

## **Abstract**

### **Title:**

Physical load in simulated sustained military operations: a systematic review

### **Objective:**

To create an overview and description of the physical load that soldiers undergo in simulated sustained operations.

### **Methods:**

The method chosen to create this bachelor's thesis was a systematic review of literature and studies related to sustained military operations. The thesis was conducted according to the international PRISMA recommendations. Based on the aim of the thesis and the research question, a script was created to identify potentially relevant studies through the Web of Science, PubMed, Scopus and SPORTDiscus databases. To the systematically identified studies, studies from other sources obtained through non-systematic searching were added. Selected studies that met the predefined inclusion criteria underwent a methodological quality assessment, followed by processing and analysis of the selected data.

### **Results:**

The systematic review included 42 studies with participation of 872 men and 69 women. However, a number of these studies were published based on data from larger investigations, or some of the articles were a continuation of previously published studies. In some cases, the protocols described were identical. For this reason, only 26 studies that followed different protocols are included in the results. A total of 19 studies were field-based and 7 laboratory-based. The most frequently reported physical activity was marching with or without load. Other activities performed included field patrols, obstacle courses, casualty dragging, shooting and combat exercises.

### **Keywords:**

SMOS, SUSOP, Physical readiness; Military