

POSTER: EXAMINING CORRELATIONS BETWEEN MOTIVATION (BREQ-2) IN ROTC AND NON-ROTC CADETS AND PHYSICAL FITNESS EXAM SCORES AT A SENIOR MILITARY COLLEGE

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Background: Senior military colleges offer cadets an opportunity to participate in branch specific reserve officer training corps (ROTC) programs. More than 40% of the U.S. Armed Forces are commissioned through ROTC programs. Physical fitness tests (PFT) are used to assess cadet's readiness, overall health, and prepare them for future fitness testing within the military. The Behavioral Regulation in Exercise Questionnaire (BREQ-2) scores may be used in a military recruitment setting to assist with identifying those individuals with higher motivational factors that may lead to higher PFT scores. Objective: To examine associations in motivation based on BREQ-2 scores and PFT scores between cadets enrolled in Army-ROTC and individuals not enrolled in ROTC programs. Methods: This study was conducted with senior military college freshman (N=258, Mage = 18.2±5 months). Cadets completed the BREQ-2, a 19-item questionnaire used to measure exercise motivation prior to fitness testing in the fall of 2019. Intrinsic, introjected, identified, extrinsic, and amotivation forms of motivation scores were averaged based on type. The PFT consisted of maximum reps during 1-minute push-ups, 1-minute crunches, and a 1.5 mile run for time, and cadets must pass all three sections to pass PFT. PFT scores were converted into dichotomous variables of pass or fail respective to the criteria mandated based on age and gender. Results: Results indicated that 59 of 106 (55%) Army-ROTC cadets passed all three portions of the PFT, and 63 of 129 (48%) non-Army ROTC cadets passed all three portions. Pearson's correlations indicated intrinsic and extrinsic factors of the BREQ-2 had higher associations to passing the PFT in the non-ROTC group ($r < 0.16$ and $r < 0.135$, respectively) compared to the intrinsic and extrinsic factors in the Army- ROTC group ($r < 0.06$ and $r < -0.073$, respectively). T-tests indicated that Army-ROTC cadets were more likely to pass the PFT, however, the difference in pass rate between the two groups were not significant. Implications: Results suggest that there is no difference in levels of intrinsic and extrinsic motivation in ROTC and non-ROTC cadets. Data used for the purposes of this study represent the first year of a longitudinal study aimed with the evaluation of fitness levels and motivation throughout a four-year senior military college. Changes in motivation and performance as a result of intervention warrant further investigation.