

DACOWITS RFI 6



Office of the 21st Century Sailor OPNAV N17

19 March 2019





DACOWITS – RFI Subject (RFI 6)

What is your Physical Fitness training program to prepare Service members for Physical Fitness tests?

- **Commanders, COs, and OICs shall comply with and execute all requirements of the Physical Readiness Program (PRP) instruction (OPNAVINST 6110.1J).**
 - **Must also integrate Physical Training (PT) into the workweek, consistent with mission and operational requirements.**
 - **All PT is led by Command Fitness Leaders (CFL) or Morale Welfare and Recreation (MWR) Fitness specialists.**
- **Individual members shall participate in a year round physical fitness program to meet Navy Physical Fitness Assessment (PFA) requirements.**
- **Individuals should at a minimum participate in moderate physical activity at least 2 hours and 30 minutes per week to include strength training at least twice per week to work all major muscle groups.**



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Does your Physical Fitness training program incorporate the science on physiological gender differences?

- While not specifically trained in physiological gender differences, CFLs are trained to use PT programming that takes into account all fitness levels and provide exercise variations that allow Sailors to train safely and effectively.

How is your Physical Fitness training program administered and communicated to Service members?

- All PT and Fitness Enhancement Program (FEP) sessions are planned, coordinated and conducted by the CFL or MWR Fitness Specialists.
- Communication of the schedule for PT is the responsibility of the individual command and can be accomplished through local command instruction supplementing the OPNAVINST 6110.1J or the Plan of the Week for example.



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Is the Physical Fitness training program mandatory? If so, how are commands implementing and tracking effectiveness?

- Individual members shall participate in a year round physical fitness program to meet Navy PFA requirements.
- Members are required to participate in the semi-annual PFA regardless of gender, age, rank, title, billet, or retirement status.
 - Members who do not pass the PFA are enrolled in the mandatory FEP which mandates PT at a minimum of three times a week for 50 minutes. Members must also complete a monthly “mock” PFA.
 - CFLs enter members’ monthly PFA data into members’ FEP record in the Physical Readiness Information Management System (PRIMS) database to track the member’s progression.



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

- **Enlisted CFLs receive a Navy Enlisted Classification of 8CFL while Officer CFLs receive an Additional Qualification Designator of 2PT.**
 - **CFLs must meet all requirements established in OPNAVINST 6110.1J to maintain qualification/designation as a CFL.**
- **CFL responsibilities include:**
 - **Primary advisor to the commanding officer on all PRP matters.**
 - **Administering the semi-annual PFA.**
 - **Managing command/unit Physical Training PT and the command's FEP.**
 - **Training the Assistant CFLs in all aspects of the PRP, to include leading/monitoring command PT/FEP, Body Composition Assessment measuring techniques, and PRT procedures.**

Questions?



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