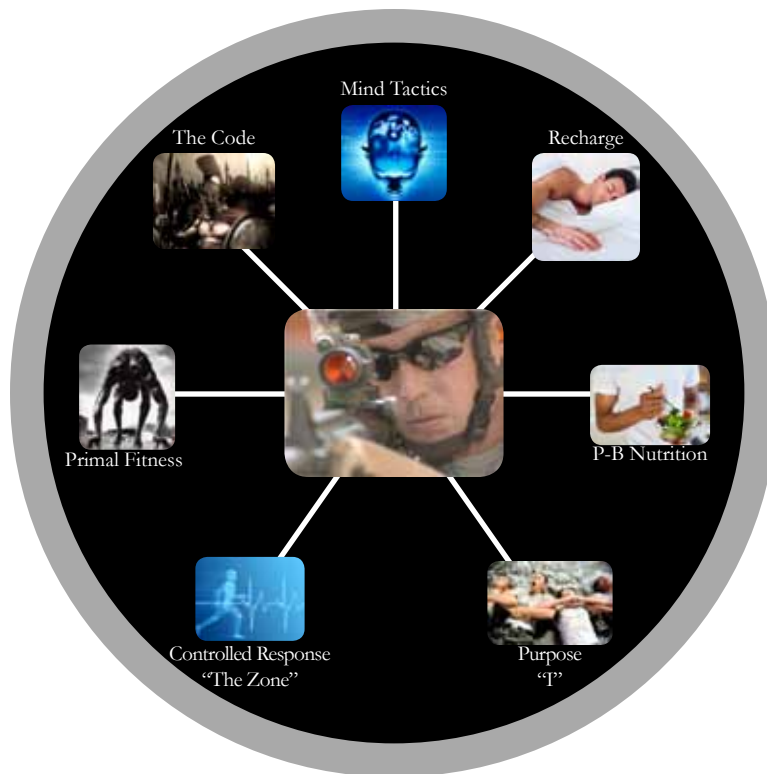


# Course Evaluation



## One Shot One Kill (OSOK-IP)

*“Created by the Warfighter...for the Warfighter”*

# One Shot One Kill — Integrated Platform

## Module Feedback: Controlled Response (CR)

Put an "X" in the column that best represents your opinion

Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>I gained a better understanding of:</b>					
• my Controlled Response (CR) system and its role in my performance in combat					
• the different levels of activation in response to a threat assessment (e.g., idle, etc.)					
• the changes that occur in my body when my CR system is activated					
• why it's harder to think and problem-solve when activated					
• why my CR system was only meant to be activated for SHORT durations					
• how constant "Overdrive" activation without deactivation can alter my threat perception (e.g., interpret things as threatening when they are not)					
• how stimulants can comprise attempts to modulate/disengage CR system					
• the signs of "CR burnout" (performance, physical, psychological, etc.)					
• strategies used to disengage my CR system to avoid "negligent discharging"					
• how important breathing is to modulating my CR system					
• how important sleep, fitness, and nutrition are to modulating my CR activation					
<b>The content of this module:</b>					
• was relevant to my mission					
• provided me with tools to improve my warrior skills					
• provided me with tools to use in my personal life					
• kept my attention					
• provided me with some new information					
• was easy to understand					
• I could use to help my fellow Warfighters					
• would have benefited me prior to my deployment					
Circle the number that best represents your overall rating of this module.	<-----> 1 2 3 4 5 6 7 8 9 10 Poor Excellent				

MOS: \_\_\_\_\_ Age: \_\_\_\_\_ Status: \_ Single \_ Married

Are there any CR strategies you can recommend to your fellow Warfighters that were not covered in this module:

Optional:

If your contribution is integrated into this program and you would like your information listed on a slide, please list:

Initials: \_\_\_\_\_ Unit: \_\_\_\_\_ MOS: \_\_\_\_\_ Base: \_\_\_\_\_

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# One Shot One Kill — Integrated Platform

## Module Feedback: Mind Tactics (MT)

Put an "X" in the column that best represents your opinion

Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>I gained a better understanding of:</b>					
• how important controlled breathing is to effectively using Mind Tactics					
• how internal/external filters originate from my past experiences					
• how to counter self-defeating internal dialogue that affects my performance					
• how to counter self-defeating internal "images" using visualization/imagery					
• how important recalibrating my mind and body is to my performance					
• how to improve control over my physical resources (e.g., endure pain) with my mind					
• how to modulate CR functions with mental strategies					
• how my body reacts to the thoughts in my head as if they were real					
• how suppression/distraction strategies can lead to "spillover" (e.g., affect sleep) if the load accumulated is not processed daily					
• how meditation used by Samurai can help me to improve my performance					
• how a number of factors can compromise my mental agility					
<b>The content of this module:</b>					
• was relevant to my mission					
• provided me with tools to improve my warrior skills					
• provided me with tools to use in my personal life					
• kept my attention					
• provided me with some new information					
• was easy to understand					
• I could use to help my fellow Warfighters					
• would have benefited me prior to my deployment					
Circle the number that best represents your overall rating of this module.	<-----> 1 2 3 4 5 6 7 8 9 10 Poor Excellent				

MOS: \_\_\_\_\_ Age: \_\_\_\_\_ Status: \_ Single \_ Married

Are there any MT strategies you can recommend to your fellow Warfighters that were not covered in this module:

Optional:

If your contribution is integrated into this program and you would like your information listed on a slide, please list:

Initials: \_\_\_\_\_ Unit: \_\_\_\_\_ MOS: \_\_\_\_\_ Base: \_\_\_\_\_

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# One Shot One Kill — Integrated Platform

## Module Feedback: Performance-Based Nutrition (PN)

Put an “X” in the column that best represents your opinion

Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>I gained a better understanding of:</b>					
• how my nutrition plays a role in my performance on the battlefield					
• why carbohydrates are important to my diet					
• the importance of carbohydrates and energy in my body					
• how too much protein can have a negative effect on my body					
• the role of fat in my diet and that all fats are NOT the same					
• how strategically changing my diet can help me in different types of operations					
• how a poor diet can affect my emotions and my immune system					
• how a poor diet can compromise my ability to control my CR system					
• how a poor diet can affect my mental acuity					
• why I should monitor my caffeine intake so that it benefits me when I need it					
• why it is important to know how and why supplements work					
<b>The content of this module:</b>					
• was relevant to my mission					
• provided me with tools to improve my warrior skills					
• provided me with tools to use in my personal life					
• kept my attention					
• provided me with some new information					
• was easy to understand					
• I could use to help my fellow Warfighters					
• would have benefited me prior to my deployment					
Circle the number that best represents your overall rating of this module.	<-----> 1 2 3 4 5 6 7 8 9 10 Poor Excellent				

MOS: \_\_\_\_\_ Age: \_\_\_\_\_ Status: \_ Single \_ Married

Are there any PN strategies you can recommend to your fellow Warfighters that were not covered in this module:

Optional:

If your contribution is integrated into this program and you would like your information listed on a slide, please list:

Initials: \_\_\_\_\_ Unit: \_\_\_\_\_ MOS: \_\_\_\_\_ Base: \_\_\_\_\_

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# One Shot One Kill — Integrated Platform

## Module Feedback: Primal Fitness (PF)

Put an “X” in the column that best represents your opinion

Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>I gained a better understanding of:</b>					
• how important fitness is to my mission and well being					
• those factors in combat that can impact my level of fitness					
• how the change in combat requirements call for a change in fitness programs					
• how combat involves “unknowables” and programming must be randomized					
• how functional fitness can reduce my injuries in combat					
• how I can maintain a fitness program without the need of gym equipment					
• the importance of proper form and scaling					
• the functional fitness domains					
• the steps needed to create a functional fitness program					
<b>The content of this module:</b>					
• was relevant to my mission					
• provided me with tools to improve my warrior skills					
• provided me with tools to use in my personal life					
• kept my attention					
• provided me with some new information					
• was easy to understand					
• I could use to help my fellow Warfighters					
• would have benefited me prior to my deployment					
Circle the number that best represents your overall rating of this module.	<-----> 1 2 3 4 5 6 7 8 9 10 Poor Excellent				

MOS: \_\_\_\_\_ Age: \_\_\_\_\_ Status: \_ Single \_ Married

Are there any PF strategies you can recommend to your fellow Warfighters that were not covered in this module:

Optional:

If your contribution is integrated into this program and you would like your information listed on a slide, please list:

Initials: \_\_\_\_\_ Unit: \_\_\_\_\_ MOS: \_\_\_\_\_ Base: \_\_\_\_\_

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# One Shot One Kill — Integrated Platform

## Module Feedback: Purpose (P)

Put an “X” in the column that best represents your opinion

Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>I gained a better understanding of:</b>					
• those factors in combat that can affect my motivation during deployment					
• how the same things that got me through tough times in my life can help me endure the challenges I will face in the future					
• how having a purpose can increase my performance in combat					
• how having a purpose can help me to persevere through hardship and pain					
• how having a purpose can help me overcome “ground hog day” and complacency					
• how having a purpose can enable me to deal with loss					
• those things outside myself that I can draw strength from					
<b>The content of this module:</b>					
• was relevant to my mission					
• provided me with tools to improve my warrior skills					
• provided me with tools to use in my personal life					
• kept my attention					
• provided me with some new information					
• was easy to understand					
• I could use to help my fellow Warfighters					
• would have benefited me prior to my deployment					
Circle the number that best represents your overall rating of this module.	<-----> 1 2 3 4 5 6 7 8 9 10 Poor Excellent				

MOS: \_\_\_\_\_ Age: \_\_\_\_\_ Status: \_ Single \_ Married

Are there any Purpose strategies you can recommend to your fellow Warfighters that were not covered in this module:

Optional:

If your contribution is integrated into this program and you would like your information listed on a slide, please list:

Initials: \_\_\_\_\_ Unit: \_\_\_\_\_ MOS: \_\_\_\_\_ Base: \_\_\_\_\_

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# One Shot One Kill — Integrated Platform

## Module Feedback: Code (C)

Put an "X" in the column that best represents your opinion

Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I gained a better understanding of:					
— MODULE UNDER CONSTRUCTION —					
<b>The content of this module:</b>					
• was relevant to my mission					
• provided me with tools to improve my warrior skills					
• provided me with tools to use in my personal life					
• kept my attention					
• provided me with some new information					
• was easy to understand					
• I could use to help my fellow Warfighters					
• would have benefited me prior to my deployment					
Circle the number that best represents your overall rating of this module.	<-----> 1 2 3 4 5 6 7 8 9 10 Poor <span style="float: right;">Excellent</span>				

MOS: \_\_\_\_\_ Age: \_\_\_\_\_ Status: \_ Single \_ Married

Are there any Code strategies you can recommend to your fellow Warfighters that were not covered in this module:

Optional:

If your contribution is integrated into this program and you would like your information listed on a slide, please list:

Initials: \_\_\_\_\_ Unit: \_\_\_\_\_ MOS: \_\_\_\_\_ Base: \_\_\_\_\_

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# One Shot One Kill — Integrated Platform

## Module Feedback: Recharge (R)

Put an "X" in the column that best represents your opinion

Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<b>I gained a better understanding of:</b>					
• how important my sleep is to being combat effective (e.g., shooting, etc.)					
• how sleep impacts my overall performance (e.g., strength, endurance, etc.)					
• factors in combat that can affect my sleep					
• the things I DO that contribute to my sleep problems					
• how medication is only a temporary solution and can lead to more problems					
• how my sleep is also affected by my fitness and nutrition					
• how my sleep is also affected by the ability to regulate my mind/body activation					
• how important my breathing rate is to initiating sleep					
<b>The content of this module:</b>					
• was relevant to my mission					
• provided me with tools to improve my warrior skills					
• provided me with tools to use in my personal life					
• kept my attention					
• provided me with some new information					
• was easy to understand					
• I could use to help my fellow Warfighters					
• would have benefited me prior to my deployment					
Circle the number that best represents your overall rating of this module.	<-----> 1 2 3 4 5 6 7 8 9 10 Poor Excellent				

MOS: \_\_\_\_\_ Age: \_\_\_\_\_ Status: \_ Single \_ Married

Are there any Recharge strategies you can recommend to your fellow Warfighters that were not covered in this module:

Optional:

If your contribution is integrated into this program and you would like your information listed on a slide, please list:

Initials: \_\_\_\_\_ Unit: \_\_\_\_\_ MOS: \_\_\_\_\_ Base: \_\_\_\_\_

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For more information on these human performance optimization strategies and others, please visit the Human Performance Resource Center at [www.hprc-online.org](http://www.hprc-online.org).