

**INTRODUCING PHYSICAL FITNESS PROGRAMME
FOR AIRMEN**

MS c 00036

PERMANENT REFERENCE

Thesis

By

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SUPERVISED BY

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GENERAL SIR JOHN KOTELAWELA DEFENCE ACADEMY

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YA,

DECLARATION

This research paper contains no materials which has being accepted for the award of any other degree or diploma in any other university or equivalent institution, and that to the best of my knowledge and belief, contains no material previously submitted or written by any other person, except where due reference is made in the text of this research

I carried out the work describe in this research paper under the supervision of Mr., I.M. Ranasinghe

Signature; 

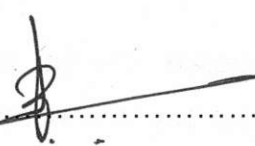
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COMMENTS BY THE SUPERVISOR

The research prepared by Wing Commander O F H V Fernando is recommended and forwarded for onward action please.

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ABSTRACT

Acknowledgements

The Physical Exercise and Fitness are mission requirements of any military force. A properly planned and controlled, goal oriented fitness program is a vital element of the Sri Lanka Air Force (SLAF). The study is focused on the Sri Lanka Air Force personnel physical fitness and attempt to introduce new approach to physical fitness to suit the present context. The concept of total fitness is integrated with five components, comprising: Strength, Speed, Stamina, Suppleness and Skill. The components introduced are known as 5s (Corbin and Lindsey, 1991) provide a wide array of fitness levels of air force personnel. The desired levels outcome of SLAF personnel are expected to maintain the through a comprehensive programme development, administering and reviewing. A control experiment is used to illustrate this by way of marked improvement in specific areas of fitness in the experimental group who were put through a specially designed total fitness regime, as compared to the control group who were continued on the existing SLAF Physical Training Programme.

The research points out that the present approach to Physical Fitness in SLAF is adequate only to maintain baseline physical fitness levels but lacks competitive edge in achieving productive human wealth, motivate as an organisation to achieve higher goals and tasks in the future. Through the study a comprehensive physical training module has developed to suit the requirement of SLAF today and for future.