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## GLOSSARY

### Section 1: Acronyms and Abbreviations

AC	Active Component
AGR	ability group run
AIT	advanced individual training
APFT	Army Physical Fitness Test
AR	Army regulation
ARNG	Army National Guard
ARTEP	Army Training and Evaluation Program
ATP	adenosine triphosphate
BCT	basic combat training
BDU	battle dress uniform
BPM	beats per minute
BT	basic training
BTMS	Battalion Training Management System
c	centigrade
CAD	coronary artery disease
CPR	cardiopulmonary resuscitation
CPT	captain
CR	cardiorespiratory
CVSP	cardiovascular screening program
DA	Department of the Army
DOD	Department of Defense
EDRE	emergency deployment readiness exercise
EIB	Expert Infantryman Badge
EOSB	electrically operated, stationary bicycle
F	Fahrenheit
FITT	frequency, intensity, time, type
FM	field manual
FTX	field training exercise
HDL	high-density lipoprotein
HQ	headquarters
HQDA	Headquarters, Department of the Army
HRR	heart rate reserve
ID	identification
IET	initial entry training
IG	inspector general
kph	kilometers per hour

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lat	latissimus dorsi
LCE	load-carrying equipment
LDL	low-density lipoprotein
MACOM	major Army command
MEDDAC	medical department activity
METL	mission-essential task list
MFT	master fitness trainer
MHR	maximum heart rate
min	minute(s)
MOS	military occupational specialty
MPH	miles per hour
MRDA	military recommended dietary allowance
MRE	meal, ready to eat
NCO	noncommissioned officer
NCOIC	noncommissioned officer in charge
NGR	National Guard regulation
No.	number
OIC	officer in charge
OST	one-station training
OSUT	one-station unit training
Pam	pamphlet
PE	perceived exertion
PNF	proprioceptive neuromuscular facilitation
PRE	partner-resisted exercise
PT	physical training
pts	points
PU	push-up
RC	Reserve Component
rep	repetition
RHR	resting heart rate
RICE	rest, ice, compression, elevation
RM	repetition maximum
ROTC	Reserve Officers' Training Corps
sec	second(s)
SCUBA	self-contained underwater breathing apparatus
SDT	self development test
SOP	standing operating procedure
SU	sit-up
TB med	technical bulletin, medical
TDA	table of distribution and allowances
THR	training heart rate
TM	technical manual
TOE	table of organization and equipment
TRADOC	U.S. Army Training and Doctrine Command
TS	timed set
TSP	training support package

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U.S.	United States
USAPFS	United States Army Physical Fitness School
USAR	United States Army Reserve
$\dot{V}O_{2\max}$	maximum oxygen consumption per minute
WBGTI	wet bulb globe temperature index
WCF	windchill factor

## Section II: Terms

### **extension**

An increase in the angle between two bones in which a straightening movement occurs; the opposite of flexion. For example, extension of the elbow involves an increase in the angle formed by the upper and lower arm as the arm straightens at the elbow.

### **flexion**

A decrease in the angle between two bones in which a bending movement occurs; the opposite of extension. For example, flexion of the elbow involves a decrease in the angle formed by the lower and upper arm as the arm bends at the elbow.