

box 16302.

NOTES FOR PRESS.

Brief Notes on History.

The first war time Army P.D.C. was established at Kingston, Surrey in Sept. 1941 (No. 30 P.D.C.), designed and staffed to take up to 500 trained or partially trained soldiers of medical categories below A1 likely to benefit from an eight weeks course of P.T., Remedial exercises, recreation and every other type of healthy activity. The course was under the supervision of specialists in Physical Medicine from the R.A.M.C. and picked Army Physical Training Corps instructors.

Medical treatments i.e. physio-therapy, heat and massage, artificial sunshine (U.V.R.) foot baths, etc. were prescribed if necessary. Military drill and education were also included in the syllabus. The experiment resulted in many unfit men being raised in medical category and morale or returned to their units in a better state of health.

Approximately 65% were upgraded on the earlier courses and a much higher percentage on later courses (70 to 75%).

A second Centre (No. 70 P.D.C.) was opened at Skegness in May 1942 to handle another 500 trainees.

In May 1943 No. 1 P.D.C. was opened at Hereford. This Centre was designed and staffed to handle 1500 trainees.

Shortly before this Centre opened, the bulk of the material selected for courses came from the new army intakes and were selected for a course at a P.D.C. within the first 14 days of their service.

With very few exception, all the trainees you will see under training today are young G.S.C. recruits who, before coming to the Centre had less than 2 weeks Service.

On completion of the Course, they will return to their Training Centres and commence recruit training.

Today.

On 1st November, 1946 the three P.D.Cs were amalgamated and formed one large P.D.C. This P.D.C. handles 1800 trainees (450 arriving at the Centre every 14 days for an 8 or 9 weeks course).

STATISTICS. SEPTEMBER 1941 to 9 APRIL 47.

Number of trainees completing courses at P.D.C.s - 50,000

Percentage of upgradings to higher medical categories - 85% (approx.)

Percentage of upgradings to A1 medical category - 75% (approx.)

Today the percentage of upgrading is slightly higher 88% - 83% of the total completing courses being upgraded to A1.

1 PHYSICAL DEVELOPMENT CENTRE.

OBJECT.

The purpose of 1 P.D.C. is to hold courses for sub-standard recruits in order that they may become fit to take part in normal recruits training.

The training consists of Physical Remedial training, and Recreational training together with some general Military and educational training and, where necessary, medical treatment.

TRAINEES.

Personnel detailed for courses will be only those who, in the opinion of the medical authorities are potentially A1, and who are likely to improve physically after special training sufficiently to be re-classified as such.

SUITABLE TYPES.

- (1) Men with skeletal or locomotive defects which can, in the opinion of the medical authorities be economically remedied at a P.D.C., and with or without impairment of physique.
- (2) Men of generally impaired physical development not attributed to active diseases, i.e., those who fail to attain the minimum standards for recruitment in respect of weight for height, or in chest girth, but who would attain a standard adequate for ordinary recruitment by undergoing a P.D.C. course.

DURATION OF COURSE.

Two months. Intakes of 450 arriving approximately every 14 days.
(There are always four courses in progress at the Centre in different stages of training e.g., 1st, 4th, 6th and 8th week of training).

Total under training: 1800.

TRAINING SYLLABUS.

Six Training periods a day each of 45 minutes.

Subjects:- Physical Remedial Training.
Obstacle/Endurance training.
Group activities.
Education.
Recreational training.
Drill.
Administration.

GRADING.

On arrival trainees are graded for training according to their physical defects after a very careful examination by the Specialists in Physical Medicine, some physical tests, heaving and running, also assist in this grading.

Provided normal progress is made and the trainee has passed all stages of training satisfactorily, he carries out final tests viz:

1. Heaving and abdominal test.
2. One mile run.
3. Two miles walk.
4. Achievement test (A) Carry a man approx. own weight 100 yards. Negotiate obstacle course. Cover two miles walking and running.
(B) 8 mile march at 4 m.p.h.