

In urban operations, caring for casualties is significantly different from performing the same tasks in other types of terrain.



buildings, and going between rooms.

• If MOUT operations continue for any period of time, the infantry units must refine their expectations concerning the number and types of casualties they will encounter. This will be a team effort involving both the infantry and the medical leaders, and it will improve the medical platoon's chances of providing the best possible medical care to the infantry soldiers of the supported unit.

• Both the infantry and the medical units must always be ready and willing

to innovate. Every MOUT environment will be different, and medical support will have to be adjusted to meet the changing situation.

• Finally, all leaders should read *The Battle for Hue*, by Keith Nolan, a Vietnam war account of operations in a most difficult MOUT environment.

We know one thing for certain—in a future war we will conduct operations on urbanized terrain. Our infantry soldiers will be called on to fight in small teams scattered in buildings and rooms and will

meet the opposing force at almost every turn. Some will become casualties.

Accordingly, our MOUT training programs must consider these points if we expect good health service support to be available to those infantrymen when and where they need it.

Captain David A. Rubenstein, a Medical Service Corps officer, is an instructor at the Academy of Health Sciences at Fort Sam Houston. Among other assignments, he has served as a medical platoon leader with the 1st Battalion, 7th Infantry, and as S-2/S-3 of the 3d Medical Battalion, 3d Infantry Division in Europe.

The British PT Corps

CAPTAIN KELLY E. DeWITT

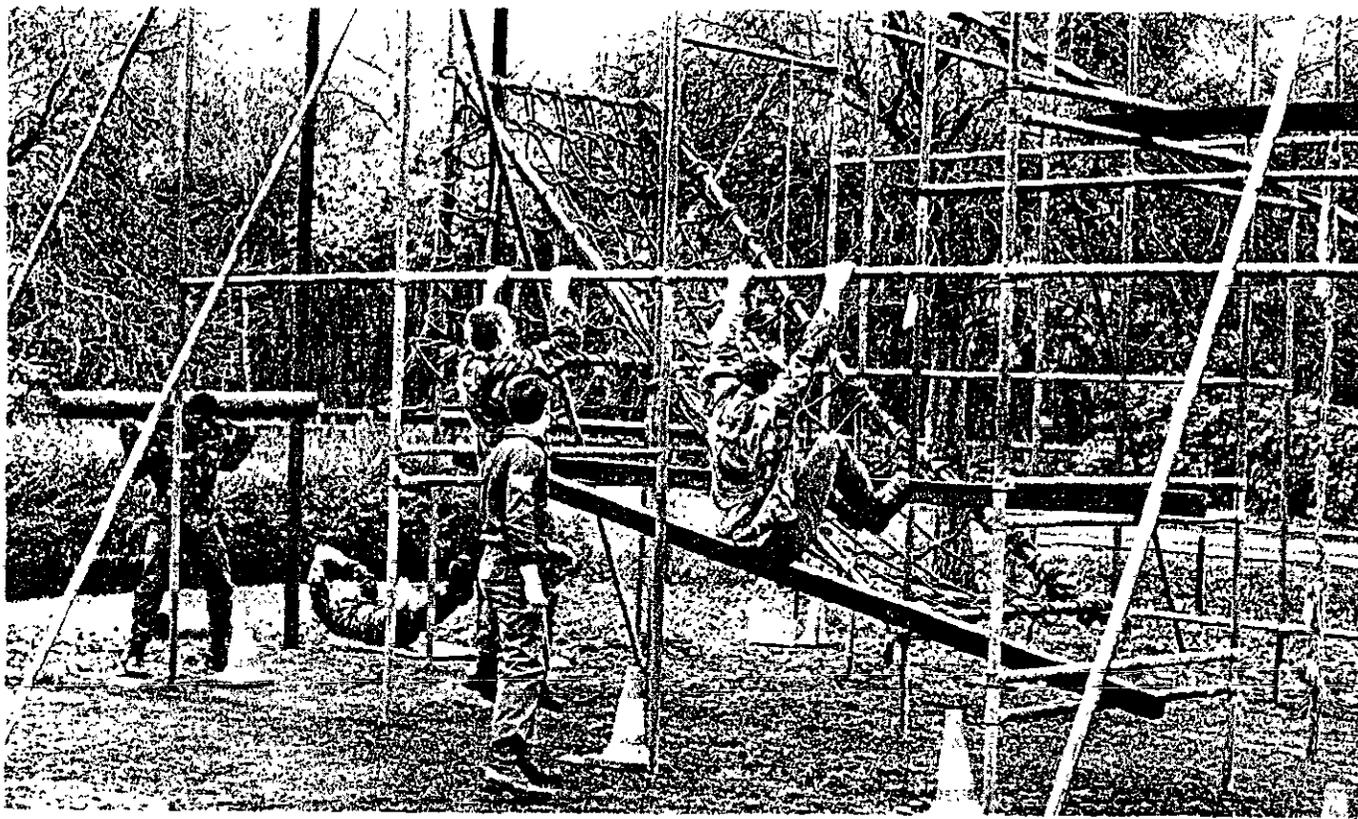
The United States Army expends a considerable amount of resources in training people to conduct preventive maintenance on its equipment. But does it expend a comparable amount on training personnel to maintain the health and physical conditioning of its soldiers? Probably not.

By contrast, the British Army has made an investment in and a commitment to the

physical conditioning of its soldiers by establishing a permanently staffed Physical Training Corps—a single organization that is totally responsible for coordinating the Army's physical training efforts. This method has proved highly effective in maintaining the health and physical conditioning of British soldiers, and it may be beneficial for us to take a look at that Corps and how it works

The roots of the PT Corps go back to 1860 when 12 noncommissioned officers drawn from various units were sent to Oxford University for a course at the Gymnastic School. The first graduates, called "the Apostles," formed the nucleus of the Army Gymnastic Staff, which by the beginning of World War I numbered 172.

During the war, 2,000 officers and



Students in the Assistant Instructors Course being instructed in methods of conducting circuit training.

22,500 NCOs trained as assistant instructors, and the best of these were taken to reinforce the Army Gymnastic Staff. The Staff also trained Allied personnel, including U.S. Army officers, as instructors at its school in France, and in 1917 assisted with the physical training of U.S. Army units in the United States.

After World War I, the number of people on the staff decreased along with the demobilization of the rest of the Army. But in 1922, a hygiene specialist from the Royal Army Medical Corps was assigned to the PT School, which put it in close touch with the medical aspects of physical training.

Fourteen years later, in 1936, when an ever-increasing number of recruits failed to meet the entry level standards for enlistment in the Regular Army, the Recruits' Physical Development Depot was formed to provide the specialized training needed to bring them up to the desired standard. The program included a minimum of military training and a maximum of physical training.

The threat of war in 1939 resulted in the introduction of "National Service," and once again the PT staff instructor requirements increased. Later, after the British experience at Dunkirk in 1940, it

was decided that the PT Staff should be formed into a combatant corps; on 16 September 1940, it was redesignated the Army Physical Training Corps.

Swimming now became an important part of the training; soldiers were taught to swim in full combat gear and to ferry their equipment across water obstacles, training that came to be called "battle swimming." Competitive games and recreation, which were considered valuable in instilling the "warrior spirit," also became important augmentations to the physical conditioning on the troop transports to the Middle East.

In 1942, the motto "Fighting Fit and Fit to Fight" was adopted, and the Corps lived by these words during the intensive training periods that eventually culminated in the opening of a second front in France in June 1944. Toughening courses—climbing, scaling walls, endurance training, and close combat—were conducted for officers and NCOs.

By the end of the war, more than 22,000 individuals had attended physical training instructor courses at the Army School of Physical Training at Aldershot. Thousands more had received training through the various physical training schools established by the major com-

mands. More than 3,000 PT Corps instructors served in every theater of operation, and they emerged with the distinguished reputation that the Corps continues to carry with justifiable pride.

Today, the Corps consists of 41 officers and 360 NCOs. To place these numbers and the effectiveness of the Corps in perspective, however, it is necessary to emphasize that the British Army is only 148,500 strong.

Officers are selected from within the Corps and commissioned from the ranks. A soldier cannot directly enter the Army PT Corps. He must first serve a tour with a regiment or another corps after his initial military training, complete the Assistant Instructors Course, gain unit experience as an assistant, and complete the Advanced Course and the Probationers Course. Only then is he allowed to transfer into the Army Physical Training Corps. He enters as a sergeant and is assigned to a position at the Army Schools of Physical Training, training centers, military schools, or battalions.

In addition to unit assignments, members of the PT Corps can be assigned to staff positions at corps and division level or at Adventurous Training Centers. Some Corps instructors are assigned to

the Joint Services Medical Rehabilitation Unit to conduct remedial exercises and physical therapy.

The tasks performed by the Corps instructors assigned to battalions include:

- Organizing and supervising physical training classes.
- Helping the unit fitness officer select and train potential assistant instructors.
- Coaching and officiating in league soccer, track and field events, basketball, and boxing.
- Teaching elementary fencing, judo, and swimming.
- Caring for the gymnasium and the sports equipment.

Although these Physical Training Corps instructors provide the overall coordination, organization, and training for physical activities, the assistant instructors at unit level are directly responsible for implementing and conducting the commander's physical training program. Each company needs at least one instructor but is encouraged to have more, thereby reducing the size of the groups to be supervised and taking care of such other commitments as leave, schools, and field exercises.

A company commander selects soldiers to serve as assistant instructors on the basis of their demonstrated potential ability to supervise, administer and instruct in various forms of physical and recreational training. Candidates must have attained the rank of lance corporal and must have leadership qualities and the ability to instill confidence in individuals. Obviously, they must be in excellent physical condition themselves, which includes the ability to pass the military swim test.

These assistant instructors are trained at the Army School of Physical Training in the six-week Assistant Instructors Course. It includes physical training instruction practice, an introduction to anatomy and physiology, instruction on the proper performance measures in conducting the British Army Physical Training Tests, and the organization and supervision of major and minor sports and recreational activities. This last section includes volleyball, soccer, gymnastics, indoor games, wrestling, swimming, relays, obstacle courses, tugs of war, cross-country races, and log races. It teaches not only how to conduct

the events but also how to organize various types of competitive activities.

After graduation, these assistant PT instructors return to their companies to apply their instructor skills and to gain experience, normally under the supervision of the Army Physical Training instructor assigned to the battalion.

These assistant instructors are not members of the PT Corps but are assigned to their companies, where they perform physical training instruction in addition to their normally assigned duties. (Only the personnel assigned to the Physical Training Corps perform PT duties full time.) About 600 assistant instructors are trained annually with 100 of them assigned to reserve units. About 2,000 trained assistant instructors of all ranks are serving in units throughout the active Army.

The Assistant Instructors Course is only the first step on the Physical Training Corps ladder. Although most graduates of the course continue serving in their initial entry occupations, those who demonstrate an aptitude and a desire to advance their skills may compete for entry into the Physical Training Corps.



Members of the 1st Battalion, The Duke of Wellington Regiment, conducting "Battle PT"—log drills with competition.

After about two years of experience as assistant instructors, some are selected to attend the Advanced Physical Training Instructors Course. They must be corporals who are eligible for promotion to sergeant.

The three-month Advanced Course covers a more in-depth curriculum on PT instruction, theory, anatomy, and physiology, including sports injuries. It also includes an increased emphasis on recreational subjects such as rock climbing, canoeing, and mountaineering skills.

After completing the Advanced Course, and if recommended for promotion to sergeant, they are selected to attend the six-month long Probationers Course, which follows the same subject matter but with higher levels of qualification.

After completing this required training, an individual soldier is transferred to the Physical Training Corps and becomes available for assignment to various positions within the Corps.

The Physical Training Corps also conducts a wide variety of other courses in support of both fitness and recreational training, and the School of Physical Training conducts a training management course for unit fitness officers. This course prepares officers to develop, implement, and assess physical training programs for their own units.

In the British Army, recreational activities are considered an important part of any well-balanced PT program. Team sports are stressed, and courses are conducted to teach or develop individual skills. Activities include basketball, boxing, swimming, judo, soccer, fencing, first aid, orienteering, squash, rugby, gymnastics, volleyball, and arrest and restraint techniques. Most recreational courses are designed to teach beginners the fundamentals of an activity. Courses for coaches and officials for most of the activities are also conducted.

The British Army also conducts what it calls "adventurous training," which is defined as "a form of outdoor activity requiring participation in challenging pursuits which contain a risk to life and limb." The experiences from this type of training instill in the soldiers those qualities and characteristics that are vital to developing leadership and promoting

the "warrior spirit." Just as a confidence course provides excitement, challenge, and control of fears, so does well-organized and worthwhile adventurous training, but on a more permanent basis.

Since 1971, the adventurous training efforts of all services in Great Britain have been centralized by the Joint Services Adventurous Training Scheme. The purpose of the program is to expose service members to dangers, hardships, and challenges designed to develop in them the qualities of fitness, self-reliance, physical and moral courage, initiative, endurance, and independence.

The Physical Training Corps is responsible for all matters relating to adventurous training with the Army. This includes providing technical advice to commanders at all levels and advising unit adventurous training officers and helping them conduct adventurous training exercises.

ADVENTUROUS TRAINING

There are physical training instructors at ten Adventurous Training Centers, which provide adventurous training for both individuals and units. The primary aim of the courses at the center is to produce qualified unit instructors who can conduct their own unit activities safely and professionally. Although some activities are conducted almost entirely at the centers, such as gliding and free-fall parachuting, the aim is to conduct as much of the training in the units as possible, using unit instructors and leaders. One method of instruction is to let units use the centers' facilities to conduct activities under the command of their own officers and NCOs but with the assistance of the training center staff.

Each unit designates an adventurous training officer, who should have adventurous training experience and who should have attended a commanders and staff officers course at a center. An adventurous training officer should have a small cadre of officers and NCOs within his unit who are qualified to organize, lead, and conduct such activities as rock climbing, canoeing, caving, downhill skiing, cross-country skiing, sailing, free-fall parachuting, underwater

diving, gliding, and team expeditions.

Team expeditions are used to cover a variety of adventurous training activities throughout the world. Expeditions include journeys to remote areas of the world and various types of environment; three recent examples were traversing the Canadian Rockies on horseback; following the exact route taken by Cortes in his conquest of Mexico; and trekking from the Atlas Mountains to the Sahara with the aid of camels.

The demand for adventurous training has steadily increased. In 1980-1981, 24,475 soldiers took part in 889 expeditions in 34 countries; in 1985-1986 this number increased to 31,270 soldiers on 1,203 expeditions in 61 countries.

All Physical Training Corps instructors receive adventurous training during their advanced training for acceptance into the Physical Training Corps. These instructors are then capable of conducting various adventure training activities in centers or advising the unit commander on adventurous training.

From this brief history of the British Physical Training Corps, it is clear that the concept of using dedicated personnel to instruct, supervise, and conduct physical training is not a new or revolutionary idea. The importance the British Army has placed on its PT Corps structure and the results of the Corps' endeavors are well documented throughout its 127 years of existence. Some of the same ideas and concepts are now being practiced in the U.S. Army but through a variety of agencies and programs rather than a single organization such as the British Army Physical Training Corps.

The U.S. Army continues to move into bold new concepts and sophisticated weapon systems, but the physical training requirements of the American soldier remain constant and complex. Modern equipment will always become obsolete and need to be replaced, but the physical conditioning requirements of the Army will remain unchanged. We must always be "fighting fit and fit to fight."

Captain Kelly E. DeWitt is the U.S. Army Military Police exchange officer with the United Kingdom. He is assigned to the 158 Provost Company, Royal Military Police, as the operations officer, Tactical Support Element to the 1st (British) Infantry Brigade of the United Kingdom Mobile Force
