



SOUTH AFRICAN ARMY



APPLICATION FOR MILITARY SKILLS DEVELOPMENT SYSTEM (MSDS) - 2026 INTAKE

PLEASE COMPLETE THE FOLLOWING

Biographical information

First Name										
Surname										
Citizenship										
ID No										
Your Cell No										
Alternative 1										
Alternative 2										
Residential Address										
Town/City										
Province										
Postal code										

Province, gender and race (for statistical purposes,

BACKGROUND

The South African Army, through its Military Skills Development System (MSDS), is offering young South African citizens an opportunity to serve in uniform on a two-year contract. The Recruits will receive military training and further functional training in their first year of service. During the second year of service they will be deployed where needed and given opportunity to apply their knowledge and develop their skills.

General Requirements:

- RSA Citizen (No dual citizenship).
- 18 – 22 years of age (Or 12).
- 18 – 26 (3 years Tertiary Qualification or NS) when reporting.
- Successfully completed Grade 12.
- Admission Point Score (APS) of 17 and above incl Life Orientation (L.O).
- Have no criminal record or pending cases.
- Comply with medical fitness requirements for the appointment.
- No Visible tattoos (Legs, lower arm, neck and face)

2015 2016 Intake In Sa Army

M Mosston



2015 2016 Intake In Sa Army:

South Africa's Post-Apartheid Military Lindy Heineken, 2020-01-01 This timely book examines how the South African National Defence Force has adapted to the country's new security political and social environment since 1994 In South Africa's changed political state how has civilian control of the military been implemented and what does this mean for defence in a democracy This book presents an overview of the security environment how the mission focus of the military has changed and the implications for force procurement force preparation force employment and force sustainability The author addresses other issues such as the effect of integrating former revolutionary soldiers into a professional armed force the effect of affirmative action on meritocracy recruitment and retention military veterans looking at the difficulties they face in reintegrating back into society and finding gainful employment gender equality and mainstreaming the rise of military unions and why a confrontational instead of a more corporatist approach to labour relations has emerged HIV AIDS and the consequences this holds for the military in terms of its operational effectiveness In closing the author highlights key events that have caused the SANDF to become lost in transition and transformation spelling out some lessons learned The conclusions she draws are pertinent for the future of defence security and civil military relations of countries around the world

Guiding Principles for Developing Dietary Reference Intakes Based on Chronic Disease National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Committee on the Development of Guiding Principles for the Inclusion of Chronic Disease Endpoints in Future Dietary Reference Intakes, 2017-12-21 Since 1938 and 1941 nutrient intake recommendations have been issued to the public in Canada and the United States respectively Currently defined as the Dietary Reference Intakes DRIs these values are a set of standards established by consensus committees under the National Academies of Sciences Engineering and Medicine and used for planning and assessing diets of apparently healthy individuals and groups In 2015 a multidisciplinary working group sponsored by the Canadian and U S government DRI steering committees convened to identify key scientific challenges encountered in the use of chronic disease endpoints to establish DRI values Their report Options for Basing Dietary Reference Intakes DRIs on Chronic Disease Report from a Joint US Canadian Sponsored Working Group outlined and proposed ways to address conceptual and methodological challenges related to the work of future DRI Committees This report assesses the options presented in the previous report and determines guiding principles for including chronic disease endpoints for food substances that will be used by future National Academies committees in establishing DRIs

Oxford Textbook of Children's Sport and Exercise Medicine Neil Armstrong, Willem van Mechelen, 2017 Now consisting of fifty innovative chapters authored by internationally recognised scientists and clinicians the extensively revised third edition of the Oxford Textbook of Children's Sport and Exercise Medicine is the fundamental reference work on paediatric exercise medicine and sport science Using a scientific evidence based approach and new insights into understanding the exercising child and adolescent this title covers a complex and

rapidly evolving field Designed to inform challenge and support all involved in the study and treatment of the exercising child and adolescent the Oxford Textbook of Children s Sport and Exercise Medicine presents complex scientific and medical material in an accessible and understandable manner With extensive sections on Exercise Science Exercise Medicine Sport Science and Sport Medicine chapters comprehensively cover training physical activity in relation to health issues the physiology of the young athlete and injury using the research and practical experience of a renowned author team Fully illustrated and extensively revised new topics and fully updated material complement the state of the art approach of previous editions With an increased focus on molecular exercise physiology close to 75% of the content found in this edition is new material reflecting the many advances and developments across this discipline

Nutritional Strategies to Promote Muscle Mass and Function Across Health Span Daniel Moore,Andrew Philp,2020-12-10 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org about contact

Suid-Afrikaanse Hofverslae ,2015 *The ABC, Or, Alphabetical Railway Guide* ,1899 **Report of the Committee on Admissions from Secondary Schools, University of Illinois, for the Year ...** University of Illinois (Urbana-Champaign campus). Committee on Admissions from Secondary Schools,1931 *Annual Report* South Africa. Department of Defence,2016 **Palmer's Index to "The Times" Newspaper** ,1894 Covers the period from 1790 to 1905 in The Times of London **West Africa** ,1987 **Chronicle Four-year College Databook** ,1998 *The Christian Advocate* ,1900 **Report of the Committee on Admissions from Secondary Schools, University of Illinois** University of Illinois. Committee on Admissions from Secondary Schools,1932 *Sessional Papers* Great Britain. Parliament. House of Commons,1906 **Report of the Committee on Admissions from Secondary Schools, University of Illinois** University of Illinois (Urbana-Champaign campus). Committee on Admissions from Secondary Schools,1934 **Parliamentary Papers** Great Britain. Parliament. House of Commons,1915 *Baxter's The Foot and Ankle in Sport* David A. Porter,Lew C. Schon,2020-01-25 For specialists and non specialists alike returning an athlete to pre injury performance safely and quickly is uniquely challenging To help you address these complex issues in everyday practice Baxter s The Foot and Ankle in Sport 3rd Edition provides focused authoritative information on the examination diagnosis treatment and rehabilitation of sports related foot and ankle injuries ideal for returning both professional and recreational athletes to full use and function Provides expert guidance on athletic evaluation sports syndromes anatomic disorders orthoses and rehabilitation and more Includes new and updated case studies and pearls for optimal use in the clinical setting Features thoroughly revised content and enhanced coverage of stress

fractures as well as metabolic consideration in athletes Includes new chapters on the disabled athlete the military athlete caring for the athlete as a team foot and ankle exam and biologics Features a new full color design throughout and new videos available online Shares the expertise of international contributors who provide a global perspective on sports medicine Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures videos and references from the book on a variety of devices **Present Knowledge in Nutrition** Bernadette P.

Marriott,Diane F. Birt, Virginia A. Stalling, Allison A. Yates, 2020-07-21 Present Knowledge in Nutrition Basic Nutrition and Metabolism Eleventh Edition provides an accessible referenced source on the most current information in the broad field of nutrition Now broken into two volumes and updated to reflect scientific advancements since the publication of the last edition the book includes expanded coverage on basic nutrition metabolism and clinical and applied topics This volume provides coverage of macronutrients vitamins minerals and other dietary components and concludes with new approaches in nutrition science that apply to many if not all of the nutrients and dietary components presented throughout the reference Advanced undergraduate graduate and postgraduate students in nutrition public health medicine and related fields will find this resource useful In addition professionals in academia and medicine including clinicians dietitians physicians health professionals academics and industrial and government researchers will find the content extremely useful The book was produced in cooperation with the International Life Sciences Institute <https://ilsi.org> Provides an accessible source of the most current reliable and comprehensive information in the broad field of nutrition Features new chapters on topics of emerging importance including the microbiome eating disorders nutrition in extreme environments and the role of nutrition and cognition in mental status Covers topics of clinical relevance including the role of nutrition in cancer support ICU nutrition supporting patients with burns and wasting deconditioning and hypermetabolic conditions **Parliamentary Debates (Hansard)**. Great Britain. Parliament. House of Commons, 1952 Contains the 4th session of the 28th Parliament through the session of the Parliament **Africa Research Bulletin** ,1971

Unveiling the Power of Verbal Art: An Mental Sojourn through **2015 2016 Intake In Sa Army**

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