Accumulating data have demonstrated a link between psychological distress and musculoskeletal injury (MSKI) prevalence. High levels of physical stress are commonly experienced during the career of a military tactical athlete, which can result in injury and subsequently affect functional movement (FM) outcomes. It is also plausible that trauma exposure (TE) on psychological well-being has an effect. The primary objective of this study was to determine if a correlation existed between VO_{2max}, Aerobic capacity did not affect the ability of healthy, recreationally active young adults to predict impending volitional exhaustion during maximal treadmill running. Time to test termination after participants indicated they were 30 s from volitional exhaustion during session 2 (10.08 ± 2.38 min) was 47.5 ± 7.7 ml/kg/min, with the exception of a moderate correlation to PRT push-up scores (r = 0.51).

CONCLUSION: To our knowledge, this is unprecedented evidence of the influence of TE on FM characteristics of male tactical athletes that is independent of age, physical injury, and body pain. The shared variance of TE and FM characteristics implies that the addition of TE, and other psychologically relevant constructs in association with FM, may advance FM theories. Including TE into physical assessments may not only optimize performance in the tactical environment, but also advance MSKI prevention and treatment.