Special Warfare Education Group (Airborne)

Human Dynamics & Performance (HDP)

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The overall classification of this brief is: UNCLASSIFIED/FOUO
Purpose

To provide a high-level overview of the U.S. Army John F. Kennedy Special Warfare Center and School Human Dynamics & Performance (HDP) Program.

Our HDP is **NOT Special**—”One Army”
- HDP can be leveraged as an existing Research & Practice Hub
- The HDP concept can be scaled
System

*noun* system \ˈsis-təm\  
1: a regularly interacting or interdependent group of items forming a unified whole  
2: an organized set of doctrines, ideas, or principles usually intended to explain the arrangement or working of a *systematic* whole  
3: an organized or established procedure  

**Systematic** = coherent body of ideas or principles marked by thoroughness and regularity
Adaptable

- Able to adjust to new conditions
- Modifiable as needed for specific tasks

Sustainable

- Able to be maintained at a certain rate or level, upheld or defended
- Evidence-based, steeped in clinical reasoning, pragmatic

Representative

- Representation from all bodies of opinion
- All interests and concerns are considered
The Human Is the Platform

**HEAT**
Interpersonal Performance

**THOR3**
Physiological Performance

**SOCEP**
Cognitive Performance

**EMVP**
Spiritual Performance

**Mutually Supporting Efforts—For a Mutually Supportive System.**

- **Mental, Physical, and Interpersonal Adaptability**
- **Team Adaptability**
- **Negotiations and Mediation**

- **Strength and Conditioning**
- **Physical Therapy**
- **Performance Nutrition**

- **Learning Enhancement**

- **Ethics, Morals, & Values**
- **Critical Thinking, Ethical DM & Empathetic Planning**

- **Performance Enhancement**
- **Psycho-physiological Enhancement**
Learning & Operational Environment…
Context Matters

- Interpersonal Enhancement
- Strength & Conditioning
- Learning & Performance Enhancement
- Physical Therapy
- Psycho-physiological Enhancement
- Performance Nutrition
- Athletic Training
- Individual & Team Adaptability
- Optimized Human Platform

Optimum Performance
…Agile & Adaptive Thinking!
If we we believe…

- That Humans are more important than hardware
- The Human is the Platform that delivers Capabilities
- All Platforms are or should be developed Holistically
- The Human is our most fundamental Warfighting System and is the Critical Component of all other Warfighting Platforms

Then we must address requirements accordingly…

- Are our Program Executive Office’s (PEO) addressing?
- Project Managers (PM)?
- PEO Soldier→PM Soldier Warrior “Supports Soldiers through the acquisition of integrated Soldier systems.”

Think—Shoot—Move—Communicate
Inception-Service-Life beyond

HDP Programs are a viable and cost effective means to increase force Capability and Readiness:

- **ENHANCE** for better performance
- **SUSTAIN** through reducing Stress & increasing Performance
  - Multiple touch-points **Reduces Stigma** → getting help is routine
- **CREATE** self-aware, self-regulating, & self-replicating Soldiers with increased adaptability
- **PRESERVE** already invested resources through higher probability of success & reducing potential medical issues
  - Enhanced adaptability, performance, self-awareness & ability to self-regulate increases robustness which will **Improve Resiliency**
SOCoE Human Performance System

Performance Enhancement Screen

Rehabilitation
(Human Performance Continuum)

Strength & Conditioning

Cognitive

Nutrition

Metrics

Foundational Training

Intermediate Training

Advanced Training

Specific Training
Performance Metrics

- Body Composition
- Lower Body Power
- Agility
- Strength
- Anaerobic Endurance
Reduced Recovery Time
• Return to Duty Rates
  – FY15: 81.6%
  – FY16: 84.5%
• Return to Duty Days
  – FY15: 44.3 days
  – FY16: 34.5 days

Access to Care
• Time to Treatment
  – FY15: 2.5 days
  – FY16: 1.22 days
DFAC Study

• Purpose: Test the effectiveness of nutrition intervention and whether changes were sustained over time (N=688)

• Results
  – Higher sodium-adjusted health eating index (HEI) vs. Control DFAC
  – Increased consumption of fruit, red/orange vegetables, whole grains, protein based legumes, and protein
  – Reduction in consumption of refined grains, starchy vegetables, milk (although increase in yogurt, oil, and solid fat

• Introduction of healthy food options and revised cooking practices are effective interventions for improved Warfighter meal quality and eating practices
One of the tenants of the THOR3 program is improved operational readiness.

Injured Soldier = NON-OPERATIONAL SOLDIER

The Functional Movement Screen (FMS) is a predictor of future injury:
- Scores <15 = +274% risk of sustaining an injury (Bonazza et al., 2016)

SF Language students average FMS Scores:
- Pre-THOR3 Training = 14 (52.2%)
- Post-THOR3 Training = 16 (21.1%)
- 31.1% (~100 new SOF Operators) improved operational readiness

Statistically significant improvement with >99% confidence that improvement was a result of the THOR3 program.

HDP Support - Qualification Courses

Civil Affairs Qualification Course
Selection and PCS to FBNC
A&S SOF CCC Intro to CA Language Regionals MOS SLUSS-TILLER
THOR3 THOR3 SOCEP THOR3 SOCEP HEAT SOCEP HEAT
SOCEP

Psychological Operations Qualification
Selection and PCS to FBNC
A&S SOF CCC Intro to PSYOP Language MOS BLACK KNIGHT Regionals IAPeX
THOR3 THOR3 SOCEP THOR3 SOCEP HEAT SOCEP HEAT
SOCEP

Special Forces Qualification Course
Selection and PCS to FBNC
A&S SOF CCC SFOC SUT/SERE MOS ROBIN SAGE Language
THOR3 THOR3 SOCEP THOR3 SOCEP HEAT SOCEP HEAT
SOCEP

THOR3 SOCEP
Community of Practice
Discussion

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