

RESTRICTED

ABSTRACT

Maintenance of the physical fitness standards is identified as a critical element, especially for the personnel who are undergoing training and even serving at any armed force at anywhere in the world. Thus, the purpose of this study is to identify the present state of physical fitness standards of officer cadets in SLAF. The researcher made his focus on the research objective, which is to examine whether 'there is a degradation in physical fitness standards among officer cadets in SLAF'. In view of making the research work more generalize, the Ground Training Wing (GTW) at Sri Lanka Air Force Academy, Chunabay (SLAFA Cby) was selected for the purpose of making a justifiable sample with the participation of more numbers of officer cadets. However, the researcher made his focus in testing officer cadets not within the framework of the routine physical fitness evaluations which are conducted within the SLAF, but they were evaluated through the application of an internationally recognized and scientifically proven mechanism. The mechanism is made to assess the state of main five components in a human body and which is named as 'Health Related Physical Fitness Test'. Thereby, the end results of the evaluation would potential enough to understand the actual physical fitness standards of officer cadets in SLAF. Further, subjected to the necessary findings and with viable recommendations, the researcher believes that, the introduced mechanism would pave the way to review the physical training criterion whilst benefitting to both the trainee and to the organization in future. However, the failure to apply the same would bring negative repercussions in the aspects of physical fitness and efficiency among officer cadets who are undergoing training at present and yet to enlist to SLAF in future.