

National
DefenceDéfense
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Canada

Français
HomeContact Us
A-Z IndexHelp
SubjectsSearch
Site MapCanada Site
Defence Site

VCDS Executive

**CANFORGEN 061/11 CMP 030/11 061405Z APR 11****MINIMUM PHYSICAL FITNESS STANDARDS
RESEARCH (PROJECT FORCE)**

UNCLASSIFIED

■ **CANFORGENS**

- ▶ Search through all CANFORGENS
- ▶ 2011 Messages
- ▶ 2010 Messages
- ▶ 2009 Messages
- ▶ 2008 Messages
- ▶ 2007 Messages
- ▶ 2006 Messages
- ▶ 2005 Messages
- ▶ 2004 Messages
- ▶ 2003 Messages
- ▶ 2002 Messages
- ▶ 2001 Messages
- ▶ 2000 Messages
- ▶ 1999 Messages
- ▶ 1998 Messages
- ▶ 1997 Messages
- ▶ 1996 Messages
- ▶ 1995 Messages
- ▶ 1994 Messages
- ▶ 1993 Messages
- ▶ 1992 Messages
- ▶ 1991 Messages
- ▶ 1990 Messages
- ▶ 1989 Messages
- ▶ 1988 Messages

1. INITIATED IN 2010, PROJECT FORCE INTENDS TO VALIDATE THE CF BONA FIDE OCCUPATIONAL REQUIREMENTS (BFOR) BY DEVELOPING SCIENTIFICALLY VALID AND LEGALLY DEFENSIBLE PHYSICAL FITNESS TESTS AND STANDARDS THAT MEET THE CURRENT DOMESTIC AND DEPLOYMENT OPERATIONAL REQUIREMENT FOR CF MEMBERS. THIS MULTI-YEAR PROJECT, LED BY DIRECTOR OF FITNESS (DFIT) HUMAN PERFORMANCE RESEARCH AND DEVELOPMENT, CONSISTS OF A REVIEW OF THE CF MINIMUM PHYSICAL FITNESS STANDARDS (MPFS) TO ENSURE THAT ALL CF PERSONNEL ARE OPERATIONALLY FIT AND MEET THE UNIVERSALITY OF SERVICE PRINCIPLE. THE CURRENT MPFS ARE DEFINED BY THE 5 COMMON PHYSICAL TASKS OF UNIVERSALITY OF SERVICE, AND ARE EVALUATED BY MEANS OF THE COMMON MILITARY TASK FITNESS EVALUATION. THESE FIVE COMMON TASKS ARE THE SEA EVACUATION, LAND EVACUATION, LOW-HIGH CRAWL, ENTRENCHMENT DIG AND SANDBAG CARRY AS OUTLINED IN CFP 154 - MEDICAL STANDARDS - ANNEX D ([HTTP://HR.OTTAWA-HULL.MIL.CA/HEALTH-SANTE/PD/CFP-PFC-154/AN-DAPP2-E NG.ASP](http://hr.ottawa-hull.mil.ca/health-sante/pd/cfp-pfc-154/an-dapp2-e-ng.asp)). CF MEMBERS ARE EVALUATED YEARLY BY MEANS OF THE CF EXPRES TO PREDICT PERFORMANCE ON THE FIVE COMMON TASKS

2. THE GOAL OF THE PROJECT IS TO REVIEW THE CURRENT COMMON MILITARY TASKS AND THE COMPONENTS OF THE YEARLY EVALUATION TO ENSURE THEY ARE REFLECTIVE OF CURRENT CF EMPLOYMENT AND DEPLOYMENT. RESEARCH HAS BEEN CONDUCTED TO DETERMINE WHAT TASKS ANY CF MEMBER MIGHT BE REASONABLY EXPECTED TO PERFORM IN VARIOUS SITUATIONS. ALL TYPES OF DOMESTIC AND FOREIGN MISSIONS HAVE BEEN CONSIDERED, INCLUDING ROLES OF SECURITY, DISASTER RELIEF, COMBAT AND AID TO OTHER GOVERNMENT AGENCIES. A WIDE RANGE OF SOURCES OF INFORMATION HAVE BEEN USED, SUCH AS OBSERVATIONS, OPERATIONAL REPORTS, SURVEYS, FOCUS GROUPS AND INTERVIEWS WITH CF MEMBERS SO AS TO DETERMINE THE MOST PHYSICALLY DEMANDING COMMON TASKS. IN THE NEXT PHASE OF THE RESEARCH, THE PHYSICAL DEMANDS OF THESE TASKS WILL BE DEFINED IN DETAIL THROUGH MILITARY SME FOCUS GROUPS AND THEN MEASURED ON ARMY, AIR FORCE AND NAVY PERSONNEL. THESE MEASUREMENTS WILL BE USED TOWARDS THE DEVELOPMENT OF A NEW TEST AND CORRESPONDING MINIMAL STANDARDS, WHICH WILL AGAIN REQUIRE A LARGE PARTICIPATION FROM ALL ENVIRONMENTS. UPON APPROVAL OF THE NEW TEST BY ARMED FORCES COUNCIL, ITS IMPLEMENTATION WILL BE SET INITIALLY AS A TRAINING OBJECTIVE. THE ACCURACY AND SUCCESS OF

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PROJECT FORCE IS LARGELY DEPENDENT OF THE PARTICIPATION OF CF PERSONNEL DURING EACH PHASE OF THE RESEARCH

3. MORE INFORMATION CAN BE FOUND IN THE CMP STRATEGIC INITIATING DIRECTIVE (NUM)04/10 MINIMAL PHYSICAL FITNESS STANDARDS RESEARCH (PROJECT FORCE) OR BY CONTACTING THE PROJECT FORCE PROJECT MANAGER AT [JACQUELINE.LAFRAMBOISE AT FORCES.GC.CA](mailto:JACQUELINE.LAFRAMBOISE@FORCES.GC.CA)
4. SIGNED BY RADM A. SMITH, CMP

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Important notices