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Sciences, Medical College of  
Rzeszów University.**ADMINISTRATIVE INFORMATION****Support** - Not applicable.**Review Stage at time of this submission** - Preliminary searches.**Conflicts of interest** - None declared.**INPLASY registration number:** INPLASY202450106**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 22 May 2024 and was last updated on 22 May 2024.**INTRODUCTION**

**Review question / Objective** The objectives and research questions were developed using a modified PIO model based on PICOT. The analysis of the articles was not intended to compare the results with other populations. In addition, all articles were analyzed regardless of time of publication. Population: Operators of special forces units. Only men who were healthy and had not suffered any injuries were included in the study. Intervention: Assessment of motor skills of soldiers of special forces units without applied intervention. Outcomes: The results of fitness tests such as Agility, speed, aerobic endurance, anaerobic endurance, strength, flexibility, jumpiness and power.

**Rationale** There are many studies that determine the level of physical fitness among soldiers of special forces, while they often determine the level of one or a few motor abilities. In addition, the measurement methods used in the studies were varied. A systematic review on the motor profile of

a Special Forces Unit Operators will enable effective planning of the selection and training process. In addition, it will support the process of preparing candidates for the selection process. The purpose of conducting a systematic review is to gather information on the motor abilities of soldiers of special forces from different countries and to determine their motor profile. Article will help to choose the motor tests for future soldiers.

**Condition being studied** The motor profile determines the level of selected motor abilities characterized for a given population. Among the motor abilities we can include Agility, speed, aerobic endurance, anaerobic endurance, strength, flexibility, jumpiness and power. The appropriate level of these motor abilities can support the performance of a combat task in an efficient manner and with appropriate economy. The motor profile can help a candidate prepare for selection into special forces units. In addition, it can determine to a significant degree whether someone will successfully complete the selection. Moreover, in the training process, it can form the basis for creating a training program. In addition,

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during military service, the motor profile can assist soldiers to return to full combat readiness after injury.

## METHODS

**Search strategy** (soldier\* OR operator\* OR army OR military) AND ("special force\*" OR "special operation\*" OR "elite unit\*" OR elite OR commandos\* OR "tactical athlete\*") AND ("motor profile\*" OR "motor skill\*" OR "fitness profile\*" OR "physical fitness" OR fitness OR speed OR endurance OR strength OR flexibility OR jump\* OR exercise\* OR power OR agility OR condition\*).

**Participant or population** Active Operators of Special Forces Units. The study included only men who were healthy and had no injuries at the time of the study.

**Intervention** Assessment of motor skills.

**Comparator** Review does not involve comparison.

**Study designs to be included** Studies in which the motor skills of soldiers of special forces units were analyzed.

**Eligibility criteria** Only original and full-text studies written in English.

**Information sources** The review will include only articles published in scientific journals, searched automatically in three databases: Scopus, PubMed and Web of science. Other types of scientific materials such as reviews, letters to the editor, book chapters, or conference abstracts will not be taken into account.

**Main outcome(s)** Not reported.

**Additional outcome(s)** Not reported.

**Data management** Data management All retrieved papers will be exported to (EndNote X20, Thomson Reuters, Philadelphia, PA, USA), The database created will be used for assessment and eligibility for review.

**Quality assessment / Risk of bias analysis** An assessment of the risk of bias will be carried out based on the Joanna Briggs Institute (JBI) critical appraisal checklist for analytical cross-sectional studies. Based on the criteria adopted, individual elements of the included studies will be assigned a high, moderate or low risk of bias.

**Strategy of data synthesis** The results of the study will be compiled based on the following categories: age, body height, body weight, research instruments, motor abilities, sample characteristics, main results.

**Subgroup analysis** The grouped data will be characterized and described as clearly as possible. In such a way that they correspond as accurately as possible to the objectives of the work.

**Sensitivity analysis** Sensitivity analysis of the results has not yet been compiled.

**Language restriction** Only considered articles written in English.

**Country(ies) involved** Poland, Portugal.

**Keywords** Special forces, soldiers, military, fitness profile, physical fitness, motor profile.

**Dissemination plans** We plan to publish the review in a high impact factor journal. In addition, we plan to present the review, its concepts, strategies and results at a scientific conference.

### Contributions of each author

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