



NEWS RELEASE

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Fact Sheet: Centre of Excellence for Soldier Performance

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Introduction

As part of the Singapore Army's efforts to introduce the Soldier Strong initiative, the Centre of Excellence for Soldier Performance (CESP) is set up to enhance soldier performance and increase the combat potential of every soldier. The CESP will provide a comprehensive and scientific approach to strengthen our soldier's fitness, mental resilience, injury management and rehabilitation, as well as integration of soldier-level systems . It brings together soldier performance-related units to reap synergies in cross-domain integration.

Developing the Body and Mind

Dedicated specialists will be brought together to conduct research in (a) fitness enhancement, injury prevention and nutrition; (b) recovery; (c) mental resilience; and (d) integration of soldier-level systems. The Singapore Armed Forces (SAF) will benefit from newly developed training, fitness and recovery programmes and well-integrated soldier systems that optimise soldiers' performance, prevent injuries and build stronger and more resilient soldiers.

Fitness Enhancement and Injury Prevention - The CESP will develop programmes that will better prepare our soldiers physically to face the challenging demands of soldiering and provide early upstream pre-habilitation in the units to minimise injury. Nutrition will also be studied to enhance our soldiers' performance, sustain them through their training and promote recovery.

Recovery Process - When our soldiers are injured, it is crucial that they are holistically rehabilitated to facilitate their recovery. The CESP will provide our injured soldiers with advanced rehabilitation methods to enable them to recover and return to training faster.

Mental Resilience - The CESP will drive the Singapore Army's effort to nurture soldiers that are better able to withstand and overcome combat stress under demanding situations. This allows them to recover from minor setbacks to continue with, and accomplish, their tasks.

Integration of Soldier-level Systems - The CESP will have specialists in Human Factors Engineering to design systems and equipment to enhance soldier performance during training and other operational use. The CESP will also collect our soldiers' anthropometric data to allow the SAF to design systems that are more ergonomic.

Supporting our soldiers throughout their NS cycle - The CESP will also look into fitness and recovery programmes to support our soldiers at various stages of their National Service journey after full-time National Service.

Speech:

- Speech by Second Minister for Defence Mr Ong Ye Kung at the Committee of Supply Debate 2017 on 3 March 2017 (MINDEF_20170303003_2.pdf)

National Archives of Singapore