



Common Module
**Battle Physical, Mental and
Survival Training**
Module Description



Country RO	Institution LFA	Module Battle Physical, Mental and Survival Training	ECTS 3.0
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Service ALL	Minimum Qualification for Lecturers (Officers and/or NCOs) <ul style="list-style-type: none"> English: Common European Framework of Reference for Languages (CEFR) Level B2 or NATO STANAG Level 3. Adequate physical training and medical condition. Adequate pedagogical and psychological competences. Thorough knowledge of the topic taught.
Language English, Romanian¹	
SCF MILOF	

Prerequisites for international participants: <ul style="list-style-type: none"> English: Common European Framework of Reference for Languages (CEFR) Level B1 or NATO STANAG Level 2. The end of the 1st year of national (military) higher education. Adequate physical and psychological preparation and good medical condition. 	Goal of the Module <ul style="list-style-type: none"> Presentation of physical and mental hardening track characteristics and the principles, rules and procedures of surviving and living in temporary isolation conditions. Development of individual physical and mental capacities by training under conditions of fatigue, physical and mental stress and prolonged intensive effort. Development of integration abilities in group activities for passing the obstacles with high difficulty level. Development of the capacity of survival and living in temporary isolation conditions. Development of the self control under stress conditions.
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Learning outcomes	Know-ledge	<ul style="list-style-type: none"> Identify risk factors and safety measures issued to prevent accidents while crossing the obstacles, individually and in teams, techniques and procedures of first aid. Describe principles, rules and procedures for survival and materials used for survival
	Skills	<ul style="list-style-type: none"> Use procedures and techniques to deal with different type of obstacles in completed combat tasks including improvise weapons, tools, traps, arming devices out of different materials. Develop basic solutions for survival by getting sources of fire, water and food.
	Responsibility and Autonomy	<ul style="list-style-type: none"> Make decisions in coherence with the methods of obstacle crossing, and principles, rules and procedures for survival in combat situation. Demonstrate ability to self-control the effects of the stressful factors generated by physical and mental efforts with high intensity and complexity.

Verification of learning outcomes <ul style="list-style-type: none"> Observation: <ul style="list-style-type: none"> Throughout the Module students are to accomplish different practical tasks individually or in teams. The Module has two phases which take place in different locations. During these tasks students are to be evaluated to verify their competences at the end of each phase. Test: <ul style="list-style-type: none"> At the end each phase of the Module the students have to accomplish specific practical tasks given by the examination commission by: <ul style="list-style-type: none"> passing the physical and mental hardening track according to the standards; preparing materials and equipment for survival and camouflaged movement on a path with a maximum length of 15 km. 	
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¹ **Remark:** If the Module or parts of the Module are conducted in Romanian language, international participants are to be informed in advance to react properly.



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Module Details		
Main Topic	Recommended Working Hours	Details
Phase I		
Basic Principles of Phase I	6	<ul style="list-style-type: none"> General considerations regarding the physical and mental hardening track characteristics. Knowledge of essential principles, rules and procedures of crossing the obstacles, individually and in teams. Knowledge of risk factors and safety measures issued to prevent accidents while crossing the obstacles.
Practical Aspects of Phase I	30	<ul style="list-style-type: none"> Applying individually the procedures of crossing each obstacle. Applying individually the procedures of crossing all the obstacles of the track. Applying within a team the procedures of crossing each obstacle. Applying within a team the procedures of crossing all the obstacles of the track. Evaluation of the individual and team work performances according to the standards
Phase II		
Basic Principles of Phase II	4	<ul style="list-style-type: none"> General considerations regarding survival, environmental protection and labor, standards of individual and collective hygiene, specific for survival Knowledge of essential techniques and of materials used for survival
Practical Aspects of Phase II	32	<ul style="list-style-type: none"> Application of techniques and procedures of first aid in conditions which do not require surgery, hypothermia, sunstroke, frostbites, burns, bites, stings, food poisoning, asphyxia, drowning, dislocations, sprains, etc. Application of techniques and procedures for camouflage, movement and signalling. Application of techniques and processes for achieving a weapon and an improvised tool. Application of techniques and procedures for building shelters: slanted-roofed shelter out of a poncho; shelter out of two ponchos, conical shaped shelter built of walls of fir-tree branches, slanted-roofed shelter out of basketry, shelter for marshy terrain. Application of techniques and methods of lighting a fire (fire in the pit, the fire between stones, grill-type fire, inclined ladder-type fire, fire for hunting, obstacle-type fire, star-shaped fire, outlaw-type fire) and procurement, filtration and water storage. Application of techniques and methods of purchasing, preparation and storage of food. Evaluation of the individual and team work performances of surviving and living in temporary isolation conditions.
Additional hours to increase the learning outcomes		
Self-Study	3	<ul style="list-style-type: none"> Enhancing knowledge by studying specific documents. Reflection of the topics issued.
Total	75	