

Maximising potential

The Straits Times looks at how the new Centre of Excellence for Soldier Performance will improve performance through the customisation of fitness regimes and diets, better design of equipment, and a focus on mental strength and recovery.



Customised diet, fitness regimes

- Fitness programmes will become vocation-specific and mirror combat movements. For example, slamming of weights on the ground to train muscular power will be useful when digging trenches.
- There will be a focus on continuous training, rather than ramping up fitness training only for tests.
- Customised diet management means that additional snacks will be given to troops who require more calories for their training, while smaller portions will be given to less-active servicemen.



Mentally stronger

- Psychologists have devised a structured curriculum to teach soldiers how to handle combat stress, focus, transition between civilian and military life, and how to deal with emotions in situations such as after a fellow soldier falls in battle.
- These techniques will be covered both during and after Basic Military Training (BMT).



Better-fitted equipment

- Engineers will test all personal equipment to ensure that the design is optimised to help soldiers with combat tasks.
- They will measure soldiers' mobility, speed and heat generation as they manoeuvre through an obstacle course.
- A soldier's body dimensions will be taken using a body scanner to provide him with better-fitted equipment.



Recovering faster

- For certain injuries, soldiers will not have to travel out of camp to see a specialist, with commanders trained to conduct rehabilitation programmes.
- To prevent injuries, targeted strength and conditioning exercises will be introduced, focusing on commonly injured areas, such as the lower back and knee.

Source: MINDEF ST PHOTOS: LIM YAOHUI STRAITS TIMES GRAPHICS