



## JOB DESCRIPTION

H2F Trainers will act as the liaison between H2F Strength & Conditioning Coaches and be advisors to their units on readiness, physical training, and optimal programming.

## REQUIREMENTS

- Soldiers must apply online
- Be in the rank of SGT (E-5) or higher
- E-4's may apply with CO approval for ACFT Grader position
- Must receive chain of command approval prior to applying

## COURSE INFORMATION

The H2F Trainer Course trains selected soldiers on the basics of strength & conditioning, nutrition, physical therapy, occupational therapy, and the Army's ready & resilient (R2) program, to act as force multipliers of the H2F team. The trainer course is delivered over the course of five days & culminates with a practical assessment.

# FORT LIBERTY, NC DRAGON MED H2F TRAINER APPLICATION

## WHAT IS H2F?

Holistic Health and Fitness is an interdisciplinary system designed to assess, improve, and sustain soldier's ability to meet the demands of their military occupational specialties, duty assignments, and combat-specific tasks. It is comprised of licensed professionals specializing in physical therapy, occupational therapy, athletic training, strength and conditioning, and dietetics. Our goal is to provide direct access care to optimize soldier readiness within the five pillars of the program, mental readiness, sleep readiness, nutritional readiness, physical readiness, and spiritual readiness.

## CONTACT



[mchristiani@gapsi.com](mailto:mchristiani@gapsi.com)



[www.dragonmedh2f.com](http://www.dragonmedh2f.com)



[@dragonmedh2f](https://www.instagram.com/dragonmedh2f)



# DRAGON MED H2F TRAINER APPLICATION

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ MOS: \_\_\_\_\_ Date: \_\_\_\_\_

Job Title: \_\_\_\_\_ Unit: \_\_\_\_\_ Company: \_\_\_\_\_

Email: \_\_\_\_\_ Personal Phone #: \_\_\_\_\_

Have you taken a diagnostic ACFT?  Yes  No

If yes, what was your score? \_\_\_\_\_

How long have you been in your current unit? \_\_\_\_\_

When do you PCS/ETS? \_\_\_\_\_ Are you currently on profile?  Yes  No

If yes, what are you on profile for and how long have you been on it? \_\_\_\_\_

---

Is your schedule flexible to accommodate this position?  Yes  No

Are you capable of instructing and educating a group?  Yes  No

Are you a Master Fitness Trainer?  Yes  No Date of Training: \_\_\_\_\_

If yes, how have you utilized the training for your soldiers/company or unit?



# DRAGON MED H2F TRAINER APPLICATION

Do you have any experience with strength & conditioning, weight training, cognitive enhancement or nutrition? If yes, briefly give a description.

Why should you be selected for this position?

What other responsibilities do you have for your unit (i.e. squad leader, platoon sergeant, additional duties)?

If selected after completion of this course, how would you implement the knowledge to address current concerns in your unit?



# DRAGON MED H2F TRAINER APPLICATION

Applicant (print full name):

---

Applicant Signature:

---

First Line Supervisor (print):

---

First Line Supervisor Signature:

---

Company Commander (print):

---

Company Commander Signature:

---

Company First Sergeant (print):

---

Company First Sergeant Signature:

---

**\*Applicant will have no external unit tasks to include staff duty during the trainer course week\***

**Please email paperwork to [mchristiani@gapsi.com](mailto:mchristiani@gapsi.com) to finalize application process**