

# “João do Pulo Project” at the Brazilian Army Center for Physical Training (CCFEx): initial experiences in promoting social integration and human valuing of military veterans with disability

Mr. André da Silva\* (Postgraduate Program in Operational Human Performance, Air Force University, Rio de Janeiro, Brazil)  
Mr. Daniel Alves (Research Laboratory of exercise Science, Brazilian Navy, Rio de Janeiro, Brazil)  
Mr. Thiago Lopes (Research Laboratory of exercise Science, Brazilian Navy, Rio de Janeiro, Brazil)

## INTRODUCTION

The Brazilian Marines are essential to the National Security Policy. Good physical fitness is essential to the performance of assigned duties. A gradual sedentary lifestyle increase has been observed in the average Marine, similar to those observed in overall Brazilian society. Thus, the aim of this study was to identify the main barriers a Brazilian Marine Corps battalion has in performing military physical training (PT).

## METHODS

A quali-quantitative study was conducted using the Concept Mapping methodology (Kane, 2007). This methodology consists of a two-dimensional map of results generated by a questionnaire in a three-phase process: Generation, Classification, and Evaluation of the Barriers. A total of 439 male Marines (33±15 years) participated. Part of the sample (n=10) was randomly selected to participate in the Generation and Classification phases. The whole sample classified each barrier regarding its importance and viability of resolution to improve PT adherence. R-Cmap was employed for data analysis. R-Cmap (Bar, 2017) is an open-source Concept Mapping software, implemented in R, for multidimensional scaling analysis and “Go Zone” graph generation (figure 1).

## RESULTS

The main barriers were: sports facilities constantly closed, long warm-up period before the main activity, conflicting PT-breakfast schedule, boring and repetitive training plan, and training tailored for the most physically prepared (table 1).

## DISCUSSION AND CONCLUSION

The main PT barriers were sports facilities unavailability and repetitive training plan. Ashton, et al.’s (2017) study corroborates our findings, as it shows that the lack of planning, as well as the unavailability of sports facilities, directly contribute to a sedentary lifestyle. Implementing policies to address each barrier will be critical to improving PT adherence, as well as to increase the physical fitness and readiness of the Brazilian Marine Corps.

## PRACTICAL IMPLICATIONS

Non applicable.

## REFERENCES

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## FIGURES AND TABLES

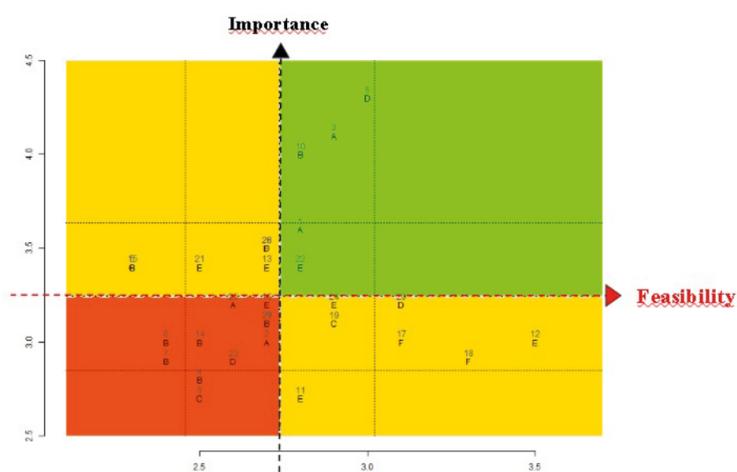


Figure 1: Bidimensional “Go Zone” graph

Table 1: Barriers to participate on military physical training within a Brazilian Marine Infantry Battalion

5 statements (Barriers)	Feasibility rating	Importance rating
Boring and repetitive training planning	3,04	3,70
Short time to physical training	2,72	3,43
Long warm-up period before the main activity	3,00	3,80
My duties do not allow me to participate on the military physical training	2,45	3,59
I live far from work, so I get tired for the training	2,17	3,08
Sports facilities are constantly closed	3,19	3,79
I have many administrative tasks at my job	2,68	3,55
Too much time spent on my military missions	2,61	3,13
I have many unexpected military missions	2,69	3,15
Breakfast is scheduled at the same time as military physical training	2,86	3,50
There is no specific training plan for my physical limitations	3,07	3,45
My battalion does not have a military graduated in physical education to help us	2,99	3,41
The training is carried out with many military personnel	2,79	3,63
I have many responsibilities in my administrative section	2,76	3,27
The time for physical training and sport activities is used for other purposes	2,76	3,39
Who decides the training is not the person who executes it	3,18	3,15
I have problems with obesity	2,70	3,50
I have health problems	2,56	3,69
The low quality of the breakfast prevents me from doing a good training	2,98	3,50
My superiors do not motivate me to do physical training	3,40	3,34
There is not a specific training, to improve individual deficits	2,93	3,52
Training is tailored for the most physically prepared	3,00	3,58
I have my own problems to practice sports and physical activity	2,81	3,37
There was no specific planning for people with health limitations	2,85	3,66
The specific training planning is only implemented close to the physical fitness tests	2,87	3,64
I feel embarrassed as I am overweight	2,91	3,41
Physical training in my battalion is not important for me	2,98	3,30
My battalion does not have enough physical structure to hold all military in the same space	3,04	3,30
I am afraid to get injured again	3,00	3,34

## CONFLICT OF INTEREST

There are no conflict of interest for this research.