



Defense Advisory Committee on Women in the Services Request for Information March 2019

Marine Corps

Training and Education Command

Force Fitness Division



DACOWITS' RFIs for March 2019

REVISED PHYSICAL FITNESS TESTS: PHYSIOLOGICAL GENDER DIFFERENCES (E&I)

The Committee has been previously briefed on the impact that physiological gender differences can have on a Service member's ability to reach the set standard. The Committee is interested in how the Military Services incorporate these physiological gender differences into their physical fitness programs.

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- The Committee request a briefing from each of the Military Services* to address the following:
- What is your physical fitness training program to prepare Service members for physical fitness tests?
 - Does your physical fitness training program incorporate the science on physiological gender differences?
 - How is your physical fitness training program administered and communicated to Service members?
 - Is the physical fitness training program mandatory? If so, how are commands implementing and tracking effectiveness?
 - Do you have a special rate/designation for fitness trainers? If so, what are their responsibilities?



Physical Fitness Tests (1 of 4)

6.a. What is your physical fitness training program to prepare Service members for physical fitness tests?

- Marine Corps Order 6100.14 “The Marine Corps Physical Fitness Program (MCPFP)” establishes a comprehensive approach to total fitness, while integrating the Marine Corps martial arts, water survival, general and occupational fitness, nutrition, and Sports Medicine and Injury Prevention (SMIP) programs in order to improve the overall health, physical fitness, and combat readiness of individual Marines and units.
- Force Fitness Instructors (FFI) are responsible for creating comprehensive physical fitness programs at the unit level which accomplish their commander’s mission essential tasks and that balance physical fitness, injury prevention, and overall health to include preparation for the Physical Fitness and Combat Fitness Tests (PFT/CFT).
- FFIs assess the physical fitness of the unit and individual Marines, and design a comprehensive program to facilitate progressive improvement.



Physical Fitness Tests (2 of 4)

6. b. Does your physical fitness testing and training programs incorporate the science on physiological gender differences?

- Yes, both PFT and CFT performance standards are gender normed and recognize the physiological differences between males and females. Performance standards are also adjusted to recognize age related changes in fitness.
- In Entry Level Training (ELT) , more emphasis for females is placed on establishing upper body strength in order to prepare them for physically demanding MOS tasks. On average, males arrive at ELT with more upper body strength than females.

6.c. How is your physical fitness training program administered and communicated to Service members?

- The Training and Education Command (TECOM) Force Fitness Division (FFD) is the service level agency responsible for the development of policy, standards, oversight, synchronization, and coordination of all elements of physical fitness in order to enable a professional, service-wide approach to enhancing the physical conditioning of the warrior athlete.
- General and occupational physical performance standards are established through Marine Corps Orders.
- Execution of physical fitness training programs are administered at the unit level. The unit FFI leverages all available resources such as Semper Fit (e.g., health educators, strength coaches, High Intensity Tactical Training) to support the commander's physical fitness training objectives and unit Mission Essential Task Lists.



Physical Fitness Tests (3 of 4)

6.d. Is the physical fitness training program mandatory? If so, how are commands implementing and tracking effectiveness?

- Commanders are required to allow Marines time for physical training (PT) as part of the daily routine. PT requirements can be accomplished through tactical movements or other occupational related activities, swimming, Marine Corps Martial Arts, unit PT, or individual training sessions.
- Unit commanders are responsible for the overall development, implementation and management of the unit/organizational physical fitness program which is not developed solely for the preparation for the Physical Fitness Test (PFT) or Combat Fitness Test (CFT). .
- FFIs maintain records of all physical fitness programs for the duration of assignment at the parent unit and turn-over of said records to the next assigned FFI.



Physical Fitness Tests (4 of 4)

6.e. Do you have a special rate/designation for fitness trainers? If so, what are their responsibilities?

- Every company or squadron sized element and above is required to have a FFI by MCO 1500.62 “The Force Fitness Instructor Program”.
- FFIs are the commander’s subject matter experts in developing fitness training plans that are holistic, progressive, and optimize physical performance tailored to unit missions and individual needs.
- FFI candidates attend a six week course and receive a free military occupational specialty (FMOS) of 0919. (FMOS – a non- primary MOS that can be filled by any Marine regardless of Primary MOS)

FFI responsibilities include:

- Creating comprehensive physical fitness programs which accomplish their commander’s mission essential tasks and that balance physical fitness, injury prevention, and overall health.
- Educate their unit on injury prevention techniques and general nutrition.
- Coordinate efforts of the unit’s organic assets such as Martial Arts Instructors (MAI), Marine Corps Instructors of Water Survival (MCIWS), and certified Athletic Trainers (AT) to ensure synchronization of all MCPFP efforts.
- Interact with organizations outside the unit such as Semper Fit and Navy Medicine to leverage additional resources and capabilities to meet their unit’s fitness requirements and Marines that require specialized programs in accordance with Navy and Marine Corps orders and directives.



Questions?