



Title

Barriers to participate on military physical training in a Brazilian marine corps infantry battalion

Abstract

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

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Conflict of interest

There are no conflict of interest for this research.

CV

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