



A Division of the Canadian Forces Personnel Support Agency  
Une division de l'Agence de soutien du personnel des Forces canadiennes

# Newsletter

## Research and Development

### Human Performance

Jan 2008

Volume 3, Number 1

#### In This Issue

- Here we grow again
- Launching our new capabilities
- New web site
- Army fitness manual + Combat fitness Program
- Canadian Forces Land Advanced Warfare Center
- Current Projects
- Thank you PSP

#### Contact Us

<http://www.cfpsa.com>

Jacque Laframboise

Human Performance  
Project Manager

613-324-0586

[Laframboise.jl@forces.gc.ca](mailto:Laframboise.jl@forces.gc.ca)

*Comments and Questions are greatly appreciated.*

*We hope that this has been informative for you. DHPHP looks forward to working with you in the future on Human Performance initiatives.*

#### Here we grow again!

In our last newsletter we explained the benefits of and why we restructured. Well we have continued to add to our team. Last summer Dr Lindsay Goulet and Michaël Spivock were hired as Research Managers, and Jacquie Laframboise was hired as the Project Manager. This coming February Rachel Blacklock, Simone Olinek and Phil Newton will join the team as research assistants, and Dr Tara Reilly is also hired to complete our group of research managers. Mark Carlson will assume the role of lab coordinator full time. Brienne Hanck will provide administrator support to our team. Working together as a team but led by each research manager we will be reviewing and developing new physical fitness standards for the Army, Navy and Air Force. We are doing this under the direction of CMP as part of the new fitness strategy. Check out our website to stay current on the research process for each project.

#### Launching our new capabilities

October 26<sup>th</sup>, 2007 the Human Performance Team invited some of our Military partners, our senior PSP Headquarters staff, RCMP HQ fitness staff and University of Ottawa Health Science representatives, to an orientation of our new human performance laboratory. We demonstrated and explained how to develop physical fitness standards and conduct high performance sports testing. We also discussed potential for PSP professional development, occupational task testing, clinical trials and adapted physical activity evaluations. We concluded the presentation with a preview of the new website. This exciting day was supercharged with enthusiasm and future opportunities. We look forward to developing new capabilities and partnerships.

#### New web site

This has been a long time coming, but we have finally created a web site that will inform the field of the activities, capabilities and all the other great endeavours that are happening in Human Performance. You will be able to view newsletters, research reports, learn about our research process and timelines, and look for opportunities. Check us out at [www.cfpsa.com](http://www.cfpsa.com) Human Performance pages.

#### Army fitness manual + Combat fitness Program

Last summer 3 new chapters were submitted as part of an addition to the Army Fitness Manual. These are part of a new section now called the Combat Fitness Program. It is a 'Cross-fit' type option to be included in the physical preparation of Land Forces. This project was developed collaboratively with important contributions from the Army, PSP and Dr. Howie Wenger.

Check it out

[http://ctc.gagetown.mil.ca/dlearn/Pan\\_Army\\_Projects/ACIM/courses/ACIM/ACIM.htm](http://ctc.gagetown.mil.ca/dlearn/Pan_Army_Projects/ACIM/courses/ACIM/ACIM.htm)

---

## Canadian Forces Land Advanced Warfare Center (CFLAWC)

We continue to take on smaller projects of importance such as CFLAWC in Trenton. Jacquie Laframboise and Patrick Gagnon have begun to review the fitness requirements of the Basic Parachutist course, by collecting observations, fitness results and other relevant info with the 3-week course in Nov/Dec 07. This work will continue into the new year and will grow as we become more involved with the unit.

---

### Current projects

- Fire Fighter Forcible entry
  - Cardiopulmonary responses of Fire Fighters to exercise
  - SAR Tech Physical fitness selection standard
  - Close Protection Operators (CPO)
  - Women's upper body muscular strength and endurance
  - Canadian Joint Incident Response Unit (CJIRU), formerly JNBCD
  - MPFS 50 years and older study
- 

### Thank you PSP

We would like to thank all of the PSP field staff who have recently assisted us.

<b>Staff</b>	<b>Base / Wing</b>	<b>Project</b>
Mary Beth McGinn	CFPSA HQ DPE	CJIRU
Todd Cirka	CFPSA Training Detachment	CJIRU
CFSU(O) FS&R	CFSU Ottawa	Lab & office set up
Louise Munson Dustin Moore	CFB Esquimalt	Women's upper body strength and endurance
Lisa Refausse Amy Dawson Todd Peart Bill Jeffs Caroline Cote Amy Dawson	8 Wing Trenton	CJIRU Close Protection Assessment Centre (CPAC)
Andy Moorehead Stephane Rainville Simone Olinek Monika Hassan Véronique Dion	19 Wing Comox	SARTech selection