



DACOWITS Quarterly Business Meeting

14 June 2017

Mr. Brian McGuire, MS ATC CSCS

Deputy Director

Force Fitness Division

Training and Education Command

Quantico, VA



RFI #5

Physiological Differences

- What are approved and published additional training for combat arms/combat communities/combat airmen Service members?
 - For enlisted Marines seeking the Infantry MOS, all entry-level Marines receive the same training, regardless of gender
 - For Officers slated for the Infantry Officer Course (IOC), Civilian Certified Athletic Trainers (AT's) are available to devise a training regimen that focuses on upper body strength and core strength to enhance load bearing capacity.
 - After MOS selection at The Basic School (TBS), IOC-bound students participate in specified preparatory training during the last two months at TBS with the IOC Marines Awaiting Training (MAT) platoon



RFI #5

Physiological Differences

- What are the Services doing to ensure women are prepared to successfully complete their MOS producing school?
 - Prior to attending entry level training (ELT), personnel seeking specified MOSs undergo gender neutral screening tests. For those that pass these initial standards they are later tested on MOS Specific Physical Standards (MSPS) in the MOS school
 - Physical Training (PT) programs in all ELT prior to MOS school is progressive in terms of load, distance, time and intensity
 - All ELT programs benefit from the support of AT's
 - While at MOS school, those Marines who have difficulty with MSPS events are given specific remediation training. Marines have three MSPS attempts before they are recycled and three more attempts before they are reclassified to another MOS.
 - Overall, since enhanced physical screening and MSPS were implemented in October 2015, 99.5% of Marines have passed MSPS (17461 of 17556)
 - Male: 99.5% (17391 of 17475)
 - Female: 86.4% (70 of 81)



RFI #5

Physiological Differences

- How are the Services incorporating science and new technologies into improving the training methodologies?
 - All Marine Corps training, to include PT, undergoes periodic review
 - For example, a review of PT in ELT is currently underway where PT practices are being compared to recommendations made in a Systematic Review conducted by the DoD-sponsored Joint Services Physical Training Working Group (reviewed >600 studies)
 - Running mileage has been decreased in ELT and post-exercise nutritional supplementation is being provided
 - Several projects are underway to enhance screening and monitoring of individuals in training (e.g. wearable, wireless sensors in Office of Naval Research project)
 - MSPS implemented in Oct 2015 which are gender neutral, occupation specific, operationally relevant and valid
 - USMC MSPS development approach was externally reviewed and validated by RAND and GAO
 - In 2016, the Commandant of the Marine Corps instituted a Force Fitness Instructor (FFI) program. FFIs are specially trained Marines with knowledge in performance training, injury prevention and nutrition who serve as the Commanders' SME on physical fitness. FFIs will be placed down to the company and squadron levels.