



DEPARTMENT OF THE NAVY
FLEET AVIATION SPECIALIZED OPERATIONAL
TRAINING GROUP PACIFIC FLEET

P.O. BOX 357068
NAS NORTH ISLAND
SAN DIEGO, CALIFORNIA 92135-7068

FASOTRAGRUPACINST 6100.1K
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AUG 02 2001

FASOTRAGRUPAC NSTRUCTION 6100 K

S HEALTH AND PHYSICAL READINESS PROGRAM

Ref: a) OPNAVINST 6110.1F

Encl Command Directed Physical Conditioning Program
Requirements
(2 Assignment Letter to the Command Directed Physical
Conditioning Program

1. Purpose. To execute a Health and Physical Readiness Program that establishes a structured fitness program for meeting physical readiness and height/weight standards as directed by reference (a).

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3. Background. Reference (a) establishes the provisions of the Navy's Health and Physical Readiness Program Policy and sets forth physical readiness requirements and standards. Every member, officer and enlisted, should strive to achieve and maintain the highest standards of physical readiness to ensure the operational effectiveness of the Navy.

Policy

a. All active duty personnel attached to FASOTRAGRUPAC San Diego and its Detachments, except those excused for medical reasons, will be in compliance with the Physical Readiness Program as outlined in reference (a).

b. The Physical Readiness Test (PRT) and Command Directed Physical Conditioning Program will be conducted using the guidelines of reference (a) and enclosures (1) and (2).

c. Members reporting to FASOTRAGRUPAC or its detachments within 2 weeks prior to the scheduled PRT are considered

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new arrivals to the command and will not be tested during the current PRT cycle unless the member has no record of PRT in the past six months.

d. Upon reporting to FASOTRAGRUPAC or its detachments, newly arriving personnel will check-in with the Command/Detachment Fitness Coordinator within seven days of arrival to have their height/weight and body fat measurement taken. If newly reporting personnel are not within weight/body fat standards or failed their last PRT they will be directed to participate in the Command Directed Physical Conditioning Program.

e. Risk Factor Screening/Physical Readiness Test Results Form (OPNAV 6110/2) will be maintained on file by the Department/Detachment Fitness Coordinator and will be inserted into the member's service record upon transfer.

Responsibilities

a. The responsibilities of the Commanding Officer are specified in enclosure (1) of reference (a).

The Command Fitness Coordinator CFC shall:

- 1 Be appointed in writing by the Commanding Officer
- (2) Comply with the provisions of reference a) in the administration of the Physical Readiness Program.
- 3) Design and implement the Command Directed Physical Conditioning Program and be responsible to the Executive Office for monitoring personnel assigned to the program.
- (4) Provide assessment and administrative support for personnel requesting waiver from administrative separation and/or counseling for exceeding weight or body fat standards.
- (5) Train Detachment Fitness Coordinators in the proper methods of administering the physical readiness test and supervising/conducting the Command Directed Physical Conditioning Program when necessary.

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(6) Provide support and assistance to the DAPA in monitoring personnel in aftercare following completion of Level III Program.

c. Department Heads/Officer in Charge shall:

(1) Designate a Department/Detachment Fitness Coordinator in writing

(2) Provide time in the normal workday for members to participate in an individual or group program of aerobic physical conditioning at least three times a week.

(3) Document in both enlisted evaluations and officer fitness reports any outstanding performance, significant progress, or failure to show progress in meeting minimum standards.

(4) Ensure administrative action per reference (a) is taken when individuals fail to comply or do not show satisfactory progress while enrolled in the Command Directed Physical Conditioning Program.

Department/Detachment Fitness Coordinators shall:

(1) Assist the CFC in supervising and conducting the Command Directed Physical Conditioning Program.

(2) Monitor the progress of personnel from their respective departments/detachments and provide administrative support and assistance to the Department Head/Officer in Charge and submit test results to the CFC.

(3) Assist in administering the Physical Readiness Test as scheduled by the Commanding Officer or Officer in Charge and submit test results to the CFC.

The Medical Officer shall:

(1) Evaluate personnel found to exceed the weight/body fat standards and/or fail the PRT to determine their fitness for participation in the Command Directed Physical Conditioning Program.

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(2) Provide medical screening for members referred for evaluation for the PRT.

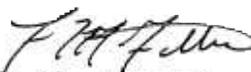
f. The Command Career Counselor shall ensure all members meet minimum PRT/WT/BF standards at the time of application for schools or special programs and prior to frocking or receipt of TEMDUINS or PCS orders.

g. The individual service member shall

(1) Participate in a lifestyle that promotes optimal health and physical readiness including participation in an individual or group program of aerobic physical conditioning exercise at least three times a week.

(2) If enrolled in the Command Directed Physical Conditioning Program (Level I), comply with the program requirements as outlined in enclosure (1).

6. Implementation. The provisions of the instructions are effective immediately


F. M. GALLIE

Distribution:
FASOTRAGRUPACINST 52 6.2\

Lists A & B

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Command Directed Physical Conditioning Program Requirements

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From: Commanding Officer, Fleet Aviation Specialized Operational
Training Group, Pacific Fleet
To: <<First MI. Last, USN, SSN>>

ASSIGNMENT TO THE COMMAND DIRECTED PHYSICAL CONDITIONING
PROGRAM

(a OPNAVINST 6110.1F

1. Initial screening of the Physical Readiness Test (PRT) Cycle <<current cycle>> indicates that you do not meet the minimum PRT/WT/BF standards as required by reference (a). You are placed on the Command Directed Physical Training Program until you meet the standards established by the Chief of Naval Operations. You will comply with the Physical Conditioning Program as set forth by the Command Fitness Coordinator (CFC), per reference (a). Minimum requirements include but are not limited to participation in at least three remedial exercise periods per week and HT/WT/BF measurements once each month. Members shall provide written documentation of their participation. If unable to comply, a member must provide a written reason for failure. Monitoring shall be done by department fitness coordinators and/or the CFC.

2. I will support you in your efforts towards meeting and maintaining physical readiness standards. However, your failure to demonstrate consistent and significant progress in any area will result in disciplinary and/or administrative action.

3. The CFC can assist you in scheduling medical or dietician appointments and may be reached at 545-0115. Any requests for modification of this program shall be submitted in writing to the Executive Officer via your chain of command and the CFC.

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Copy to:
Executive Officer
Department Head
CFC
Service Record

Enc (2)