

**805P-MFT-0024**  
**Modified Tactical Athlete Performance Assessment (MTAP-A)**  
**Status: Approved**

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**Security Classification: U** - Unclassified

**Distribution Restriction:** Approved for public release; distribution is unlimited.

**Destruction Notice:** None

**Foreign Disclosure: FD1** - This training product has been reviewed by the training developers in coordination with the U.S. Center for Initial Military Training, Ft Eustis, VA foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

**Conditions:** On a PRT field and/or indoor fitness facility, given designated equipment, personnel, and MTAP-A instructions and scoring forms. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

**Standards:** Administer the Modified Tactical Athlete Performance-Assessment (MTAP-A) IAW MTAP-A Instructions and within two and a half hours. Soldiers must attain a minimum score of 64 points.

**Special Conditions:** None

**Safety Risk:** Medium

**MOPP 4:** N/A

### Task Statements

**Cue:** None

## DANGER

Sudden cardiac event could occur during the execution of this assessment. Unit and school chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

## WARNING

- Injury may occur from improper execution of exercises in this assessment. It is important that each exercise in this drill be demonstrated and executed IAW MTAP-A instructions.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and MFTC Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. School leadership and MFTC Instructor need to monitor as per their Deliberate Risk Assessment.

## CAUTION

Conduct visual reconnaissance of training area before execution of this assessment.

**Remarks:** None

**Notes:** None

## Performance Steps

### 1. Plan for a MTAP-A.

a. Determine the date and time of the MTAP-A.

b. Determine the location of the MTAP-A.

Safety: This assessment can be conducted outdoor on a flat, dry surface that is free of debris that may cause slipping, tripping, or falling.

(1) Indoor facility (preferred) with enough space to execute all 10 events (Minimum 25 yards long).

(2) Designated area for dynamic warm-up or preparation drill.

c. Select and rehearse with personnel administering the MTAP-A.

(1) Master Fitness Trainer Course Instructors (4 ea)

(2) Master Fitness Trainers (4 ea)

d. Determine equipment resource requirements.

(1) Functional Movement Screen (FMS) Kit (4 ea)

(2) Kettlebell Set (10lb increments from 30lbs to 80lbs) (4 sets)

(3) Cushioned Jump Mat (4 each)

(4) Mobility Drill/Safety Cones (8 each)

(5) Climbing Pod (pull-up bar) (1 each)

(6) Stop Watch (4 each)

(7) Speaker/Stereo (1 each)

(8) Stereo Auxiliary Cord (1 each)

(9) iPad/Device with Aerobic Interval Run Application (1 each)

(10) Clipboards (4 each)

(11) MTAP-A Scoring Sheets (35)

e. Determine safety requirements.

(1) Ensure Soldiers are not tested when fatigued or ill.

(2) Ensure Soldiers do not participate in tiring duties before taking an APFT.

(3) Ensure weather and environmental conditions do not inhibit Soldiers' physical performance.

(4) Complete DD Form 2977, Deliberate Risk Assessment Worksheet.

### 2. Administer a MTAP-A.

a. Read instructions and demonstrate assessment events.

b. Conduct the Functional Movement Screen (FMS) Lite.

(1) Conduct Deep Squat

- (2) Conduct Active Straight-Leg Raise
- (3) Conduct Shoulder Mobility
- c. Conduct the Standing Long Jump.
- d. Conduct the T-Test.
- e. Conduct the 300-Yard Shuttle Run.
- f. Conduct the Pull-Up.
- g. Conduct the Goblet Squat.
- h. Conduct the Push-Up.
- i. Conduct the Dead Hang Knee Tuck.
- j. Conduct the Aerobic Interval Run.
- k. Conduct the Farmer's Walk.
- 3. Complete MTAP-A administrative requirements.
  - a. Ensure all scores are accurate, have the scorer's initials, and NCOIC/OIC signature.
  - b. Attach MTAP-A Scoring Sheet to the Soldier's DA Form 705 and DA Form 5500/5501 (if applicable).
  - c. Identify any Soldier(s) that failed to meet the minimum standard of 64 total points.

(Asterisks indicates a leader performance step.)

### **Evaluation Guidance:**

- a. Assessment will test all 5 components of fitness, 3 energy systems and 3 movement planes. The test consists of 10 assessments for a total of 100 points. Standard for fit tactical athletes is to score above 64 points on the MTAP-A. THIS ASSESSMENT IS NOT A GRADUATION REQUIREMENT.
- b. Immediately following the FMS Lite, Soldiers will conduct a Dynamic Warm-up and/or the Preparation Drill in order to prepare for the following 9 assessment events.

### **Evaluation Preparation:**

- a. Determine the date and time of the MTAP-A.
- b. Determine the location of the MTAP-A.
  - (1) Indoor facility (preferred) with enough space to execute all 10 events (Minimum 25 yards long).
  - (2) Designated area for dynamic warm-up or preparation drill.
- c. Select and rehearse with personnel administering the MTAP-A.
  - (1) Master Fitness Trainer Course Instructors (4 ea)
  - (2) Master Fitness Trainers (4 ea)
- d. Determine equipment resource requirements.
  - (1) Functional Movement Screen (FMS) Kit (4 ea)
  - (2) Kettlebell Set (10lb increments from 30lbs to 80lbs) (4 sets)
  - (3) Cushioned Jump Mat (4 each)
  - (4) Mobility Drill/Safety Cones (8 each)
  - (5) Climbing Pod (pull-up bar) (1 each)
  - (6) Stop Watch (4 each)
  - (7) Speaker/Stereo (1 each)

- (8) Stereo Auxiliary Cord (1 each)
- (9) iPad/Device with Aerobic Interval Run Application (1 each)
- (10) Clipboards (4 each)
- (11) MTAP-A Scoring Sheets (35)

e. Determine safety requirements.

- (1) Ensure Soldiers are not tested when fatigued or ill.
- (2) Ensure Soldiers do not participate in tiring duties before taking an APFT.
- (3) Ensure weather and environmental conditions do not inhibit Soldiers' physical performance.

| PERFORMANCE MEASURES   | GO | NO-GO | N/A |
|--|----|-------|-----|
| 1. Planned for a MTAP-A.   |    |       |     |
| a. Determined the date and time of the MTAP-A.   |    |       |     |
| b. Determined the location of the MTAP-A.  |    |       |     |
| c. Selected and rehearsed with personnel that administered the MTAP-A.                               |    |       |     |
| d. Determined equipment resource requirements.   |    |       |     |
| e. Determined safety requirements.   |    |       |     |
| 2. Administered a MTAP-A.  |    |       |     |
| a. Read instructions and demonstrated assessment events.   |    |       |     |
| b. Conducted the Functional Movement Screen (FMS) Lite.  |    |       |     |
| (1) Conducted the Deep Squat.  |    |       |     |
| (2) Conducted the Active Straight-Leg Raise.   |    |       |     |
| (3) Conducted the Shoulder Mobility.   |    |       |     |
| c. Conducted the Standing Long Jump.   |    |       |     |
| d. Conducted the T-Test.   |    |       |     |
| e. Conducted the 300-Yard Shuttle Run.   |    |       |     |
| f. Conduct the Pull-Up.  |    |       |     |
| g. Conduct the Goblet Squat.   |    |       |     |
| h. Conduct the Push-Up.  |    |       |     |
| i. Conducted the Dead Hang Knee Tuck.  |    |       |     |
| j. Conducted the Aerobic Interval Run.   |    |       |     |
| k. Conduct the Farmer's Walk.  |    |       |     |
| 3. Completed MTAP-A administrative requirements.   |    |       |     |
| a. Ensured all scores were accurate, had the scorer's initial, and NCOIC/OIC signature.              |    |       |     |
| b. Attached MTAP-A Scoring Sheet to the Soldier's DA Form 705 and DA Form 5500/5501 (if applicable). |    |       |     |
| c. Identified all Soldier(s) that failed to meet the minimum standard of 64 total points.            |    |       |     |
| d. Ensured unit leadership and supervisors had a record of test results.                             |    |       |     |

**Supporting Reference(s):**

| Step Number | Reference ID       | Reference Name  | Required | Primary | Source Information |
|-------------|--------------------|---|----------|---------|--------------------|
|             | AR 350-1           | ARMY TRAINING AND LEADER DEVELOPMENT                            | Yes      | No      |                    |
|             | AR 385-10          | The Army Safety Program   | Yes      | No      |                    |
|             | AR 600-9           | The Army Body Composition Program                               | Yes      | No      |                    |
|             | FM 7-22            | Army Physical Readiness Training (Change 001 05/03/2013 8 Pages | Yes      | Yes     |                    |
|             | Sup 1 to AR 385-10 | The Army Safety Program   | Yes      | No      |                    |

**TADSS :** None

**Equipment Items (LIN):** None

**Materiel Items (NSN) :**

| Step ID | NSN                           | LIN    | Title   | Qty |
|---------|-------------------------------|--------|---|-----|
|         | 7021-01-C92-9859              | FJ213W | Apple IPAD Air, 128GB, Space Gray   | 4   |
|         | 6645-01-C93-6258              | FG4500 | Watch: Garmin Forerunner 220, Black/Red Bundle                                  | 4   |
|         | 1080-00-126-0286              |        | Stopwatch   | 4   |
|         | 7520-00-281-5918              |        | Clipboard File, 9 X 12-1/2 Inch, Composition Board Back                         | 4   |
|         | 5210-00-221-1862              | MD1003 | Tape, Measuring, Surveyors, Steel, Four Arm Reel, 1/4 Inch Wide, 50 Meters Long | 1   |
|         | 6250-00-334-6183              |        | CONE, SAFETY  | 8   |
|         | 6530-00-783-7510              |        | Litter, Nonrigid, Poleless, Nylon, 78 X 26 Inch, Retaining Straps, Field Use    | 1   |
|         | 6665-01-103-8547              | FG659L | Wet Globe Temperature Kit, Dial Thermometer Type, Mechanical                    | 1   |
|         | 7810-01-C15-5843 not in AESIP | 10100N | Kettlebell-Weights Strength 20LBS   | 4   |
|         | 7810-01-C15-5845 not in AESIP | 10100N | Kettlebell-Weights Strength 10LBS   | 4   |
|         | 6545-00-116-1410              | NA4578 | First Aid Kit, General Purpose, Rigid Case                                      | 1   |
|         | 7810-01-C15-5822              | 10100N | Kettlebell-Weights, Strength: Cap Barbell 951628 (50 LBS)                       | 4   |
|         | 7810-01-C15-5838              | 10100N | Kettlebell-Weights, Strength: Cap Barbell 951626 (40 LBS)                       | 4   |
|         | 7810-01-C15-5841              | 10100N | Kettlebell-Weights, Strength Training: Cap Barbell 951624, 30 Pounds            | 4   |

**Environment:** Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to the current Environmental Considerations manual and the current GTA Environmental-related Risk Assessment card. All MFT Instructors/Facilitators, regardless of training location, are required to ensure they are familiar with their installation environmental policies to include FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to all training events that are part of the MFTC.

**Safety:** In a training environment, leaders must perform a risk assessment in accordance with current Risk Management Doctrine. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW current CBRN doctrine. 1. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit

2. Safety Requirements in a Classroom Setting: Safety is of the utmost importance in any training environment. During the training process, Commanders will utilize the 5-Step Composite Risk Management process to determine the safest and most complete method to train. Every precaution will be taken during the conduct of training. Safety is everyone's responsibility to recognize, mitigate, and report hazardous conditions.

3. In a training environment, lead Instructors must perform a risk assessment in accordance with ATP 5-19, Composite Risk Management. Leaders will complete a DA Form 7566 COMPOSITE RISK MANAGEMENT WORKSHEET during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC).

**Prerequisite Individual Tasks :** None

**Supporting Individual Tasks :**

| Task Number   | Title                                       | Proponent                              | Status   |
|---------------|---|--|----------|
| 805P-COM-0014 | Perform Climbing Drill 1 (CL1)              | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1101 | Perform the Preparation Drill (PD)          | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1107 | Perform the Push-Up and Sit-Up Drill (PSD)  | 805P - Physical Readiness (Individual) | Approved |
| 805P-MFT-0023 | Conduct Agility Drill                       | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1119 | Perform the 300-Yard Shuttle Run (SR)       | 805P - Physical Readiness (Individual) | Approved |
| 805P-COM-1106 | Perform the Strength Training Circuit (STC) | 805P - Physical Readiness (Individual) | Approved |

**Supported Individual Tasks :** None

**Supported Collective Tasks :** None

**Knowledges :**

| <b>Knowledge ID</b> | <b>Knowledge Name</b>                          |
|---------------------|--|
| 805P-K-0124         | Preparation Drill (PD)                         |
| 805P-K-0112         | Army PRT Related Policies and Regulations      |
| 805P-K-0111         | Army Terminology and Acronyms                  |
| K0385               | Know physical agility and fitness requirements |
| K23845              | Know how to Assess Unit and Individual Fitness |

**Skills :**

| <b>Skill ID</b> | <b>Skill Name</b>                             |
|-----------------|---|
| 805P-S-0103     | Ability to form and ask questions             |
| 805P-S-0119     | Perform basic drill and ceremonies            |
| 805P-S-0120     | Perform Preparation Drill (PD)                |
| S3161           | Ability to Assess Unit and Individual Fitness |
| 615-S-0477      | Conduct Army Fitness Assessments              |

**ICTL Data :** None