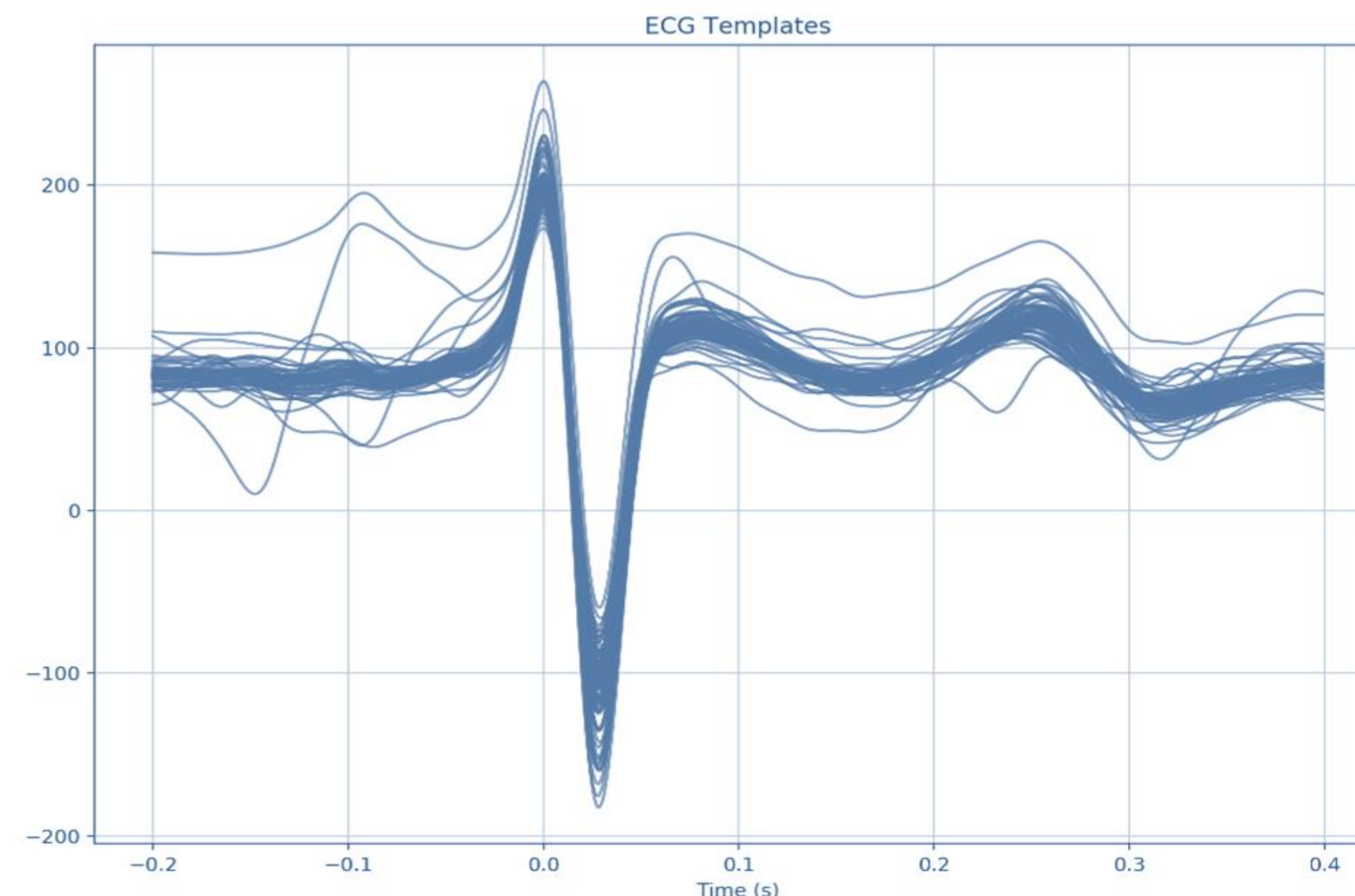




Soldier performance management: monitoring and modelling of load, adaptation and performance



Purpose

- Assess and describe the physical demands and psycho-physiological responses of personnel in training force
- Identify measures that may alert for likely onset of maladaptive responses
- Validate measures and prognostic tools for use in the training force

Schedule

- FY18: Data collection at ARTC (K1)
- FY19: Expansion of project with CATC to assess sensitivity of markers (SME)
- FY20: Scalability of recommendations for soldier performance management to be assessed (K2). Final data analysis and preparation of project report
Dissemination of findings (to ADF and academic communities)
- Scope to quantify the physical demands of other defence training environments

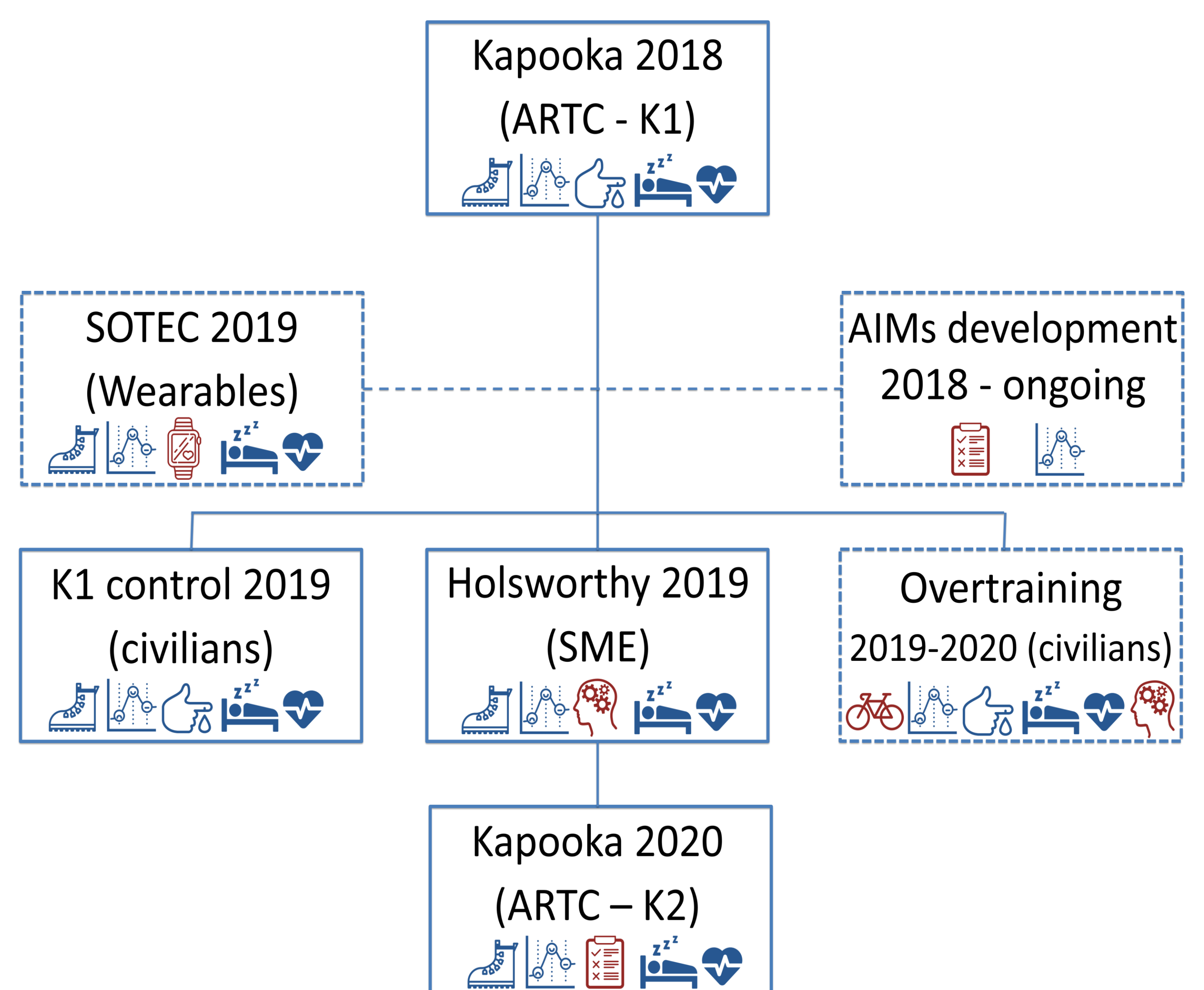
Partners

- Deakin University: Luana Main*, Kon Mouzakis, Rajesh Vasa.
- DST: Jace Drain

* Academic Chair: luana.main@deakin.edu.au

Product

- A suite of markers and methods for ongoing performance management
- The ability to monitor changes in physical and cognitive performance capacity across a range of contexts



Note: --- represents expansion from original project



Activity



Wellbeing



Biomarkers



Sleep



HRV



Wearable technology



Cognitive function



New measure (AIMs)