

# Army Physical Fitness Research Institute (APFRI) Update

The Army War College's Army Physical Fitness Research Institute (APFRI) listened carefully to those who kept encouraging it to expand the benefits of APFRI out to the rest of our Army. Thanks to tremendous support from senior leaders of the Army and commandants involved, APFRI now has very active Annexes at both the U.S. Army Sergeants Major Academy (USASMA) at Fort Bliss, TX, and at the U.S. Army Command and General Staff College (CGSC) at Fort Leavenworth, KS.

After assessing the tremendous success and identified needs made evident by pilot programs at both places, the Commanding General of TRADOC, via the Chief of Staff of the Army Initiative #5, Army Leader Development Program, directed and funded the expansion of the APFRI program to mid-career officers attending CGSC and to senior enlisted attending the USASMA. These pilot programs clearly demonstrated success in linking mental and physical readiness with professional development. The APFRI program provides fitness and health assessments, identifies "at risk" leaders, provides effective interventions, and gauges leader readiness for worldwide deployment in the contemporary operating environment.

APFRI's expansion provides comprehensive wellness and education programs linked to the professional military education (PME) of students at these locations, reinforcing the critical link between leader physical and mental readiness. APFRI is proud to support these PME programs by emphasizing and reinforcing the complex interplay of health, fitness, and leadership that helps recognize how our mid-career and senior leaders must confront and master the human dimension of warfare.

APFRI has also extended its program to the Marine Corps War College and to the Army students attending the Air War College. In addition, the Commandant, USAWC, entered into a memorandum of agreement with the Commandant, Air War College, to pilot test the feasibility of expanding APFRI's 360° Strategic Leadership Feedback program to Air War College students. This program uses APFRI's web based, 360 degree assessment tool, using the Strategic Leadership Development Inventory (SLDI), along with other measures, such as personality and preferences for team roles as they relate to leadership style, in order to promote increased self-awareness of strategic leadership attributes.

The USAWC/APFRI program is viewed as a critical enabler in the development of NCO and officer mental and physical readiness for persistent conflict. These expansions provide programs and resources to use the PME time to reconstitute, reset, enhance, and sustain the operational readiness of students and to reinforce the linkage between leadership, health, fitness, and sustainability on the battlefield. No other program exists that comprehensively assesses and then intervenes to promote the leadership, health, and fitness status of mid-career and senior leaders.

Future plans (FY12) call for the expansion of APFRI to the Army Management Staff College, Warrant Officer Career Course, and Advanced NCO courses (ANCOC). These expansions will also allow for an extension of the APFRI program to the satellite Intermediate Leader Education (ILE) sites.

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*Sergeant Major of the Army, Ken Preston; LTC Traci Smith, Dep Dir, APFRI Annex USASMA; and CSM Ray Chandler, Cmt, US Army Sergeants Major Academy, cut the ribbon for APFRI's new Annex at the Sergeants Major Academy, Fort Bliss, TX, while COL Bobby Torvery, Dep Cmt, US Army War College, and COL Thomas J. Williams, Dir, APFRI, look on.*



*L-R: LTG William B. Caldwell IV, CG, U.S. Army Combined Arms Center and Fort Leavenworth; LTC Georgette Diggs, Dep Dir, APFRI Annex, CGSC; MG Robert M. Williams, Cmt, U.S. Army War College; and COL Thomas J. Williams, Dir, APFRI, cut the ribbon for APFRI's new annex at the Command and General Staff College.*