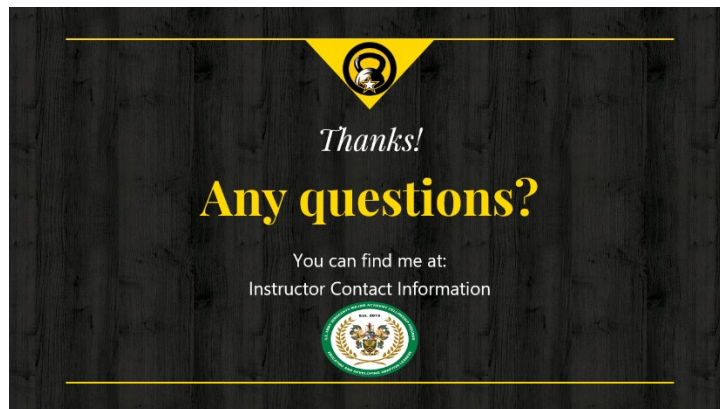
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Slide 14- Assessments

Assessments	
Tools	Data/ Information Collected
Written Pre-Test (5 Questions)	Assess and activate prior Knowledge and skills related to: 1. Small Unit PRT Training Plans 2. Army Leg Tuck Event 3. Bent-Leg Raise Exercise 4. Leg Tuck and Twist Exercise 5. Alternating Grip Pull-Up Exercise
Written Post Course Assessment (10 questions)	Assess new knowledge and skills related to: 1. Small Unit PRT Training Plans 2. Army Leg Tuck Event 3. Bent-Leg Raise Exercise 4. Leg Tuck and Twist Exercise 5. Alternating Grip Pull-Up Exercise
Performance Assessment	
Student Course Survey	1. Help ensure learning objectives were met 2. Help with course improvements for future <u>iterations</u>

Notes: _____

Slide 15-Questions



Notes: _____

Leg Tuck Exercise Performance Measures Checklist

Directions: Please indicate with a circle in the corresponding box to the degree in which you agree the Soldier has met the performance measures for each component within the Leg Tuck Exercise. Any additional comments should be provided for observations not covered within this checklist.

		Failed to Perform	Moderately Performed	Needs Practice	Performed Successfully	Performed Expertly
1	Start position of "Straight Arm Hang" was performed.	0	1	2	3	4
2	During the start position the "alternating grip" method was performed with body perpendicular to the bar.	0	1	2	3	4
3	During the start position feet are off the ground and <u>not</u> crossed to ensure soldier can fall safely from bar.	0	1	2	3	4
4	From the start position and on the command "Go" soldier engages core muscles to move knees to elbows with slight bend in the arms.	0	1	2	3	4
5	Soldier successfully returns to the "Straight Arm Hang" position to complete repetition.	0	1	2	3	4
5	Body Movement "swinging" is controlled to a minimum to replicate rope, wall, or rock climbing.	0	1	2	3	4
6	The soldier's body remains perpendicular to the bar during each repetition.	0	1	2	3	4
7	Soldier returns to the start position in control after each repetition.	0	1	2	3	4
8	If soldier drops from the bar the without returning to the "Straight Army Hang" starting position the event is terminated. <i>Skip if not applicable.</i>	0	1	2	3	4
9	Soldier completed at least the minimum number (1) repetitions IAW ACFT 3.0 standards.	0	1	2	3	4

Additional Comments

Submitted by:

Printed Name/Grade/Rank _____

Signature _____

Bent-Leg Raise Exercise Performance Measures Checklist

Directions: Please indicate with a circle in the corresponding box to the degree in which you agree the Soldier has met the performance measures for each component within the Bent-Leg Raise Exercise. Any additional comments should be provided for observations not covered within this checklist.

		Failed to Perform	Moderately Performed	Needs Practice	Performed Successfully	Performed Expertly
1	Start position of "Supine Position" was performed.	0	1	2	3	4
2	During the star position the "Supine Position" method was performed with knees bent to 90 degrees, feet flat on ground, hands placed under small of the back, head 2-4 inches off the ground, and palms on the ground.	0	1	2	3	4
4	From the start position and on the command "Ready Exercise" soldier raises both feet from the ground until knees and hips flex to 90 degrees.	0	1	2	3	4
5	Soldier concentrates on amount of pressure placed on the hands from the spine, slowly straightens his/her legs and maintains pressure for determined amount of time up to 60 seconds.	0	1	2	3	4
5	If soldier needs to rest the knees are brought back to the chest for no longer than 3-5 seconds and then resumes effort.	0	1	2	3	4
6	Soldier returns to the starting position on the command "starting position move."	0	1	2	3	4

Additional Comments

Submitted by:

Printed Name/Grade/Rank _____

Signature _____

Leg Tuck and Twist Exercise Performance Measures Checklist

Directions: Please indicate with a circle in the corresponding box to the degree in which you agree the Soldier has met the performance measures for each component within the Leg Tuck and Twist Exercise. Any additional comments should be provided for observations not covered within this checklist.

		Failed to Perform	Moderately Performed	Needs Practice	Performed Successfully	Performed Expertly
1	Start position of "Supported reclining seated" was performed.	0	1	2	3	4
2	During the start position the "supported reclining seated position" method was performed with hands on the ground to the rear of the shoulders, and palms facing down.	0	1	2	3	4
3	During the start position legs are straight and kept together with the feet 8-12 inches off the ground.	0	1	2	3	4
4	From the start position and on count "one" soldier raises legs while rotating onto the left buttock and draws knees to left shoulder. Soldier maintains control of the leg movements and trunk position.	0	1	2	3	4
5	On count "two" soldier reverses movement performed on count "one" to return to the starting position.	0	1	2	3	4
5	On count "three" soldier repeats count "one" but this time rotating legs to the right.	0	1	2	3	4
6	On count "four" soldier reverses movement on count "three" to return to the starting position.	0	1	2	3	4

Additional Comments

Submitted by:

Printed Name/Grade/Rank _____

Signature _____

Alternating Grip Pull-Up Exercise Performance Measures Checklist

Directions: Please indicate with a circle in the corresponding box to the degree in which you agree the Soldier has met the performance measures for each component within the Alternating Grip Pull-Up Exercise. Any additional comments should be provided for observations not covered within this checklist.

		Failed to Perform	Moderately Performed	Needs Practice	Performed Successfully	Performed Expertly
1	Start position of "Extended Arm Hang" was performed.	0	1	2	3	4
2	During the start position the "closed alternating grip" method was performed with body perpendicular to the bar.	0	1	2	3	4
3	If soldier states, no spotter needed the "two" soldier spotter is not required. <i>If not applicable skip step on checklist.</i>	0	1	2	3	4
4	If spotter is needed the "two" required spotters assume staggered stance positions in the front and back of the exerciser.	0	1	2	3	4
5	The front spotter places hands in front of exerciser at chest height to support the exerciser if grip fails.	0	1	2	3	4
5	The rear spotter holds the exercisers feet against their thighs or abdomen to support the exercisers movement upward.	0	1	2	3	4
6	On count "one" exerciser flexes elbows to raise body up so that the head moves to the side of the bar.	0	1	2	3	4
7	On count "two" exerciser returns to the starting position.	0	1	2	3	4
8	Exerciser repeats exercise 5-10 times as applicable	0	1	2	3	4
9	On the command "dismount" the spotters assist exerciser safely back to the ground.	0	1	2	3	4

Additional Comments

Submitted by:

Printed Name/Grade/Rank _____

Signature _____

Small Unit ACFT Weekly Training Plan

DATE _____



2nd Battalion, 18th Inf Regiment
1st Platoon, 1st Squad, Alpha Team

	MON	TUES	WED	THUR	FRI	SAT	SUN
TARGET EVENT							
TEAM WORKOUT							
EXERCISES							

NAME _____

APPROVED

YES/NO

SIGNATURE _____

DATE _____

Student Map

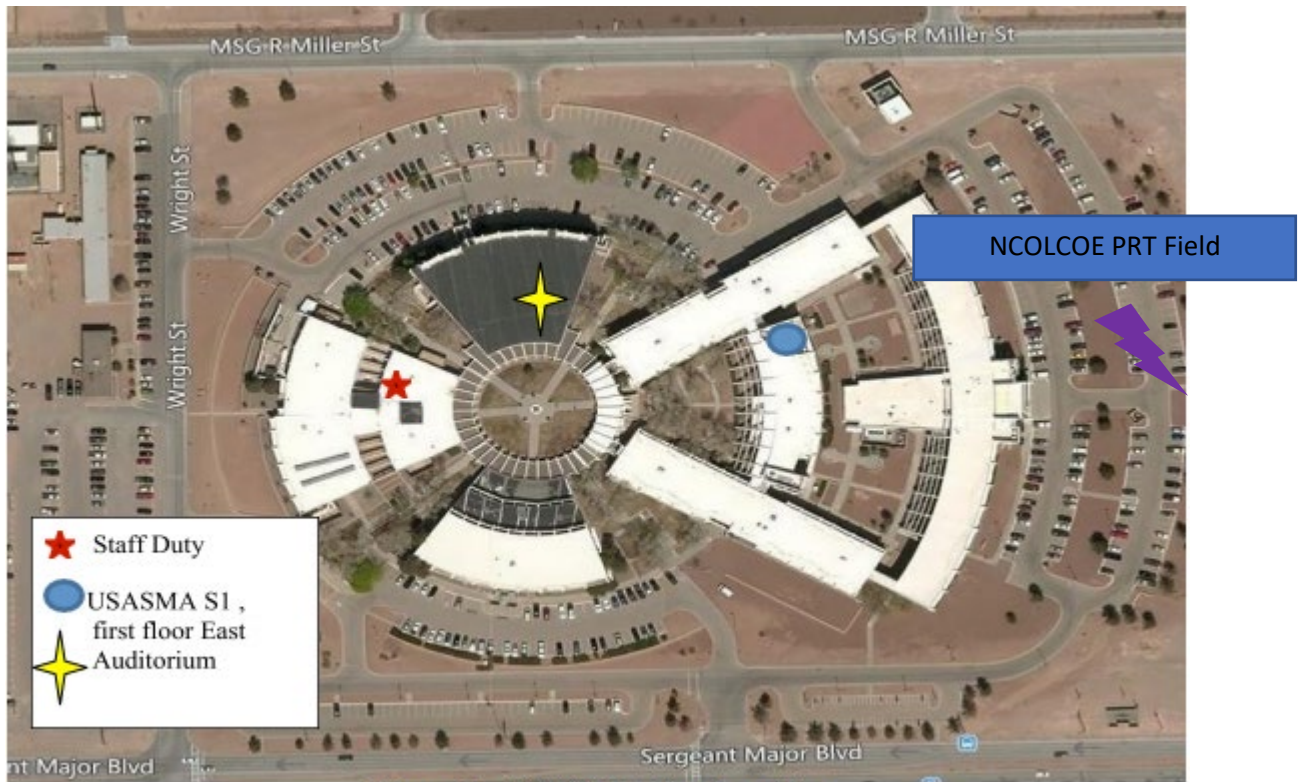


Figure 1 – USASMA Key Locations