**README**

These files in this folder are required files to define competencies for the Project X prototype based on the specifications of the Medbiquitous competency framework.

For a description of the instructional design of Project X prototype, see the Google doc at [https://docs.google.com/a/adlnet.gov/document/d/1bXh78JOB2Zj4gEq66taHGQEGy6nI7kBojFIaCtEKRMA/edit#](https://docs.google.com/a/adlnet.gov/document/d/1bXh78JOB2Zj4gEq66taHGQEGy6nI7kBojFIaCtEKRMA/edit)

For general issues related to mapping of learning objectives, competencies, and badges, see <https://drive.google.com/a/adlnet.gov/file/d/0B4VaYJKHlE_7ZWgxeUZnT2lXSkU/edit?usp=sharing>

The following are features of the files in this folder:

Level 1 competency

* Titled as “Demonstrate Warrior-Athlete ethos”
* Competency levels defined as “Beginner”, “Intermediate”, or “Advanced”
* Performance on level 2 (component) competencies roll up to this level as follows:
  + 1 out of 5 component competencies attained = Beginner
  + 3 out of 5 component competencies attained = Intermediate
  + 5 out of 5 component competencies attained = Advanced

Level 2 competency

* For level 2 competencies, competency level is binary. There are not three levels as in level 1. You are either “Competent” or “Not Competent” at this level.
* For the quiz competency, there are four topics, one for each question on the assessment. You must answer all four questions correctly to attain “Competent” status; if you answer any question wrong, you are “Not Competent”.
* There are activities mapped to the level 2 competencies. Completion of the activities results in a “competent” assessment. See below.
* Explain Warrior Athlete Ethos: watch 1 videos, read 1 document, take 1 quiz

New Army PT 2010 <http://www.youtube.com/watch?v=9onWlwG5us8>

Next Generation Army PT 2012 <http://www.youtube.com/watch?v=acBFvWnWo2Q>

Field Manual 7-22 Army Physical Readiness Training, 2012 fm7\_22.pdf

Building the Soldier Athlete Building the Soldier Athlete.pdf

Quiz: There are 4 questions that associate with each of the level 2 competencies. You must answer all 4 questions correctly to attain “Competent” status; if you answer any question wrong, you are “Not Competent”.

1. The changes to the US Army PT were made to better prepare soldiers for full spectrum operations and a total soldier concept. True False Answer: True

2. Overtraining often results from which of the following (check all that apply): lack of recovery from exercise, lack of rest, improper nutrient intake (fuel)

3. Being an effective warfighter in combat requires mobility, strength, endurance, and good nutrition. True False Answer: True

4. Myth or Fact? It is best to stretch dynamically (e.g. bend and reach) before exercising, and statically (holding a stretch for more than 15 seconds) after exercising. Myth Fact Answer: Fact

* Create actionable mobility physical readiness training plan
* Create actionable strength physical readiness training plan
* Create actionable endurance physical readiness training plan
* Explain principles of nutrition related to soldier athlete ethos: watch video, play Nutrition Mission 5 times with different scenarios

Nutrition helps Warrior-Athletes go for gold <http://www.youtube.com/watch?v=NUoj3grg5f0>