

8-WEEK PHYSICAL TRAINING PHASE



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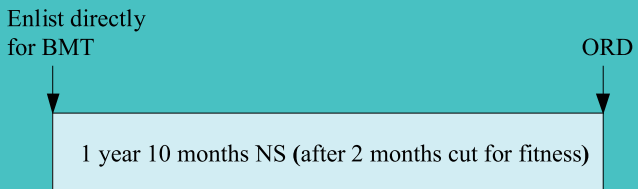
The Physical Training Phase (PTP) serves to enhance the physical fitness of full-time national servicemen (NSFs) who did not achieve at least a National Physical Fitness Award (NAPFA) Silver standard prior to enlistment. The PTP is only applicable for pre-enlistees who are given a Physical Employment Status (PES) of either PES A (fit for all operational vocations) or PES B (fit for most operational vocations) at their pre-enlistment medical screening.

With effect from Dec 2009, the current 4-week PTP will be replaced by an 8-week PTP. This is to allow NSFs undergoing PTP to better improve on their level of physical fitness before joining the rest of their cohort for Basic Military Training (BMT). Doing so will enable a more uniform level of fitness amongst the recruits when they start their BMT.

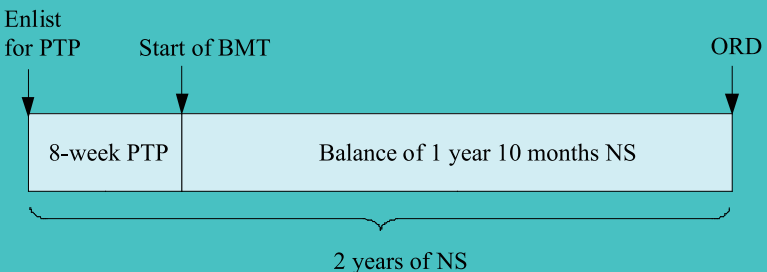
The current 2 years of full-time NS duration will remain unchanged. PTP recruits will continue to serve 2 years and direct BMT recruits will serve 1 year and 10 months. With the change in PTP duration, direct BMT recruits will enlist 8 weeks after their PTP peers compared to the current 4 weeks. Please refer to the diagram below:

8-week PTP

Recruits with at least a NAPFA Silver (1 year 10 months of NS)



Recruits with either a NAPFA Bronze or who fail their NAPFA (2 years of NS)



Q1 . What is the Physical Training Phase (PTP)?

Ans : The PTP programme is designed to condition recruits who are physically less fit in preparation for BMT. The programme adopts a centralised training concept under a controlled environment, with emphasis on physical training. Various physical training activities are carried out daily with adequate rest and recovery. The PTP will help to strengthen the untrained muscles and ligaments of less-fit enlistees, and develop their ability and stamina in order to minimise training injuries and medical attrition during their BMT.

Q2 . Who needs to attend the PTP?

Ans : PTP applies to pre-enlistees who are given a Physical Employment Status (PES) of either PES A (fit for all operational vocations) or PES B (fit for most operational vocations) at their pre-enlistment medical screening, but have failed to attain at least a NAPFA Silver Award prior to enlistment.

Q3 . Why is there a need to extend the PTP from 4 weeks to 8 weeks?

Ans : While the current 4-week PTP had been effective in increasing the baseline fitness of PTP recruits, their physical fitness was still lower than that of their direct BMT peers at the start of BMT. MINDEF will therefore be extending PTP to 8 weeks instead of the current 4 weeks. This will enable a more uniform level of fitness amongst the recruits when they start their BMT.



Q4. With PTP extended from 4 weeks to 8 week, do I serve a longer NS duration?

Ans : No, the overall duration of full-time NS will remain unchanged for both PTP recruits and direct BMT recruits. PTP recruits will continue to serve 2 years of full-time NS and direct BMT recruits will serve 1 year and 10 months.

Q5 . Would I be disrupted if I can improve and level up my physical fitness during the 8-week PTP?

Ans : No. Once you are enlisted for the PTP, you are required to complete the full 8 weeks of PTP and continue with your BMT thereafter.

Q6 . Would this change affect the existing scheme of disruption from full-time NS?

Ans : No. The underlying principle of disruption policies would remain unchanged. Disruption would still be considered on the basis of equity to allow those from the same school cohort, but enlisted in the later intake, to proceed for further studies at the same university at the same time as those enlisted in the earlier intake.

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