## **GLOSSARY**

Achilles tendon—the strong tendon joining the calf muscles to the heel bone.

API-assistant primary instructor.

AR-Army regulation.

brachial plexus—a network of nerves in the armpits, supplying nerves to the chest, shoulders, and arms.

Cardiorespiratory—pertains to the heart and lung system.

carotid artery—the pair of main arteries that supply blood to the brain via the neck.

cervical vertebrae—neck and upper spine bones.

clavicle—collarbone.

common peroneal—having two or more branches and located between the knee and ankle.

cranial—the skull.

DA—Department of the Army.
DSN—defense switched network.
dysfunction—impaired or abnormal function.

femoral nerve—the chief artery in the front part of the inner thigh.

FM—field manual.

FSN—federal stock number.

garrote—strangulation with a rope or wire.

IAW—in accordance with.

LCE—load-carrying equipment.

METL—mission-essential task list.

No—number.

NSN—national stock number.

OIC—officer in charge.

OSUT—one-station unit training.

pectoral muscle—muscles that connect the ventral walls of the chest with the bones of the upper arms and shoulders.

peroneal nerve—a nerve located near the fibula.

PI—primaty instructor.

POI—program(s) of instruction.

PT—physical training.

PVC—polyvinyl chloride

S3—perations and training officer.

sanguineous strangulation—a violent, bloodthirsty strangulation.

sciatic nerves-a pair of large nerves that pass out of the pelvis and down the back of the thigh.

solar plexus—the pit of the stomach.

stellate ganglion—a star-shaped mass of nerve tissue external to the brain or spinal cord.

subclavian artery—part of the main artery of the arm or forelimb.

suprascapular nerve-a nerve on top of the shoulder.

TC—training circular.

trachea—the main trunk of the system of tubes by which air passes to and from the lungs.

trapezius—a large, flat, triangular muscle on each side of the back.

TSC—Ttaining Support Center.

US-United States.

vagus nerve—cranial nerves that supply the heart and lungs with sensory and motor fibers.