



Title

Comparison of cardiorespiratory conditioning between approved and reprovved candidates in a Special Operations Course

Abstract

INTRODUCTION: Among all military specialties, special operations are considered the most demanding. To prepare elite military personnel, training courses in this speciality have high demands, both psychological and physical. Several studies point to an advantage of students/candidates who have better cardiorespiratory conditioning in achieving success in these courses. The aim of the present study was to compare the VO₂max values between approved and reprovved candidates in a special operations course, the Brazilian Navy's Special Course of Amphibious Commands. **METHODS:** The sample was composed of 114 military members of three editions of the Special Course of Amphibious Commands. Before taking the course, the VO₂max was estimated through a 2400 meter running test. After completing the course, the soldiers were divided into approved (AP) (n=36) and reprovved (RP) (n=78). Then, considering the normality of the data, the VO₂max of the two groups was compared using Student's t test (independent). The significance level $\alpha < 0.05$ was adopted. **RESULTS:** The groups presented mean VO₂max of 51.99 ± 2.04 ml/kg/min (AP) and 52.05 ± 3.18 (ml/kg/min (RP) for the comparison of the t-test, obtained $p = 0.917651$. Thus, it was found that there was no significant difference in VO₂max values between those who passed and those who failed in the Special Course of Amphibious Commands. **DISCUSSION:** Cardiorespiratory fitness, measured by VO₂max, appears not be a determining variable in the performance of candidates for the Special Course of Amphibious Commands, however, the present study considered this variable in isolation. The candidates involved in the course had excellent cardiorespiratory fitness, which may have contributed to the fact that no difference was found, due to the homogeneity of the sample. **CONCLUSION:** Therefore, further studies are suggested, with larger sampling and involving other physical variables together, in order to verify and expand the findings of this study.

Practical Implications

NON APPLICABLE

References

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Figures and tables

Conflict of interest

There isn't any conflict

CV

https://www.eventora.com/en/files/cism-2021/Submissions/637606698699103018_CV-Pedro.pdf/get