

army regulation pt uniform

army regulation pt uniform is a crucial aspect of military standards, ensuring uniformity, safety, and professionalism during physical training activities. This article provides a comprehensive overview of the Army's official regulations regarding PT (Physical Training) uniforms, including authorized components, proper wear, seasonal adjustments, grooming standards, and enforcement policies. Whether you are a new recruit, a seasoned service member, or simply interested in military procedures, understanding the army regulation pt uniform is essential for maintaining discipline and meeting expectations. Explore the details of uniform components, compliance requirements, updates, and practical tips for staying in line with army standards. Read on to discover everything you need to know about the army's PT uniform regulations and their impact on daily military life.

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Overview of Army Regulation PT Uniform

Army regulation pt uniform refers to the official guidelines set forth by the United States Army for physical training attire. These regulations are detailed in Army Regulation 670-1 and supporting documents, which establish the standards for what soldiers wear during PT sessions. The purpose is to promote uniformity, safety, and professionalism, ensuring that every soldier presents a disciplined appearance while participating in physical activities. The PT uniform is designed to be functional, durable, and easily recognizable, reflecting the Army's commitment to excellence in all aspects of military life.

Adhering to the army regulation pt uniform is not just about appearance; it also serves operational needs. Proper attire reduces the risk of injury, supports team cohesion, and upholds the Army's image to the public. Soldiers must understand these regulations to avoid disciplinary action and to demonstrate respect for military standards.

Authorized Components of the Army PT Uniform

The Army PT uniform includes specific items that all soldiers are required to wear during designated physical training periods. These components are standardized across the force to maintain a consistent look and ensure safety during exercise. The regulation defines each item, its features, and how it should be worn.

Essential PT Uniform Items

- Army Physical Fitness Uniform (APFU) Shirt: Black, moisture-wicking, with "ARMY" lettering.
- APFU Shorts: Black with gold Army logo, designed for comfort and mobility.
- APFU Pants: Black, used during colder weather or as directed.
- APFU Jacket: Black with gold accents, worn during inclement weather.
- Running Shoes: Commercial, clean, and serviceable, no extreme colors or designs.
- Socks: Plain white or black, calf or ankle length, without logos.
- Reflective Belt: Worn during low visibility conditions as directed by command.

Optional and Seasonal Items

Depending on climate and command discretion, soldiers may be authorized to wear additional items such as gloves, knit caps, fleece jackets, and thermal undershirts. These must conform to the Army's color and style requirements to maintain uniformity.

Proper Wear and Appearance Standards

Army regulation pt uniform standards emphasize the importance of neatness, cleanliness, and proper fit. Soldiers are expected to wear all items as intended, ensuring that the uniform presents a professional and disciplined image at all times. Deviations from prescribed wear are not permitted unless authorized by command for specific missions or circumstances.

Uniform Fit and Presentation

The PT uniform should fit comfortably, allowing for a full range of motion without being excessively tight or loose. Items must be clean, free of rips,

and properly maintained. Shirts are to be tucked into shorts or pants unless specified otherwise. Jackets, pants, and other outerwear should be worn zipped or secured as designed.

Prohibited Modifications

- Altering uniform components in any way, such as cutting or adding unauthorized embellishments.
- Wearing unauthorized commercial athletic apparel with the PT uniform.
- Displaying personal or unit patches, pins, or insignia not approved by regulation.

Seasonal and Environmental Considerations

The army regulation pt uniform recognizes the need for adjustments based on weather, climate, and environmental hazards. Commanders may authorize or require specific uniform items to ensure soldiers' safety and comfort during PT activities.

Cold Weather Adjustments

- APFU Pants and Jacket
- Black knit cap and gloves
- Thermal undershirts (if authorized)
- Layering permitted for extreme cold, but outermost layer must be regulation APFU items

Hot Weather Adjustments

During hot and humid conditions, soldiers may be authorized to wear only the APFU shorts and shirt. Hydration and sun protection are emphasized, but hats or sunglasses must meet Army guidelines if worn.

Grooming Standards and Accessories

Army regulation pt uniform also addresses grooming and accessory policies to maintain military appearance even during physical training. Soldiers must adhere to established grooming standards, and only authorized accessories may be worn.

Grooming Requirements

- Hair must conform to Army grooming standards (AR 670-1).
- Facial hair is generally prohibited except for medical waivers or religious accommodations.
- Nails must be clean, trimmed, and not excessively long.

Authorized Accessories

- Wristwatches and fitness trackers (must not distract from uniformity).
- Medical alert bracelets or necklaces (as required).
- Eyeglasses, if necessary, should be conservative in style.

Enforcement and Compliance

Army regulation pt uniform compliance is enforced at all levels of command. Leaders are responsible for ensuring that soldiers adhere to the regulations during all PT activities. Failure to comply can result in counseling, corrective training, or disciplinary action, depending on the severity and frequency of the infraction.

Role of Commanders and NCOs

Commanders and non-commissioned officers (NCOs) conduct regular inspections of PT uniforms and provide guidance on proper wear. They are also authorized to make temporary adjustments based on mission or environmental needs, but must communicate changes clearly to all personnel.

Common Compliance Issues

- Wearing unauthorized items or commercial athletic gear.
- Improper grooming or hygiene during PT.
- Failure to maintain uniform cleanliness and serviceability.

Recent Updates to Army Regulation PT Uniform

The Army periodically reviews and updates its PT uniform regulations to reflect advances in clothing technology, feedback from soldiers, and evolving standards of professionalism. Recent changes have focused on improving comfort, durability, and inclusivity while maintaining a unified appearance.

Key Changes in Recent Years

- Introduction of moisture-wicking fabrics in shirts and shorts for improved comfort.
- Refinement of authorized accessory and grooming standards for inclusivity.
- Update of color schemes for greater visibility and uniformity.
- Clarification of policy regarding tattoos and personal appearance during PT.

Tips for Maintaining PT Uniform Compliance

Proper maintenance and attention to detail are essential for staying in compliance with army regulation pt uniform. Soldiers should routinely inspect their PT uniforms, replace worn or damaged items, and review the latest regulations to ensure full conformity.

1. Keep multiple sets of PT uniforms to ensure availability for daily training.
2. Wash and inspect uniforms regularly for damage or excessive wear.
3. Store uniforms and accessories in a designated location to avoid loss.
4. Review official Army publications for updates to uniform standards.
5. Seek clarification from command if unsure about authorized items or wear policies.

Trending and Relevant Questions and Answers about army regulation pt uniform

Q: What are the main components of the army

regulation pt uniform?

A: The main components include the APFU shirt, shorts, pants, jacket, running shoes, socks, and reflective belt. Optional items such as gloves, knit caps, and thermal undershirts may be authorized depending on weather conditions.

Q: Are soldiers allowed to wear commercial athletic gear with their PT uniform?

A: No, soldiers are not permitted to wear unauthorized commercial athletic apparel or accessories with the PT uniform. Only regulation items are allowed to maintain uniformity and compliance.

Q: How often does the Army update its PT uniform regulations?

A: The Army reviews and updates PT uniform regulations periodically, typically every few years or as needed to incorporate new technology, fabrics, or feedback from service members.

Q: Can soldiers wear hats or sunglasses during PT?

A: Soldiers may wear authorized black knit caps during cold weather and sunglasses that meet Army standards. Baseball caps and other non-standard headgear are not permitted unless specified by command.

Q: What happens if a soldier fails to comply with PT uniform regulations?

A: Non-compliance may result in counseling, corrective training, or disciplinary action depending on the severity and recurrence of the infraction.

Q: Are tattoos visible in the PT uniform regulated?

A: Tattoos are regulated by Army standards, and visible tattoos must comply with AR 670-1 guidelines regarding content and placement.

Q: Is the reflective belt always required during PT?

A: The reflective belt is required during low visibility conditions or as directed by command for safety purposes. Its use may be waived during daylight hours in safe environments.

Q: What kind of socks are authorized with the PT uniform?

A: Only plain white or black socks without logos are authorized. They must be calf or ankle length as specified in the regulations.

Q: Are hair and grooming standards enforced during PT?

A: Yes, soldiers must adhere to Army grooming standards at all times, including during PT sessions.

Q: Can soldiers modify their PT uniforms for personal comfort?

A: Soldiers are not allowed to alter or modify PT uniform components. Any adjustments must be approved and in line with Army regulation to ensure uniformity and safety.

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Army Regulation PT Uniform: A Comprehensive Guide

Are you a soldier, a prospective recruit, or simply curious about the physical training (PT) uniform regulations of the United States Army? Navigating the intricacies of military dress codes can be challenging, especially when it comes to specialized attire like the PT uniform. This comprehensive guide will dissect all aspects of the Army regulation PT uniform, ensuring you're fully informed about the authorized clothing, proper wear, and any recent updates. We'll cover everything from approved shirts and shorts to footwear and authorized accessories, eliminating any confusion and ensuring you're always in compliance.

Understanding the Importance of the Army PT Uniform

The Army PT uniform isn't just about looking presentable; it's a crucial aspect of maintaining discipline, unit cohesion, and adherence to military standards. A properly worn PT uniform demonstrates professionalism, respect for regulations, and commitment to the Army's values. Furthermore, understanding the regulations ensures you're prepared for inspections and avoid potential disciplinary actions.

Authorized Garments for the Army PT Uniform

The Army's PT uniform is designed for comfort and functionality during physical training. However, strict regulations govern what constitutes an authorized uniform. Let's break down each component:

1. Shirts:

Short-Sleeve T-Shirt: The standard short-sleeve T-shirt is typically made of breathable, moisture-wicking material. It must be the authorized Army-issued color and design, often featuring a subdued, non-descript appearance. No alterations or embellishments are permitted beyond standard name tape placement as per regulations.

Long-Sleeve T-Shirt (Optional): Depending on weather conditions and commander discretion, a long-sleeve T-shirt of the same authorized material and color may be worn. This provides additional sun protection or warmth during colder climates.

2. Shorts:

Physical Training Shorts: These shorts are usually made of a similar material to the T-shirts - lightweight and breathable. They must be the authorized length and color specified in current Army regulations. No alterations, such as cutting or adding embellishments, are allowed.

3. Footwear:

Athletic Shoes: The choice of athletic footwear is crucial for comfort and injury prevention during PT. Shoes should be appropriate for the activity, offering sufficient support and cushioning. However, specific brands or models are not usually mandated, although extreme styles or colors that detract from the professional image may be prohibited. This should be clarified by your unit or chain of command.

4. Headwear (Optional):

Headbands or Visors: In certain weather conditions, headbands or visors may be authorized for sweat absorption or sun protection. These should be in subdued colors and avoid any branding or logos that might clash with the uniform's regulations.

5. Additional Considerations:

Undergarments: While not explicitly part of the uniform, appropriate undergarments should be worn to maintain hygiene and comfort during PT.

Body Armor: In specific training scenarios or exercises, the use of body armor might be integrated with the PT uniform, under the guidance of instructors and supervisors.

Prohibited Items in the Army PT Uniform

The following items are strictly prohibited while wearing the Army PT uniform:

Non-Authorized Clothing: Any clothing item not explicitly authorized by the Army, including clothing with logos, slogans, or graphics, is prohibited.

Jewelry: Excessive jewelry, including necklaces, bracelets, earrings (for men), or rings, is not allowed during PT. A simple, understated wedding band is usually permitted.

Hats (except in specified conditions): Unless specifically authorized due to weather conditions or as part of a designated training exercise, hats are generally not part of the Army PT uniform.

Maintaining Your Army Regulation PT Uniform

Proper care and maintenance of your PT uniform is vital for maintaining its appearance and ensuring its longevity. This includes regular washing and proper storage to prevent premature wear and tear. Always follow the care instructions on the garment labels to prevent damage.

Staying Updated on Changes to Army Regulations

It's crucial to remain informed about any changes or updates to the Army's regulations regarding the PT uniform. These updates are regularly communicated through official Army channels, including unit briefings and official publications. Always consult your chain of command or refer to official Army websites for the most up-to-date information.

Conclusion

Understanding and adhering to the Army regulation PT uniform is not just a matter of compliance; it's a demonstration of professionalism, discipline, and pride in your service. By following the guidelines outlined in this guide, you can ensure that you're always appropriately dressed for physical training and upholding the standards of the United States Army.

Frequently Asked Questions (FAQs)

1. Can I wear civilian athletic wear during PT? No, the Army requires the authorized PT uniform during official physical training sessions. Civilian attire is generally not permitted.
2. Where can I purchase the authorized Army PT uniform? The authorized PT uniform can typically

be purchased through the Army's supply system or authorized vendors. Contact your unit's supply sergeant for guidance.

3. What happens if I'm caught wearing a non-regulation PT uniform? Wearing a non-regulation PT uniform can result in disciplinary action, including potential loss of privileges or other forms of punishment, depending on the severity of the infraction.

4. Can I modify my Army PT uniform? No, alterations to the authorized PT uniform, such as cutting or adding embellishments, are strictly prohibited.

5. Are there different PT uniform regulations for different branches of the military? Yes, each branch of the military (Army, Navy, Air Force, Marines) has its own specific regulations regarding physical training uniforms. This guide applies solely to the Army PT uniform.

army regulation pt uniform: Wear and Appearance of Army Uniforms and Insignia

Department of the Army, 2005-02-03 This regulation prescribes the authorization for wear, composition, and classification of uniforms, and the occasions for wearing all personal (clothing bag issue), optional, and commonly worn organizational Army uniforms. It also prescribes the awards, insignia, and accouterments authorized for wear on the uniform, and how these items are worn. General information is also provided on the authorized material, design, and uniform quality control system. Only uniforms, accessories, and insignia prescribed in this regulation or in the common tables of allowance (CTA), or as approved by Headquarters, Department of the Army (HQDA), will be worn by personnel in the U.S. Army. Unless specified in this regulation, the commander issuing the clothing and equipment will establish wear policies for organizational clothing and equipment. No item governed by this regulation will be altered in any way that changes the basic design or the intended concept of fit as described in TM 10-227 and AR 700-84, including plating, smoothing, or removing detail features of metal items, or otherwise altering the color or appearance. All illustrations in this regulation should coincide with the text. The written description will control any inconsistencies between the text and the illustration. AR 70-1 prescribes Department of the Army (DA) policies, responsibilities, and administrative procedures by which all clothing and individual equipment used by Army personnel are initiated, designed, developed, tested, approved, fielded, and modified. AR 385-10 prescribes DA policies, responsibilities, and administrative procedures and funding for protective clothing and equipment. In accordance with chapter 45, section 771, title 10, United States Code (10 USC 771), no person except a member of the U.S. Army may wear the uniform, or a distinctive part of the uniform of the U.S. Army unless otherwise authorized by law. Additionally, no person except a member of the U.S. Army may wear a uniform, any part of which is similar to a distinctive part of the U.S. Army uniform. This includes the distinctive uniforms and uniform items listed in paragraph 1-12 of this regulation. Further, soldiers are not authorized to wear distinctive uniforms or uniform items of the U.S. Army or of other U.S. Services with, or on civilian clothes, except as provided in chapters 27 through 30 of this regulation.

army regulation pt uniform: Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia 25 May 2017 United States Government U. S. Army, 2017-10-02 Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia 25 May 2017, prescribes Department of the Army policy for proper wear and appearance of Army uniforms and insignia, as worn by officers and enlisted personnel of the Active Army and the United States Army Reserve, as well as by former Soldiers. This regulation applies to the Active Army, the Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve, unless otherwise stated. In addition, it applies to the Reserve Officers' Training Corps and the Corps of Cadets, United States Military Academy, only when their respective uniform regulations do not include sufficient guidance or instruction. It does not apply to the Chief of Staff of the Army, or former Chiefs of Staff

of the Army, each of whom may prescribe his or her own uniform. Portions of this regulation are punitive. Violation of the specific prohibitions and requirements of specific portions by Soldiers may result in adverse administrative and/or charges under the Uniform Code of Military Justice (UCMJ).

army regulation pt uniform: Army Regulation AR 670-1 Uniform and Insignia United States Government Us Army, 2021-01-27 This United States Army manual, Army Regulation AR 670-1 Uniform and Insignia: Wear and Appearance of Army Uniforms and Insignia January 2021, prescribes Department of the Army policy for proper wear and appearance of Army uniforms and insignia, as worn by officers and enlisted personnel of the Regular Army, the U.S. Army Reserve, and former Soldiers. This regulation, AR 670-1, applies to the Regular Army, the Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve, unless otherwise stated. It also applies to Army Civilians and Veterans, the Reserve Officers' Training Corps, and the Corps of Cadets, U.S. Military Academy, only when their respective uniform regulations do not include sufficient guidance or instruction. It does not apply to the Chief of Staff of the Army, or former Chiefs of Staff of the Army, each of whom may prescribe their own uniform. Portions of this regulation are punitive. Violation of the specific prohibitions and requirements of specific portions by Soldiers may result in adverse administrative action and/or charges under the Uniform Code of Military Justice.

army regulation pt uniform: Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia 31 March 2014 United States Government Us Army, 2014-04 This 31 March 2014 version of Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia, prescribes Department of the Army policy for proper wear and appearance of Army uniforms and insignia, as worn by officers and enlisted personnel of the Active Army and the United States Army Reserve, as well as by former Soldiers. This regulation applies to the Active Army, the Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve, unless otherwise stated. In addition, it applies to the Reserve Officers' Training Corps and the Corps of Cadets, United States Military Academy, only when their respective uniform regulations do not include sufficient guidance or instruction. It does not apply to the Chief of Staff of the Army, or former Chiefs of Staff of the Army, each of whom may prescribe his or her own uniform. Portions of this regulation are punitive. Violation of the specific prohibitions and requirements of specific portions by Soldiers may result in adverse administrative and/or charges under the Uniform Code of Military Justice (UCMJ). The Army is a profession. A Soldier's appearance measures part of his or her professionalism. Proper wear of the Army uniform is a matter of personal pride for all Soldiers. It is indicative of esprit de corps and morale within a unit. Soldiers have an individual responsibility for ensuring their appearance reflects the highest level of professionalism. Leaders, at all levels, have a responsibility for implementing and applying the standards contained in this regulation to ensure the best interests of the Army, including our shared traditions and customs. This regulation prescribes the authorization for wear, composition, and classification of uniforms, and the occasions for wearing all personal (clothing bag issue), optional, and commonly worn organizational clothing and individual equipment uniforms. It prescribes the uniforms, awards, insignia, and accouterments authorized for wear. It also provides general information on the authorized material and design of uniforms and the uniform quality control system.

army regulation pt uniform: TRADOC Pamphlet TP 600-4 The Soldier's Blue Book United States Government Us Army, 2019-12-14 This manual, TRADOC Pamphlet TP 600-4 The Soldier's Blue Book: The Guide for Initial Entry Soldiers August 2019, is the guide for all Initial Entry Training (IET) Soldiers who join our Army Profession. It provides an introduction to being a Soldier and Trusted Army Professional, certified in character, competence, and commitment to the Army. The pamphlet introduces Soldiers to the Army Ethic, Values, Culture of Trust, History, Organizations, and Training. It provides information on pay, leave, Thrift Saving Plans (TSPs), and organizations that will be available to assist you and your Families. The Soldier's Blue Book is mandated reading and will be maintained and available during BCT/OSUT and AIT. This pamphlet applies to all active Army, U.S. Army Reserve, and the Army National Guard enlisted IET conducted at service schools,

Army Training Centers, and other training activities under the control of Headquarters, TRADOC.

army regulation pt uniform: Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia September 2014 United States Government, Us Army, 2014-09-27 This September 2014 version of Army Regulation AR 670-1 Wear and Appearance of Army Uniforms and Insignia, prescribes Department of the Army policy for proper wear and appearance of Army uniforms and insignia, as worn by officers and enlisted personnel of the Active Army and the United States Army Reserve, as well as by former Soldiers. This regulation applies to the Active Army, the Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve, unless otherwise stated. In addition, it applies to the Reserve Officers' Training Corps and the Corps of Cadets, United States Military Academy, only when their respective uniform regulations do not include sufficient guidance or instruction. It does not apply to the Chief of Staff of the Army, or former Chiefs of Staff of the Army, each of whom may prescribe his or her own uniform. Portions of this regulation are punitive. Violation of the specific prohibitions and requirements of specific portions by Soldiers may result in adverse administrative and/or charges under the Uniform Code of Military Justice (UCMJ). This revision, dated September 2014-- Adds a sentence to clarify the policy on wearing the gold star lapel button and the next of kin lapel button (para 22-6b). Makes additional administrative revisions (throughout). Updates guidance for authorized and unauthorized hairstyles for females (para 3-2). Clarifies guidance on Soldiers obtaining new tattoos (paras 3-3c(3)(a) and (b)). Updates tattoo policy for Soldiers with grandfathered tattoos who request to apply for commissioning or appointment (para 3-3g). Clarifies that Soldiers who entered the Army with body mutilation have the ability to request an exception to policy (para 3-3l). Adds wear guidance for an activity tracker, pedometer, or heart rate monitor (para 3-4a). Removes the wear guidance for Criminal Investigation Division Command Soldiers to wear shoulder sleeve insignia of their respective commands as their shoulder sleeve insignia-former wartime service (para 21-17a(7)(d)). Clarifies wear guidance for gold star lapel button (para 22-6c). Adds wear guidance for next of kin lapel button (para 22-6d). Updates definitions of braids/plaits, conservative, cornrows, dreadlocks or locks, neat, optional clothing, and twists (glossary).

army regulation pt uniform: Body Composition and Physical Performance Institute of Medicine, Committee on Military Nutrition Research, 1992-02-01 This book surveys the entire field of body composition as it relates to performance. It includes a clear definition of terminology and a discussion of the various methods for measuring body composition. The authored papers represent a state-of-the-art review of this controversial field and address questions such as: What is a better measure of body composition—body fat or lean body mass? Does being overweight for one's height really affect performance? The book also addresses the issue of physical appearance as it relates to body fatness and performance. It includes an in-depth discussion of many of the topics of interest to those involved in sports medicine and exercise physiology.

army regulation pt uniform: U. S. Army Board Study Guide , 2006-06

army regulation pt uniform: Army Physical Readiness Training Department of the Army, 2019-12-08

army regulation pt uniform: Identification (ID) Tags United States. Department of the Air Force, 1987

army regulation pt uniform: From One Leader to Another Combat Studies Institute Press, 2013-05 This work is a collection of observations, insights, and advice from over 50 serving and retired Senior Non-Commissioned Officers. These experienced Army leaders have provided for the reader, outstanding mentorship on leadership skills, tasks, and responsibilities relevant to our Army today. There is much wisdom and advice from one leader to another in the following pages.

army regulation pt uniform: Army Food Program Department of the Army, 2012-07-24 This regulation encompasses garrison, field, and subsistence supply operations. Specifically, this regulation comprises Army Staff and major Army command responsibilities and includes responsibilities for the Installation Management Command and subordinate regions. It also establishes policy for the adoption of an à la carte dining facility and for watercraft to provide

subsistence when underway or in dock. Additionally, the regulation identifies DOD 7000.14-R as the source of meal rates for reimbursement purposes; delegates the approval authority for catered meals and host nation meals from Headquarters, Department of the Army to the Army commands; and authorizes the use of the Government purchase card for subsistence purchases when in the best interest of the Government. This regulation allows prime vendors as the source of garrison supply and pricing and provides garrison menu standards in accordance with The Surgeon General's nutrition standards for feeding military personnel. Also, included is guidance for the implementation of the U.S. Department of Agriculture Food Recovery Program.

army regulation pt uniform: *Department of Defense Dictionary of Military and Associated Terms*, 1984

army regulation pt uniform: *Service Etiquette* Cherlynn Conetsco, Anna Hart, 2009 This all-new edition of the venerable *Service Etiquette* cements the guide's reputation as the definitive resource of military protocol. Protocol experts Conetsco and Hart have totally rewritten the book, expanding its scope and intended readership from military officers and military spouses to all levels of the military, government, and business professionals.

army regulation pt uniform: *The 71F Advantage* National Defense University Press, 2010-09 Includes a foreword by Major General David A. Rubenstein. From the editor: 71F, or 71 Foxtrot, is the AOC (area of concentration) code assigned by the U.S. Army to the specialty of Research Psychology. Qualifying as an Army research psychologist requires, first of all, a Ph.D. from a research (not clinical) intensive graduate psychology program. Due to their advanced education, research psychologists receive a direct commission as Army officers in the Medical Service Corps at the rank of captain. In terms of numbers, the 71F AOC is a small one, with only 25 to 30 officers serving in any given year. However, the 71F impact is much bigger than this small cadre suggests. Army research psychologists apply their extensive training and expertise in the science of psychology and social behavior toward understanding, preserving, and enhancing the health, well being, morale, and performance of Soldiers and military families. As is clear throughout the pages of this book, they do this in many ways and in many areas, but always with a scientific approach. This is the 71F advantage: applying the science of psychology to understand the human dimension, and developing programs, policies, and products to benefit the person in military operations. This book grew out of the April 2008 biennial conference of U.S. Army Research Psychologists, held in Bethesda, Maryland. This meeting was to be my last as Consultant to the Surgeon General for Research Psychology, and I thought it would be a good idea to publish proceedings, which had not been done before. As Consultant, I'd often wished for such a document to help explain to people what it is that Army Research Psychologists do for a living. In addition to our core group of 71Fs, at the Bethesda 2008 meeting we had several brand-new members, and a number of distinguished retirees, the grey-beards of the 71F clan. Together with longtime 71F colleagues Ross Pastel and Mark Vaitkus, I also saw an unusual opportunity to capture some of the history of the Army Research Psychology specialty while providing a representative sample of current 71F research and activities. It seemed to us especially important to do this at a time when the operational demands on the Army and the total force were reaching unprecedented levels, with no sign of easing, and with the Army in turn relying more heavily on research psychology to inform its programs for protecting the health, well being, and performance of Soldiers and their families.

army regulation pt uniform: *Weight Management* Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, Subcommittee on Military Weight Management, 2003-12-01 The primary purpose of fitness and body composition standards in the U.S. Armed Forces has always been to select individuals best suited to the physical demands of military service, based on the assumption that proper body weight and composition supports good health, physical fitness, and appropriate military appearance. The current epidemic of overweight and obesity in the United States affects the military services. The pool of available recruits is reduced because of failure to meet body composition standards for entry into the services and a high percentage of individuals exceeding military weight-for-height standards at the time of entry into the service leave

the military before completing their term of enlistment. To aid in developing strategies for prevention and remediation of overweight in military personnel, the U.S. Army Medical Research and Materiel Command requested the Committee on Military Nutrition Research to review the scientific evidence for: factors that influence body weight, optimal components of a weight loss and weight maintenance program, and the role of gender, age, and ethnicity in weight management.

army regulation pt uniform: Army Regulation AR 700-84 Logistics United States Government US Army, 2014-07-31 This regulation, Army Regulation AR 700-84 Logistics: Issue and Sale of Personal Clothing 22 July 2014, is a major revision. It covers the issue and sale of personal clothing in the Army. It prescribes the policies, procedures and responsibilities for the issue and sale of personal clothing to members of Army activities and to Department of the Army civilians (DACs). It also describes systems for the maintenance, replacement, and disposition of such clothing and gives conditions under which these systems apply. Policies and procedures in this regulation are designed specifically for enlisted Soldiers (Active Army, Army National Guard (ARNG) and U.S. Army Reserve (USAR)), although limited policies or procedures may apply to officers, warrant officers, Reserve Officers' Training Corps (ROTC), Army Senior Reserve Officers' Training Corps (SROTC), Junior Reserve Officers' Training Corps (JROTC), DACs, and ROTC contracted employees. Additionally, it applies to other personnel or organizations supported under the clothing replacement allowance (CRA) or issue-in-kind systems, or Army Military Clothing Store (AMCS) operated by the Exchange.

army regulation pt uniform: A Historical Review and Analysis of Army Physical Readiness Training and Assessment Whitfield East, 2013-12 The Drillmaster of Valley Forge-Baron Von Steuben-correctly noted in his Blue Book how physical conditioning and health (which he found woefully missing when he joined Washington's camp) would always be directly linked to individual and unit discipline, courage in the fight, and victory on the battlefield. That remains true today. Even an amateur historian, choosing any study on the performance of units in combat, quickly discovers how the levels of conditioning and physical performance of Soldiers is directly proportional to success or failure in the field. In this monograph, Dr. Whitfield Chip East provides a pragmatic history of physical readiness training in our Army. He tells us we initially mirrored the professional Armies of Europe as they prepared their forces for war on the continent. Then he introduces us to some master trainers, and shows us how they initiated an American brand of physical conditioning when our forces were found lacking in the early wars of the last century. Finally, he shows us how we have and must incorporate science (even when there exists considerable debate!) to contribute to what we do-and how we do it-in shaping today's Army. Dr. East provides the history, the analysis, and the pragmatism, and all of it is geared to understanding how our Army has and must train Soldiers for the physical demands of combat. Our culture is becoming increasingly "unfit, due to poor nutrition, a lack of adequate and formal exercise, and too much technology. Still, the Soldiers who come to our Army from our society will be asked to fight in increasingly complex and demanding conflicts, and they must be prepared through new, unique, and scientifically based techniques. So while Dr. East's monograph is a fascinating history, it is also a required call for all leaders to better understand the science and the art of physical preparation for the battlefield. It was and is important for us to get this area of training right, because getting it right means a better chance for success in combat.

army regulation pt uniform: United States Code United States, 2013 The United States Code is the official codification of the general and permanent laws of the United States of America. The Code was first published in 1926, and a new edition of the code has been published every six years since 1934. The 2012 edition of the Code incorporates laws enacted through the One Hundred Twelfth Congress, Second Session, the last of which was signed by the President on January 15, 2013. It does not include laws of the One Hundred Thirteenth Congress, First Session, enacted between January 2, 2013, the date it convened, and January 15, 2013. By statutory authority this edition may be cited U.S.C. 2012 ed. As adopted in 1926, the Code established prima facie the general and permanent laws of the United States. The underlying statutes reprinted in the Code

remained in effect and controlled over the Code in case of any discrepancy. In 1947, Congress began enacting individual titles of the Code into positive law. When a title is enacted into positive law, the underlying statutes are repealed and the title then becomes legal evidence of the law. Currently, 26 of the 51 titles in the Code have been so enacted. These are identified in the table of titles near the beginning of each volume. The Law Revision Counsel of the House of Representatives continues to prepare legislation pursuant to 2 U.S.C. 285b to enact the remainder of the Code, on a title-by-title basis, into positive law. The 2012 edition of the Code was prepared and published under the supervision of Ralph V. Seep, Law Revision Counsel. Grateful acknowledgment is made of the contributions by all who helped in this work, particularly the staffs of the Office of the Law Revision Counsel and the Government Printing Office--Preface.

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army regulation pt uniform: Operations (ADP 3-0) Headquarters Department of the Army, 2019-09-27 ADP 3-0, Operations, constitutes the Army's view of how to conduct prompt and sustained operations across multiple domains, and it sets the foundation for developing other principles, tactics, techniques, and procedures detailed in subordinate doctrine publications. It articulates the Army's operational doctrine for unified land operations. ADP 3-0 accounts for the uncertainty of operations and recognizes that a military operation is a human undertaking. Additionally, this publication is the foundation for training and Army education system curricula related to unified land operations. The principal audience for ADP 3-0 is all members of the profession of arms. Commanders and staffs of Army headquarters serving as joint task force (JTF) or multinational headquarters should also refer to applicable joint or multinational doctrine concerning the range of military operations and joint or multinational forces. Trainers and educators throughout the Army will use this publication as well.

army regulation pt uniform: The Soldier's Guide U.S. Department of the Army, 2016-02-23 A comprehensive guide for the ultimate guardians of American freedom—the U.S. soldier. The Soldier's Guide applies to every soldier in the Army—active, reserve, and National Guard—in every rank and specialty. It condenses important information from a number of U.S. Army regulations, field manuals, and other publications into one crucial volume. This manual describes the soldier's role in the Army and the soldier's obligations. Other subject areas are Army history, training, and professional development. This manual also describes standards in appearance and conduct and selected individual combat tasks that are important for every soldier to master. Written to answer the many questions asked by soldiers of all ranks in the Army, it covers everything from the history and traditions of the American military to training and service benefits. Find out about such ideals as

The Warrior Ethos that drive soldiers during a mission and the Army's values of loyalty, duty, respect, selfless service, honor, integrity, personal courage, and discipline. In addition, sections cover ethical reasoning, the basic principles of war, military courtesies, individual combat skills, and more. This guide will clarify and reinforce standards and help prepare any soldier to assume a leadership position. Skyhorse Publishing is proud to publish a range of books for readers interested in military tactics and skills. We publish content provided by or of interest to the U.S. Army, Army Rangers, the U.S. Navy, Navy SEALs, the U.S. Air Force, the U.S. Marine Corps, and the Department of Defense. Our books cover topics such as survival, emergency medicine, weapons, guns, weapons systems, hand-to-hand combat, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

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army regulation pt uniform: American Military History Volume 1 Army Center of Military History, 2016-06-05 American Military History provides the United States Army-in particular, its young officers, NCOs, and cadets-with a comprehensive but brief account of its past. The Center of Military History first published this work in 1956 as a textbook for senior ROTC courses. Since then it has gone through a number of updates and revisions, but the primary intent has remained the same. Support for military history education has always been a principal mission of the Center, and this new edition of an invaluable history furthers that purpose. The history of an active organization tends to expand rapidly as the organization grows larger and more complex. The period since the Vietnam War, at which point the most recent edition ended, has been a significant one for the Army, a busy period of expanding roles and missions and of fundamental organizational changes. In particular, the explosion of missions and deployments since 11 September 2001 has necessitated the creation of additional, open-ended chapters in the story of the U.S. Army in action. This first volume covers the Army's history from its birth in 1775 to the eve of World War I. By 1917, the United States was already a world power. The Army had sent large expeditionary forces beyond the American hemisphere, and at the beginning of the new century Secretary of War Elihu Root had proposed changes and reforms that within a generation would shape the Army of the future. But world war-global war-was still to come. The second volume of this new edition will take up that story and extend it into the twenty-first century and the early years of the war on terrorism and includes an analysis of the wars in Afghanistan and Iraq up to January 2009.

army regulation pt uniform: U. S. Army Retired Soldiers Handbook Soldier for Life-Retirement Services Office (U.S.), 2017-09 This handbook provides guidance to U.S. Army retired soldiers and their families about their military status after retirement, benefits and privileges that they may be entitled. Some of the topics covered within this handbook include: MyArmyBenefits (MAB) Program, Change of Address Military Identification and Privilege Cards Military Treatment Facilities (MTFs) for Medical Care & TRICARE Military Installation Privileges- Stateside and Overseas Locating Former and Retired Soldiers Community Relations Army Emergency Relief Department of Veterans Affairs (VA) Benefits And much more Retired U.S. Army soldiers and their families may be interested in this retirement guide. Members of the ROTC Corps, and American citizens interested in enlisting within the U.S. Army also may be interested in this guide to comprehensive Army service benefits. Related products: Federal Benefits for Veterans, Dependents, and Survivors 2017 is available

here:<https://bookstore.gpo.gov/products/federal-benefits-veterans-dependents-and-survivors-2017>
Information for Survivor Annuitants: Federal Employees Retirement System (FERS) is available here:<https://bookstore.gpo.gov/products/information-survivor-annuitants-federal-employees-retirement-system-fers> Applying for Deferred or Postponed Retirement Under the Federal Employees

Retirement System FERS is available

here:<https://bookstore.gpo.gov/products/applying-deferred-or-postponed-retirement-under-federal-employees-retirement-system-fers>

army regulation pt uniform: Army Regulation AR 600-20 Army Command Policy July 2020
United States Government Us Army, 2020-07-26 This major revision to United States Army publication, Army Regulation AR 600-20 Army Command Policy July 2020, prescribes the policies and responsibilities of command, which include the Army Ready and Resilient Campaign Plan, military discipline and conduct, the Army Military Equal Opportunity (MEO) Program, the Army Harassment Prevention and Response Program, and the Army Sexual Harassment/Assault Response and Prevention (SHARP) Program. This regulation implements DoDI 1020.03, DoDI 1300.17, DoDI 1325.02, DoDI 1325.06; DoDI 1342.22; DoDI 5240.22, DoDI 5240.26, DoDI 5505.18; DoDI 6495.02; DoDI 6495.03, DoDD 1350.2, DoDD 6495.01, DoDD 5205.16 and DoDD 7050.06. Also, it prescribes the policy and responsibility of command, which include the Army Ready and Resilient Campaign Plan, military discipline and conduct, the Army Equal Opportunity Program, and the Army Sexual Harassment/Assault Response and Prevention Program. The 30-day advanced publication requirement has been waived because the revision implements previously published law, DoD directives and instructions, and Army directives that need to be consolidated and communicated to the field as soon as possible. This regulation applies to the Regular Army, the Army National Guard/Army National Guard of the United States, and the U.S. Army Reserve, unless otherwise stated. It also applies to all assigned, attached, or operationally controlled U.S. Army Corrections Command personnel, and all Army Corrections System prisoners incarcerated in Army Corrections System facilities. Chapters 6 and 7 and appendix E apply to members of the Army National Guard of the United States when on active duty Title 10 orders, for 30 days or more. In all other cases, members of the Army National Guard are governed by regulations issued by the Chief, National Guard Bureau consistent with Chief, National Guard Bureau's authorities under 32 USC 110, 10 USC 10503, and DoDD 5105.77. It also applies where stated to Department of the Army Civilians. Portions of this regulation that prescribe specific conduct are punitive, and violations of these provisions may subject offenders to nonjudicial or judicial action under the Uniform Code of Military Justice. The equal opportunity terms found in the glossary are applicable only to uniformed personnel. AR 690-600 and AR 690-12 contains similar terms that are applicable to Department of the Army Civilians.

army regulation pt uniform: The Russian Way of War Lester W. Grau, Charles K. Bartles, 2018 Force Structure, Tactics, and Modernization of the Russian Ground Forces The mighty Soviet Army is no more. The feckless Russian Army that stumbled into Chechnya is no more. Today's Russian Army is modern, better manned, better equipped and designed for maneuver combat under nuclear-threatened conditions. This is your source for the tactics, equipment, force structure and theoretical underpinnings of a major Eurasian power. Here's what the experts are saying: A superb baseline study for understanding how and why the modern Russian Army functions as it does. Essential for specialist and generalist alike. -Colonel (Ret) David M. Glantz, foremost Western author on the Soviet Union in World War II and Editor of The Journal of Slavic Military Studies. Congratulations to Les Grau and Chuck Bartles on filling a gap which has yawned steadily wider since the end of the USSR. Their book addresses evolving Russian views on war, including the blurring of its nature and levels, and the consequent Russian approaches to the Ground Forces' force structuring, manning, equipping, and tactics. Confidence is conferred on the validity of their arguments and conclusions by copious footnoting, mostly from an impressive array of primary sources. It is this firm grounding in Russian military writings, coupled with the authors' understanding of war and the Russian way of thinking about it, that imparts such an authoritative tone to this impressive work. -Charles Dick, former Director of the Combat Studies Research Centre, Senior Fellow at the Defence Academy of the United Kingdom, author of the 1991 British Army Field Manual, Volume 2, A Treatise on Soviet Operational Art and author of From Victory to Stalemate The Western Front, Summer 1944 and From Defeat to Victory, The Eastern Front, Summer 1944. Dr.

Lester Grau's and Chuck Bartles' professional research on the Russian Armed Forces is widely read throughout the world and especially in Russia. Russia's Armed Forces have changed much since the large-scale reforms of 2008, which brought the Russian Army to the level of the world's other leading armies. The speed of reform combined with limited information about their core mechanisms represented a difficult challenge to the authors. They have done a great job and created a book which could be called an encyclopedia of the modern armed forces of Russia. They used their wisdom and talents to explore vital elements of the Russian military machine: the system of recruitment and training, structure of units of different levels, methods and tactics in defense and offence and even such little-known fields as the Arctic forces and the latest Russian combat robotics. -Dr. Vadim Kozyulin, Professor of Military Science and Project Director, Project on Asian Security, Emerging Technologies and Global Security Project PIR Center, Moscow. Probably the best book on the Russian Armed Forces published in North America during the past ten years. A must read for all analysts and professionals following Russian affairs. A reliable account of the strong and weak aspects of the Russian Army. Provides the first look on what the Russian Ministry of Defense learned from best Western practices and then applied them on Russian soil. -Ruslan Pukhov, Director of the Moscow-based Centre for the Analysis of Strategies and Technologies (CAST) and member of the Public Council of the Russian Federation Ministry of Defense. Author of *Brothers Armed: Military Aspects of the Crisis in Ukraine*, *Russia's New Army*, and *The Tanks of August*.

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army regulation pt uniform: The Armed Forces Officer Richard Moody Swain, Albert C. Pierce, 2017 In 1950, when he commissioned the first edition of *The Armed Forces Officer*, Secretary of Defense George C. Marshall told its author, S.L.A. Marshall, that American military officers, of whatever service, should share common ground ethically and morally. In this new edition, the authors methodically explore that common ground, reflecting on the basics of the Profession of Arms, and the officer's special place and distinctive obligations within that profession and especially to the Constitution.

army regulation pt uniform: Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More , 2019-03-05 Over 600 total pages ... CONTENTS: Army Combat Fitness Test Training Guide Version 1.2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1.4 Army Combat Fitness Test CALL NO. 18-37, September 2018 FM 7-22 ARMY PHYSICAL READINESS TRAINING, October 2012 IOC TESTING - ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT) Version 1.1, 4 September 2018 ACFT Field Test Highlight Poster (Final) OVERVIEW: The Army will replace the Army Physical Fitness Test (APFT) with the Army Combat Fitness Test (ACFT) as the physical fitness test of record beginning in FY21. To accomplish this, the ACFT will be implemented in three phases. Phase 1 (Initial Operating Capability - IOC) includes a limited user Field Test with approximately 60 battalion-sized units from across all components of the Army. While the ACFT is backed by thorough scientific research and has undergone several revisions, there are still details that have not been finalized. The ACFT requires a testing site with a two-mile run course and a flat field space approximately 40 x 40 meters. The field space should be grass (well maintained and cut) or artificial turf that is generally flat and free of debris. While maintaining testing standards and requirements, commanders will make adjustments for local conditions when necessary. The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station. When test events are conducted indoors, the surface must be artificial turf only. Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint-Drag-Carry. When environmental conditions prohibit outdoor testing, an indoor track may be used for the 2 Mile Run. The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes. There should not be more than 4 Soldiers per testing group for the SPT, HRP, and SDC. The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group. Concerns related to Soldiers, graders, or commanders will be addressed prior to test day. The number of lanes varies by number of Soldiers testing. A 16-lane ACFT site will have the

following: ACFT specific test equipment requirements: 16 hexagon/trap bars (60 pounds), each with a set of locking collars. While all NSN approved hexagon bars must weigh 60 pounds, there is always a small manufacturer's production tolerance. The approved weight tolerance for the hexagon bar is + 2 pounds (58-62 pounds). Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars. On average hexagon bar collars weigh < 2.0 pounds per pair and are considered incidental to the total weight of the MDL weight. Approximately 3,000 lbs. of bumper plates. 16 x 10 lb. medicine ball 16 x nylon sled with pull straps. 32 x 40 lb. kettle bells. Permanent or mobile pull up bars (16 x pull-up bars at approximately 7.5 feet off the ground with step-ups for shorter Soldiers). Common unit equipment for set-up and grading: 16 stop watches. 8 x 25m tape measures. 8 x wooden or PVC marking sticks for the SPT. One stick for every two lanes. 70 x 18" traffic cones. 50 field / dome cones. A soft, flat, dry test area approximately 40m x 40m on grass or artificial turf (half of a soccer or football field). A site that is free of any significant hazards. A preparation area (can be same as briefing area) to conduct Preparation Drill. A generally flat, measured running course with a solid, improved surface that is not more than 3 percent uphill grade and has no overall decline (start and finish must be at the same altitude).

army regulation pt uniform: Field Manual Fm 3-05.70 Us Army Survival Guide U.S. Army, 2002-05-01 FM 3-05.70 is the United States Army manual used to train survival techniques (formerly the FM 21-76). It is popular among survivalists and campers. The manual covers a variety of helpful topics such as planning, psychology of survival, emergency medicine, shelter construction, water procurement, firecraft, food procurement (hunting), identification of poisonous plants, and construction of field expedient weapons, tools and equipment.

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