

CRM LESSON PLAN REPORT
CONDUCT DIVER PHYSICAL FITNESS TEST (CRM)
052-DVPQ-A02 / 19.0 ©

Approved
18 Jun 2018

Effective Date: 18 Jun 2018

SCOPE:

None

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the MSCOE foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

SECTION I. ADMINISTRATIVE DATA

All Course Masters/POIs Including This Lesson

Courses				
<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
None				

POIs				
<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
2E-SI5V/433-12D10	19.0 ©	Diver	0	Commandant Approved

Task(s) Taught(*) or Supported

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>

Reinforced Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>

Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
None			

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
052-S-00680	Ability to swim 500 yards (450 meters) unassisted in 12 minutes and 30 seconds or less	No	Yes
052-S-00679	Ability to Tread Water Unassisted for 5 Minutes	No	Yes
052-S-00681	Ability to Perform 6 Unassisted Pull-Ups	No	Yes

Administrative/ Academic Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	0 hrs	20 mins	Demonstration
Yes	2 hrs	30 mins	Test
Yes	0 hrs	5 mins	Discussion (Small or Large Group)
Yes	0 hrs	5 mins	Lecture
Yes	0 hrs	10 mins	Reflective Discussion
<hr/>			
Total Hours (50 min):	3 hrs	20 mins	

Instructor Action Hours

The instructor action (60 min) hours required to teach this lesson are as follows:

<u>Hours/Actions</u>			
4 hrs	20 mins	Training Rehearsal	
1 hrs	30 mins	Student Re-test	
0 hrs	30 mins	Student Counseling	
1 hrs	0 mins	Student Re-train	
<hr/>			
Total Hours (60 min):	7 hrs	20 mins	

Test Lesson(s)

<u>Hours</u>	<u>Lesson Number Version</u>	<u>Lesson Title</u>
None		

Prerequisite Lesson(s)**Hours****Lesson Number Version****Lesson Title**

3 hrs

25 mins

052-DVPQ-A02 Version 19.0 ©

Conduct Diver Physical Fitness Test (CRM)

Training Material Classification

Security Level: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Foreign Disclosure Restrictions

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References

<u>Number</u>	<u>Title</u>	<u>Date</u>
DA FORM 5030	ENGINEER DIVER TRAINING APPLICATION	01 Oct 2002
MILPERSMAN 1220-410	Seal/EOD/SWCC/DIVER/AIRR Physical Screening Testing Standards and Procedures (Change 42)	06 Jan 2013

Student Study Assignment

None

Instructor Requirements

Note: To be considered a "qualified" MOS 12D instructor, he or she must be: SSG or above and hold MOS 12D; maintain dive qualifications IAW AR 611-75; have successfully completed ABIC and hold SQI "8"; have taught lesson under the supervision of a qualified instructor or be a qualified instructor of the Engineer Diver, MOS 12D, Phase 2 course.

Support Personnel Requirements

A qualified lifeguard will be present during all pool evolutions.

Additional Support Personnel Requirements

<u>Name</u>	<u>Student Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
Lifeguard Remarks: Required for all pool evolutions.	0:0	1	3.5
Assistant Instructor, 12D30, SSG or above Remarks:	1:6		3.5

Equipment Required for Instruction

<u>ID - Name</u>	<u>Student Ratio</u>	<u>Instructor Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
2310-01-101-5060 - Bus 16 Passenger Van 4x2 Remarks: Needed for transporting Soldiers and their gear.	0:0	0:0	Yes	1	No
5805-00-344-4171 - BACKBOARD Remarks: In case of an injury.	0:0	0:0	Yes	1	No
6545-00-116-1410 - First Aid Kit, General Purpose, Rigid Case Remarks: In case of an emergency.	0:0	0:0	Yes	1	No
6505-01-197-8809 - Oral Rehydration Salts, USP, 27.9 Gram Foil Packet Remarks: Students lose substantial fluids due to immersion diuresis. Reference the U.S. Navy Diving Manual.	1:1	0:0	No	0	Yes

*(Note: Asterisk before ID indicates a TADSS.)***Materials Required***Instructor Materials:*

EX-DVPQ-A02- Physical Screening Test Grade Sheet

Student Materials:

Appropriate PFU for season
 Towel
 One extra pair of PFU shorts
 Camel back

**Classroom,
 Training Area,
 and Range
 Requirements**

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
74072-4584-1 Indoor Swimming Pool, 4584 Square Foot, 1 Each Remarks: Must be a minimum of 20 yards long	1	0:0	5	5
17999-1-1 Field Training Area, 1 Acre, 1 Each Remarks: Utilize existing APFT area. Training area must be equipped with pull-up bars.	1	0:0	5	5
17710-1 Maneuver/Training Area, Light Forces, 1 Acre Remarks: Used for the Diver Physical Fitness Test 1.5 mile run.	1	0:0	0	0

**Ammunition
 Requirements**

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

**Instructional Guidance/
 Conduct of Lesson**

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

Allow the students to gain knowledge through their experiences, analysis, imagination, affect, and impression. Throughout the lesson, the instructor/facilitator will initiate a discussion by asking questions that require students to reflect upon and interpret films, experiences, or recorded stories, or illustrations. The questions posed should encourage learners to relate story content to life experiences and to other stories. Instructors are required to incorporate Operating Environment (OE) issues and reinforce values in this lesson to include scenarios and practical exercises. There are key variables that can be expected in virtually every conflict that serve as building blocks for the OE. They are interrelated and sometimes overlap, and serve collectively as the foundation for understanding the OE. The variables are known as PMESII-PT. Information can come from Threats, ADSCINT TRADOC homepage, at <https://dcsinthreats.leavenworth.army.mil> (AKO login required), Battle Command Knowledge System, at <https://bcks.army.mil>, or the Center for Army Lessons Learned, at <https://call.army.mil>, in addition to any media source including newspaper/magazine articles, television/radio information, law enforcement/field training circulars etc., and should be current and relevant to the training. Do not violate copyright or reproduction laws.

**Proponent Lesson
 Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Jesse Rutledge	Not available	Approver	18 Jun 2018

SECTION II. INTRODUCTION

Method of Instruction: Lecture
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12) (Engineer NCO 12D- SSG or above)
Time of Instruction: 5 mins

Motivator

Physical fitness is very important for the diver working underwater. A very high level of physical fitness must be maintained by the diver in order to navigate the aquatic environment, reduce the risk of diving related medical disorders, and increase survivability in emergency situations.

Terminal Learning Objective

NOTE. Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Perform Diver's Physical Fitness Test
Conditions:	Given a physical fitness training area, a swimming pool at least 20 yards long, 1 1/2 mile measured running track or trail, a pull-up bar, and the Army improved physical fitness uniform.
Standards:	Perform the Diver's Physical Fitness Test IAW MILPERSMAN 1220-410 by meeting, or exceeding, the minimum times or repetitions for each event.
Learning Domain - Level:	None assigned
No JPME Learning Areas Supported:	None

Safety Requirements

1. Observe student for overheating or attempting to continue the physical fitness test with an injury.
2. The 500 yard (450 meter) swim must be performed in a controlled environment (i.e. swimming pool). Event should not be performed in open water.
3. If run is conducted on a trail or road, ensure students run against traffic and are wearing appropriate reflective equipment.

Risk Assessment Level

Low - Collision

Assessment: Soldiers may experienced a head to head collision with another Soldier, or head to wall collision when executing turns during the 500 yard swim event.

Controls: Cadre will monitor the 500 yard swim event and issue verbal warnings to Soldiers in danger of colliding with another Soldier or the wall.

Leader Actions: Cadre will provide a safety brief prior to the swim event and place Soldiers in specific lanes.

Environmental Considerations

NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on hazards and control measures.

Environmental protection is a continual process. Always be alert to ways to protect our environment and reduce waste.

**Instructional
Lead-in**

The Diver Physical Fitness Test is designed to determine the candidates' potential to successfully perform in the underwater environment. It is a prerequisite for continued training through Phase I and Phase II at the Naval Diving and Salvage Training Center.

SECTION III. PRESENTATION

TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Identify Diver Physical Fitness Test Events

Method of Instruction: Demonstration

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:6/0) (Engineer NCO 12D- SSG or above)

Time of Instruction: 0 hrs 20 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

The Diver Physical Fitness Test (DPFT) shall be completed as a single event. All students must meet the minimum scores listed below to receive a GO and continue with the course. Students will complete each required physical event according to the standards outlined below and followed in the sequence listed below:

Facilitator will ensure the following information is discussed and demonstrated. Assistant instructor will work within small groups to reinforce the actions of the facilitator.

One instructor reads the description and conduct of the event while the other instructor demonstrates the event.

Diver Physical Fitness Test Event Standards and Test Procedures

Reference MILPERSMAN 1220-410

A. Swim Event

(1) The swim is a timed 500 yard (450 meter) swim. The swimmer must use the side-stroke or the breaststroke.

(a) Both strokes must be conducted without an overhand recovery (i.e., the swimmer's hand must remain below the surface of the water)

(2) The event shall only be conducted in a standard 25 or 50 yard/meter swimming pool.

(3) The uniform for the swim portion shall be the IPFU Shorts and T-Shirt.

(4) The swim event shall be conducted as follows:

(a) The swimmers enter the water;

(b) The timer shall signal the start;

(c) The candidates will call out the last name lap number as each lap is completed;

(d) Swimmers may push off from sides with the hands and feet after each pool length;

(e) Resting is permitted by conducting survival float or by treading water. Candidates shall not stand on the bottom of the pool, or hang on the side of the pool or lane lines;

(f) Goggles or facemasks are optional, but swimmers may not use swim caps, ear

plugs, fins, snorkels, a wet suit, or flotation and/or propulsion devices;

(g) Upon completion of the final lap, the candidate will call out last name and "time" and the timer will call out the time to the nearest second; and

(h) The candidate then reports the event time to the recorder.

(5) The swim event is ended if the candidate:

(a) Completes the prescribed distance.

(c) Uses an overhand recovery at any time.

(d) Uses the bottom, side of the pool, or lane lines to stand or rest.

B. Push up event

(1) The candidate shall begin in a "front-leaning rest" position with the palms of the hands placed on the deck directly beneath or slightly wider than the shoulders. Both feet shall be together on the deck;

(2) The back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. The toes and palms of the hands shall remain in contact with the deck. The feet shall not contact a wall or other vertical support surface;

(3) The timer shall signal the start for the candidate and call out 15-second time intervals until 2 minutes have elapsed;

(4) The candidate shall lower entire body as a single unit by bending the elbows until the arms form right angles and the upper arms are parallel to the deck;

(5) The candidate shall return to starting position by extending the elbows, raising the body as a single unit until the arms are straight; and

(6) The candidate may only rest in the "up" position while maintaining arms, back, buttocks, and legs in a straight position.

(7) Push-ups are repeated correctly as many times as possible in 2 minutes and are counted aloud by the instructor. Incorrect push-ups shall not be counted. Candidates will receive a verbal warning for any incorrect push-ups. Results for an event ending in less than 2 minutes shall be the number of push-ups properly performed at the time of termination.

(8) The event is ended if the candidate:

(a) Touches the deck with any part of his or her body except for the hands and feet;

(b) Raises one or both hands, or feet off of the deck or ground;

(c) Fails to maintain back, buttocks, and legs in a straight line from head to heels; or

(d) Receives more than two verbal warnings for executing incorrect procedures.

C. Curl-up Event

(1) The event shall be conducted with a partner on a level surface, using a blanket, mat, or other suitable padding.

(2) The candidate shall start by lying flat on his or her back with knees bent (heels approximately 10 inches from the buttocks). The arms shall be folded across and

touching the chest with the hands touching the upper chest or shoulders;

(3) The candidate's feet shall be held to the deck by a partner's hands. Any other means of securing the member's feet is not authorized.

(4) The timer shall signal the start for the candidate and call out 15-second time intervals until 2 minutes have elapsed;

(5) The candidate curls body up, touching the elbows to his or her thighs no more than 3 inches below the knees while keeping the hands in contact with the chest or shoulders;

(6) After touching the elbows to his or her thighs, the candidate lies back, touching the lower edge of the shoulder blades to the deck; and

(7) The candidate may rest in the up or down position, but the hands must remain touching the upper chest or shoulders at all times.

Note: When in the "up" position, the candidate may only rest with the elbows touching the thighs, not on top of his or her knees.

(8) Curl-ups are repeated correctly as many times as possible in 2 minutes and are counted aloud by the instructor. Incorrect curl-ups shall not be counted. Candidates will receive a verbal warning for any incorrect curl-ups. Results for an event ended in less than 2 minutes shall be the number of curl-ups properly completed at the time of termination.

(9) The event is ended if the candidate:

(a) Lowers his or her legs;

(b) Raises the feet off of the ground;

(c) Lifts the buttocks off of the ground;

(d) Fails to keep his or her hands in contact with the chest or shoulders;

(e) Remains in the down position for more than 5 seconds; or

(f) Receives more than 2 verbal warnings for executing incorrect procedures.

D. Pull-up Event

(1) The event shall be conducted at a pull-up bar.

(2) The instructor will inform the candidate to begin the event. At that time, the candidate mounts the bar. The candidate has 2 minutes from mounting the bar to conduct event.

(3) The candidate shall mount the bar, starting with the arms and shoulders fully extended in a dead hang;

(4) The timer shall signal the start for the candidate and call out 15-second time intervals until 2 minutes have elapsed;

(5) The candidate shall pull his or her body up until the chin is above the top of the bar;

(6) The candidate shall not use lateral, forward, or backward "kipping" motion while performing a pull-up. The candidate may cross or uncross his or her legs if desired;

- (7) After the chin has passed the bar, the candidate must return to the starting position to complete the repetition;
- (8) The candidate may rest in the starting position at any time. Both hands must remain on the bar for the duration of the event; and
- (9) The event is completed when the candidate dismounts the bar or 2 minutes have elapsed.
- (10) Pull-ups are repeated correctly as many times as possible in 2 minutes, and are counted aloud by the instructor.
- (11) Candidates will receive a verbal warning for any incorrect pull-ups.
- (12) Results for an event, ended in less than 2 minutes, shall be the number of pull-ups properly completed at the time of termination.
- (13) The event is ended if the candidate:
 - (a) Touches anything other than the horizontal portion of the pull-up bar; or
 - (b) Removes his or her hands from bar.
 - (c) Receives more than two verbal warnings for executing incorrect procedures.

E. Run Event

- (1) The run is a timed 1.5 mile run to be completed as quickly as possible. The uniform for the timed run is running shoes, t-shirt, and shorts.
- (2) The candidate shall stand at start line;
- (3) The timer shall signal the start and call out time intervals until the completion of the test;
- (4) The candidate calls out last name and lap number when passing the timer;
- (5) Upon completion of the final lap, the candidate will call out last name and "time," and the timer will call out the time to the nearest second; and
- (6) The candidate will report his or her time to the recorder.
- (7) The event is ended if the candidate:
 - (a) Stops running or walking other than to re-tie his or her shoelace, or to remove foreign objects from the shoes;
 - (b) Deviates from prescribed course; or
 - (c) Completes the 1.5 miles.

Check on Learning:

Select students at random to properly answer selected questions.

What are the minimum repetitions for each DPFT event?

Review Summary:

We have discussed the steps of performing a diver physical fitness test (DPFT). Conduct a summary review based on the student's strengths and weaknesses of the content.

Method of Instruction: Test
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:6/0) (Engineer NCO 12D- SSG or above)
Time of Instruction: 2 hrs 30 mins
Media Type: Unassigned
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

See Section V (Testing Requirements/Assessment) for execution instructions.

Check on Learning: Conduct a check on learning and summarize the learning activity.

Review Summary: Conduct a Summary Review.

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Perform Diver Physical Fitness Hands-on Test Review

Method of Instruction: Reflective Discussion
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:6/0) (Engineer NCO 12D- SSG or above)
Time of Instruction: 0 hrs 10 mins
Media Type: Unassigned
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

Conduct a check on learning and summarize the learning activity.

Check on Learning: Conduct a check on learning and summarize the learning activity.

Review Summary: We have conducted the steps of performing the diver physical fitness test.
Conduct a summary review based on the student's strengths and weaknesses of the content.

SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - ICH (1:12) (Engineer NCO 12D- SSG or above)
Time of Instruction:	5 mins

Check on Learning

Select students at random to properly answer selected questions.

What are the conditions?

Review/ Summary

Refer to Section V for performance evaluation instructions. Review student performance, individual failures will be counseled IAW SOP.

During this period of instruction we have covered how to perform the diver physical fitness test. Inform the Soldiers that this lesson can be reviewed in the student guide and MILPERS MAN 1220-410. Restate the action, condition and standard statements; restate the learning activities and check on learning.

SECTION V. STUDENT EVALUATION

Testing Requirements

Refer to Multimedia attachment MILPERSMAN 1220-410 for Diver Physical Fitness Test (DPFT) procedures. Record results on EX DVPQ-A02- Physical Screening Test Grade Sheet.

Students will be evaluated based on the lesson plan terminal learning objective. Students that fail to receive a first time GO will be counseled, retrained, and retested.

REFERENCE THE COURSE MANAGEMENT PLAN (CMP) AND THE INDIVIDUAL STUDENT ASSESSMENT PLAN (ISAP) FOR FURTHER GUIDANCE.

500 yard (450 meter) swim: 12 minutes and 30 seconds or less (GO/NO GO)

Push up event: 50 repetitions (GO/NO GO)

Curl-up event: 50 repetitions (GO/NO GO)

Pull up event: 6 repetitions (GO/NO GO)

1.5 mile run event: 12 minutes and 30 seconds or less (GO/NO GO)

Feedback Requirements

Students should be counseled for failure to meet the minimum standards and dropped from the course.

Failure to meet minimum standards on the DPFT is grounds for dismissal from the course.

Appendix A - Viewgraph Masters

**Conduct Diver Physical Fitness Test (CRM)
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Sequence	Media Name	Media Type
None		

Appendix B - Assessment Statement and Assessment Plan

Assessment Statement: None.

Assessment Plan: None.

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 052-DVPQ-A02 Version 19.0 ©

Appendix D - Student Handouts

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Sequence	Media Name	Media Type
None		