



DEPARTMENT OF THE NAVY
NAVY RECRUITING COMMAND
5722 INTEGRITY DR.
MILLINGTON, TN 38054-5057

COMNAVCRUITCOMINST 6110.2C (HDQ)
002
31 Aug 2011

COMNAVCRUITCOM INSTRUCTION 6110.2C (HEADQUARTERS)

From: Commander, Navy Recruiting Command

Subj: PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1

1. Purpose. To establish policy for administering the Navy Recruiting Command (NAVCRUITCOM) Physical Fitness Assessment (PFA) and Fitness Enhancement Program (FEP). (R)

2. Cancellation. COMNAVCRUITCOMINST 6110.2B. Due to numerous changes, marginal notations are not included. This instruction should be reviewed in its entirety.

3. Background. Reference (a) establishes the physical fitness requirements and standards for all military personnel and procedures for administering the FEP.

4. Policy

a. Military personnel are required to maintain personal physical fitness by regular exercise and proper nutrition. All military personnel will be involved in a year-round physical readiness program consistent with the standards described in reference (a). Military personnel will be granted three hours per week of physical fitness that shall be integrated into the workweek, consistent with mission and operational requirements. (R)

b. The official PFA will be administered between the months of January through June (Cycle 1) and July through December (Cycle 2) providing there is a minimum of four months between PFAs and only one PFA per Navy cycle. A make-up test will be scheduled for those personnel who were on leave or travel. (R)

c. No member shall participate in the PFA without medical clearance. PFA medical clearance requires:

(1) Periodic Health Assessment (PHA). (R)

(2) NAVPERS 6110/3 Physical Activity Risk Factor Questionnaire (PARFQ). All personnel shall complete a NAVPERS

31 Aug 2011

6110/3 via Physical Readiness Information Management System (PRIMS) as soon as possible following the PFA notification. (R)

d. The 1.5 mile run remains standard for testing cardio-respiratory fitness. Command members are authorized to conduct their test on the stationary bike, elliptical trainer, treadmill or swim given there are adequate facilities available. The official PFA notification shall include NAVCRUITCOM's policy on whether alternate cardio options are authorized. (R)

e. Per reference (a), members who fail a Body Composition Assessment (BCA) or any portion of the PFA are required to be on a supervised FEP until they pass the next regularly scheduled PFA. Personnel assigned to the FEP will participate in mandatory physical training a minimum of three times a week (Monday, Wednesday, and Friday) at the time and location designated by the Command Fitness Leader (CFL). FEP personnel will be tested and evaluated periodically to determine the overall effectiveness of the program. PFA coordinators are responsible for personnel under their cognizance, unless otherwise directed by the CFL.

f. "Bad Day." The Chief of Staff may authorize one retest to pass the Physical Readiness Test (PRT) portion of the current PFA cycle: (R)

(1) An individual must request a "Bad Day" within 24 hours of completing the PFA. If approved, the retest must be administered within seven days of the initial PFA failure and within the same PFA cycle for which the "Bad Day" was requested. Drilling Reservists have until the end the following month. (R)

(2) The member must retake all components of the PFA. The "Bad Day" option does not apply to BCA determinations. (R)

g. Personnel assigned to the FEP will ensure the CFL coordinator is informed of their status at all times. Provide the proper documentation for medical conditions which may preclude or limit an individual's participation in mandatory PFA and keep the CFL informed of any other military or personal responsibilities that may require them to be excused from a session (i.e. duty, funeral detail, TAD, leave).

5. Enrolling in a Weight Management Program. The Shipshape Program provides personnel with basic information regarding nutrition, stress management, exercise and behavior modification

techniques to lower and maintain an acceptable body weight and body fat percent within Navy standards.

a. Personnel that exceed body composition standards will be encouraged to attend the Shipshape Program at the Branch Medical Clinic, Naval Support Activity, Millington.

b. Personnel who desire to attend this program should submit a Special Request Form, NAVPERS 1336/3 to inform their chain of command.

c. The Nutrition Resource Guide will be provided to all FEP participants. FEP personnel will be required to read and sign the **Navy Nutrition Resource Guide Acknowledgment Form**.

(R)

6. Action

a. The CFL will be appointed by the Chief of Staff and be responsible for the overall administration and management of the Health and Fitness Enhancement Program per reference (a). The CFL shall maintain records of attendance and individual progress of personnel on FEP.

b. The Assistant CFL will assist in the overall administration and management of the FEP per reference (a).

c. Department Directors shall appoint an Assistant CFL as their departmental PFA Coordinator Representatives. All departmental representatives are required to be within standards and have passed the last PFA.

(R)

d. The CFL, Assistant CFL, and Departmental Coordinators will be listed in the semiannual Collateral Duties Assignment Notice.

/s/

W. C. Marvel
Chief of Staff

Distribution:

Electronic only, via

<http://www.cnrc.navy.mil/Publications/directives.htm>