

ABSTRACT

This research was carried out to identify the factors attributing for a larger number of Air Force personnel to fail the annual physical fitness test which is of utmost important for their career prospects and to recommend viable solutions. This research was done based on the perception that there is a relationship between the living status of the Air Force personnel and physical fitness test results. This research was based on the information gathered through a structured questionnaire distributed among 200 service personnel serving at Sri Lanka Air Force stations Palaly and Colombo. The purposively selected sample consisted with 100 personnel who passed the annual physical fitness test in 2016 and 100 personnel who failed in the same year. The key officials in the Air Force who directly involve with the conducting of the annual physical fitness test and personnel administration were interviewed to get their expertise towards the Air Force physical fitness policy and the efficacy of the same. Further, the physical fitness records of last three years were carefully evaluated to come to the conclusions. As per the views of all the Air Force officials, it was realized that the Air Force physical fitness policy has been formulated after doing lot of researches on this subject to meet the expectations of the organization as a military service. During this research it was found that the majority of the failures of the annual physical fitness test are living out personnel. Personnel living out of the Air Force establishments do not allocate sufficient time for the maintenance of their personnel fitness whilst personnel living in the Air Force establishments allocate more time. Whilst gathering information for this research it was also found that instead of maintaining the required personnel fitness standards throughout, certain personnel tend to get through the annual physical fitness test with the support of unacceptable artificial methods such as use of weight reducing drugs, use of energy drinks before the test etc. With these revelations it is made to understand that whilst implementing already formulated policies to maintain the service standards in the Air Force, more effort should be taken to assist the service personnel to maintain their fitness standards and to get through the annual physical fitness test.