

2CFFTS/PSP Physical Conditioning and Development (PD&C) Program

When pilots are fit they are more alert and better able to respond to emergency situations under physical and mental stress. This program is designed to educate student pilots at the 2 Canadian Flying Training School on the importance of physical activity in managing academic stress, maintaining operational status, and countering the stresses associated with flying. Also offered with PD&C is the G-Tolerance training program designed to increase the amount and duration of sustained G-Forces in flight.

The PD&C program consists of two parts. The first is the individual training sessions and reporting. The second is the PSP Instructor-led fitness sessions. These classes include various forms of group fitness, from BootCamps to aquatic and other specialty fitness classes, as well as outdoor activities and sports.

For any questions regarding the program, please contact your PSP Fitness Staff.