



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



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| Country<br><b>RO</b> | Institution<br><b>LFA</b> | Module<br><b>Battle Physical, Mental and Survival Training</b> | ECTS<br><b>3.0</b> |
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| Service<br><b>ALL</b>                            | <b>Minimum Qualification for Lecturers (Officers and/or NCOs)</b><br><br><b>Officers or Civilian Lecturers:</b> <ul style="list-style-type: none"> <li>English: Common European Framework of Reference for Languages (CEFR) Level B2 or NATO STANAG Level 3.</li> <li>Adequate physical training and medical condition.</li> <li>Adequate pedagogical and psychological competences.</li> <li>Thorough knowledge of the topic taught.</li> </ul> |
| Language<br><b>English, Romanian<sup>1</sup></b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

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| <b>Prerequisites for international participants:</b> <ul style="list-style-type: none"> <li>English: Common European Framework of Reference for Languages (CEFR) Level B1 or NATO STANAG Level 2.</li> <li>The end of the 1<sup>st</sup> year of national (military) higher education.</li> <li>Adequate physical and psychological preparation and good medical condition.</li> </ul> | <b>Goal of the Module</b> <ul style="list-style-type: none"> <li>Presentation of physical and mental hardening track characteristics and the principles, rules and procedures of surviving and living in temporary isolation conditions.</li> <li>Development of individual physical and mental capacities by training under conditions of fatigue, physical and mental stress and prolonged intensive effort.</li> <li>Development of integration abilities in group activities for passing the obstacles with high difficulty level.</li> <li>Development of the capacity of survival and living in temporary isolation conditions.</li> <li>Development of the self control under stress conditions.</li> </ul> |
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| <b>Learning outcomes</b> | Knowledge | <ul style="list-style-type: none"> <li>Physical and mental hardening track characteristics.</li> <li>Principles, rules and procedures of crossing the obstacles, individually and in teams.</li> <li>Risk factors and safety measures issued to prevent accidents while crossing the obstacles.</li> <li>Essential techniques for survival and materials used for survival.</li> <li>Techniques and procedures of first aid, for camouflage, movement and signalling, for making a weapon and an improvised tool, for building shelters.</li> <li>Techniques and methods of lighting a fire and procurement, filtration and water storage and of getting, preparing and storing food.</li> </ul>                                |
|                          | Skills    | <ul style="list-style-type: none"> <li>Cross portions of terrain with natural and artificial obstacles and an area of close combat using procedures of throwing hand grenades.</li> <li>Use procedures and techniques of close combat with available weapons.</li> <li>Act in a sector of hasty river crossing with improvised devices.</li> <li>Climb or destroy the models of different means of warfare or buildings.</li> <li>Make a stretcher or other improvised means necessary to evacuate or transport a wounded.</li> <li>Communicate within the group/crew or with the crew of an aircraft.</li> <li>Make an individual or group camouflage shelter in different terrains and out of different materials.</li> </ul> |

<sup>1</sup> **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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|                  | <ul style="list-style-type: none"><li>• Improve weapons, tools, traps, arming devices out of different materials.</li><li>• Identify and create basic survival conditions by getting sources of fire, water and food.</li><li>• Recognize the most popular medicinal herbs and the traces left by small or large animals.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Compe-<br>tences | <ul style="list-style-type: none"><li>• Capacity to avoid capture and actions carried out by specialized staff of the enemy by putting into practice an action system for survival, either individually or with other persons and to move towards the occupied districts by the friendly or allied troops without a map and/or compass (GPS).</li><li>• Capacity to combine different methods of obstacle crossing, individually and as a team.</li><li>• Capacity to self-control the effects of the stressful factors generated by physical and mental efforts with high intensity and complexity.</li><li>• Capacity to formulate and transmit messages through the use of signs and signals for recognition and communication during the movement.</li><li>• Capacity to improvise shelters, refuges, items of equipment, tools, gear and means of transport of the wounded.</li><li>• Capacity to motivate her/his comrades who are in difficult situations (state of fear, panic, depression etc.).</li></ul> |

**Verification of learning outcomes**

- **Observation:**
  - 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:**
  - At the end each phase of the Module the students have to accomplish specific practical tasks given by the examination commission by:
    - 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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| Module Details                                            |                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| Main Topic                                                | Recommended Working Hours | Details                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Phase I</b>                                            |                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Basic Principles of Phase I                               | 6                         | <ul style="list-style-type: none"> <li>General considerations regarding the physical and mental hardening track characteristics.</li> <li>Knowledge of essential principles, rules and procedures of crossing the obstacles, individually and in teams.</li> <li>Knowledge of risk factors and safety measures issued to prevent accidents while crossing the obstacles.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Practical Aspects of Phase I                              | 30                        | <ul style="list-style-type: none"> <li>Applying individually the procedures of crossing each obstacle.</li> <li>Applying individually the procedures of crossing all the obstacles of the track.</li> <li>Applying within a team the procedures of crossing each obstacle.</li> <li>Applying within a team the procedures of crossing all the obstacles of the track.</li> <li>Evaluation of the individual and team work performances according to the standards</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Phase II</b>                                           |                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Basic Principles of Phase II                              | 4                         | <ul style="list-style-type: none"> <li>General considerations regarding survival, environmental protection and labor, standards of individual and collective hygiene, specific for survival</li> <li>Knowledge of essential techniques and of materials used for survival</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Practical Aspects of Phase II                             | 32                        | <ul style="list-style-type: none"> <li>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.</li> <li>Application of techniques and procedures for camouflage, movement and signalling.</li> <li>Application of techniques and processes for achieving a weapon and an improvised tool.</li> <li>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.</li> <li>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.</li> <li>Application of techniques and methods of purchasing, preparation and storage of food.</li> <li>Evaluation of the individual and team work performances of surviving and living in temporary isolation conditions.</li> </ul> |
| <b>Additional hours to increase the learning outcomes</b> |                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Self-Study                                                | 3                         | <ul style="list-style-type: none"> <li>To increase the understanding of the context of areas of Interoperability.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Total</b>                                              | <b>75</b>                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |