

Appendix 1.

Physical activity energy expenditure including the basal metabolic rate (BMR) in military tasks during the basic training period. *p<0.05, **p<0.01, ***p<0.001

General training	EE _{HR} (SD)	EE _{AC} (SD)	N	P	r
Leaders task tract	4.4 ± 2.5**	2.5 ± 1.4	8	**	0.74
Wardrobe care and sauna	4.2 ± 2.1	3.1 ± 1.7	34	***	0.48
Oath song training	3.8 ± 2.0	2.0 ± 1.5	28	***	
Morning routines	3.7 ± 1.6	3.0 ± 1.2	34	***	
Close-order drill by foot	3.6 ± 1.7	2.6 ± 1.2	34	***	
RK62 handling	3.4 ± 1.7	2.7 ± 1.3	25	***	
Welcome party	3.4 ± 2.2	2.2 ± 1.3	22	***	0.50
Close-order drill by skis	3.1 ± 1.7	2.3 ± 1.2	25	***	
Canteen presentation	2.9 ± 2.3	1.6 ± 1.4	18	***	
Rescue training	2.9 ± 3.1	2.0 ± 1.6	24	*	0.50
Theoretical lessons	2.9 ± 1.6	2.1 ± 1.3	34	***	
Oath training and oath	2.8 ± 1.8	2.3 ± 1.3	30	**	
Logistic training					
Packing of combat gear	4.3 ± 1.8	2.8 ± 1.3	13	***	
Material checking and cleaning	4.1 ± 2.1	2.5 ± 1.3	20	***	
Medical training	3.9 ± 1.8	2.9 ± 1.5	32	***	0.60
Weapon and material checking	3.9 ± 1.6	2.5 ± 1.2	17	***	
Full equipment checking	3.8 ± 2.1	2.2 ± 1.3	15	***	
Theoretical lessons	2.6 ± 2.1	1.9 ± 1.5	24	***	0.56
Service routines					
Conscript committee activities	4.5 ± 2.7	2.8 ± 1.4	21	***	0.7
Material checking and cleaning	4.0 ± 1.9	2.7 ± 1.3	33	***	
Picking V3-material and quittance	3.9 ± 2.1	3.0 ± 1.3	27	***	
Theoretical lessons	3.6 ± 1.9	2.7 ± 1.5	34	***	
Tvål-material and ski quittance	3.2 ± 2.0	2.2 ± 1.5	28	***	0.71
Medical check	2.9 ± 1.7	2.2 ± 1.3	25	***	
Basic tests 1 and 2	2.4 ± 2.0	2.0 ± 1.5	32	**	0.76
Physical training					
CISM DAY RUN	5.6 ± 2.9	3.0 ± 1.4	25	***	0.66
Circuit and stretching	5.1 ± 2.1	3.2 ± 1.2	23	***	
Skiing	4.5 ± 3.0	3.0 ± 1.8	27	***	0.71
Running	4.2 ± 2.2	2.5 ± 1.3	25	***	0.41
Swimming skills test	4.1 ± 2.5	2.7 ± 1.4	11	**	0.68
March test	3.7 ± 2.4	3.0 ± 1.9	34	**	0.63

Cooper test or ball games	3.6 ± 2.4	3.2 ± 2.2	32	**	0.88
¹ Checkpoint education	3.5 ± 2.0	2.3 ± 1.2	27	***	
Orienteering	3.4 ± 2.4	2.7 ± 1.7	27	***	0.82
Theoretical lessons	2.7 ± 1.9	2.4 ± 1.4	32	***	
Field shooting and shooting training					
Field shooting training	4.1 ± 1.8	2.5 ± 1.2	27	***	0.45
² Basic shooting training	4.1 ± 1.9	2.8 ± 1.2	34	***	
Applied shooting training	4.1 ± 2.2	2.8 ± 1.3	28	***	
Shooting test and shooting	3.7 ± 2.1	2.7 ± 1.3	31	***	
Assault rifle shooting	3.6 ± 2.0	3.2 ± 1.7	19	*	0.47
³ Shooting training	3.5 ± 2.0	2.3 ± 1.2	27	***	
Theoretical lessons	3.3 ± 2.0	2.3 ± 1.8	28	***	0.72
⁴ Shooting training	3.3 ± 2.0	2.2 ± 1.5	27	***	
⁵ Shooting training	2.8 ± 1.6	2.2 ± 1.2	33	***	
Combat training					
Movement under fire	6.2 ± 2.1	2.8 ± 1.3	21	***	0.49
Fighters attack and defense	4.7 ± 2.3	2.8 ± 1.3	16	***	
Skiing march	4.7 ± 2.2	3.0 ± 1.5	32	***	0.60
⁶ Combat training	4.5 ± 1.9	2.7 ± 1.2	25	***	
⁷ Combat training	4.5 ± 3.3	2.8 ± 1.8	29	***	0.83
Actions when elevating readiness	4.4 ± 2.3	3.2 ± 2.3	31	***	0.70
ABC training	4.4 ± 2.2	2.8 ± 1.4	21	***	
Booth camp	4.3 ± 2.0	2.7 ± 1.2	33	***	0.39
⁸ Combat training	4.1 ± 2.0	2.8 ± 1.3	20	***	
⁹ Combat training	4.1 ± 1.8	2.8 ± 1.2	31	***	
¹⁰ Combat training	3.7 ± 2.4	2.7 ± 1.6	26	***	0.60
Combat simulation course	3.6 ± 2.4	2.4 ± 1.4	27	***	0.58
¹¹ Combat training	3.6 ± 1.8	2.6 ± 1.7	28	***	
¹² Theoretical lessons	3.2 ± 2.8	2.1 ± 1.9	32	***	0.87
¹³ Theoretical lessons	2.9 ± 2.0	2.2 ± 1.3	31	***	0.47
Additional duties					
Running test	5.8 ± 3.2	4.7 ± 2.8	33	***	0.76
Morning measurements	4.2 ± 1.8	2.2 ± 1.3	34	***	
Transitions	4.0 ± 1.6	3.1 ± 1.1	34	***	
Moving to the dining hall and meal	3.8 ± 1.7	3.3 ± 1.1	34	***	
Morning assembly	3.7 ± 2.2	2.3 ± 1.9	29	***	0.54
Waiting	3.6 ± 1.6	2.6 ± 1.2	34	***	
Free time	3.4 ± 1.7	2.5 ± 1.2	34	***	0.41
Evening routines	3.2 ± 2.2	2.1 ± 1.1	30	***	
Family day events	2.9 ± 1.6	2.7 ± 1.2	30	***	

¹⁴ Theoretical lessons	2.9 ± 2.2	2.2 ± 1.8	34		0.83
Vaccination	2.5 ± 1.8	2.3 ± 1.5	23	***	0.56
Muscle strength tests	2.4 ± 1.7	1.9 ± 1.6	33		0.60
Manpower check	1.9 ± 1.9	2.0 ± 1.6	24	***	

¹Muscle-conditioning, Relaxing, Salutation, Office behavioral

²Shooting tract preparations, Actions in shooting tract, Assault rifle shooting, Weapon maintenance;

³Prone shooting position, Aiming and firing, Filling magazines, Loading and removing bullets

⁴Checkpoint education: Weapon maintenance, Filling magazines, Loading, Checking, Triangle aiming

⁵Sitting shooting position, shooting blanks, Noptel-shooting, Weapon maintenance

⁶Fighter's moving modes, Bearing of arm and lookout, Covering, Mine, Recoilless rifle, Hand grenade

⁷Applied firearm handling and combat training; Light recoilless rifle, Sowing a mine on, Use of hand grenade

⁸Packing field equipment, the requirements of an emplacement in practice, Building a fortress in the snow

⁹Assault rifle shooting, Mine, Recoilless rifle, Hand grenade

¹⁰Assault rifle shooting, Sowing a mine on, Recoilless rifle, Hand grenade

¹¹Packing combat equipment and fitting of webbing belt

¹²Combat training

¹³Weapon and combat training

¹⁴Cleaning lesson, Religious activity, civic education, Medical training, administration of justice