

## CRM LESSON PLAN REPORT

Introduction to the Holistic Health and Fitness System (H2F) Physical Readiness Domain  
805P-BT805007 / 1.2 ©

Approved  
29 Jun 2022

Effective Date: 29 Jun 2022

### **SCOPE:**

This lesson serves as an introduction to the Physical Readiness domain of the Holistic Health and Fitness (H2F) System.

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**Foreign Disclosure: FD3:** This training product has been reviewed by the developers in coordination with the TRADOC foreign disclosure officer. This training product cannot be used to instruct international military students.

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

**Task(s) Taught(\*) or Supported**

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
<b>Individual</b>		
None		
<b>Collective</b>		
None		

**Reinforced Task(s)**

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
None		

**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>
None			

**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	40 mins	Discussion (Small or Large Group)
Total Hours (50 min):	0 hrs	40 mins	

**Instructor Action Hours**

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

<u>Hours/Actions</u>			
0 hrs	5 mins	Classroom Breakdown	
0 hrs	10 mins	Classroom Setup	
0 hrs	25 mins	Facilitate Discussion	
Total Hours (60 min):	0 hrs	40 mins	

**Test Lesson(s)**

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

**Prerequisite Lesson (s)**

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

**Training Material Classification**

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

**Foreign Disclosure Restrictions**

FD3. This training product has been reviewed by the developers in coordination with the TRADOC foreign disclosure officer. This training product cannot be used to instruct international military students.

**References**

<u>Number</u>	<u>Title</u>	<u>Date</u>
None		

**Student Study Assignment**

None

**Instructor Requirements**

Review the Lesson materials and the FM 7-22, Holistic Health and Fitness manual prior to conducting the lesson.

**Support Personnel Requirements**

None

**Additional Support Personnel Requirements**

<u>Name</u>	<u>Student Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
None			

**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>
None					

**Materials Required**

*Instructor Materials:*  
FM 7-22, The Holistic Health and Fitness (H2F) manual, embedded lesson power point presentation, supporting video, and any Instructor notes.

*Student Materials:*  
None

**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>
None				

**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. Instructor shall review the lesson plan, FM 7-22, and all applicable references prior to conducting the lesson.

**Proponent Lesson Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
adam.c.price2	Not Available	Approver	29 Jun 2022

## SECTION II. INTRODUCTION

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Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type (I:S Ratio):	Military - NON-ICH (1:25) (Drill Sergeant certification required IAW TR 350-6.)
Time of Instruction:	5 mins

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### Motivator

Play H2F Over View Video 1

The Holistic Health and Fitness (H2F) System (H2F) is the Army's primary investment in Soldier readiness and lethality, optimal physical and non-physical performance, reduced injury rates, improved rehabilitation after injury, and increased overall effectiveness of the Total Army. The system empowers and equips Soldiers to take charge of their health, fitness, and well-being in order to optimize individual performance, while preventing injury and disease.

Highly trained, disciplined, and fit Soldiers build cohesive teams. Our teams are strongest when we ensure each individual Soldier's performance is optimized. To accomplish this, we are bringing a cultural change to Soldier's perceptions of training for the demands of close combat. All Soldiers must view their health and fitness as a critical requirement of membership in the Profession of Arms.

The H2F System provides a unified and holistic vision with an effective implementation strategy in order to improve the Army's culture of health and fitness. Investing in health and fitness benefits our Soldiers and their Families. It also ensures the sustainment of an agile and adaptive Army, ready to provide the nation with a professional, lethal, and decisive force that will win against any adversary.

### Terminal Learning Objective

**NOTE:** Inform the students of the following Terminal Learning Objective requirements. At the completion of this lesson, you [the student] will:

<b>Action:</b>	Identify the H2F Physical Readiness components.
<b>Conditions:</b>	In a classroom environment and given a requirement to identify the principles and characteristics of the physical readiness domain of the H2F system, provided with an oral presentation, student notes, power point presentation and supported video.
<b>Standards:</b>	<ul style="list-style-type: none"> <li>-Identify H2F Physical Readiness in a clear concise manner.</li> <li>-Explain the goal of the Physical Readiness domain in a clear and concise manner.</li> <li>-Identify all 3 principles of H2F Physical Readiness and explain what each means in a clear and concise manner.</li> <li>-Identify all 5 Physical components and provide their associated Soldier tasks without error.</li> <li>-Identify the Army Combat Fitness Test as it relates to Soliders tasks without error.</li> </ul>
<b>Learning Domain - Level:</b>	Cognitive - Understanding
<b>No JPME Learning Areas Supported</b>	None

### Safety Requirements

NOTES:

\* Unit commanders will ensure all safety controls identified in the composite risk management worksheet are implemented prior to the start of training. Commanders will ensure all initial training period risk assessments are completed reflecting the conditions at the training site for the specific training period. Risk assessments are maintained at the training site, and are living, working

documents and must be continually updated as conditions change. Composite risk management policy is IAW TR 385-2, paragraph 1-5.

\* See Appendix D of this lesson plan for a blank fillable DD Form 2977, "Deliberate Risk Assessment Worksheet."

1. The safety and well-being of Soldiers during their IMT is critical to the success of the TRADOC training mission. Soldiers arriving at Army reception battalions come from many differing backgrounds and in differing levels of physical condition. Similarly, cadets and newly appointed officers also exhibit some of that diversity. Consequently, some may be at a greater risk of injury/illness. Safety directors with an IMT mission should develop and implement an aggressive accident prevention strategy to provide these Soldiers a training environment that facilitates their transition from civilian to military life.

2. The self-assessment guide in TP 385-1, The TRADOC Model Safety Program and Self-Assessment Guide (appendix B) and conditioning/obstacle course criteria (appendix C) consist of a series of checklists that provide a systematic, standardized means to evaluate/assess the compliance of program elements with directives, legal standards, and regulations. Each provides the user the appropriate reference for the requirement, as well as a recommended documentation to assess implementation. The self-assessment guide is not all inclusive of every safety requirement required by public law, statute, and regulation. Therefore, research applicable public law, statute, and regulation that pertain to your command and situation.

3. Initial Military Training (IMT)/military training, operations and tactical safety:

a. The safety of the IMT Soldier is critical to the success of the TRADOC mission to provide the Army with military occupational specialty qualified Soldiers. Initial Entry Soldiers are subject to stress and risk in the IMT environment because the living conditions, physical demands, and training tasks are unfamiliar and the Soldier is untried.

b. Close, consistent oversight and supervision by qualified Drill Sergeants, platoon sergeant, instructors, and cadre; responsive medical support; and living and training facilities free from known hazards are inherent requirements of the safety structure in place to protect the IMT Soldier. An effective mission-oriented safety program, together with regular, standardized evaluations of the IMT environment, effective training programs, and enforcement of training standards ensures a successful Soldierization program that sets high standards, provides positive role models, and reinforces essential Soldier skills.

c. The safety and the use of CRM is paramount to the training Soldier due to the high-risk training events that may be encountered in advance or specialty schools such as Drill Sergeant, Airborne, and Ranger. The use of CRM is a vital component to safely train Soldiers while ensuring that training is realistic.

d. The risk level associated with all military training within Army and TRADOC schools are based upon a predetermined number of qualified instructors, when the ratio of students to instructors changes, the risk assessment must be relooked to ensure that the level of risk for the training remains within acceptable limits. Use TP 385-10, Appendix B, Table B-6 as a guideline for self-assessment in these areas.

#### SAFETY BRIEFING EXAMPLE:

a. Electrical Storms (when appropriate): Take precautions against anyone being hit by lightning.

b. Snake Bites (when appropriate): The most common poisonous snakes to be found on this range are \_\_\_\_\_. In training areas, they may be found in fighting positions and bunkers. Always observe an area very closely before training.

c. Heat Casualties (when appropriate): When you are active in a hot climate with high humidity, the body becomes overheated. You may become a possible casualty from the heat as the body temperature rises above normal temperature.

d. Cold Weather Injuries (when appropriate): Adequate dry clothing is the key to prevention of cold weather injuries. Supervisors at every level will ensure that their subordinates are adequately protected during cold weather.

e. Weapons Handling: Weapon muzzles must be pointed in the air and downrange at all times. During live-firing, all weapons must be presumed loaded and must, therefore, never be pointed at anyone or anything. Weapons must be loaded on command only. Before firing any exercise, the safety limits of the range must be pointed out and their purpose explained.

#### Risk Assessment Level

None

#### 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.

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a. Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. The Army will—

- (1) Comply with all environmental laws and regulations. This includes federal, state, local, and Host Nation laws, some of which are outlined in TC 3-34.489, The Soldier and the Environment, 26 Oct 2001, Appendix B.
  - (2) Prevent pollution at the source by reducing, reusing, and recycling material that causes pollution.
  - (3) Conserve and preserve natural and cultural resources so that they will be available for present and future generations.
- b. Units and installations will prepare an environmental risk assessment using ATP 5-19 and GTA 05-08-002.

**Instructional Lead-in**

The Holistic Health and Fitness (H2F) System (H2F) represents a cultural shift in the way the Army trains, develops, and cares for Soldiers. The Army is moving away from the industrial scale approach which evolved into the frequent repeating of the same exercise programming, i.e. unit/individual run, which resulted in over/under training and made Soldiers unnecessarily susceptible to injury as PRT was not adapted to allow for varying ability levels.

### SECTION III. PRESENTATION

TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Identify H2F Physical Readiness.

Method of Instruction: Discussion (Small or Large Group)  
Mode of Delivery: Resident Instruction  
Instr Type (I:S Ratio): Military - NON-ICH (1:25) (Drill Sergeant)  
Time of Instruction: 5 mins  
Media Type: Oral Presentation / PowerPoint Presentation  
Other Media: Unassigned  
Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

#### **LSA 1: Identify H2F Physical Readiness.**

H2F Physical readiness is achieving movement lethality. If the overarching goal of H2F is Soldier readiness, then the overarching physical training goal is movement lethality—the ability to physically engage with and destroy the enemy. Movement lethality is the ability to apply and sustain the right amount of strength, endurance, and speed to meet the demands of training and combat physical tasks. Components of fitness, energy systems, occupational skills, and physical skills required for movement lethality must be carefully combined over time with a Soldier's structural capabilities. Structural capabilities are the intrinsic capabilities that allow a Soldier to perform physically.

Movement lethality has to be taught and learned with meticulous attention to the precise replication of the movements required in occupational tasks and combat. Movement skill must be deliberately and purposely progressed until it becomes a natural part of Soldier performance in training and in contact with the enemy.

Ruck marching, running and swimming serve as the foundations of physical readiness and enable Soldiers to perform their occupational tasks and endure the physical demands of combat.

Preparation for the ACFT is built into the schedules for IMT. Frequent, repeated practice of the ACFT or its separate events is not likely to improve pass rates or readiness. This schedule has event-specific practice once per week in the weeks leading up to the record ACFT. Soldiers must train into physical readiness. They cannot test into physical readiness. The ACFT validates the physical training program. It is not the physical training program.

**Check on Learning:** N/A  
**Review Summary:** You have just received a block of instruction regarding Physical Readiness?  
What are your questions pertaining to Physical Readiness.

TLO - LSA 2. Learning Step / Activity TLO - LSA 2. Explain the goal of the Physical Readiness domain.

Method of Instruction: Discussion (Small or Large Group)  
Mode of Delivery: Resident Instruction  
Instr Type (I:S Ratio): Military - NON-ICH (1:25) (Drill Sergeant)  
Time of Instruction: 5 mins  
Media Type: Oral Presentation  
Other Media: Unassigned  
Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

#### **LSA 2: Explain the goal of the Physical Readiness domain.**

1. The overarching goal of Soldier physical training is for Soldiers to have the ability to physically engage with and destroy the enemy.
2. Physical readiness enables Soldiers to apply and sustain the right amount of strength, endurance, and speed to meet the demands of training and combat physical tasks.
3. This physical goal is supported by optimal mental function. The goal and the function are inseparable, linked together. The ability to tolerate physical duress is a function of physical and mental toughness.

**Check on Learning:** N/A

**Review Summary:** You have just received a block of instruction regarding Goals of Physical Readiness.  
What are your questions pertaining to Goals of Physical Readiness?

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Identify the 3 principles of H2F Physical Readiness.

Method of Instruction: Discussion (Small or Large Group)  
 Mode of Delivery: Resident Instruction  
 Instr Type (I:S Ratio): Military - NON-ICH (1:25) (Drill Sergeant)  
 Time of Instruction: 5 mins  
 Media Type: Oral Presentation  
 Other Media: Unassigned  
 Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

**LSA 3. Identify the 3 principles of H2F Physical Readiness.**

**1. Precision:** Precise movement depends on having the structural capabilities, proper flexibility, tolerance of extra weight, body composition, and the connection of the brain to muscles—motor patterns—that allow Soldiers to learn the standard and perceive the difference between correct and incorrect techniques (FM 7-22, 7-1).

**2. Progression:** Progression refers to the proper dose of frequency, intensity, duration, and type of exercise required to overload the body without causing overtraining, plateauing, or reversal of fitness. The impacts of progression that is too fast (potential for injury/overtraining) or too slow (not a strong enough training stimulus for adaptation)

**3. Integration:** Soldiers following this doctrine will become more physically fit, but it is not a prescription for recreational fitness or for fitness for fitness' sake. This fitness aims to develop physical capacity to support the mastery of MOS and combat-specific tasks. This principle relates directly to the difference between exercising and training. Army PRT is meant to improve performance on mission essential tasks.

**Check on Learning:** N/A

**Review Summary:** You have just received a block of instruction regarding Principles of Physical Readiness.  
What are your questions pertaining to Principles of Physical Readiness?

TLO - LSA 4. Learning Step / Activity TLO - LSA 4. Identify 5 Physical components and provide their associated Soldier tasks.

Method of Instruction: Discussion (Small or Large Group)  
 Mode of Delivery: Resident Instruction  
 Instr Type (I:S Ratio): Military - NON-ICH (1:25) (Drill Sergeant)  
 Time of Instruction: 5 mins  
 Media Type: Oral Presentation  
 Other Media: Unassigned  
 Security Classification: This course/lesson will present information that has a Security Classification of: U - Unclassified.

**LSA 5: Identify 5 Physical components and provide their associated Soldier tasks.**

- |                       |                               |
|-----------------------|-------------------------------|
| 1. PHYSICAL COMPONENT | SOLDIER TASK                  |
| 2. MUSCULAR STRENGTH  | LIFT, DRAG, CARRY HEAVY LOADS |



3. MUSCULAR ENDURANCE INTENSITY MOVEMENT	EXECUTE SUSTAINED BOUTS OF LOW
4. AEROBIC ENDURANCE INTENSITY MOVEMENT	EXECUTE SUSTAINED BOUTS OF LOW
5. ANAEROBIC ENDURANCE MOVEMENT	EXECUTE SHORT DURATION, HIGH INTENSITY
6. POWER MOVEMENTS W/ HEAVY LOADS	COMPLETE SHORT DURATION, EXPLOSIVE

**Check on Learning:**

N/A

You have just received a block of instruction regarding Physical Readiness Components and Soldier Tasks.

**Review Summary:**

What are your questions pertaining to Physical Readiness Components and Soldier Tasks?

TLO - LSA 5. Learning Step / Activity TLO - LSA 5. Identify the Army Combat Fitness Test as it relates to Soldier tasks.

Method of Instruction: Discussion (Small or Large Group)

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - NON-ICH (1:25) (Drill Sergeant)

Time of Instruction: 10 mins

Media Type: Oral Presentation

Other Media: Unassigned

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

**LSA 5: Identify the Army Combat Fitness Test as it relates to Soldier tasks.**

**1. 3X Rep Max Deadlift**

Measure muscular strength and physiologic capacity to safely and effectively lift heavy loads. Linked to specific warfighter tasks; extract and evacuate a casualty, stretcher lift, carry and load equipment.

**2. Standing Power Throw**

Measures physiologic capacity to cast equipment over an obstacle, lift and load equipment, climb up/over obstacles, and employ progressive levels of force. Linked to warfighter tasks requiring quick explosive movements to maneuver equipment and personnel.

#### **NEXT SLIDE**

### **3. Hand Release Push-up**

Measures upper body muscular explosive power, physiologic capacity to pushing and pulling tasks used in combat. Linked to a Soldiers ability to push an opponent away during close combat, push up from the ground during evasion and maneuver, and build a hasty fighting position.

### **4. Sprint – Drag – Carry (SDC)**

Measure anaerobic endurance, muscular endurance, speed and agility. Linked to warfighter tasks requiring quick explosive movements to maneuver over and around obstacles, react to direct/ indirect fire and move as a member of a team.

#### **NEXT SLIDE**

### **5. Plank**

Measures abdominal / core strength and endurance. Linked to warfighter tasks involving climbing and surmounting obstacles like windows and vertical walls.

### **6. 2-Mile Run**

Measures aerobic endurance and muscular endurance. Linked to warfighter tasks requiring quick explosive movements to maneuver over and around obstacles, react to direct/indirect fire and move as a member of a team.

Identify and discuss the 6 ACFT events and how they relate to Soldier tasks.

1. 3 Rep max deadlift- Measures muscular strength and capacity to safely lift heavy loads, extract and evacuate a casualty, stretcher lift, carry and load ammo and equipment.

2 Standing Power Throw-Measures explosive strength and capacity to safely lift heavy loads, climb up and maneuver over obstacles, and employ progressive levels of force.

3. Hand Release Push Up-Measures upper body muscular explosive power, physiologic capacity for pushing and pulling. Linked to a Soldiers ability to push and pull an opponent during close combat, push up from the ground during evasion and maneuver, and build a hasty fighting position.

4. Spring-Drag-Carry-Measures anaerobic endurance, muscular endurance, speed and agility. Linked to warfighter tasks requiring quick explosive movements to maneuver over and around obstacles, react to direct and indirect fire, move as a member of a team.

5. Plank- Measures abdominal and core strength. Linked to warfighter tasks involving climbing and surmounting obstacles like windows and vertical walls.

6. 2-Mile run- Measures aerobic and muscular endurance. Linked to warfighter tasks requiring quick explosive movements to maneuver over and around obstacles, react to direct and indirect fires, move as a member of a fire team.

You have just received a block of instruction regarding Army Combat Fitness Test

#### **Check on Learning:**

#### **Review Summary:**

What are your questions pertaining to Army Combat Fitness Test.



## SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type (I:S Ratio):	Military - NON-ICH (1:25) (Drill Sergeant)
Time of Instruction:	5 mins

### Check on Learning

Recognize and discuss the below components, definition, principles and characteristics of the H2F system Physical Readiness domain.

1. Q. Identify the goal of the Physical Readiness domain
  - A. The goal is physical lethality-the ability to physically engage with and destroy the enemy
2. Q. Identify H2F definition of of Physical Readiness
  - A. Physical Readiness is the ability to meet the physical demands of any duty or combat position, move lethally on the battlefield, accomplish the mission and continue to fight, win, and come home healthy.
3. Q. Identify the principles of H2F Physical Readiness
  - A. Precision, Progression, and Integration
4. Q. Identify the 5 H2F Physical components
  - A. Muscular Strength, Muscular endurance, Aerobic endurance, anaerobic endurance, power.
5. Q. Identify the characteristics of the Army Combat Fitness Test and relevance of the 6 ACFT events
  - A. The ACFT aligns with the physical fitness requirements of warfighter tasks, motivates Soldiers to “train” and strive for physical excellence, and measures a Soldier’s grit (physical and mental toughness)

#### ACFT EVENT

#### TASK

1. 2 MILE RUN(2MR) Linked to warfighter tasks requiring quick explosive movements to maneuver over and around obstacles, react to direct/indirect fire and move as a member of a team.
2. Plank (PLK) Linked to warfighter tasks involving climbing and surmounting obstacles like windows and vertical walls.
3. Standing Power Throw (SPT) Linked to warfighter tasks requiring quick explosive movements to maneuver equipment and personnel.
4. Sprint – Drag – Carry (SDC) Linked to warfighter tasks requiring quick explosive movements to maneuver over and around obstacles, react to direct/ indirect fire and move as a member of a team.
5. Hand Release Push-Up(HRP) Linked to a Soldiers ability to push an opponent away during close combat, push a disabled, push up from the ground during evasion and maneuver, and build a hasty fighting position.
6. 3RM Deadlift Linked to specific warfighter tasks; extract and evacuate a casualty, stretcher lift, carry and load equipment.

### Review/Summary

**In this lesson we have covered the basics of H2F Physical readiness including the definition, principles, components of physical readiness and we talked a little about how the ACFT relates to Soldier tasks.**

Physical readiness is a critical component of Soldier readiness, unit readiness, and Army readiness. Effective Soldiers can overcome ever-changing and complex challenges in both strategic and operational environments. They must possess the physical and nonphysical capabilities to fight and win in multi-domain operations. This lesson describes the principles of physical readiness, as well as the fundamentals of movement for the execution of Army physical training. Ruck marching, running and swimming serve as the foundations of physical readiness and enable Soldiers to perform their occupational tasks and endure the physical demands of combat. Physical readiness is the foundation of fitness however it doesnt stand alone-for optimal performance Soldiers must understand that all the H2F domains are inter connected and should be actively addressed or consistently practiced for optimum health and fitness/

## SECTION V. STUDENT EVALUATION

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### **Testing Requirements**

NOTE: Describe how the student must demonstrate the accomplishment of the TLO. Refer student to the Individual Student Assessment Plan.

### **Feedback Requirements**

NOTE: Feedback is essential to effective learning. Schedule and provide feedback on the evaluation and any information to help answer students' questions about the test. Provide remedial training as needed.

**Appendix A - Viewgraph Masters**

**Introduction to the Holistic Health and Fitness System (H2F) Physical Readiness Domain  
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<b>Sequence</b>	<b>Media Name</b>	<b>Media Type</b>
None		

## Appendix B - Assessment Statement and Assessment Plan

**Assessment Statement: None.**

**Assessment Plan: None.**

Appendix C - Practical Exercises and Solutions

**PRACTICE EXERCISE(S)/SOLUTIONS(S) FOR LESSON 805P-BT805007 Version 1.2 ©**

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**Appendix D - Student Handouts**

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<b>Sequence</b>	<b>Media Name</b>	<b>Media Type</b>
None		