

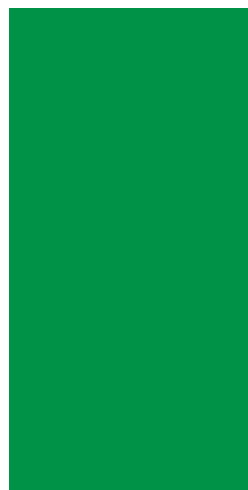


Comando per la formazione e
Scuola di applicazione di Torino



IMAF 2021

Austria: Military Leadership C / Physical Education Module



199° CORSO OSARE
S.Ten. RN f. (b.) Giulia ALAGNA



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WHO



2 Italian Second Lieutenants

3 Lithuanian Cadets

3 Latvian Cadets

3 Polish Civilians

1 Italian Civilian



WHERE and WHEN



Theresia Military Academy in Wiener Neustadt



From 21.09.2020 to
25.09.2020



Military Leadership C / Physical Education Module:

- Theoretical lessons based on general aspects of training
- Motoric tests
- NATO Obstacle course
- Exercises focused on improving our strenght, endurance and core stability



COVID

All the scheduled activities were carried out despite the Corona Virus.

Prevention measures against Covid-19 were always respected both inside the Military Academy and outside.



POSITIVE

- **Physical activities and training:** very helpful to develop own physical abilities and capabilities
- **Infrastructure:** well organized
- **Military personnel:** greatly professional and competent
- **Subject:** extremely interesting

NEGATIVE

- **Corona Virus**



QUESTIONS?

