

NTSA April Webinar

# The Future of Human Performance

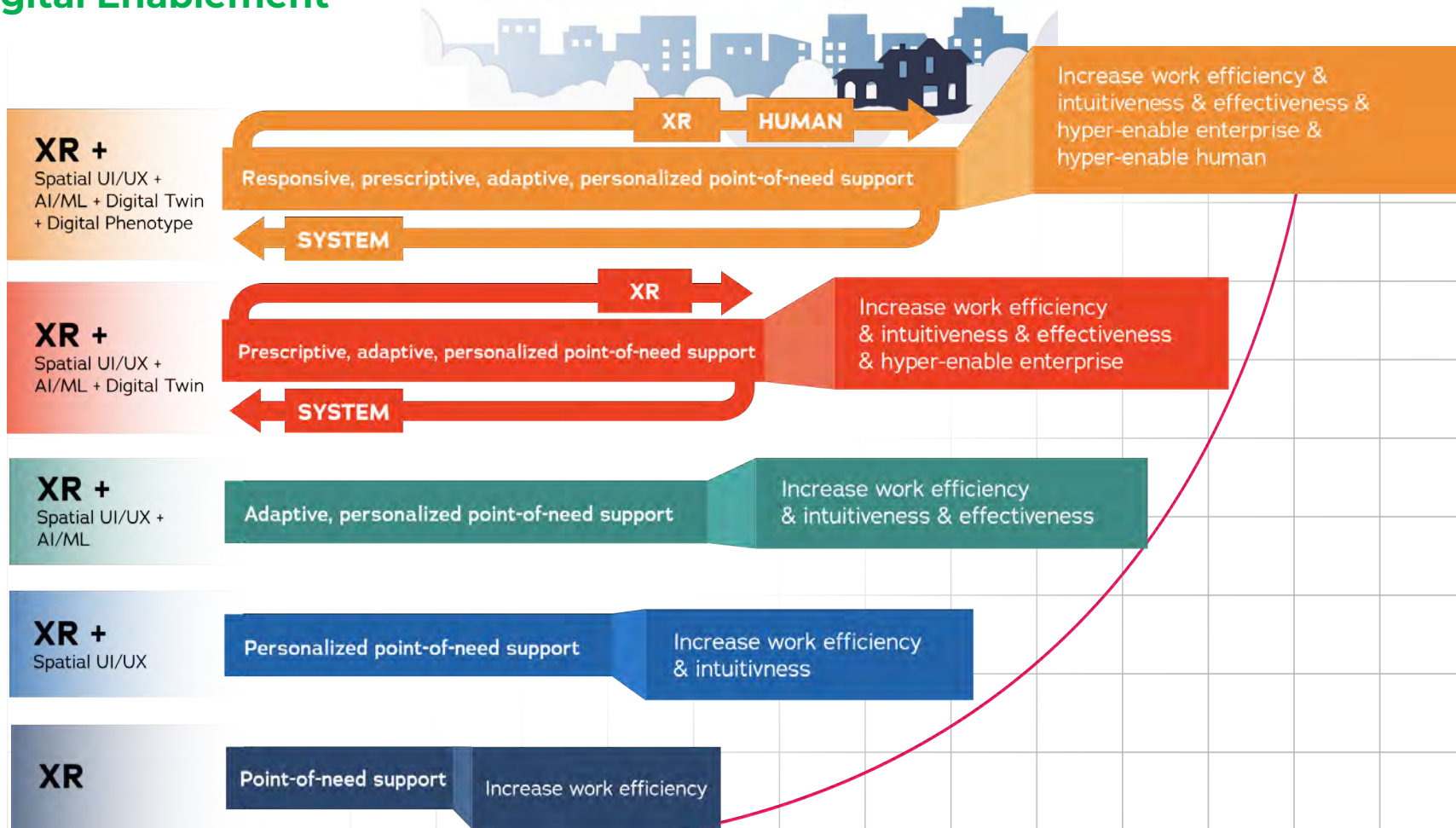
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Wednesday, April 27  
11:00 am - 12:00 pm EDT



# The Future of Human Performance:

## Digital Enablement



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**XR +**  
Spatial UI/UX +  
AI/ML +  
DIGITAL TWIN

# Hyper-Enabled Smart Enterprise

Data Used as a Strategic Asset to  
Benefit the Enterprise



Automation



System  
Integration



Big Data



Internet of  
Things



Augmented  
Reality



Simulation



Cybersecurity



Cloud  
Computing



Autonomous  
Robots



## XR +

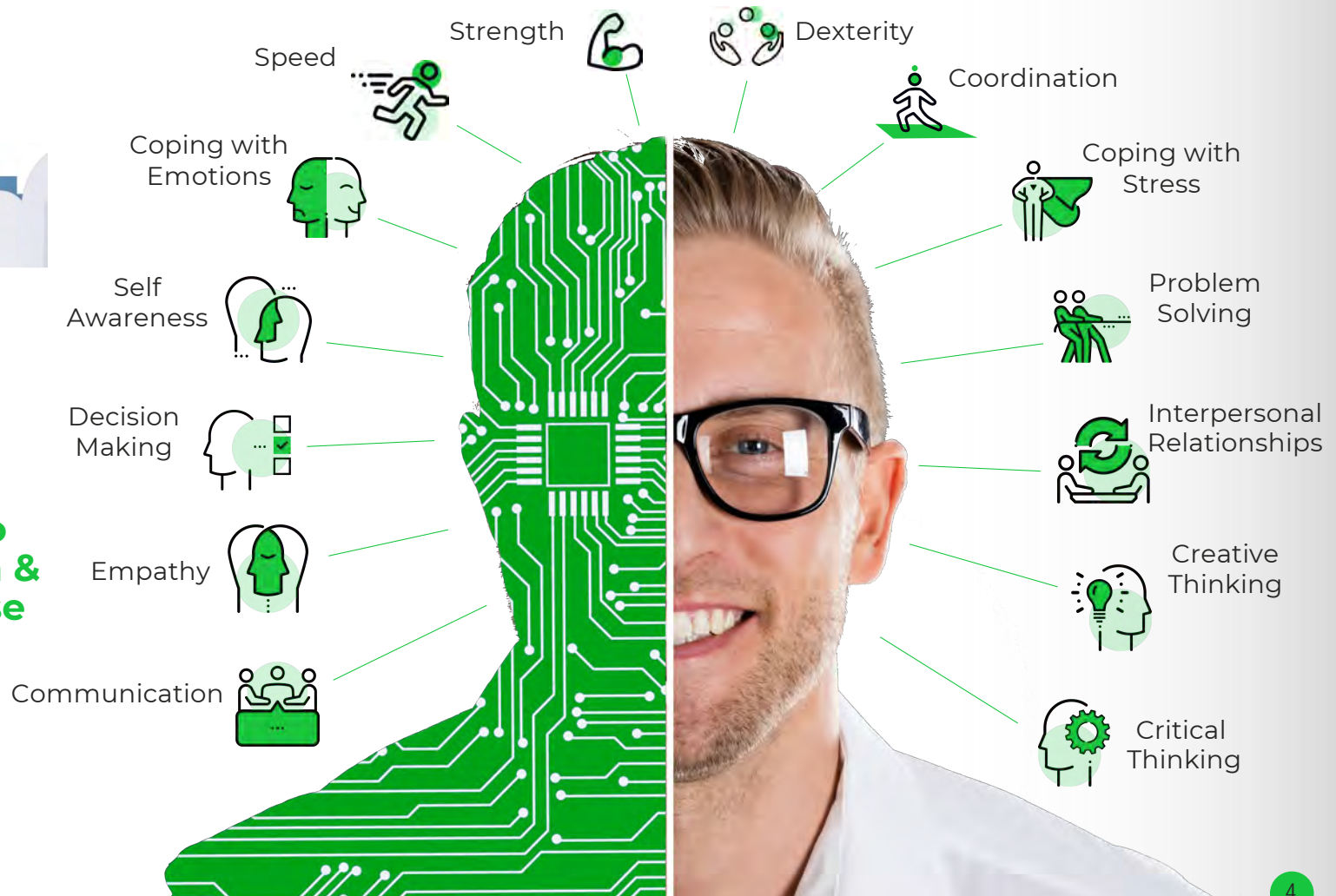
Spatial UI/UX +  
AI/ML + Digital Twin

+ DIGITAL PHENOTYPE



# Hyper-Enabled Human

Data Used as an Empowering Asset to Reap Benefits Within & Beyond the Enterprise



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# Contact Us



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# The Need for a Movement Vital Sign



**LEADING**  
**-vs-**  
**LAGGING**  
**KPIs**



# LAGGING KPI

300 soldiers in Basic Combat Training

Depressive symptoms 60% lower  
in high fitness category\*

\*passed Army Physical Fitness Test





# MERIT BASED PHYSICAL DOMAIN

LAGGING KPI

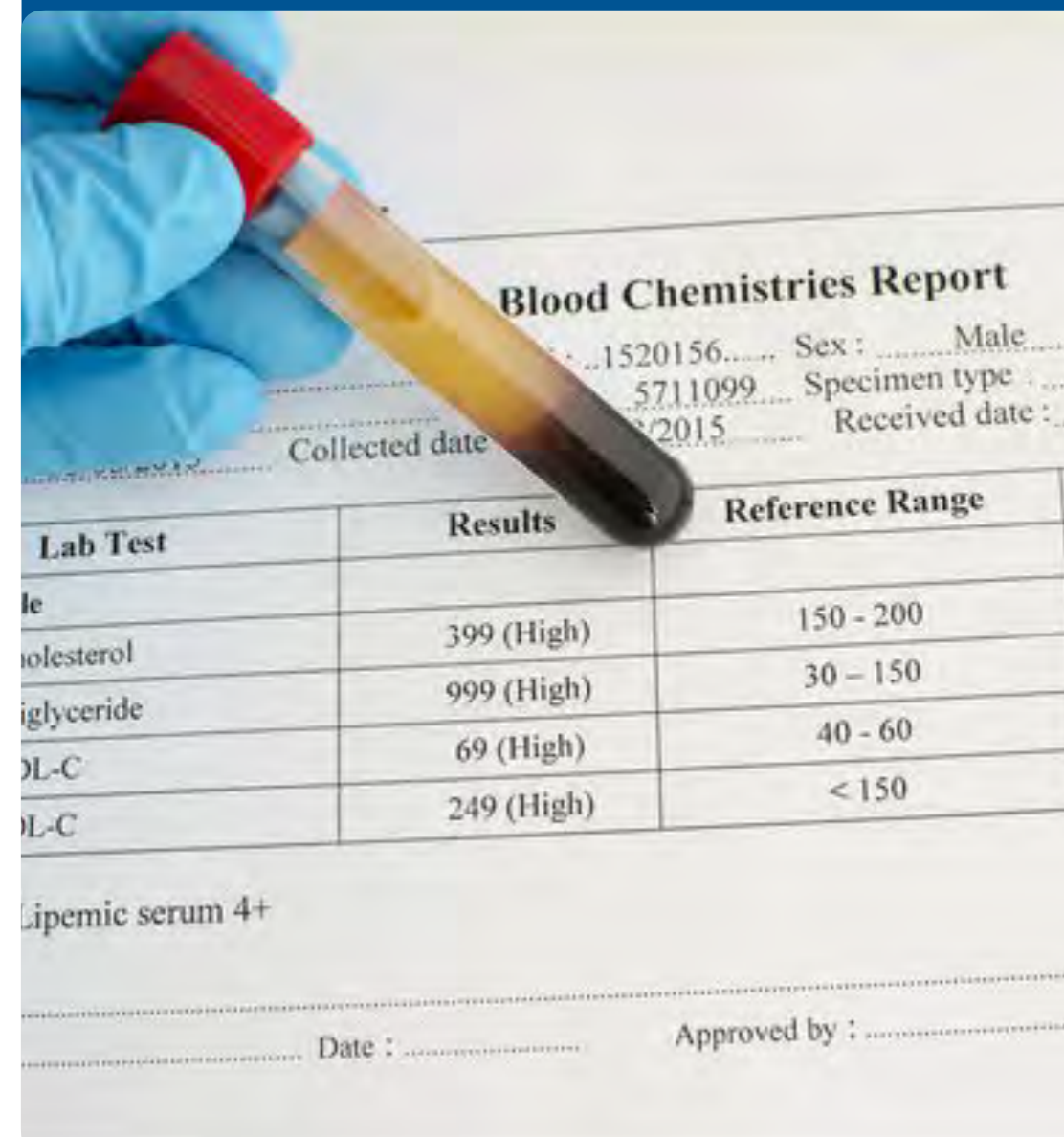
LEADING KPI INTERNAL

EXTERNAL

Endurance - 2 mile run  
Strength - 3 RM Deadlift



Movement Screen  
Rating Perceived Exertion

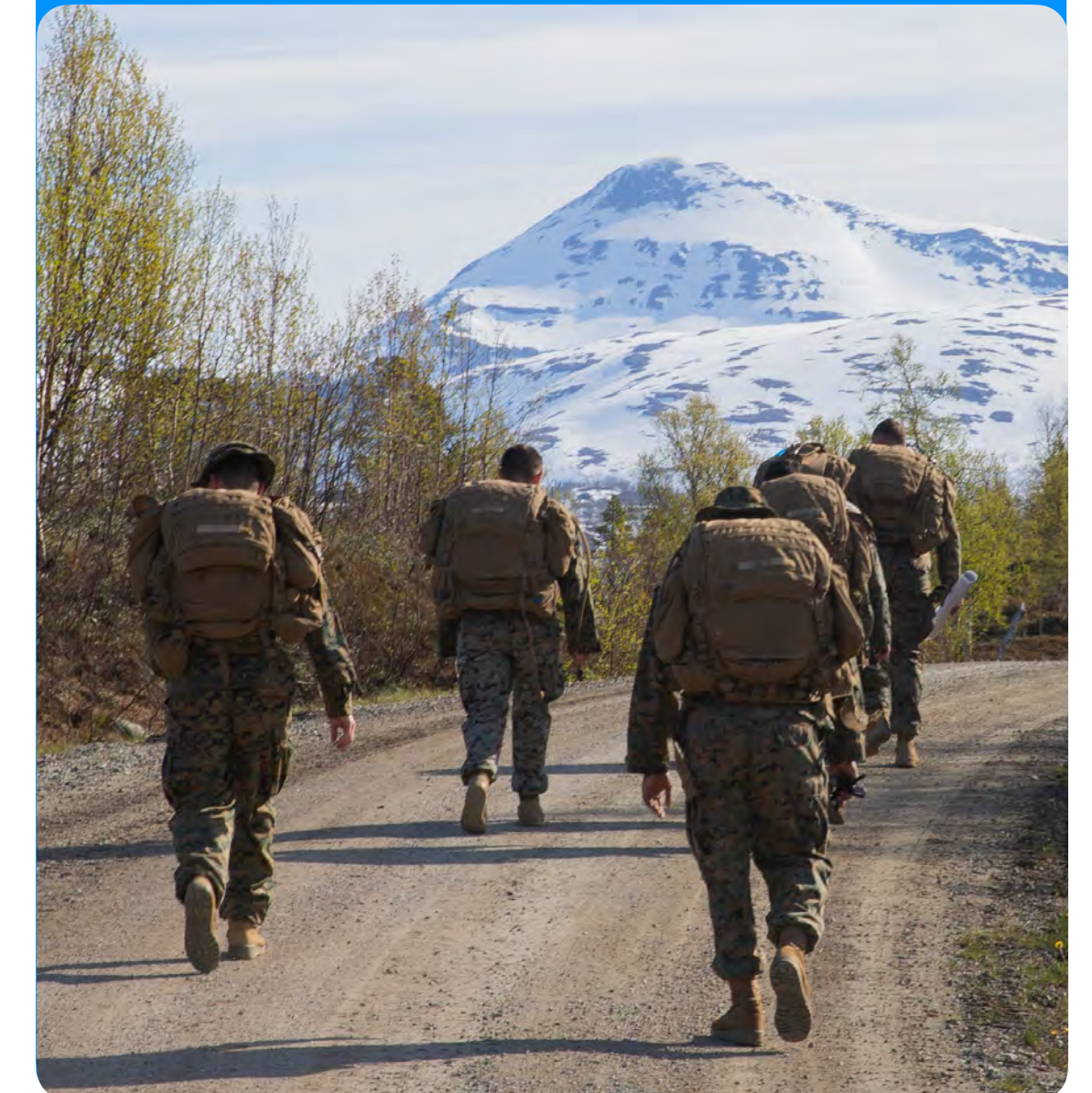


Lab Test	Results	Reference Range
Cholesterol	399 (High)	150 - 200
Triglyceride	999 (High)	30 - 150
HDL-C	69 (High)	40 - 60
LDL-C	249 (High)	< 150

lipemic serum 4+

Date : ..... Approved by : .....

Weekly Run Volume  
Exercise Selection



# A FRAMEWORK FOR READINESS

3

## EXTERNAL LEADING KPI

Dose, Action Data

- weekly running volume...10,000 steps?

1

## LAGGING KPI

ACFT

- 2 mile run



2

## INTERNAL LEADING KPI

Response?

Assessment Data

GOAL

OPERATIONAL  
READINESS

# CHOOSE THE RIGHT KPI'S

...A REVPrAc CHECKLIST



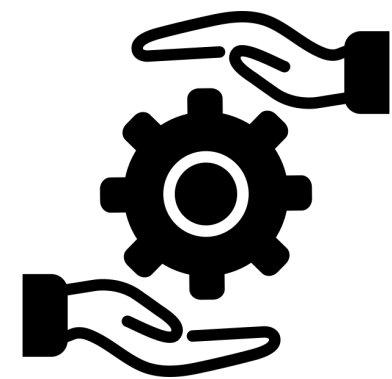
## RELIABLE

RANDOM VS REAL  
CHANGES?



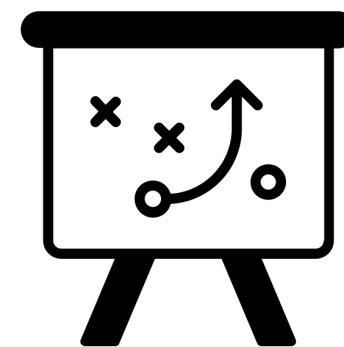
## VALID

MEASURING WHAT  
MATTERS?



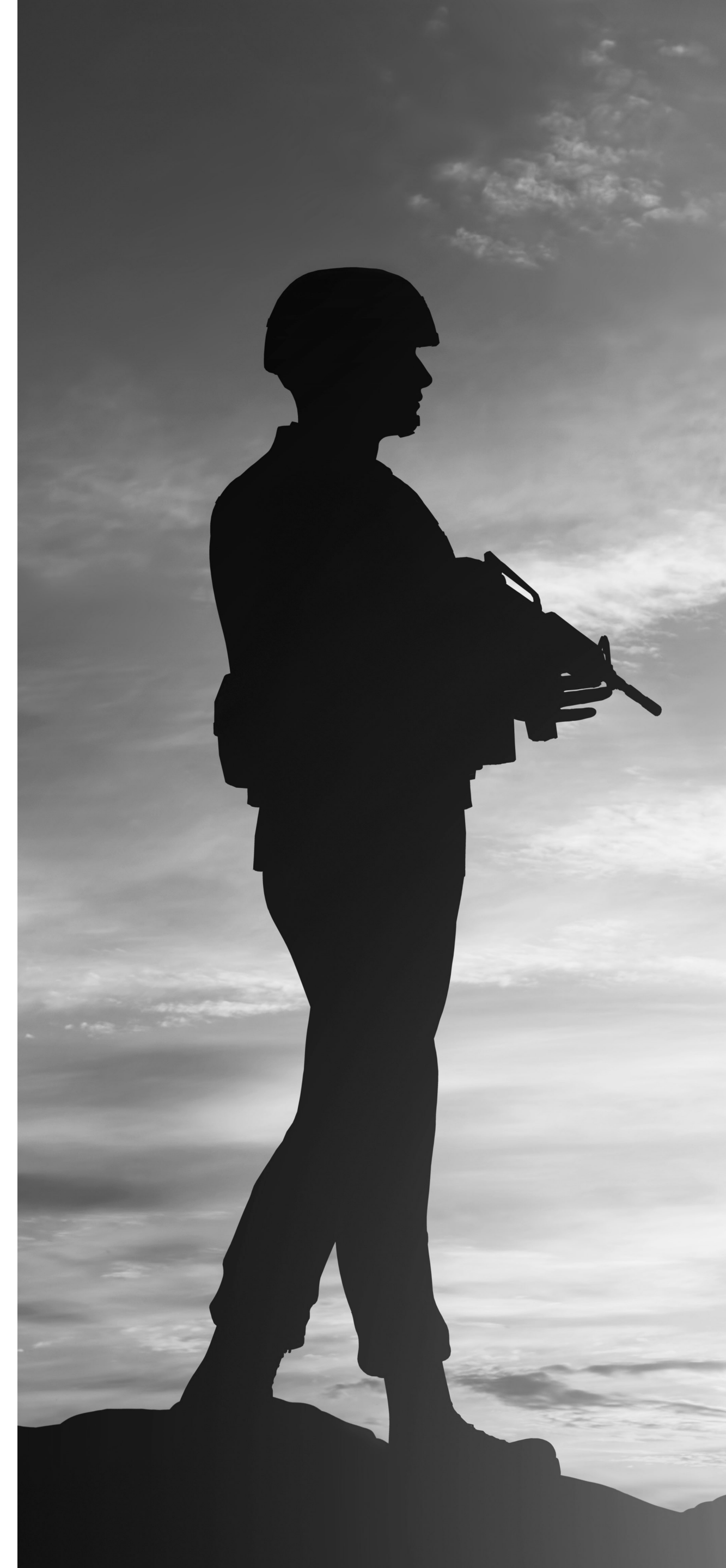
## PRACTICAL

USED EASILY &  
UNDERSTOOD?



## ACTIONABLE

CHANGE YOUR  
DECISIONS?



# The Future of Human Performance NTSA Webinar

27 April 2022

Kara L. Orvis, PhD

## Areas of Expertise

- Team Assessment
- Team Learning/Training
- Team Design
- Team Leadership

## Types of Teams

- Face-to-Face Teams
- Distributed Teams
- Human Machine Teams
- Small Teams and Multi-Team Systems



- Dates: 15-16 June 2022
- Location: George Mason University, Arlington VA
- Industry, Government, Academia
- Excellent place to network with Human Performance experts
- <https://www.ndia.org/events/2022/6/15/2022-human-systems-conference>

