

LESSON PLAN
FOR
COMMAND FITNESS LEADER CERTIFICATION COURSE
S-562-0612A CHANGE 6

PREPARED BY

OPNAV N17
5720 INTEGRITY DRIVE
MILLINGTON, TENNESSEE 38055

JANUARY 2018

UNIT 1: Manage the Command Physical Readiness Program

- Lesson Topic 1.1: Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches
- Lesson Topic 1.2: Impact of Physical Fitness on Mission Readiness
- Lesson Topic 1.3: Actions/Responsibilities for the Physical Readiness Program
- Lesson Topic 1.4: Proper Conduct of the Physical Fitness Assessment (PFA)
- Lesson Topic 1.5: Medical Screening and Waivers
- Lesson Topic 1.6: Leading Command Physical Training (PT)
- Lesson Topic 1.7: Exercise Principles and Programming
- Lesson Topic 1.8: Physical Readiness Program Safety and Injury Prevention
- Lesson Topic 1.9: Physical Readiness Test (PRT)
- Lesson Topic 1.10: Gym Session 2: Strength Training
- Lesson Topic 1.11: Improving Physical Readiness Test (PRT) Scores
- Lesson Topic 1.12: Foundational Nutrition
- Lesson Topic 1.13: Weight Management
- Lesson Topic 1.14: Deleted (no longer taught) *
- Lesson Topic 1.15: Body Composition Assessment (BCA)
- Lesson Topic 1.16: Fitness Enhancement Program (FEP)
- Lesson Topic 1.17: Gym Session 3: Cardio-respiratory Conditioning
- Lesson Topic 1.18: PRIMS
- Lesson Topic 1.19: Administrative Actions
- Lesson Topic 1.20: Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)
- Lesson Topic 1.21: Frequently Asked Questions
- Lesson Topic 1.22: Gym Session 5: Circuit Training / Group Presentation

SECURITY AWARENESS NOTICE

This course does not contain any classified material.

SAFETY/HAZARD AWARENESS NOTICE

Safety is your NUMBER 1 priority!

Create a safety plan for the physical activity/PFA portions of this course as per OPNAVINST 6110 (Series) to include the following:

1. Perform an inspection of all areas that are going to be used for the physical activity portions of this course for safety hazards, as described in Enclosure (1) and utilizing the checklist in Operating Guide 2.
2. Include an ORM assessment to address the hazards found in your safety plan and document any "work-arounds" for approval by the Commanding Officer.
3. Include information for summoning emergency assistance - base emergency phone number(s) - as well as a list of personnel to notify in case of an incident. These numbers should be posted clearly at PFA site.
4. Do not perform any physical activity outdoors when the wind chill is 20 degrees Fahrenheit or lower, or when hot weather "Black Flag" conditions exist (wet bulb globe temperature (WBGT) of 90 degrees Fahrenheit or higher). When "Red Flag" conditions exist check whether all trainees are acclimatized before exercising.
5. If you are conducting the course at elevations higher than 5,000 feet, only allow members to participate in the course that have had time to acclimatize for at least 30 days, as per Operating Guide 5.
6. Have at a minimum of 1 CPR/AED (Automated External Defibrillator) qualified person per 25 trainees observing the physical activity portions of this course; an EMT qualified person is preferred.
7. Have an AED on site for the physical activity portions of this course and identify its location to all trainees.
8. Ensure drinking water is available before, during, and after any physical activity session.
9. Check that members are wearing proper clothing for the physical activity portions. You, as the instructor, have the final say/authority in the determination of safe PT gear.
10. Ask the Pre-physical Activity Questions prior to any physical activity session and direct members to medical if required.
11. Review the symptoms of cardiac distress, any member that shows symptoms should be escorted to medical immediately or call for emergency medical assistance.
12. Perform at least a 5 to 10 minute warm-up session prior to starting any physical activity session.
13. Perform at least a 5 minute cool-down session after any physical activity session.
14. If in doubt about a person's medical status or current condition, refer the Sailor to medical.

SAFETY/HAZARD AWARENESS NOTICE (CONT.)

HOW TO USE THE LESSON PLAN

This Lesson Plan (LP) contains the required materials and related instructor activities for this course. PowerPoint presentations in Adobe PDF format are to be used in conjunction with the LP. The lesson plan is essentially the bare minimum of what is required for trainee knowledge, once you feel confident delivering this course and are certified to teach it, feel free to add sea stories that provide further examples, or expand lessons as needed for your audience. However, do not remove anything from this lesson plan or your course will not be an approved CFL course. Please, share the lesson plan with other instructors/MWR fitness experts as needed.

Remember, if you know that you will have "Black Flag" conditions (87 degrees) in the afternoon at the course location, move all of the PT Seminars to the morning, and reschedule each day accordingly. Remember, some locations have gyms that also reach "Black Flag" conditions and therefore do not rely on the gym as being an alternative location.

You are ultimately responsible for the safety of each trainee in the class. You have the right to disenroll any trainee who appears ill, injured, or is unable to pass medical screening for any portion of the course. Your career or their life is not worth hurting someone, **WHEN IN DOUBT, ERR ON THE SIDE OF CAUTION!**

As the facilitator, your job will be to:

- Read this Lesson Plan (LP) thoroughly before class.
- Ensure the classroom and equipment are ready so training can begin promptly.
- Encourage active participation from audience.
- Manage discussion time wisely.

To view the presentations full screen:

- Open the presentation PDF file
- Select View, Full Screen Mode from the menu, or select CTRL + L on the keyboard
- Use the arrow keys, or Page Up, Page Down keys on the keyboard or the Left and Right mouse buttons to go through the slides of the presentation.

SAFETY/HAZARD AWARENESS NOTICE (CONT.)

INSTRUCTOR PRE-TRAINING CHECKLIST:

For all classroom sessions:

- Ensure classroom is comfortable (temperature, lighting, seating, etc.).
- Ensure presentation is visible from various areas of the room (back, near window, etc.).
 - If necessary, adjust room lighting, blinds, etc., so presentation is visible.
- Read the script provided in this Lesson Plan (LP) before class begins.

For all gym sessions:

- Ensure gym and/or track is booked through MWR.
- Ensure MWR fitness experts are available for demonstrations during one or more gym session.
- Ensure enough CPR qualified personnel are available for each session (at least 2 for 25 trainees).
- Ensure water is available at the gym and/or track site.
- Complete an ORM analysis of the track and gym location.
- Ensure the emergency contacts are up-to-date for the training site.
- Notify medical of the gym times in case a medical emergency should arise.

SAFETY/HAZARD AWARENESS NOTICE (CONT.)

COMMAND FITNESS LEADER 5-DAY COURSE AGENDA (Option 1)

MONDAY

0700: Muster at Gym / Pre-screening (30 minutes)
0730: BCA (30 minutes)
0800: PRT (60 minutes)
0900: 1-1 Gym Session: Dynamic Warm-Up, Cool Down, and Stretches (2 hours)
1100: Break for Lunch / Shower [CFL Instructor grades PRT scores]
1230: 1-2A Course Introduction (30 minutes)
1300: Pre-test (30 minutes)
1330: 1-2B Impact of Physical Fitness on Mission Readiness (30 minutes)
1400: Break
1415: 1-3 Actions and Responsibilities for the Physical Readiness Program (45 minutes)
1500: 1-4 Proper Conduct of the Physical Fitness Assessment (PFA) (45 minutes)
1545: Homework Assignment #1

TUESDAY

0700: QA and Homework Review
0715: 1-5 Medical Screening and Waivers (45 minutes)
0800: 1-5 PFA Team Making Decision Activity: Medical Waivers (30 minutes)
0830: Break
0845: 1-6 Leading Command Physical Training (PT) (45 minutes)
0930: 1-7 Exercise Principles and Programming (45 minutes)
1015: 1-8 Physical Readiness Program Safety and Injury Prevention (45 minutes)
1100: Lunch
1230: 1-9 Physical Readiness Test (PRT) (45 minutes)
1315: 1-9 PFA Decision Making Activity: PRT Worksheet/Calculations (30 minutes)

SAFETY/HAZARD AWARENESS NOTICE (CONT.)

1345: Homework Assignment #2
1400: Break for Gym
1415: 1-10 Gym: Strength Conditioning (2 hours)

WEDNESDAY

0700: QA and Homework Review
0730: 1-11 Improving PRT Scores (60 minutes)
0830: Break
0845: 1-12 Foundational Nutrition (60 minutes)
0945: 1-13 Weight Management (45 minutes)
1030: 1-15 Body Composition Assessment (BCA) (30 minutes)
1100: Lunch
1230: 1-15 PFA Activity: Live Demonstration and Group Tapings (60 minutes)
1330: Homework Assignment #3
1345: Break for Gym
1400: 1-16 Gym: Cardio-respiratory Conditioning (2 hours)

THURSDAY

0700: QA and Homework Review
0730: 1-15 PFA Team Decision Making Activity: BCA Calculations-BCA Worksheet (30 minutes)
0800: 1-17 Fitness Enhancement Program (FEP) (30 minutes)
0830: Break
0845: 1-18 PRIMS (60 minutes)
0945: 1-19 Administrative Actions (90 minutes)
1115: Lunch

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

SAFETY/HAZARD AWARENESS NOTICE (CONT.)

1245: 1-20 Homework Assignment #4: Group Presentations (60 minutes)

1345: Break for Gym

1400: 1-20 Gym Session: NOFFS (2 hours)

FRIDAY

0700: 1-21 Frequently Asked Questions (30 minutes)

0730: Post-test (30 minutes)

0800: Break for Gym

0815: 1-22 Gym Session: Circuit Training / Group Presentations (2 hours)

1015: Shower / CBQ Checkout [CFL Instructor grades Post-test]

1145: Course Evaluations and Feedback (15 minutes)

1200: Closing Remarks and Graduation

COMMAND FITNESS LEADER 5-DAY COURSE AGENDA (Option 2)

MONDAY

0700: Muster at Gym / Pre-screening (30 minutes)

0730: BCA (30 minutes)

0800: PRT (60 minutes)

0900: 1-1 Gym Session: Dynamic Warm-Up, Cool Down, Stretches (2 hours)

1100: Break for Lunch / Shower [CFL Instructor grades PRT scores]

1230: 1-2A Course Introduction (30 minutes)

1300: Pre-test (30 minutes)

1330: 1-3B Impact on Mission Readiness (30 minutes)

1400: Break

1415: 1-3 Actions and Responsibilities for the Physical Readiness Program (45 minutes)

1500: 1-4 Proper Conduct of the Physical Fitness Assessment (PFA) (45 minutes)

SAFETY/HAZARD AWARENESS NOTICE (CONT.)

1545: Homework Assignment #1

TUESDAY

0700: QA and Homework Review

0715: 1-6 Leading Command Physical Training (PT) (45 minutes)

0800: 1-7 Exercise Principles and Programming (45 minutes)

0845: Break for gym

0900: 1-10 Gym Session: Strength Conditioning (2 hours)

1100: Lunch/Shower

1230: 1-8 Physical Readiness Program Safety and Injury Prevention (45 minutes)

1315: 1-5 Medical Screening and Waivers (45 minutes)

1400: Break

1415: 1-5 PFA Team Making Decision Activity: Medical Waivers (30 minutes)

1445: 1-9 Physical Readiness Test (PRT) (30 minutes)

1515: 1-9 PFA Decision Making Activity: PRT Worksheet/Calculations (30 minutes)

1545: Homework Assignment #2

WEDNESDAY

0700: QA and Homework Review

0730: 1-11 Improving PRT Scores (60 minutes)

0830: Break for Gym

0845: 1-16 Gym: Cardio-respiratory Conditioning

1045: Lunch/Shower

1215: 1-12 Foundational Nutrition (60 minutes)

1315: 1-13 Weight Management (45 minutes)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

SAFETY/HAZARD AWARENESS NOTICE (CONT.)

1400: Break
1415: 1-15 Body Composition Assessment (BCA) (30 minutes)
1445: 1-15 PFA Activity: Live Demonstration and Group Tapings (60 minutes)
1545: Homework Assignment #3

THURSDAY

0700: QA and Homework Review
0730: 1-15 PFA Team Decision Making Activity: BCA Calculations-BCA Worksheet (30 minutes)
0800: 1-17 Fitness Enhancement Program (FEP) (30 minutes)
0830: Break for Gym
0845: 1-20 Gym Session: NOFFS (2 hours)
1045: Lunch/Shower
1215: 1-19 Administrative Actions (90 minutes)
1345: Break
1400: 1-18 PRIMS (60 minutes)
1500: 1-20 Homework Assignment #4: Group Presentations (60 minutes)

FRIDAY

0700: 1-21 Frequently Asked Questions (30 minutes)
0730: Post-test (30 minutes)
0800: Break for Gym
0815: 1-22 Gym Session: Circuit Training / Group Presentations (2 hours)
1015: Shower / CBQ Checkout [CFL Instructor grades Post-test]
1145: Course Evaluations and Feedback (15 minutes)
1200: Closing Remarks and Graduation

TERMINAL OBJECTIVES

- 1.0 **DESCRIBE** how to assist personnel in establishing personal fitness goals using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 72)
- 2.0 **DESCRIBE** how to manage the command Physical Readiness Program using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 1)
- 3.0 **DESCRIBE** all Physical Readiness Program testing and measuring requirements using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 49)
- 4.0 **DEFINE** the safety precautions to take for all Physical Readiness Program events using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 22)
- 5.0 **DESCRIBE** how to assist personnel in establishing weight control goals using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 104)
- 6.0 **DESCRIBE** how to use PRIMS to manage data on command members using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 11)

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6

S-562-0612 Rev A

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

CLASS PERIODS: 0

LAB PERIODS: 2

PA PERIODS: 0

Enabling Objectives:

- 1.1 **PRACTICE** safety guidelines during exercise sessions in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 48, 97)
- 1.2 **DEMONSTRATE** warm-up/cool-down, flexibility, and stretches exercises correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 87, 88, 95, 96)

Trainee Preparation Materials:

- A. Trainee Support Materials:
 - 1. None
- B. Reference Publications:
 - 1. None

Instructor Preparation:

- A. Review Assigned Trainee Material
- B. Reference Publications:
 - 1. None
- C. Training Materials Required:
 - 1. Instruction Sheets
 - a. Level 1 Dynamic Warm-up Exercises, Diagram Sheet 1-1-1
 - b. Level 2 Dynamic Warm-up Exercises, Diagram Sheet 1-1-2
 - c. Level 3 Dynamic Warm-up Exercises, Diagram Sheet 1-1-3

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

- d. Dynamic Warm-up Exercises - Quick Reference, Diagram Sheet 1-1-4
 - e. Alternate Dynamic Warm-up Exercises, Diagram Sheet 1-1-5
 - f. Standardized PRT Warm-up, Diagram Sheet 1-1-6
 - g. Contraindicated Stretches, Diagram Sheet 1-1-7
 - h. Navy 12 Top Stretches, Diagram Sheet 1-1-8
2. Associated Curriculum Documents
- a. S-562-0612-1, Dynamic Warm-up, Cool-down, and Stretches

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

1. Introduction

2. "Are You Ready?"

RELATED INSTRUCTOR ACTIVITY

1. Use Gym Session S-562-0612-1, Dynamic Warm-up, Cool-down, and Stretches, in the gym for easier reference to the lesson plan.

Establish Contact.

After completing the PRT, the trainees will return to the gym to begin the Dynamic Warm-up gym session. Prior to initiating session, give them a brief overview of the activities they will be performing for that day. Because a lot of these exercises are new and do not reflect traditional Navy exercises from the past (calisthenics), it is very important that you use the cues given in blue when facilitating the course. The majority of the cues will explain the relevance of the exercise and how it will help the Sailor during his/her work day. If the cues are not used, the Sailors may not understand the significance of the exercise.

2. Start off the session by asking the CFLs "Are you ready?" The trainees will respond: "Always ready!" Then proceed to discussing the benefits of a dynamic warm-up by paraphrasing the below paragraphs.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. The most important goal when preparing to exercise should be to increase the body temperature and to prepare the muscles, connective tissue, the heart and lungs to safely accommodate more intense exercise. For this reason, all exercise routines should begin with dynamic warm-up exercises and then proceed onto the planned activity.
- b. In the past, most exercise routines began with a static stretch routine.
- c. Current exercise guidelines recommend that the best time to stretch is after cardio-respiratory exercise or a muscular workout when the body temperature is elevated.
- d. So when you are designing your group exercise session, it should consist of the following activities, and should be performed in the following sequence:

(1) Dynamic warm-up

- b. Demonstrate a static stretch here.
- c. I want you to think of a piece of gum. Can you stretch it when it is immediately taken out of the wrapper? No. It will break. But when you start to chew the gum, the heat of your mouth makes it more pliable. Your muscles act in the same way and need warmth to maintain an elongated length.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

- (2) Pre-planned activity (cardio-respiratory, strength, or agility activity)
- (3) Cool-down routine
- (4) Stretching

RELATED INSTRUCTOR ACTIVITY

3. Principles behind the “Dynamic Warm-Up”

- 3. When introducing the different dynamic warm-up exercises be sure to relay to the CFLs that they can pick and choose which exercises they want to take back and implement into command PT/FEP sessions. They are not required to present the level one circuit or level 2 circuit in its entirety. Instead, they could pick 4 or 5 of the exercises listed or opt to use other exercises in the other circuits or from the alternate dynamic warm-up exercise listing. That said, the exercise chosen should be applicable to the type of activity being conducted and should be administered in a logical and safe progression. For example, low impact exercises should be performed before a high impact exercises, etc. The exercises provided are listed from low impact options to high impact options. Also, some exercises may be better presented using an echo count vice the standard military 4 count. For example, hold a pillar bridge for a 15 echo count, etc.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

- a. Warm-up should start with low impact movements, where at least 1 foot remains on the ground at all times

- b. and gradually increase in intensity.

Ask the trainees: Do you see how we modified and increased the intensity?

- c. During this workout, we will teach you three different warm-ups: Level 1, Level 2, and Level 3. Each warm-up will consist of exercises that will progressively increase in intensity.
- d. The type of activity planned will determine which level to use for a proper warm-up. For example, lower intensity workouts may require a Level 1 warm-up while higher intensity (i.e. Cardio-respiratory Conditioning) may require a Level 3 warm-up.

RELATED INSTRUCTOR ACTIVITY

- a. Demonstrate the Pillar Bridge.

- b. Demonstrate a Pillar Bridge with Arm Lift.

NOTE:

Remember that no stretching should be included during this segment.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- e. The circulatory warm-up should continue until a light perspiration is present. At this point you should not feel tired or out of breath. Your heart rate and respiration rate are slightly elevated, your muscles are warmer and you are ready to proceed to the next portion of your workout.

NOTE:

Your dynamic warm-up should last for 5-10 minutes in duration.
Use Level 3 for those sessions that are more intense (speed training)
or during colder weather.

4. Warm-Up Exercises:

- a. "Are You Ready?"

- a. Ask the trainees the Pre-physical Activity Questions here. Then proceed to again ask "Are you Ready?" They will respond "Always Ready!" Break the class up into groups of 4-6 (if you have a large class).

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

- b. Level 1 dynamic warm-up exercises

RELATED INSTRUCTOR ACTIVITY

- b. How you will facilitate the exercises:
You will teach the exercises in groups of five (for smaller classes, divide class as evenly as possible.)
You will demonstrate the exercise using the military four count cadence when applicable (one, two, three - one; one, two, three - two).
After the exercise you will explain the relevance of the exercise and why we use it.

Refer to and direct trainee to refer to Diagram Sheet 1-1-1, Level 1 Dynamic Warm-up Exercises.

Demonstrate and explain each exercise. Take the class through 5 repetitions of all of the exercises in the Level 1 Circuit and then break up class into groups and have the trainees practice all Level 1 exercises.

Once Level 1 is complete, proceed to teach the Level 2 and 3 warm-ups. Stress to the class that everybody in the group needs to participate in order to work on their skills and motivation/leadership roles as a CFL. You will critique their form and motivate them as they practice.

- (1) Pillar Bridge

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(2) Lateral Pillar Bridge

(3) Glute Bridge

(4) Chest Press / Should Press

(5) Knee Hug

(6) Basic Squat

(7) Knee Blocks

(8) Jumping Jacks

c. Level 2 circuit of dynamic warm-up exercises

c. Refer to and direct trainee to refer to Diagram Sheet 1-1-2, Level 2 Dynamic Warm-up Exercises.

Demonstrate and explain each exercise. Take the class through 10 repetitions of all of the exercises in the Level 2 Circuit and then break up class into groups and have the trainees practice all Level 2 exercises.

(1) Pillar Bridge with Arm Lift

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) Dynamic Lateral Pillar Bridge
- (3) Glute Bridge with Knee Extension
- (4) Y's (Bent Over)
- (5) Reverse Lunge with Rotation
- (6) Split Squat
- (7) 3 Sidestep Touch the Deck
- (8) Jump Rope

d. Level 3 circuit of dynamic warm-up exercises

d. Refer to and direct trainee to refer to Diagram Sheet 1-1-3, Level 3 Dynamic Warm-up Exercises.

Demonstrate and explain each exercise. Take the class through 10 repetitions of all of the exercises in the Level 3 Circuit and then break up class into groups and have the trainees practice all Level 3 exercises.

- (1) Pillar Bridge with Alternating Hip Flexion

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

- (2) Pillar Bridge - Rolling
- (3) Glute Bridge Marching
- (4) T's (Bent Over)
- (5) Knee Hug to Reverse Lunge with Rotation (4 count)
- (6) Lateral Squat
- (7) Quick Feet / High Knees
- (8) Squat Jumps

- e. Quick reference guide
- f. Alternate dynamic warm-up exercises

RELATED INSTRUCTOR ACTIVITY

- (2) The rolling pillar bridge is an advanced exercise that requires a great deal of core strength and stability to execute properly.

- e. Refer trainee to Diagram Sheet 1-1-4, Dynamic Warm-up Exercises - Quick Reference.
- f. Refer trainee to Diagram Sheet 1-1-5, Alternate Dynamic Warm-up Exercises.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

Provided in the diagram sheet is a list of alternate dynamic warm-up exercises that CFLs/ACFLs can use during Command PT / FEP sessions. Although these exercises will not be taught in the CFL course, they are provided to offer CFLs/ACFLs variety and prevent boredom.

g. Standardized PRT warm-up

g. Refer to and direct trainee to refer to Diagram Sheet 1-1-6, Standardized PRT Warm-up.

Remind the trainees that they performed the same exercises earlier that day. Demonstrate and explain the Pec Fly with Overhead Raise and the Calf Raise. Take the class through the exercises in the Standardized PRT Warm-up and then break up class into groups and have the trainees practice all Standardized PRT Warm-up exercises in the correct order.

Review the rest of the standardized PRT warm-up information with the cool-down and stretches.

(1) 10 military four-count Pec Fly with Overhead Raise

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
(2) 10 military four-count Chest Press / Shoulder Press	
(3) 10 military four-count Basic Squat	
(4) 10 military four-count Calf Raise	
(5) 10 military four-count Knee Blocks to the right	
(6) 10 military four-count Knee Blocks to the left	
(7) 10 military four-count 3 Side-Step Touch the Deck	
NOTE: If the member has lower body joint problems and should not perform high-impact exercises, they can perform the Basic March in lieu of the 3 Side-Step Touch the Deck exercise.	
(8) 30 seconds of Quick Feet followed by 30 seconds of High Knees	

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

NOTE: If the member has lower body joint problems and should not perform high-impact exercises, they can perform the High Marching in lieu of the Quick Feet/High Knees exercise.

5. Cool Down/Water Break

- a. The cool-down will be performed after the planned physical activity and its purpose is to gradually lower the heart rate and respiratory rate to pre-activity levels. Allow 3-5 minutes to cool down, hydrate, and recover fully before going to the floor for final static stretching.

- a. At this point of the session, explain to the trainees the purpose of a cool down by paraphrasing what is documented in the discussion point to the left.

6. Final Stretch

6. Explain to the trainees the purpose of stretching and why it is important to do this last. Paraphrase the paragraphs in the discussion points on the left and make note of the items in blue.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. The final stretch is the last segment of your workout and should consist of 5 to 10 minutes of flexibility exercises. Since your muscles and connective tissue are completely warm, it is okay to stretch using more tension than you normally would. Always release slowly from the stretched position. In addition to increasing or maintaining flexibility, this last segment serves as a final cool-down from the aerobic and muscular conditioning exercises.
- b. **Benefits of a Proper Stretching Program**
 - (1) Improved posture and body symmetry
 - (2) Increased range of motion for each joint
 - (3) Minimize low back pain and other joint pain
 - (4) Minimize soreness
 - (5) Promote relaxation and reduce anxiety
- c. **Types of Stretching:** There are three basic types of stretching:

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

- (1) **Ballistic Stretching** consists of quick, repetitive, bouncing type movements. The momentum can result in damage to muscle and connective tissue and is not an effective method to increase flexibility.
- (2) **Static Stretching** involves gradually going into a position of stretch until tension is felt. Since static stretching is more controlled, there is less chance of exceeding the limits of the tissue thereby creating injury.
- (3) **Contract and Relax** (or PNF) involves contraction of muscles or muscle groups for 5 to 10 seconds followed by relaxing and stretching. Traditionally, this procedure has been utilized by therapists for rehabilitation purposes. If carefully instructed and supervised, contract/relax methods can be effective in flexibility programs. Some of the positions require a partner, however, which increases the risk of overstretching and consequent injury.

RELATED INSTRUCTOR ACTIVITY

- (1) Demonstrate the bouncing toe touch so they understand what ballistic means. Then ask them: what does this look like? It resembles the "cherry picker" contraindicated exercise and that is why we don't endorse that exercise.
- (2) Demonstrate a static stretch here-one of the 12 listed below.
- (3) Demonstrate contract relax on the hamstring using a trainee. Have them push for 5 seconds against your hand/shoulder, then relax. As they relax, you could stretch them further. Tell the trainees they could use a partner or the wall (where they are lying down and one leg is against the wall and the other is thru the door way) to improve their flexibility of hamstrings.).

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

d. **General Rules for Stretching Safety:**

Stretching to increase flexibility is an important part of an overall fitness program and should not be excluded from your weekly regimen. Using static stretching the position should be held for 30 seconds to get maximal flexibility results. If your time is limited, try to perform stretches that involve several muscle groups at once (like those listed below), but make sure you do not compromise technique.

e. **Things to Avoid While Stretching:**

- (1) Avoid extreme hyperextension of the spine (arching the back)
- (2) Avoid locking any joint and always keep a slight bend in the knee when performing standing stretches
- (3) Never force a movement
- (4) Avoid forward flexion of the spine

- e. Refer to and direct trainee to refer to Diagram Sheet 1-1-7, Contraindicated Stretches, for more information.

[Demonstrate these bad stretches.](#)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(5) Avoid spinal rotations

(6) Do not perform circular motions

f. **Contraindicated Stretches**

It is best to completely avoid *contraindicated* positions or stretches. Although it is not guaranteed that an injury will result, the chances are much increased. There are safe and effective alternatives to contraindicated stretches. Even if you do not feel pain while performing a contraindicated stretch, damage may be occurring, which will show up later.

f. Refer to and direct trainee to refer to Diagram Sheet 1-1-7, Contraindicated Stretches, for more information.
[Demonstrate these bad stretches.](#)

7. **Navy Selected Exercises: Top 12 Stretches**

7. Refer to and direct trainee to refer to Diagram Sheet 1-1-8, Navy 12 Top Stretches.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

- a. In order to perform an effective exercise routine, time management, and exercise selection will play a major role in your success. Several of these exercises involve stretching multiple muscle groups at one time so you can complete a total body flexibility program within 5 to 10 minutes. Also, the exercises selected should be performed in the sequence provided so you gradually transition from a standing position to a ground position. All stretches should be held for a minimum of 15 seconds.

- b. **Stretch #1: Chest Stretch**
Description: In a standing position, gently clasp both of your hands and place them on the back of your neck. Slowly pull your elbows back until you feel a stretch on your chest. Do not pull your head forward or place tension on the neck

RELATED INSTRUCTOR ACTIVITY

- a. Explain to the trainees there are a lot of "good" static stretches but we reduced this number to 12 to simplify the process. These will be the 12 exercises taught in this class and they will be responsible for demonstrating all the dynamic warm-up and static stretches during the next 4 days. Go on to paraphrase the paragraph on the left.

Lead the trainees through all 12 exercises using an "echo count" (they repeat the number after you) from 30 seconds down to one. Especially on day one (because they did the PRT), you will use 30 second counts. On day 2-4, you could vary between 15-30 seconds dependent upon the difficulty of the session (ex: speed clinic is intense so I would use 30 seconds).

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

CAUTION: You can do this as a partner assisted stretch, but you partner should not force the stretch by aggressively pulling back on the elbows.

c. **Stretch #2: Posterior Shoulder Stretch**

Description: Place your left hand on the back side of your right arm above your elbow on the front of your body and gently pull your arm across your body. You should feel a stretch on back side of your shoulder and upper arm. Repeat to stretch opposite side of your body.

d. **Stretch #3: Triceps Stretch (Upper back side of arm)**

Description: Take your left arm and reach behind your back. By placing your right hand on the back side of your left arm, gently push back to achieve a stretch on the left triceps muscle. Repeat on opposite side.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- e. **Stretch #4: Outer Hip and Low Back Stretch**
Description: While in a long sitting position (legs in front of you with knees straight), cross your right leg over the left. Your right foot should be on the ground at approximately your left knee level. Take your left elbow and place it on the outside of your right knee and gently push your knee towards the left side of your body. You should feel a stretch on the outer portion of your right hip and in your low and mid back region. Repeat to opposite side.

- f. **Stretch #5: Abdominal Stretch**
Description: On your stomach, place your hands beneath your shoulder and gently push up until you feel a stretch on your abdominal muscles. Do not fully lock out your elbows and hyperextend your back.

NOTE: If you feel any discomfort in your low back while performing this exercise, you can reduce the tension by using the “propped on elbow” position.

- g. **Stretch #6: Low Back Stretch**
Description: While lying on your back, gently pull one or both knees to your chest. You should feel a stretch in your low back and buttocks.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

h. **Stretch #7: Piriformis Stretch**

Description: While you are lying on your back, gently cross your right leg over your left thigh (both knees are bent at 90 degrees). Take both hands and place on the back side of your left thigh. Gently pull towards your chest until you feel slight tension in your right buttock and outer thigh. Repeat on opposite side.

NOTE: If you are experiencing low back pain after performing physical activity, seek medical assistance. This exercise should be performed to increase flexibility in this region and may assist in decreasing pain.

i. **Stretch #8: Hip Flexor Stretch**

Description: In a standing position, place your right foot approximately 3 to 4 feet in front of your left foot (like a lunge). Slowly bend both knees until you lower your body towards the ground. Your left knee should almost be at 90 degrees. Gently push your left hip forward to feel the stretch in the front of your hip. If you don't feel the stretch, gently lean your upper body back.

- i. Remind trainees to perform this stretch after the Navy curl-up and prior to the run, when conducting a PRT.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

NOTE: Since you use this muscle group during the Navy Curl-Up, this stretch should be performed after the curl-up event to prevent cramping and prepare this muscle group for the cardio event.

j. **Stretch #9: Quadriceps Stretch (Upper leg)**

- (1) **Standing Description:** In a standing position, with a slight bend in your left knee, grab your right ankle with your right hand and maintain your balance. Gently pull your right foot towards your buttocks while making sure your knees is aligned with the body (make sure knee is not sticking out and it is directly below your hip).
Repeat to opposite side.

NOTE: If you are having difficulty balancing, you can hold on to a wall or perform this stretch while lying on your side.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) **On-the-Ground Description:** While lying on your side, with a slight bend in your left knee, grabs your right ankle with your right hand and maintains your balance. Gently pull your right foot towards your buttocks while making sure your knees is aligned with the body (make sure knee is not sticking out and it is directly below your hip. Repeat to opposite side.

NOTE: You can also stretch out your trapezius (neck) muscles during this quadriceps stretch (neck muscles) by bringing your chin to the opposite side of your chest.

- k. **Stretch #10: Modified Hurdler Stretch**
Description: While sitting in a v-position, gently pull your left foot towards your groin area. Your right leg will remain straight with a slight bend in the knee. Gently lean forward and reach for your toes on your right leg to stretch out your hamstring.

NOTE: The stretch will be more difficult if you pull your toes back towards your body (vs. pointed).

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. **Stretch #11: Groin or Butterfly Stretch**Description:

While sitting with the upper body nearly vertical and legs straight, bend both knees, and bring the soles of the feet together. Pull feet toward your body. Gently place your hands on your feet and your elbows on your knees. Pull your upper body slightly forward as your elbows push down. You should feel a stretch in your groin area.

m. **Stretch #12: Calf Stretch**

Description: In a push-up position, cross the left foot over the right. With the right knee straight, gently push the right heel toward the deck. You will feel a stretch in the right calf. Hold for 15 seconds. Repeat to opposite side.

NOTE: Your body should remain in a straight line from your shoulders to your ankle to prevent lowback injury and to strengthen your core muscles.

8. Summary and Review

a. Any questions?

- a. After performing the stretches, the application part of the gym session is over. Ask the trainees if they have any questions at this point.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.1 Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches

DISCUSSION POINT

- b. Reminders

RELATED INSTRUCTOR ACTIVITY

- b. Remind them of homework assignments, when class is starting tomorrow etc. Finish the sessions with: "CFLs are you ready?" After they say "Always Ready!", yell: "Dismissed!".

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.2 Impact of Physical Fitness on Mission Readiness

CLASS PERIODS: 1

LAB PERIODS: 0

PA PERIODS: 0

Enabling Objectives:

- 2.1 **IDENTIFY** the benefits of physical fitness on command readiness using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 2)
- 2.2 **STATE** the impact physical fitness has on Navy readiness using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 2)

Trainee Preparation Materials:

A. Trainee Support Materials:

- 1. None

B. Reference Publications:

- 1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

- 1. Physical Activity Fundamental To Preventing Disease (2002), aspe.hhs.gov/health/reports/physicalactivity
- 2. Physical Readiness Program, OPNAVINST 6110.1 (Series)
- 3. Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement

C. Training Materials Required:

- 1. IMI
 - a. Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B
 - b. Introduction, CFL IMM 1-2A
 - c. Physical Readiness Website, www.public.navy.mil/bupers-npc/support/physical/

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

1. Introduction
 - a. Please introduce yourself by answering the following questions:
 - (1) What is your rank and name?
 - (2) What is your duty station?
 - (3) Are you a CFL or ACFL at your command?
 - (4) Name one goal you hope to achieve while attending this course.
 - b. Course Objectives
 - (1) Train CFLs/ACFLs to implement a safe and effective Physical Readiness Program
 - (2) Provide the latest policy and programming developments

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Introduction, CFL IMM 1-2A, Slide 1.

 - a. Display Introduction, CFL IMM 1-2A, Slide 2.
- b. Display Introduction, CFL IMM 1-2A, Slide 3.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| (3) Gather feedback on the OPNAVINST 6110.1 (Series) | |
| (4) Provide reliable resources | |
| c. 40-hour Course Program includes: | c. Display Introduction, CFL IMM 1-2A, Slide 4. |
| (1) Classroom briefs | |
| (2) Gym sessions | |
| (3) Hands on activities | |
| (a) Admin actions and medical waivers | |
| (b) BCA measurements | |
| (4) Daily homework | |
| d. Resources for use during the course include: | d. Display Introduction, CFL IMM 1-2A, Slide 5. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) The classroom binders contain the current OPNAVINST 6110.1, the operating guides, Command PT/FEP Guide and nutrition resources and decision making activity
- (2) The CFL activity packed contains the course activities, your homework assignments, and quick reference guides
- (3) Approved tape measure for BCA measurements

e. OPNAV N17 Expectations of CFLs, i.e. you:

- (1) Maintain all CFL qualifications
- (2) Maintain a safe and robust program
- (3) Educate, encourage, and motivate your Sailors
- (4) Maintain the integrity of the Physical Readiness Program

e. Display Introduction, CFL IMM 1-2A, Slide 6.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(5) Complete self-assessment

(5) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 2: Inspection and Command Self-Assessment Checklist.

(6) Review Physical Readiness Program website

(6) Refer to Physical Readiness Website, www.public.navy.mil/bupers-npc/support/physical/.

(7) Call the help line when needed

(8) Provide feedback

f. Course Expectations

f. Display Introduction, CFL IMM 1-2A, Slide 7.

(1) First and foremost: Safety first!

(2) You must be present for all sessions

(3) Use proper military etiquette

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (a) Including wearing the proper uniform for the occasion. That is, Physical Training Uniform (PTU) for all gym sessions, and the PTU or uniform of the day (UOD) for the classroom sessions
- (b) No profanity
- (c) No cell phones
- (4) Overall, we expect you to have fun and be motivated to be here!
- g. Proper wear of the Navy Physical Training Uniform (PTU)
 - (1) The PTU is worn for the PFA:
 - (a) The T-shirt is tucked into the shorts
 - (b) The length of the shorts does not pass the top of the knee

- g. Display Introduction, CFL IMM 1-2A, Slide 8.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (c) Running shoes must be worn
- (d) Athletic socks cannot go higher than mid-calf
- (e) Compression shorts cannot be seen while standing
- (2) Optional items:
 - (a) Command ball cap (Navy blue)
 - (b) Navy sweatshirt and/or pants
 - (c) Female hair restraint in black or blue
- h. More Expectation of you:
 - (1) Ask questions
 - (2) Class starts and ends on time
 - (3) Respect others

- h. Display Introduction, CFL IMM 1-2A, Slide 9.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| (4) Dead horse rule | |
| (5) No side bars | |
| (6) Breaks: The instructor is responsible for initiating breaks on time. Similarly, you are responsible for being back in your seats on time | |
| (7) Provide course feedback | |
| i. CFL Qualifications | i. Display Introduction, CFL IMM 1-2A, Slide 10. |
| (1) E6 or above preferred | |
| (2) CPR qualified | |
| (3) Non-user of tobacco products | |
| (4) PRT score of excellent or outstanding | |
| (5) Be within Navy CFL BCA standards | (5) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Enclosure (1) Paragraph 7.b., Page 7. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (6) Complete this OPNAV approved 5-day course within 3 month of appointment

- j. Course Requirements

- j. Display Introduction, CFL IMM 1-2A, Slide 11.

- (1) Meet CFL/ACFL PFA standards

- (2) Attend all sessions

- (3) Actively participate

- (4) Complete homework assignments

- (5) Design and demonstrate a fitness program

- (6) Pass post-test (80% or better)

NOTE: If a Sailor does not actively participate, is not motivated, or does not want to be there, they can be disenrolled from the course. If in doubt, talk to the Sailor and/or OPNAV. Review the Testing Plan for more detail.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

k. CFL Course - Staff

(1) OPNAV N17 Director

(2) Policy Guidance

(3) PRIMS Help

(4) Administrative Support

(5) Nutritional Programs / Dietician

(6) CFL Program Manager / Exercise Physiologist

(7) CFL QA Manager

(8) CFL Seminar Manager

1. Physical Readiness Program Contact Information

RELATED INSTRUCTOR ACTIVITY

k. Display Introduction, CFL IMM 1-2A, Slide 12.

Provide the current names for the positions during class.

1. Display Introduction, CFL IMM 1-2A, Slide 13.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) The mailing address is:
OPNAV N17
5720 Integrity Drive
Millington TN, 38053
- (2) The phone numbers for the NPC Call Center are:
901-874-2229 option 2
DSN: 882-2229 option 2
- (3) The web address is:
[www.public.navy.mil/bupers-npc/
support/21st_Century_Sailor/physical/](http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/)
- (4) The email addresses are:
navyprt@navy.mil
PRIMS@navy.mil

- (4) NOTE: PRIMS@navy.mil accepts encrypted email.

- m. Any questions?
- 2. Impact of Physical Fitness on Mission Readiness
 - a. Objectives

- m. Display Introduction, CFL IMM 1-2A, Slide 14.
- 2. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 1.
 - a. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 2.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

- (1) Discuss the impact of physical fitness on Navy readiness
 - (2) Discuss the mission of the CFL in promoting Navy readiness
 - (3) Review partners in physical fitness
- b. Navy Physical Readiness Program establishes policy and requirements for Navy's Physical Readiness Program to ensure both Active Component (AC) and Reserve Component (RC) personnel maintain a level of physical fitness required to support overall mission readiness
 - c. The key to Navy's Physical Readiness Program is recognizing that physical fitness is a crucial element of mission performance. Commanding Officers shall aggressively integrate physical readiness activities into the work week in the same manner applied to meeting other mission and operation requirements. Navy's goal is to move away from simply passing the semi-annual PRT and to develop a fitness-based lifestyle that includes a well-rounded physical fitness

RELATED INSTRUCTOR ACTIVITY

- b. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 3.
- c. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 4.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

program. Navy's high operational tempo demands a year-round culture of fitness, 24 hours a day, 7 days a week, 365 days of the year (24/7/365). Therefore, the Navy's culture must focus on producing warfighters, capable of accomplishing any mission any time, and should support healthy lifestyles that reduce overall medical cost. This will result in more physically fit Sailors and enhanced mission readiness.

- d. Command Fitness Leaders shall use MWR facilities and fitness professionals (and other available resources) at their homeport or installation to develop and conduct a Physical Readiness Program. Maintaining fitness and body fat standards require individual commitment to the development and maintenance of a healthy lifestyle.

RELATED INSTRUCTOR ACTIVITY

- d. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 5. Refer to NAVADMIN 063/00.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- e. Overall Readiness Goals include:
 - (1) Increase Fleet readiness, with a stable manpower, where all Sailors are assignable/employable world-wide
 - (2) Improve individual and Navy image
 - (3) Decrease cost (i.e., healthcare, recruitment, separations)
- f. Physical Readiness Program Overview
 - (1) CO is responsible for enhancing the Physical Readiness of the command
 - (2) Members failing to meet standards receive quality physical fitness and nutrition guidance
 - (3) Better trained Command Fitness Leaders (CFL)
 - (4) Promotion, advancement, and reenlistment tied to fitness

- e. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 6.
- f. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 7. Refer to NAVADMIN 063/00.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (5) PRIMS software program provided to track personal fitness throughout career and command fitness by cycle

g. Short-term benefits of physical fitness include:

- (1) Increased sense of well-being (look good = feel good)
- (2) Increased performance at work
- (3) Better ability to cope with stress
- (4) Improved energy and endurance
- (5) Improved ability to fall asleep and sleep well
- (6) Burning more calories
- (7) Improved muscles, bones, and joints

g. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 8.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">h. Long-term benefits of physical fitness include reduced risk of:<ul style="list-style-type: none">(1) Coronary heart disease by improving cholesterol levels and reducing blood pressure(2) Obesity(3) Diabetes(4) Many cancers
3. PFA Data: PRIMS<ul style="list-style-type: none">a. This graph show the PFA data and number of PFA failuresb. This graph shows the number of USN & USNR personnel that failed the PFA, BCA, & PRTc. This graph breaks out the PFA passing rate by BCA and PRT for both USN & USNR PFA | <ul style="list-style-type: none">h. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 9.
3. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 10.<ul style="list-style-type: none">b. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 11.c. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 12. |
|---|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

- d. CFL Partners in Fitness include:
 - (1) Leadership
 - (2) Individual Sailors
 - (3) Medical providers
 - (4) Dietitians
 - (5) MWR - Fitness
 - (6) Safety
 - (7) Training/Instructors
 - (8) Recruiting

4. Summary and Review

RELATED INSTRUCTOR ACTIVITY

- d. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 13.

4. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 14.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

- a. **Question:**
_____ is a crucial element of mission performance and must be a part of every Sailor's life?
Answer:
Physical Fitness
- b. **Question:**
Who is responsible for enhancing the Physical Readiness of the command?
Answer:
Commanding Officer
- c. **Question:**
Name 5 CFL partners in promoting readiness:
Answers:
Leadership
Individual Sailors
Medical
MWR - Fitness
Safety
Training/Instructors
Recruiting
- d. Summary

RELATED INSTRUCTOR ACTIVITY

- a. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 15 to show the answer to the question.
- b. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 16 to show the question and Slide 17 to show the answer.
- c. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 18 to show the question and Slide 19 to show the answer.
- d. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 20.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.2 Impact of Physical Fitness on Mission Readiness

DISCUSSION POINT

- (1) Physical Fitness and Nutrition impact every aspect of our lives
- (2) Every Sailor has the responsibility to make activity and nutrition a priority to remain a healthy and fit force
- e. References
 - (1) Physical Readiness Program - OPNAVINST 6110.1 (Series)
 - (2) U.S. Department of Health and Human Services (2002), Physical Activity Fundamental to Preventing Disease
 - (3) SECNAV DoN Talent Management Address to the Brigade of Midshipmen
- f. Any questions?

RELATED INSTRUCTOR ACTIVITY

- e. Display Impact of Physical Fitness on Mission Readiness, CFL IMM 1-2B, Slide 21.
 - (1) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series).
 - (2) Refer to Physical Activity Fundamental To Preventing Disease (2002), aspe.hhs.gov/health/reports/physicalactivity.
 - (3) Refer to Secretary of the Navy Ray Mabus DoN Talent Management Address to the Brigade of Midshipmen, Annapolis, MD, 13 May 2015
- f. Display CFL IMM 1-2B, Slide 22.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6

S-562-0612 Rev A

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

CLASS PERIODS: 1

LAB PERIODS: 0

PA PERIODS: 0

Enabling Objectives:

- 2.1 **DEFINE** the roles and responsibilities of each level of command in the Physical Readiness Program using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 2, 4, 5)
- 2.2 **DESCRIBE** what needs to be covered at the quarterly meeting with the CO using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 3)
- 3.1 **DESCRIBE** how long to maintain written documentation (i.e. notes and/or worksheets) of official command PFA cycles using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 54)

B. Reference Publications:

- 1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

- 1. Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement
- 2. Navy Military Personnel Manual, NAVPERS 15560 (Series)
- 3. Navy Performance Evaluation System, BUPERSINST 1610.10 (Series)
- 4. Physical Readiness Program, OPNAVINST 6110.1 (Series)

C. Training Materials Required:

- 1. IMI

Trainee Preparation Materials:

A. Trainee Support Materials:

- 1. None

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

- a. Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

1. Introduction

1. Establish Contact.

Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 1.

a. Objectives

a. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 2.

(1) Review responsibilities for the Physical Readiness Program

(2) List CFL responsibilities

(3) Discuss member responsibilities

2. Deputy Chief of Naval Operations develops physical readiness policy and provides oversight.

2. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 3.

a. Provides "Train-the-Trainer" for CFL instructors

b. Provides direct community management for all PFA related matters affecting Office of Chief of Naval Operations (OPNAV) and Nuclear Propulsion Program Management Branch (N133) personnel

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

3. OPNAV N17 is responsible for:
 - a. Physical Readiness Program policy guidance
 - b. QA of CFL course
 - c. Certifying CFL instructors
 - d. Managing the Physical Readiness Information Management System (PRIMS)
 - e. Managing the CFL curriculum
4. COMNAVPERSCOM (PERS) is responsible for:
 - a. Ensuring PFA incorporated into advancement, promotion, and reenlistment process
 - b. Ensuring compliance with PFA requirements for transferring and detailing decisions

RELATED INSTRUCTOR ACTIVITY

3. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 4.
4. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 5.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

5. Echelon III Commanders are responsible for:
 - a. Appointing a collateral duty Physical Readiness Control Officer (PRCO)
 - b. Ensuring PFA compliance reporting from PRCO at least semi-annually
6. Immediate Superior in Command (ISIC) is responsible for:
 - a. Ensuring commands comply with Physical Readiness Program policy

RELATED INSTRUCTOR ACTIVITY

5. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 6.
6. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 7.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

7. Commander Navy Installations Command (CNIC) is responsible for:
 - a. Providing staff and facilities for fitness training and overall wellness support
 - b. Scheduling and executing the CFL certification course
8. Naval Safety Center (NSC) is responsible for:
 - a. Collecting and analyzing data on Physical Readiness Program injuries and deaths
 - b. Posting safety statistics on the NSC website
9. Bureau of Medicine and Surgery (BUMED) is responsible for:

RELATED INSTRUCTOR ACTIVITY

7. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 8.
8. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 9.
9. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 10.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| <ul style="list-style-type: none">a. Establishing guidelines to ensure consistency of the Authorized Medical Department Representative (AMDR) BCA and PRT waiver recommendations processb. Developing and executing a training program for medical staff on proper procedures for PFA medical screening and waiversc. Managing the ShipShape program | |
| <p>10. Naval Education and Training Command (NETC) is responsible for:</p> <ul style="list-style-type: none">a. Developing and maintaining the CFL curriculum in coordination with OPNAV N17 and CNICb. Conducting the PFA on all members attending schools longer than 10-weeks in durationc. Ensuring all recruits meet or exceed physical readiness standards | <p>10. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 11.</p> |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
d. Establishing a PRIMS record on all recruits	
11. Commanding Officers (CO) and Officers in Charge (OIC) are responsible for:	11. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 12.
a. Complying with the Physical Readiness Program instruction	
b. Integrating PT into workweek, including:	
(1) Moderate activity for 150 minutes per week (50 minutes 3 times per week, or 75 minutes 2 times per week)	
(2) Plus strength training 2 times per week, working all major muscles	
c. Designating 1 CFL and as many ACFLs as needed:	
(1) The CFL must be certified within 3 months of being appointed	
(2) There should be 1 ACFL per 25 members	

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- d. Ensuring proper safety during PRT, Unit PT, and FEP
- e. Ensuring members receive proper medical screening
- f. Ensuring FITREPs/EVALs reflect appropriate marks
- g. Issuing NAVPERS 1070/613 (page 13) for enlisted and Letters of Notifications (LON) for officers on PFA failure
- h. Ensuring officers and enlisted are counseled for failing the PFA
- i. Ensuring the management of an effective FEP, per the FEP Guide
- j. Ensuring data is entered into PRIMS within 30 days

- d. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 13.

- i. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 14.

Reference Command Fitness Guide:
Command/Unit Physical Training (PT) and Fitness
Enhancement Program (FEP) 2011, OPNAVINST
6110.1 (Series) Supplement.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
k. Initiating ADSEP procedures within 14 days of 2 nd PFA failure	
l. Ensuring compliance with reporting injuries to Naval Safety Center	
12. Command Fitness Leader (CFL) responsibilities include:	12. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 15.
a. Maintaining CFL qualification	
b. Managing the Physical Readiness Program per instruction	
c. Administering PFA per instruction and operating guides	
d. Advising the CO on all Physical Readiness Program matters at least quarterly	

NOTE: CFLs may also be part of the Health and Wellness Promotion Committee.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

13. More responsibilities for the CFL include:
 - a. Maintaining oversight of command PT and FEP
 - b. Using PRIMS to manage PFA data
 - c. Maintaining original documentation of official command PFAs for five years
 - d. Reporting all Physical Readiness Program related injuries to the command safety officer
 - e. Verifying NSIPS, Electronic Service Record (ESR), and Official Military Personnel File (OMPF) against PRIMS for all newly reporting personnel
 - f. Draft and submit written counseling for PFA failures not reflected in ESR/OMPF
 - g. Inform members of PHA status

RELATED INSTRUCTOR ACTIVITY

13. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 16.
- e. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 17.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- h. Ensure members without current PHA do not participate in unit PT, PFA, PRT, FEP, or physical conditioning.

NOTE: Members can participate in physical conditioning on their own.

- 14. The individual Sailor is responsible for:

- a. Participating in a year-round physical fitness program to meet Navy fitness and BCA standards
- b. Reviewing and verifying the accuracy of PRIMS data within 60 days of the end of the PFA cycle
- c. Maintaining an updated annual PHA and PDHA
- d. Completing a PARFQ for every PFA cycle
- e. Fulfilling FEP requirements in the event of a PFA failure

- 14. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 18.

- c. PDHA=Post Deployment Health Assessment.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

15. Summary and Review

- a. **Question:**
Who is responsible for ensuring that every member has a PHA?
Answer:
CO ensures with assistance from CFL and medical
- b. **Question:**
Who is responsible for ensuring that any member without a PHA does not take the PRT?
Answer:
CFL ensures any member without a PHA does not participate. This is for safety reasons. Everyone must be medically cleared to participate.
- c. **Question:**
Who is responsible for reporting injuries to the NSC?
Answer:
Command Safety Officer: CFL reports to safety officer. Safety officer reports to safety center.

RELATED INSTRUCTOR ACTIVITY

- 15. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 19.
 - a. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 20, to show the answer to the question.
 - b. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 21 to show the question and Slide 22 to show the answer.
 - c. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 23 to show the question and Slide 24 to show the answer.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- d. **Question:**
Who is responsible for ensuring ensuring the accuracy of the PRIMS record?

Answer:

Each member is responsible for their own record. CFL reviews at the end of the cycle and upon check-out, however, member is ultimately responsible for managing their military record.

- e. **Question:**
Who is responsible for assuring the quality of the CFL course?

Answer:

OPNAV N17, the physical readiness program provides quality assurance for the CFL course. NAVADMIN (277/08)

- g. Summary

- d. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 25 to show the question and Slide 26 to show the answer.

- f. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 27 to show the question and Slide 28 to show the answer.

- g. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 29.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.3 Actions/Responsibilities for the Physical Readiness Program

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| (1) There are many organizations with responsibilities for the Physical Readiness Program | |
| (2) Know your responsibilities as per the OPNAVINST 6110.1 (Series) | |
| (3) Keep your chain of command informed | |
| h. References | h. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 30. |
| (1) OPNAVINST 6110.1 (Series) | (1) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series). |
| (2) BUPERSINST 1610.10 (Series) | (2) Refer to Navy Performance Evaluation System, BUPERSINST 1610.10 (Series). |
| i. Any questions? | i. Display Actions and Responsibilities for Physical Readiness Program, CFL IMM 1-3, Slide 31. |

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

CLASS PERIODS: 1

LAB PERIODS: 0

PA PERIODS:

Enabling Objectives:

- 3.2 **EXPLAIN** the purpose and components of the Physical Fitness Assessment (PFA) using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 51, 53)
- 3.3 **DEVELOP** a command PFA cycle schedule that is coordinated with operational requirements when given a scenario, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 50)
- 3.4 **DESCRIBE** how and why to use the Navy PFA planning checklist in Operating Guide 3 to prepare for a command PFA using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 53)
- 3.5 **DESCRIBE** the “bad day” option and how it can be implemented by the CO using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 51, 52)

Trainee Preparation Materials:

A. Trainee Support Materials:

- 1. None

B. Reference Publications:

- 1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

- 1. Nutrition Resource Guide 2017, OPNAVINST 6110.1 (Series) Supplement

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

- 2.5 **STATE** the roles and responsibilities of the Assistant Command Fitness Leader (ACFL) using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item #6)
 - 2. Physical Readiness Program, OPNAVINST 6110.1 (Series)
 - 3. Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement
- C. Training Materials Required:
 - 1. IMI
 - a. Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

1. Introduction
 - a. Objectives
 - (1) Apply OPNAVINST 6110.1 (Series) to the PFA
 - (2) Discuss the PFA timeline
2. The PFA provides:
 - a. Members with goals to promote basic physical fitness, health and readiness
 - b. COs/OICs a means of assessing the general fitness of command members
3. PFA Components

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 1.

 - a. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 2.
2. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 3.
3. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 4.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">a. Medical Screeningb. Body Composition Assessment (BCA)c. Physical Readiness Test (PRT) <p>4. PFA Scheduling</p> <ul style="list-style-type: none">a. The Physical Readiness Program Guide 3 provides details on scheduling the PFA<ul style="list-style-type: none">(1) Provides instructions on "How to Conduct a Safe and Efficient PFA" each cycle(2) Lists all tasks of the PFA, starting 15 weeks before PFA to 1-3 weeks following PFA <p>5. 15 Weeks Prior to PFA</p> <ul style="list-style-type: none">a. Meet with CO | <p>4. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 5.</p> <ul style="list-style-type: none">a. Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 3: Physical Fitness Assessment (PFA) Checklist. <p>5. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 6.</p> |
|---|--|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

- b. Establish dates for PFA cycle:
 - (1) Cycle 1, 1 Jan - 30 Jun
 - (2) Cycle 2, 1 Jul - 31 Dec
- c. The PFA must be scheduled:
 - (1) At least 4 months since last PFA
 - (2) One official PFA per cycle
- d. Reserve PFA spaces/equipment as needed:
 - (1) Weigh-ins / BCA
 - (2) Swimming pool
 - (3) Alternate cardio

RELATED INSTRUCTOR ACTIVITY

- b. Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Enclosure (1), Paragraph 4.a., Page 2.
- d. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 7.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">(4) Running track
e. Pre-plan alternate cardio

(1) How many treadmills/bikes are available?
(2) The number of available treadmills/bikes determines how many members can sign up for one time slot.
(3) Remember: Only 2-15 min between events
6. Select and Train ACFLs

a. Select ACFLs:

(1) Ensure they are qualified: | <ul style="list-style-type: none">e. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 8.

6. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 9.

(1) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Paragraph 6.k.(5)., Page 9. |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (a) CPR certified
- (b) Must be 1% below Navy graduated BCA standards for age
- (c) Overall PRT score of Excellent or Outstanding
- (d) Non-user of tobacco products
- (2) Screened by medical, if required
- b. Train ACFLs:
 - (1) How to use PRIMS
 - (2) Proper BCA techniques
 - (3) Proper warm-up, cool-down, and exercise event procedures
 - (4) Responsibilities during an emergency

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

7. No Less than 10 Weeks before PFA

a. Release official notice to command:

NOTE: These 10 weeks are for the CFL to prepare,
not the member.

(1) Written directive, signed by CO or OIC

(2) Dates and alternate dates

(3) Location and times

(4) Cardio options authorized

(5) Sign up process

(6) PARFQ due date

(7) Reminder of PHA required

RELATED INSTRUCTOR ACTIVITY

7. Display Proper Conduct of the Physical Fitness
Assessment (PFA), CFL IMM 1-4, Slide 10.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">b. BCA Spot Checks (optional anytime)<ul style="list-style-type: none">(1) CO discretion to identify Sailors in need of additional support(2) Not used for administrative action(3) If member fails, FEP enrollment until passing mock PRT and within Age-adjusted Standards (AAS)c. Verify current PHA in PRIMSd. Recommend: General Military Training on PFA with a PFA sign-up sheete. Members complete PARFQ in PRIMS<ul style="list-style-type: none">(1) Print and sign hard copy(2) Schedule medical appointments as directed by the PARFQ and return to the CFL when completedf. Develop PRT safety plan | <ul style="list-style-type: none">b. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 11.

e. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 12. |
|---|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">g. Confirm arrangements for:<ul style="list-style-type: none">(1) Medical support(2) Lifeguards(3) Alternative cardio equipmenth. Coordinate with MWR, base, security and medical as needed <p>8. 8 Weeks before PFA</p> <ul style="list-style-type: none">a. Ensure confirmed medical appointments for members:<ul style="list-style-type: none">(1) No current PHA(2) Exceeding BCA standards during the courtesy BCA(3) Directed to medical as a result of a PARFQ answer | <ul style="list-style-type: none">8. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 13. |
|---|--|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

9. 45 Days > 24 Hours before PRT
 - a. Conduct Official BCA
 - (1) Failures require medical clearance for PRT participation
 - b. Enter all BCA data into PRIMS
 - c. Provide Nutrition Resource Guide 2017 to anyone who failed BCA, which is available for download on Physical Readiness Program website
10. Day Before Conducting PRT
 - a. Confirm site, equipment, safety, and test personnel availability

RELATED INSTRUCTOR ACTIVITY

9. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 14.

Refer to NAVADMIN 231/13.
- b. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 15.
- c. Refer to Nutrition Resource Guide 2011, OPNAVINST 6110.1 (Series) Supplement.
10. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 16.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| b. Cancellation criteria and procedures as approved by CO/OIC | |
| c. Review safety plan and procedures with ACFLs | c. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 17. |
| d. Evaluate your safety plan. Be sure to test your plan during the same time of day as the PRT | |
| 11. Day of PRT | 11. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 18. |
| a. Consider weather conditions and safety | |
| b. Review testing site, equipment, and run/walk location | |
| c. Have drinking water available at test site | |
| d. No tobacco use 30 minutes before to 15 minutes after PRT | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| e. Ask Pre-physical Activity Questions | e. Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Enclosure (1), Paragraph 8.f., Page 9. |
| f. Prohibit participation of all ineligible members: | f. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 19. |
| (1) No current PHA | |
| (2) No PARFQ or PARFQ not cleared by medical | |
| (3) Any signs of illness | |
| (4) Answer "Yes" to any of the Pre-physical Activity Questions | |
| g. Perform standardized PRT warm-up | g. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 20. |
| h. Remind members to cool down after cardio event and sign score sheet | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| <ul style="list-style-type: none">i. Notify member's chain of command of non-participation or Unauthorized Absence (UA) (Art. 86 UCMJ)
<ul style="list-style-type: none">12. Bad Day<ul style="list-style-type: none">a. A CO may authorize ONE retest to pass the PRT portion of the current PFA cycleb. Member must request a "Bad Day" within 24 hours of completing the PRT<ul style="list-style-type: none">(1) If approved, the retest must be administered within 7 days of the initial PRT failure (Reservists have until the end of the following month)(2) If member fails to participate in the retest, the initial score will be entered in PRIMS
<ul style="list-style-type: none">13. 1 to 3 Weeks Following the PRT | <ul style="list-style-type: none">12. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 21.<ul style="list-style-type: none">a. Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Enclosure (2), Paragraph 1.a.1 through 1.a.3, Page 1.
<ul style="list-style-type: none">13. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 22. |
|--|--|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">a. Provide command with PRT results<ul style="list-style-type: none">(1) Inclusion in FITREPs and EVALs(2) Appropriate career counseling(3) Recognition of significant improvement or superior performance(4) Administrative action as required by OPNAVINST 6110.1 (Series)b. Notify the safety officer of any injuries that occurred during the PFA
<ul style="list-style-type: none">14. Enter the PRT results into PRIMS within 30 days following the PRT.15. Summary and Review | <ul style="list-style-type: none">14. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 23.15. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 24. |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

- a. **Question:**
When should the CFL start preparing for the PFA cycle?
Answer:
15 weeks prior to the first scheduled event
- b. **Question:**
When should the official notice of the PFA be released to the command?
Answer:
10 weeks prior to the first scheduled event
- c. **Question:**
When should the CFL conduct the official BCA?
Answer:
Between 45 days prior to the PRT and no less than 24 before the PRT
- d. Summary
 - (1) The PFA must be conducted in accordance with OPNAVINST 6110.1 (Series)
 - (2) Use Physical Readiness Program Guide 3

RELATED INSTRUCTOR ACTIVITY

- a. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 25, to show the answer to the question.
- b. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 26 to show the question and Slide 27 to show the answer.
- c. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 28 to show the question and Slide 29 to show the answer.
- d. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 30.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.4 Proper Conduct of the Physical Fitness Assessment (PFA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| (3) Develop timeline 15 weeks out | |
| (4) Train ACFLs and CPR monitors | |
| (5) Communicate with your command | |
| (6) Safety first | |
| e. References | e. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 31. |
| (1) OPNAVINST 6110.1 (Series) | (1) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series). |
| (2) Physical Readiness Program Guide 3: Physical Fitness Assessment (PFA) Checklist | (2) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 3: Physical Fitness Assessment (PFA) Checklist. |
| f. Any questions? | f. Display Proper Conduct of the Physical Fitness Assessment (PFA), CFL IMM 1-4, Slide 32. |

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.5 Medical Screening and Waivers

CLASS PERIODS: 1

LAB PERIODS: 1

PA PERIODS: 0

Enabling Objectives:

- 3.5 **DESCRIBE** how to verify if a person's Periodic Health Assessment (PHA) is done using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 55)
- 3.6 **DETERMINE** whether a member needs to be screened by medical based on that member's Physical Activity Risk Factor Screening Questionnaire (PARFQ) using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 56, 57)
- 3.7 **DESCRIBE** how to ensure personnel are cleared by medical following their first BCA failure using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 64)
- 3.8 **DETERMINE** if a given medical waiver is valid when given a scenario, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 58)

- 3.9 **DETERMINE** what recommendations to make to the CO about a given medical waiver (i.e. is waiver valid or is further medical input required) when given a scenario, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 59, 60)

Trainee Preparation Materials:

- A. Trainee Support Materials:
 - 1. None
- B. Reference Publications:
 - 1. None

Instructor Preparation:

- A. Review Assigned Trainee Material
- B. Reference Publications:

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

1. Chapter 18 of the Manual of the Medical Department, NAVMED P-117
2. Manual of Naval Preventive Medicine, NAVMED P- 5010
3. Navy Guidelines Concerning Pregnancy and Parenthood, OPNAVINST 6000.1 (Series)
4. Navy Military Personnel Manual, NAVPERS 15560 (Series)
5. Physical Readiness Program, OPNAVINST 6110.1 (Series)
6. Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement

C. Training Materials Required:

1. Consumables
 - a. PFA Decision Making Activity Tracking Sheets
2. IMI
 - a. Medical Screening and Waivers, CFL IMM 1-5
3. Training Materials
 - a. PFA Decision Making Activity

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

1. Introduction
 - a. Objectives
 - (1) Define and discuss the medical screening process
 - (2) Identify requirements for PFA waivers
 - (3) Discuss pregnancy requirements regarding PFA
2. PFA Medical Screening Components
 - a. Periodic Health Assessment (PHA)
 - b. Physical Activity Risk Factor Questionnaire (PARFQ)
 - c. Pre-physical Activity Questions

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Medical Screening and Waivers, CFL IMM 1-5, Slide 1.

 - a. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 2.
2. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 3.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

3. CFL Responsibility
 - a. Ensure no member takes the PRT without current medical screening
 - b. Use PRIMS to track compliance
 - (1) PHA report
 - (2) PARFQ report
 - c. Report non-compliance up the chain of command as needed
4. Periodic Health Assessment (PHA)
 - a. Each member is responsible to have one annual PHA (during their birth month)

RELATED INSTRUCTOR ACTIVITY

3. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 4.
4. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 5.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

- b. The Medical Readiness Reporting System (MRRS) feeds into PRIMS to assist commands with tracking
 - c. Members, who do not have a current PHA, shall not participate in the PRT or physical conditioning
5. Physical Activity Risk Factor Screening Questionnaire (PARFQ)
- a. All members must complete PARFQ (NAVPERS 6110/3) in PRIMS upon announcement of the PFA and before participating in the PRT
 - b. If indicated by the PARFQ, member must be seen by AMDR and cleared on a NAVMED 6110/4 form before participating in the PRT

RELATED INSTRUCTOR ACTIVITY

5. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 6.
- b. Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 11: Member's Responsibilities, Section 2, Paragraph 1.b., Page 9.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

NOTE: If indicated by the PARFQ, the member must print, sign and take form to medical for clearance

- c. It is each member's responsibility to:
 - (1) Complete and save PARFQ IN PRIMS. IF completing a paper copy, CFL will enter the results in PRIMS and save signed copy for one year after member transfers.
 - (2) Take the completed PARFQ to medical for clearance, if indicated.
 - (3) Return completed PARFQ to CFL for PRT clearance and/or medical waiver (NAVMED 6110/4) as necessary.

RELATED INSTRUCTOR ACTIVITY

- c. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 7.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

6. Screening Requirements
 - a. PHA is good for 12 months
 - b. PARFQ is good for one PFA cycle only
 - c. Ask Pre-physical Activity Questions before every PRT, command/unit PT, FEP
7. Refer to Medical
 - a. Current PHA has expired
 - b. If indicated on PARFQ
 - c. Answers "Yes" to any of the Pre-physical Activity Questions
 - d. Fails BCA

RELATED INSTRUCTOR ACTIVITY

6. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 8.
7. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 9.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

- e. 50+ and not completed a PFA in last 12 months
 - f. Anytime in best interest of member
-
- 8. Medical Waivers for BCA and PRT: A process to ensure members receive appropriate screening/clearance prior to participating in the PFA.
-
-
-
-
-
-
-
-
-
-
- 9. Medical Waiver Requirements
 - a. Only Authorized Medical Department Representative (AMDR) is authorized to make PFA medical recommendations to the CO. Designated in writing by MTF CO or OIC

RELATED INSTRUCTOR ACTIVITY

- 8. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 10.

Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Enclosure (3).

And to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 6: Physical Fitness Assessment (PFA) Medical Clearance/Waiver.

- 9. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 11.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

- (1) Medical Doctor (MD or DO)
 - (2) Adult Nurse Practitioner (ANP)
 - (3) Physician Assistant (PA)
 - (4) Independent Duty Corpsman (IDC)
 - b. All waivers are subject to CO's final approval and shall be closely monitored
10. Medical Waivers Documentation
- a. Annotate on NAVMED 6110/4 form
 - b. Clearly define what portions of the PFA are waived
 - c. Annotate any restriction for PT and FEP
 - d. Include recommended physical activities to maintain fitness

RELATED INSTRUCTOR ACTIVITY

- (1) NOTE: DO: Doctor of Osteopathy.
10. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 12.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

- e. Waiver is for one PFA cycle only
 - f. Sample NAVMED 6110/4
11. BCA Medical Waiver
- a. Member must:
 - (1) be in limited duty status or for the medical condition prompting the BCA waiver
 - (2) receive the waiver prior to the official BCA
 - b. BCA waivers may be granted if:
 - (1) it is not possible to get an accurate weight (e.g. leg cast) or measurement (e.g. recent surgery in the area to be measured)

RELATED INSTRUCTOR ACTIVITY

- f. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 13.
11. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 14.
- (1) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Enclosure (1), Paragraph 6.a.1, Pages 3-4.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">(2) member has fallen out of BCA standards in the preceding 6 months due to a medical condition or therapy that is known to result in weight gain
c. After-the-fact BCA waivers are <u>not</u> authorized Exception- pregnancy (See note)

d. BCA waivers must have 2 signatures:<ul style="list-style-type: none">(1) Specialist and AMDR physician, or(2) Recommending AMDR (specialist) and Department Head, OIC, or Supervisor
e. BCA Waiver on NAVMED 6110/4<ul style="list-style-type: none">(1) Not to exceed 6 months, or only one PFA cycle(2) Medical Specialist and DH, OIC, or supervisor
12. PRT Medical Waiver | <ul style="list-style-type: none">c. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 15.
NOTE: OPNAVINST 6110.1 (Series) Supplement, Guide 8, Paragraph 2, Page 3.

e. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 16.

12. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 17. |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| a. Completed by AMDR on NAVMED 6110/4 | |
| b. AMDR may make a recommendation to the CO to medically waive all or a portion of the PRT for an individual | |
| c. Only good for 1 PFA cycle | |
| d. Medical Evaluation Board (MEDBOARD) Eligibility | d. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 18. |
| e. A PFA medical waiver issued after 1 July 2011 will activate medical waiver management procedures IAW OPNAVINST 6110.1J. Members are subject to medical waiver management procedures and a medical records review by a MEB if: | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Member receives a medical waiver for the same medical condition over two consecutive PFA cycles that resulted in the member not participating in the BCA, or not participating in a cardio event and at least one muscular endurance event (push-ups, curl-ups)
- (2) Member receives three medical waivers in the most recent four-year period for any medical condition that resulted in the member not participating in the BCA or a cardio event and at least one muscular endurance event (push-ups, curl-ups)
- (3) The CO requests a MEB when a member's fitness/health is questionable for continued Naval Service

f. MEDBOARD Review

- f. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 19.

- (1) Eligible members will have their medical record reviewed by a MEDBOARD

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) MEDBOARD findings shall be forwarded to Navy Personnel Command (NAVPERSCOM), Career Progression Department (PERS-8) for disposition

g. Initiating a MEDBOARD

- g. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 20.

- (1) At the completion of the PFA cycle, the CFL must inform the chain of command of all members meeting PFA MEDBOARD requirements
- (2) Once notified the chain of command must direct a medical record review at the local MTF

h. MEDBOARD Convening

- h. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 21.

- (1) MEDBOARD is convened at the MTF in accordance with NAVMED P 117

- (1) Refer to Chapter 18 of the Manual of the Medical Department, NAVMED P-117.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

- (2) After a member's medical record has been reviewed, the MEDBOARD will determine whether to:

- (a) Refer the member to a Physical Examination Board (PEB)
- (b) Place the member in Limited Duty (LIMDU) status
- (c) Return the member to medically unrestricted duty

NOTE: A determination of "Unfit for Duty" is not within the responsibility of a MEDBOARD, that is the responsibility of the Physical Examination Board (PEB)

- i. MEDBOARD Findings

- (1) All findings must be forwarded to NAVPERSCOM (PERS-8) for disposition

RELATED INSTRUCTOR ACTIVITY

- i. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 22.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) PERS-8 will make one of the following determinations:

- (a) Approve LIMDU
- (b) Direct member to PEB
- (c) Disapprove LIMDU and direct member to take PFA

- j. Physical Examination Board (PEB)

- j. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 23.

- (1) Permanent medical board in D.C.
- (2) Medical specialists in particular field determine if 6 additional months is needed, or if member should be medically retired
- (3) Determination of “Unfit for Duty” is made by the PEB

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (4) "Fit for Duty" is the ability to perform Navy job, not physical fitness

13. Light Duty and Limited Duty

- 13. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 24.

- a. Members are waived from the PRT, not necessarily BCA, unless specifically annotated
- b. Inability to exercise is not a reason for a BCA waiver
- c. Light Duty (LD)

- c. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 25.

- (1) LD chits may be issued by a medical provider when, due to injury or illness, a member will not be able to participate in individual or command/ unit PT for a specific amount of time
- (2) NAVMED P-117 Ch 18 provides guidance for all aspects of medical restrictions

- (2) Refer to Chapter 18 of the Manual of the Medical Department, NAVMED P-117, for guidance on all aspects of medical restrictions.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| (3) LD may only be granted for a maximum of 30 days before follow-up/re-evaluation | |
| (4) Medical may grant another LD to a maximum of 90 days | |
| (5) Anything above 90 days is Limited Duty (LIMDU) | |
| d. Limited Duty (LIMDU) | d. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 26. |
| (1) After 3 consecutive LDs (90 days total) medical must place the member into LIMDU Status (105 code) or conduct a MEDBOARD / PEB | |
| (2) CO can refer member back to medical for consideration of MEDBOARD at any time or direct proceedings for a 105 code | |
| e. Examples | e. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 27. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

- (1) LD Chit (no running for 6 months), is this valid?
- (2) 3rd LD Chit (total of 90 days), what's next?

RELATED INSTRUCTOR ACTIVITY

- (1) No. LD may only be granted for a maximum of 30 days before follow-up/re-evaluation.
- (2) After 3 consecutive LDs (90 day total) medical must place the member into LIMDU Status (105 code) or conduct a MEDBOARD / PEB.

14. Medical Waiver

- a. Use the remarks line in PRIMS to help monitor status. Be mindful of patient privacy.
- b. There are no "Permanent Waivers" for the PFA in the Navy. Forward these documents to OPNAV for review.

14. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 28.

15. Pregnancy and IVF

- a. No Command PT or PFA (BCA, PRT) while pregnant or attempting IVF.

15. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 29.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">b. Pregnancy is noted as pregnancy in PRIMS, not a medical waiver. After-care is a medical waiver.c. Female exempt from PFA standards for 6 months following convalescent leaved. See OPNAVINST 6100.1(Series) for details | <ul style="list-style-type: none">d. Refer to Navy Guidelines Concerning Pregnancy and Parenthood, OPNAVINST 6000.1 (Series), Enclosure (1), paragraph 110, page 1-18: Termination of pregnancy: The MTF HCP can recommend convalescent leave and waive participation from the BCA and PRT when clinically indicated.
Enclosure (1), paragraph 207, page 2-7: If IVF treatment is unsuccessful, the servicewoman will be expected to participate fully in the PRT and BCA in 30 days. |
| <p>16. Pregnancy and PT</p> <ul style="list-style-type: none">a. Obstetric Health Care Provider (HCP) will provide PT recommendationb. Not mandated to participate in command PT | <p>16. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 30.</p> |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

- c. Verify PHA and PARFQs are current before allowing any participation following pregnancy
17. Maternity and Convalescent Leave Policy
- a. COs shall grant up to 126 days of convalescent leave to a member who has given birth, as requested by the service member
 - b. The 126 days of convalescent leave includes the 42-day convalescent period and up to 84 days of Additional Maternity Leave (AML)

RELATED INSTRUCTOR ACTIVITY

17. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 31.
- a. Refer to NAVADMIN 182/15

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

18. Summary and Review

- a. **Question:**
What are the PFA medical screening components?
Answer:
Periodic Health Assessment (PHA)
Physical Activity Risk Factor Questionnaire (PARFQ)
Pre-physical Activity Questions
- b. **Question:**
How many PHAs per year?
Answer:
1 annual PHA, normally administered during the member's birth month
- c. **Question:**
How many PARFQs per year?
Answer:
2. Members are to complete 1 PARFQ each cycle regardless of PRT status

RELATED INSTRUCTOR ACTIVITY

- 18. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 32.
 - a. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 33, to show the answer to the question.
 - b. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 34 to show the question and Slide 35 to show the answer.
 - c. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 36 to show the question and Slide 37 to show the answer.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

- d. **Question:**
How many signatures are required for a BCA waiver?
Answer:
2: Specialist and AMDR physician, or
Recommending AMDR (specialist) and Department
Head, OIC, or Supervisor
- e. Summary
 - (1) Keep track of medical waivers
 - (2) If ever in doubt, refer to medical for clarification
 - (3) Pregnant females PT on their own per providers' recommendations
- f. References
 - (1) MILPERSMAN, Article 1830-120, Limited Duty Designators

RELATED INSTRUCTOR ACTIVITY

- d. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 38 to show the question and Slide 39 to show the answer.
- e. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 40.
- f. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 41.
 - (1) Refer to Navy Military Personnel Manual, NAVPERS 15560 (Series).

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| (2) MILPERSMAN, Article 1301, Officer Assignment and Distribution | (2) Refer to Navy Military Personnel Manual, NAVPERS 15560 (Series). |
| (3) MILPERSMAN, Article 1306, Enlisted Assignment and Distribution | (3) Refer to Navy Military Personnel Manual, NAVPERS 15560 (Series). |
| (4) NAVMED P-117, Manual of the Medical Department (MANMED) Chapter 18 | (4) Refer to Chapter 18 of the Manual of the Medical Department, NAVMED P-117. |
| (5) NAVMED P-5010, Manual of Preventive Medicine | (5) Display Medical Screening and Waivers, CFL IMM 1-5, Slide 42.

Refer to Manual of Naval Preventive Medicine, NAVMED P-5010. |
| (6) Physical Readiness Program Guide 6: Physical Fitness Assessment (PFA) Medical Clearance/Waiver | (6) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 6: Physical Fitness Assessment (PFA) Medical Clearance/Waiver. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

- (7) Physical Readiness Program Guide 8:
Managing Physical Fitness Assessment (PFA)
Records for Pregnant Servicewomen
- (8) OPNAVINST 6000.1 (Series), Navy
Guidelines Concerning Pregnancy and
Parenthood
- (9) OPNAVINST 6110.1 (Series), Physical
Readiness Program
- (10) NAVADMIN 182/15

19. PFA Decision Making Activity

NOTE: The trainees can complete this activity on their own
or in small groups.

RELATED INSTRUCTOR ACTIVITY

- (7) Refer to Physical Readiness Program Guides,
OPNAVINST 6110.1 (Series) Supplement,
Guide 8: Managing Physical Fitness
Assessment (PFA) Records for Pregnant
Servicewomen.
- (8) Display Medical Screening and Waivers,
CFL IMM 1-5, Slide 43.

Refer to Navy Guidelines Concerning
Pregnancy and Parenthood, OPNAVINST
6000.1 (Series).
- (9) Refer to Physical Readiness Program,
OPNAVINST 6110.1 (Series).
- (10) Refer to NAVADMIN 182/15

19. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 44.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.5 Medical Screening and Waivers

DISCUSSION POINT

- a. Review the command information in the PFA Decision Making Activity packet on your tables
- b. Review the PARFQ and NAVMED 6110/4 sections for actionable items and note those on your tracking sheets
- c. Discuss the results with all trainees and clarify any misconceptions

20. Any questions?

RELATED INSTRUCTOR ACTIVITY

- a. Refer trainee to PFA Decision Making Activity materials.

Refer trainee to PFA Decision Making Activity Tracking Sheets.

20. Display Medical Screening and Waivers, CFL IMM 1-5, Slide 45.

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.6 Leading Command Physical Training (PT)

CLASS PERIODS: 1

LAB PERIODS: 0

PA PERIODS: 0

Enabling Objectives:

4.1 **DESCRIBE** how to ensure that personnel are using proper techniques to reduce risk of injury when participating in command PT, FEP, or PRT using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 39)

1.1 **PRACTICE** safety guidelines during exercise sessions in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 48, 97)

1.3 **PLAN** a balanced exercise session, when given a scenario, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 79, 80, 81, 82, 83)

1.4 **LEAD** organized physical training (e.g. running, calisthenics) correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 76, 77, 98, 99, 100, 102)

Trainee Preparation Materials:

A. Trainee Support Materials:

1. None

B. Reference Publications:

1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

1. ACE Group Fitness Instructor Manual: A Guide For Fitness Professionals, ISBN-10: 1890720372
2. ACSM's Resources for the Personal Trainer, ISBN- 10: 0781797721
3. AFAA Exercise Standards and Guidelines, 4th Edition, 2002, ISBN-10: 0961471980
4. Physical Readiness Program, OPNAVINST 6110.1 (Series)

C. Training Materials Required:

1. IMI
 - a. Leading Command Physical Training (PT), CFL IMM 1-6

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

1. Introduction

a. Objectives

- (1) Are you ready to teach? As a CFL, you are not expected to become a group exercise instructor overnight. But with this lecture, we will provide you with the basic tools and skills needed to lead safe and effective Command PT.

2. We will be discussing the four core components of leading Group Exercise:

- a. Postural Alignment
- b. Instructional Techniques and Cueing
- c. Class Structure and Design
- d. Injury prevention

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 1.

- a. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 2.

2. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 3.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

3. Postural Alignment
 - a. According to American College of Sports Medicine (ACSM), Posture is the position of the body or body parts that requires a minimum amount of muscular energy to maintain a mechanically efficient function of the joints and muscular system.
 - b. Good posture is more than just "standing tall." It refers to maintaining correct use of the body at all times, whether it be lying down, sitting, standing, walking, working, and exercising. By maintaining good posture, under all circumstances, you will gradually develop proper musculature, which is needed to protect and support your back.
 - c. This is what good postural alignment looks like when standing up.

RELATED INSTRUCTOR ACTIVITY

3. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 4.
 - a. Refer to ACSM's Resources for the Personal Trainer, ISBN-10: 0781797721.
 - c. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 5.

Demonstrate good postural alignment as defined on the slide.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| d. Now get up and practice your postural alignment. | d. Have the trainees stand up and practice their own natural postural alignment. |
| e. According to the National Institute of Health, 8 out of 10 (80%) of Americans have (or will have) back problems. | e. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 6. |
| f. Proper alignment is critical in preventing back injuries. | |
| g. According to ACSM, problems and injuries that occur from habitually poor posture include the following: joint problems, muscle imbalance, and low back pain. Repetitive stress injuries can occur if participants are not taught the required body alignment. | g. Refer to ACSM's Resources for the Personal Trainer, ISBN-10: 0781797721. |
| 4. Instructional Techniques and Cueing | 4. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 7. |
| a. As an instructor, you need to watch the movements of all participants. Keep visual contact at all times with your class to ensure everyone is moving properly. | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Teach by Walking Method: you and/or your ACFLs can walk around to ensure that form is correct through corrective cues.
 - c. Make sure that your ACFLs are trained properly and are able to recognize bad/dangerous form.
 - d. When correcting form, DO NOT touch the participants. Make them aware of what bodily adjustments need to be made and have them correct it. For example, if you notice an individual squatting leading with their knees rather than their hips, tell them to “push the hips back- sit back.”
 - e. Always provide modifications for movements that may be difficult to execute or more advanced. With every exercise and movement pattern that you teach, know the modification for a lower impact and higher impact option.
5. Types of Cueing

5. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 8.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. Can you hear me now? Whether you have 8 Sailors in your command PT or 100, everyone must be able to hear and see the instructor to ensure that they understand the cues and see all of the movements.
- b. Using mirror-imaging is more welcoming for participants and allows the instructor to observe while leading the class. Try to use it as much as possible. This may be difficult to cue at first, but will come with practice.
- c. Remember: Military members are taught to march with their left lead, therefore teach with their left lead (instructor's right.)
- d. Vocal Cueing includes:
 - (1) Exercise Introduction: "Our next exercise will be a squat."
 - (2) Exercise Alignment: "Feet shoulder width apart, feet firmly on deck."

- d. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 9.
 - (1) Demonstrate vocal cueing for the class. Have trainees perform the squat as you demonstrate proper cueing technique.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) Movement Execution: "Push your hips back, make a 90 degree angle between your hamstrings and calves."

- e. Vocal Cues: Counting

- e. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 10.

- (1) 4 count cadence

- (2) Countdown

- (3) Echo count

- f. Go with what comes easiest and most natural for you as the instructor.

- g. Always provide the number of repetitions that they will be performing- it allows participants to pace themselves and have something to work towards.

- h. REMEMBER: Some movements will require a slower cadence to maintain form throughout the movement. Ensure that you use an controlled tempo throughout the execution of the exercise.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

6. Class Structure and Design
 - a. Listed on the slide are the four key questions you should consider when designing your Command PT program. On the next slides, we will go more into detail.
 - b. Who are you leading?
 - (1) As an individual leading group PT, it is crucial that you are aware of group dynamics when preparing your command PT format. For example, if you have a sedentary group of individuals, you are not going to lead a class consisting of ESD training and plyometrics. Choose wisely and know your participants.
 - (2) There are numerous formats available to teach small and large groups of individuals, find the format that works BEST for the particular group you are instructing.

RELATED INSTRUCTOR ACTIVITY

6. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 11.
 - b. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 12.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| <p>(3) Ensure you consider the needs of the participants when choosing physical activities. Also, be mindful to provide a variety of activities to try to find a happy medium of varying PT styles (i.e. not everyone likes running, weight training, etc.). Remember, you can't please everyone, but you can still provide a good workout for all participants.</p> | |
| <p>c. What format will you be using?</p> | <p>c. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 13.</p> |
| <p>d. This slide lists examples of different class formats. There are a wide variety of training formats you can use to conduct command PT/FEP sessions. Some training formats require you to be certified prior to using that training format. If you would like to introduce a particular format to your command, but do not have the required certification, contact your local MWR Fitness staff for assistance.</p> | |
| <p>7. Standard Format for Command PT</p> | <p>7. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 14.</p> |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">a. Before leading ANY command PT, instructors must ask the Pre-physical Activity Questions.
b. Always begin with a proper dynamic warm-up of 5 minutes using exercises that mimic the movements that will be used for the class. Ensure that all muscles are properly warmed up before going into the cardio-respiratory portion of the class.
c. Then work through your pre-planned activity.
d. After your activity, always end with a proper cool-down and stretch that lasts at least 5 to 10 minutes. | |
| <p>8. Where will you be conducting the training?</p> <ul style="list-style-type: none">a. Here is a list of the most popular locations for leading group PT. The location of the workout will determine what format you teach. Be mindful of space and conditions when planning the location of your Command PT session. | <p>8. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 15.</p> |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">b. If you are using MWR facilities, be aware that some bases require reservations. Make sure to call the local MWR Navy Fitness team to reserve facilities, equipment, and/or instructors. <p>9. Purpose of Training</p> <ul style="list-style-type: none">a. Incorporating all elements of fitness into every workout is a vital piece to exercise programming.b. Cardio-respiratory exercises involve the use of large muscle groups in a repetitive, or rhythmic, fashion for an extended period of time. <p>10. Sample Command PT Program</p> <ul style="list-style-type: none">a. Always begin with a proper warm-up tailored to meet the demands of the upcoming workout and end with cool-down and stretching.b. Listed on the slide is a sample program for Command PT (based on a 3 days a week program). | <p>9. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 16.</p>

<p>10. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 17.</p> |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

- c. Providing variety in your program will contribute to the overall success of your program.
 - d. Always try to incorporate a team element in your Command PT at least once a week. Command PT is not only there for providing physical fitness, but serves as a venue to establish camaraderie.
11. 5 questions every CFL should ask:
- a. What is the purpose of this exercise? Muscular strength/endurance, Energy System Development (ESD), etc.
 - b. Are you doing it effectively?
 - c. Does the exercise create any safety concerns?
 - d. Can you maintain proper alignment and form for the duration of the exercise?
 - e. For whom is this exercise appropriate? Green, Yellow, Red

RELATED INSTRUCTOR ACTIVITY

11. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 18.
- a. Refer to AFAA Exercise Standards and Guidelines, 4th Edition, 2002, ISBN-10: 0961471980.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

- f. As an instructor, whether you're leading Command PT or FEP, it is recommended that you classify individuals that you are leading into groups using a color-coded system that will help you to identify the needs of individuals when it comes to proper execution of movements.
 - (1) **GREEN**: Indicates individuals that need none to minimal assistance and are able to execute movements and movement patterns without difficulty.
 - (2) **YELLOW**: Indicates individuals that may need assistance with modifications for an exercise/movement pattern.
 - (3) **RED**: Indicates individuals that cannot perform an exercise/movement pattern while maintaining proper form.
 - (4) For individuals in **YELLOW** and **RED**, maintain a constant visual on them using yourself and/or the ACFLs to assist as much as possible when needed.

RELATED INSTRUCTOR ACTIVITY

- f. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 19.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <p>(5) For individuals in the RED, have alternative workout plans available.</p> <p>12. If you notice any of the listed signs of overexertion, seek medical attention immediately.</p> <p>13. Tips for Instructors</p> <p>a. Start on time and end on time. Make sure you give yourself enough time to set-up and address any concerns.</p> <p>b. Motivate your class by welcoming them and introducing the workout you have planned for them. Encourage them, make it fun, energetic, and welcoming.</p> <p>c. Watch and correct for proper form throughout the class. Participants need reminders.</p> <p>d. Watch for signs of overexertion.</p> | <p>12. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 20.</p> <p>13. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 21.</p> |
|---|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">e. Work opposing muscle groups for a balanced workout.f. Make transitions smooth and organized for a great "flow" in your class.g. Vary the workouts, but ensure to train all components of fitness. Provide examples of no impact, low impact, and moderate to high impact. As the instructor, demonstrate the lower-intensity option so that beginners and those with injuries can participate .h. Teach what you know. <p>14. Commercial Exercise Programs</p> <ul style="list-style-type: none">a. Currently, there are numerous commercial products on the market for Sailors to choose from for personal fitness programs. While Navy cannot prohibit individuals from using commercialized products for individual use, OPNAV N17 does not support or endorse the use of commercialized PT programs for the use of structured Command PT. | <p>14. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 22.</p> |
|---|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

15. Navy Operational Fitness and Fueling Series (NOFFS)
 - a. The Navy has collaborated with Athletes' Performance Institute (API) in developing NOFFS, a "world class" performance training resource for fleet Sailors as well as Navy health and fitness professionals. The exercises used in the NOFFS system are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying.
 - b. Developed as a complete fitness package, the Fueling aspect of this resource provides Sailors the tools required to make healthy nutrition choices in both shore-based and operational environments. Sailor resiliency and durability are the primary goals of NOFFS.
 - c. NOFFS Workout Cards provide a structured workout ready for your use. There are specialized series for submarines, surface ships, large decks, and even group PT.

RELATED INSTRUCTOR ACTIVITY

15. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 23.
- c. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 24.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

16. Interested in becoming a Certified Group Exercise Instructor and/or a Personal Trainer?

- a. Make sure to choose an accredited organization like ACSM, ACE, NASM.

NOTE: ACE allows active duty members to use part of their GI Bill to pay for the cost of certification.

- b. There are self-paced study programs available.
- c. Contact your local MWR Fitness Office for more details.

17. Summary and Review

RELATED INSTRUCTOR ACTIVITY

16. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 25.

- a. ACSM: American College of Sports Medicine
ACE: American Council on Exercise
NASM: National Academy of Sports Medicine.

17. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 26.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| <p>a. Practice, Practice, Practice- You are not expected to be a group exercise instructor, you are simply expected to lead Command PT. Some may find teaching in front of large groups difficult and intimidating.</p> <p>b. Practice any of the exercises you are unfamiliar with. Practicing in front of a mirror may assist you in learning correct form, cues, and safety aspects of each exercise. You can also practice leading a colleague or other participant through your warm-up exercises before you instruct a large group.</p> <p>c. MOTIVATE: One of the most important keys to running a successful PT program is MOTIVATION. As a CFL, you must always encourage and motivate your members to strive towards optimal performance and health. If you don't like an exercise/movement and it visibly shows you don't like it, your command will not like it either.</p> <p>d. References</p> | <p>d. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 27.</p> |
|--|--|

LESSON PLAN

CHANGE 4
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.6 Leading Command Physical Training (PT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| (1) ACSM's Resources for the Personal Trainer | (1) Refer to ACSM's Resources for the Personal Trainer, ISBN-10: 0781797721. |
| (2) Group Fitness Instructor Manual | (2) Refer to ACE Group Fitness Instructor Manual: A Guide For Fitness Professionals, ISBN-10: 1890720372. |
| (3) OPNAVINST 6110.1 (Series) | (4) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series). |
| e. Any questions? | e. Display Leading Command Physical Training (PT), CFL IMM 1-6, Slide 28. |

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.7 Exercise Principles and Programming

CLASS PERIODS: 1

LAB PERIODS: 0

PA PERIODS: 0

Enabling Objectives:

- 1.3 **EXPLAIN** basic exercise principles using own words, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 75)
- 1.4 **DESCRIBE** a balanced exercise sequence using own words, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 84, 85)
- 1.5 **PERFORM** heart rate computations to determine target heart rate when given all necessary information, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 86)
- 1.6 **DETERMINE** physical conditioning strategies to increase performance, when given a scenario, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 101, 103)
- 4.2 **RECOGNIZE** the warning signs associated with overtraining and musculoskeletal injuries when given a scenario, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 36, 37)

Trainee Preparation Materials:

A. Trainee Support Materials:

- 1. None

B. Reference Publications:

- 1. None

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

Instructor Preparation:

- A. Review Assigned Trainee Material
- B. Reference Publications:
 - 1. ACSM's Guidelines for Exercise Testing and Prescription, 9th Edition, 2013, ISBN-10: 1609139550
 - 2. Exercise Physiology: Nutrition, Energy, and Human Performance, ISBN-10: 0781797810
 - 3. NSCA's Essentials of Strength Training and Conditioning, ISBN-10: 0736058036
- C. Training Materials Required:
 - 1. Instruction Sheets
 - a. Calculating Target Heart Rate Zone Worksheet, Diagram Sheet 1-7-1
 - 2. IMI
 - a. Exercise Principles and Programming, CFL IMM 1-7

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

1. Introduction

a. Objectives

- (1) Introduce basic exercise principles and program design concepts
- (2) Discuss the body's adaptations to regular exercise
- (3) Learn how to establish exercise training intensity ranges
- (4) Understand the components of an effective exercise program

2. Basic Exercise Principles

a. S.A.I.D. Principle

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Exercise Principles and Programming, CFL IMM 1-7, Slide 1.

- a. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 2.

2. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 3.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| <ul style="list-style-type: none">b. Overloadc. Progressiond. F.I.T.T. Principlee. Rest & Recoveryf. Detraining <p>3. S.A.I.D. Principle</p> <ul style="list-style-type: none">a. Specific Adaptation to Imposed Demandb. Must train for the activity that is to be performed<ul style="list-style-type: none">(1) Training for the bench press will not improve your 1.5 mile run time(2) A great cyclist may not be a great runner | <p>3. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 4.</p> |
|--|--|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

4. Overload
 - a. Greater than normal stress or load on the body is required for training adaptations to occur
 - b. These adaptations lead to increased performance in strength, speed, endurance, etc.
5. Progression
 - a. Periodically increasing the training load in order for improvements to continue over time
 - b. For program progressions allow for:
 - (1) Initial conditioning phase of 4-6 weeks
 - (2) Improvement phase of 4-5 months
 - (3) Maintenance thereafter

RELATED INSTRUCTOR ACTIVITY

4. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 5.
5. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 6.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

6. Progression Rule
 - a. Do not increase by more than 10% per week:
 - (1) Running (i.e. mileage)
 - (2) Cardio machine (i.e. time)
 - (3) Strength training (i.e. weight)
 - b. Higher increases are associated with:
 - (1) Injury
 - (2) Overtraining
7. F.I.T.T. Principle
 - a. Used to develop an exercise prescription
 - (1) Frequency

RELATED INSTRUCTOR ACTIVITY

6. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 7.
7. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 8.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| <ul style="list-style-type: none">(2) Intensity(3) Time(4) Typeb. Each variable can be modified to promote overload and allow for progression | |
| 8. Frequency: Number of training sessions conducted per day or per week | 8. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 9. |
| 9. Intensity | 9. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 10. |
| a. Effort expended during a training session: Effects both frequency and duration of training | |
| b. Can be measured via: | |
| (1) Heart Rate (Target HR) | |
| (2) Rate of Perceived Exertion (RPE) | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

(3) Talk test

10. Exercise Intensity: Calculating Target Heart Rate

- a. One way to gauge exercise intensity is by monitoring your heart rate
- b. Calculate your Target Heart Rate Range (THRR) by using the Heart Rate Reserve Formula, also known as the Karvonen Method
- c. The average adult resting HR is 60-100 beats per minute (bpm). Generally speaking the more fit an individual is the lower their resting heart rate because the body is more efficient at delivering, extracting, and utilizing the oxygenated blood. For endurance training the THRR should be 60%-75% and 80%-95% for high intensity training

RELATED INSTRUCTOR ACTIVITY

10. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 11.

- c. Maximum Heart Rate (MHR).

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

- d. Using Diagram Sheet 1-7-1, you are going to calculate your target heart rate range (THRR), using your age and resting heart rate. This includes calculating a low and high end of the THRR for both endurance and high intensity training
 - (1) In the low end column, you are going to use 60% for endurance training and 80% for high intensity training
 - (2) In the high end column, you are going to use 75% for endurance training and 95% for high intensity training
- e. To use the Heart Rate Reserve Formula, you need to know your Resting Heart Rate (RHR). If you know what your RHR is, use it. If you don't, we are going to take a heart rate now and "simulate a RHR"

RELATED INSTRUCTOR ACTIVITY

- d. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 12.

Refer to Diagram Sheet 1-7-1, Calculating Target Heart Rate Zone Worksheet.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) So, from the top, take 220-age. This number is called your Age-Predicted Max Heart Rate (APMHR)
- (2) Next, take APMHR - RHR. This number is called your Heart Rate Reserve (HRR)
- (3) Now take your HRR and multiply it by the low end of the endurance training (60% or 0.60), and then add your RHR. This number is the low end of your Target Heart Rate Range (THRR) for endurance training
- (4) Do the same calculation for the high end using the high end for endurance training (75% or 0.75). This the high end of your THRR for endurance training
- (5) Now use the high intensity training values and repeat the process. This gives you your THRR for high intensity training

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

- f. To determine your actual RHR, you will need to take your heart rate in the morning (prior to getting out of bed is best) for three days and compute an average (add the three scores together and divide by 3)
- g. There are online calculators available to help with this

NOTE: We cannot endorse a commercial calculator, so none are listed

11. RPE Chart, Talk Test, and %MHR

- a. Rate of Perceived Exertion (RPE): Use to gauge and regulate exercise intensity
- b. The "Talk Test"
 - (1) During an "aerobic" exercise session, one should be able to carry on a somewhat stilted conversation, if you are indeed **with oxygen** - which is what the word "aerobic" means.

RELATED INSTRUCTOR ACTIVITY

- 11. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 13.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">(2) If you are gasping for air and unable to talk, you are most likely working at or beyond your anaerobic ("without oxygen") threshold.
c. While these methods of reading intensity level are subjective, they tend to be good ways to help participants judge and adjust their level of exertion according to their fitness goals.
d. Furthermore, with improved fitness level, the resting heart will change to reflect the improvement - using the Karvonen formula, one would need to refigure resting heart rate after a period of time to recalculate their target heart rate. But with perceived exertion, as their body adapts to the challenges, they will tend to judge their level accordingly.
<p>12. Time</p>
<ul style="list-style-type: none">a. Length of time the training session is conducted
b. ACSM/AHA Guidelines |

<p>12. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 14.</p>

<p>b. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 15.</p> |
|---|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

- (1) The American College of Sports Medicine (ACSM) has the following guidelines for exercise for healthy adults

NOTE: We will go over the recommendations in more detail in the Improving PRT Scores lesson (1-11).

- (a) Cardio- respiratory exercises:
Moderate intensity: 5+ days per week,
OR vigorous intensity 3+ days per week,
OR combination moderate/vigorous 3-5
days per week AND
- (b) Resistance exercises 2 or 3 days a week,
AND
- (c) Flexibility exercises at least 2 or 3 days a
week, AND
- (d) Neuromotor exercises at least 2 or 3 days
a week, involving motor skills such as
balance, agility, coordination, and gait

RELATED INSTRUCTOR ACTIVITY

- (1) Refer to ACSM's Guidelines for Exercise Testing and Prescription, 9th Edition, 2013, ISBN-10: 1609139550, Chapter 7.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

- c. Aerobic vs. Anaerobic
 - (1) The aerobic energy system relies on oxygen to produce energy. The body uses this energy system during slower and longer duration activities where it has time to produce energy.
 - (2) Examples of aerobic activities: Jogging and cycling
 - (3) The anaerobic energy system does not use oxygen because the activity is performed for a short duration and at a high intensity. High intensity activities cannot be maintained by the aerobic energy system because the body cannot produce energy fast enough.
 - (4) Example of anerobic activity: Sprinting

- d. Example Activities

RELATED INSTRUCTOR ACTIVITY

- c. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 16.
- d. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 17.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Moderate intensity activities include, brisk walking, water aerobics, riding a bike on level ground or with few hills, playing doubles tennis, pushing a lawn mower
- (2) Vigorous intensity activities include, jogging or running, swimming laps, riding a bike fast or on hills, playing singles tennis, playing basketball

13. Type: Specific activity performed

13. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 18.

- a. Swimming
- b. Cycling
- c. Running

14. Program Selection

14. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 19.

- a. The ideal exercise program incorporates several different types of physical activity:

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| (1) Cardio-respiratory | |
| (2) Muscular strength & endurance | |
| (3) Flexibility | |
| (4) Balance / Agility | |
| b. Cardio-respiratory fitness is the ability of the body to take in, transport and utilize oxygen to working muscles during sustained exercise | b. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 20. |
| c. Benefits associated with cardio-respiratory training include: | c. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 21. |
| (1) lower blood pressure | |
| (2) lower blood cholesterol | |
| (3) lower risk for disease | |
| (4) increased cardiac function and efficiency | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(5) increased life expectancy

d. Muscular strength: The maximum amount of force that a muscle can exert against some form of resistance in a single effort

d. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 22.

e. Muscular endurance: The ability of a muscle (or muscle group) to do repeated contractions against a less-than-maximum resistance for a given period of time

f. Benefits of strength training:

f. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 23.

(1) increased cardiac function and efficiency

(2) increased bone mineral density

(3) lower risk of injury

(4) increased joint flexibility and range of motion

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (5) increased tolerance to job related activities such as: lifting, pulling, pushing, and carrying

g. Proper exercise technique is critical to:

g. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 24.

- (1) Reduce risk of injury
- (2) Prevent "energy leaks"
- (3) Reduce effort to perform task when needed (i.e., PRT)
- (4) Improves exercise effectiveness

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

- h. Flexibility is an important, but often overlooked, aspect of a comprehensive exercise program. Members are more likely to have full Range Of Motion (ROM) in a joint, if the muscles supporting the joint are flexible. Adequate flexibility and ROM also promotes improved muscular balance and decreased risk for injury. ROM is defined as the degree to which a joint can be moved, usually it's range of flexion and extension. ROM can be adversely affected by poor flexibility and/or injury.
- i. Flexibility helps to:
 - (1) Enhance performance
 - (2) Improve circulation
 - (3) Improve posture
 - (4) Improve muscle coordination
- j. Balance and Agility

RELATED INSTRUCTOR ACTIVITY

- h. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 25.
- i. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 26.
- j. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 27.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Ability to change direction quickly and safely
- (2) Can be trained for and developed
- (3) Improves performance and reduces risk for injury
- (4) Examples include single leg exercises and movements that involve direction and acceleration changes

k. Rest and Recovery is one of the most important, but commonly overlooked, principles of exercise

l. Adequate rest:

- (1) Replenishes energy stores
- (2) Repairs damaged tissues
- (3) Prevents overtraining

k. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 28.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| m. Some activities, like high intensity strength training, require up to 48-72 hrs of rest and recovery | |
| n. Active recovery is the process of recovering using low-intensity activity | n. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 29. |
| o. Active recovery helps to: | |
| (1) Rid muscles of lactic acid | |
| (2) Reduce residual muscle soreness and fatigue | |
| 15. Symptoms of Overtraining | 15. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 30. |
| a. You should re-evaluate when the following symptoms of overtraining start to develop: | |
| (1) Fatigue, prolonged soreness, irritability, sleep disturbances, lack of motivation, rapid heart rate | |
| (2) Pain begins to develop and does not resolve | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

- (3) Lack of progress despite continuing with workouts. Plateauing is a first line indicator that changes need to occur

RELATED INSTRUCTOR ACTIVITY

16. Overtraining Prevention

- a. The injury pain cycle can be broken or all together avoided by simply applying sound training techniques. The 2 most important components associated with an effective and safe program include appropriate application of progression and recovery.
- b. When initiating a new program, overload often results in marked delayed onset muscle soreness. If soreness persists for more than 48 hours, you have done too much too fast!
- c. Often the culprit is manipulating more than 2 FITT principles at a time. Increasing time, frequency and adding a new type of exercise in a single workout is too much too fast and may result in debilitating pain.

- 16. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 31.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">d. Ideally, exercise progression is executed by manipulating only one FITT principle at a time or mitigating big changes by reducing the stress/expectation in another area. (e.g. such as running on a treadmill to running outside, distance and pace are reduced for the first week to allow for adaptation to the terrain change). <p>17. Cross-Training</p> <ul style="list-style-type: none">a. To be effective in maintaining VO₂ Max, cross-training must be equal in intensity and duration to the original exercise mode. Cross-training will not improve single event performance to the same magnitude as mode specific training will. <p>18. Detraining</p> <ul style="list-style-type: none">a. "Use it or lose it"b. Extent of detraining depends on: | <p>17. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 32.</p> <p>18. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 33.</p> |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) How fit you are
- (2) How long you have been exercising
- (3) How long you stopped exercising

19. Summary and Review

19. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 34.

- a. Reviewed some basic exercise terminology
- b. Learned how to determine exercise intensity by using RPE and heart rate
- c. Discussed exercise program components and how they can be incorporated to help meet individual fitness goals
- d. Reviewed mechanisms for injury prevention
- e. References

- e. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 35.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.7 Exercise Principles and Programming

DISCUSSION POINT

- (1) NSCA's Essentials of Strength Training and Conditioning (3rd Ed.). National Strength and Conditioning Association (NSCA). Editors: Roger W. Earle, Thomas R. Baechle, Human Kinetics, 2008.
- (2) Exercise Physiology: Energy, Nutrition, and Human Performance. Editors: William D. McArdle, Frank I. Katch, Victor L. Katch, Lea & Febiger, 2009.
- (3) American College of Sports Medicine (www.acsm.org).
- (4) About.com: Sports Medicine (www.sportsmedicine.about.com).

f. Any questions?

RELATED INSTRUCTOR ACTIVITY

- (1) Refer to NSCA's Essentials of Strength Training and Conditioning, ISBN-10: 0736058036.
- (2) Display Exercise Principles and Programming, CFL IMM 1-7, Slide 36.

Refer to Exercise Physiology: Nutrition, Energy, and Human Performance, ISBN-10: 0781797810.

f. Display Exercise Principles and Programming, CFL IMM 1-7, Slide 37.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

4.11 **DESCRIBE** how to review symptoms of cardiac distress (chest pain, shortness of breath, arm and neck pain) with members prior to PFA and Command PT using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 42, 43)

4.12 **DESCRIBE** how to counsel personnel to seek medical attention when required for injury or rehabilitation using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 41)

4.13 **DESCRIBE** how to report personnel who exhibit or personally state the possibility of an injury or illness related to Physical Readiness Program to command safety officer using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 45)

Trainee Preparation Materials:

A. Trainee Support Materials:

1. None

B. Reference Publications:

1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

1. DMIPPWG: Leading Injuries, Causes, and Mitigation Recommendations, www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/resources-for-providers-and-professionals.aspx, White Paper
2. Physical Readiness Program, OPNAVINST 6110.1 (Series)
3. Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement
4. Running Barefoot, Forefoot Striking & Training Tips, barefootrunning.fas.harvard.edu/index.html

C. Training Materials Required:

1. IMI

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

- a. Physical Readiness Program Safety and Injury
Prevention, CFL IMM 1-8

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

1. Introduction
 - a. Objectives
 - (1) Discuss the impact of injuries on mission readiness
 - (2) Discuss important components of Physical Readiness Program safety
 - (3) Discuss ways to minimize risk factors
2. Musculoskeletal injury rate in active duty Navy service members, 2008-2012
 - a. Musculoskeletal injuries are the largest health problem facing U.S. military forces in peacetime and combat operations

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 1.

 - a. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 2.
2. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 3.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">b. Data provided by Navy Marine Corps Public Health Center | |
| 3. Injury Impact | 3. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 4. |
| <ul style="list-style-type: none">a. The impact of injuries in the Navy can be felt all the way down to the command and individual level. Specifically, the impact of injuries result in:<ul style="list-style-type: none">(1) Lost training/work days(2) Added strain at the unit level which can lead to resentment within the unit(3) Decreased retention(4) Manning shortages that impact all units and their mission readiness | |
| 4. Types of Injury | 4. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 5. |

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. There are 2 classifications for injuries:
 - (1) Acute injuries, such as a sprained ankle, strained back, or fractured hand, occur suddenly during activity. Signs of an acute injury include: sudden, severe pain; swelling; inability to bear weight on limb; extreme tenderness; loss of range of motion; weakness; etc.
 - (2) Chronic injuries usually result from overusing one area of the body while playing a sport or exercising over a long period. Signs of a chronic injury include: pain when performing activities; a dull ache at rest; swelling. The key to treatment is early intervention.
 - 5. Risk Factors
 - a. Research has identified a number of injury risk factors and they are broken down into 2 categories, modifiable and non-modifiable. Those that cannot be modified include:
- 5. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 6.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Personal factors
 - (a) Gender- Females are at greater risk
 - (b) Age- over 30 risk elevates with each additional year
 - (c) Basic anatomy- such as "knock knees" or high arches
- (2) Prior injury, results in a higher risk of re-injury
- (3) Environmental conditions, like cold, heat, and humidity
- b. Those risk factors that can be modified include:
 - (1) Command PT
 - (a) Location- Surfaces free of holes, adequate footing, closed course for running, adequate lighting

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (b) Techniques- Utilize the F.I.T.T. principle, frequent, well conceived exercise progression, cross-training
- (2) Type of activity- Cross-train, as over-performing a particular modality can lead to cumulative trauma and overuse injuries
- (3) Equipment/PPE/Clothing- Light colors in intense sun and warm environments
- (4) Lifestyle
 - (a) Physical Fitness- the Navy's greatest cost containment tool!
 - (b) Nutrition- essential to optimum performance.
 - (c) Alcohol/Tobacco use is proven to contribute to higher injury rates and prolonged recovery times.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (d) Fatigue/Sleep- inadequate sleep impairs the body's ability to recover from acute bouts of exercise therefore predisposes us to injuries. That is in addition to the obvious risks of sleepiness.
 - (5) Adaptation to environment- hot environments pose a greater risk than cold environments yet require only 10-14 days of acclimation. Therefore, it is imperative to ensure proper hydration and exercise modification on excessively hot days to effectively mitigate the risk of heat related injuries.
 - c. Nutrition, sleep and other healthy lifestyle behaviors will be covered in other briefs.
-
- | | |
|--|---|
| <ul style="list-style-type: none">6. Safety<ul style="list-style-type: none">a. Safety and injury prevention during command physical training is the CO's ultimate responsibility through: | <ul style="list-style-type: none">6. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 7. |
|--|---|

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">(1) CFLs<ul style="list-style-type: none">(a) Manages SAFE and effective programs (PT, FEP, PRT).(b) Trains ACFLs on proper procedures(c) Know and monitor your Sailors! Address signs of trouble immediately!(2) Command Safety Officer to assess your programs(3) Medical with information, feedback, PHAs, and intervention when called upon | |
| 7. Minimizing Risk Factors - Strategies for Reducing Injuries | 7. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 8. |
| 8. Factors to consider <ul style="list-style-type: none">a. The least fit are the most prone to injury. | 8. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 9. |

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Too much too fast with an unfit individual can lead to disaster: injury, loss of motivation, even death. Start slow and progress as tolerance allows.
- c. Base the exercise program on the individual's needs
- d. Follow medical recommendations
- e. Those who are overweight should begin with lower impact activities and work their way up to moderate to higher impact activities such as running.
 - (1) A reasonable progression for an unfit individual could be a slow transition from moderate/intense walking, to walk/jog intervals on the treadmill, to a continuous run on the road or track. This transition should occur slowly over 6-8 week period and dictated by the member's response.
 - (2) Higher impact days should be limited to 2-3 days a week only with other exercise modalities (low impact) utilized on the other days (e.g. bike, swim, elliptical).

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

9. Pre-physical Activity Questions
 - a. Asked prior to PRT, FEP, or any command / unit supervised PT - **THIS IS NOT OPTIONAL!**
 - b. Members recovering from a recent illness, a change in health, or risk factors, shall not participate or be tested! **IF IN DOUBT, SEND TO MEDICAL!**
10. Tobacco Use
 - a. Follow these simple guidelines for smokers engaged in a command PT, PRT, or FEP program
 - b. Do NOT allow tobacco use 30 minutes before to 15 minutes after exercise
 - c. Smoking effects:

RELATED INSTRUCTOR ACTIVITY

9. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 10.
10. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 11.
 - b. Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 3: Physical Fitness Assessment (PFA) Checklist, page 13.
NOTE: Smokeless tobacco use is still being discussed at the OPNAV level.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Reduces capacity of blood to carry oxygen
- (2) Decreases breathing capacity by 50%
- (3) Over-stimulates heart - increases heart rate/blood pressure and may cause heart attack for those predisposed or unaware of an underlying medical condition

11. Clothing, Footwear, and Equipment

11. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 12.

a. Hot Weather Clothing

- (1) Porous, light colored, loose fitting, wicking fabric
- (2) No rubberized clothing / sweat suits

b. Cold Weather Clothing

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">(1) Dress in layers. Base layer should be wicking material, then an insulating layer, followed by a water/windproof outer layer(2) Below 32 degrees F add one layer for every 5 mph of windc. Ensure shoes are correct for the activity being performed<ul style="list-style-type: none">(1) Running shoes provide appropriate support for running. The heel height poses risk in court sports for severe ankle sprains.(2) Cross Country running shoes provide the appropriate tread for off road surfaces.(3) Non-running shoes such as Basketball or Tennis provide the appropriate tread, lateral movement support and ankle support for court sports.(4) Select the right shoe for you: | <ul style="list-style-type: none">c. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 13. |
|---|--|

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">(a) Motion Control(b) Stability(c) Cushioning
<ul style="list-style-type: none">d. Proper shoes help with injury prevention by providing the right construct for the movements typical to that sport. Wearing the wrong shoe for the wrong sport can eventually lead to injuries like, shin splints, plantar fasciitis, knee pain, and ankle strains/sprains.e. Proper fitting shoes are as important to foot care as any other preventative measure. When purchasing new shoes, try them on later in the day as your foot swells throughout the day. Make sure you try them on with the socks and inserts you plan to wear in the shoe.f. You should have a 1 finger-width gap from the end of your longest toe to the end of the shoe. | <ul style="list-style-type: none">d. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 14. |
|---|--|

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- g. Your heel should not slip or slide as you walk and the forefoot should bend where your foot bends. Shoes on the market today do not require a break-in period, so if it is not comfortable in the store, don't expect them to become more comfortable with use.
- h. Poor fitting shoes are a major contributing factor to blisters as well as lower extremity overuse injuries.
- i. Replace running shoes every 350-500 miles. This recommendation has not been substantially been proven by any scientific study.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

j. Navy Policy Regarding Minimalist Footwear

j. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 15.

(1) NAVADMIN 238/11:

Authorizes the wear of minimalist footwear with Navy PTU during Command PT, individual PT, as well as PRT, however appropriate socks must worn IOW uniform regulations

(2) MWR Fleet Readiness Memo (04 MAR 10):
Vibram FiveFingers Footwear in Fitness Facilities:

Authorizes minimalist footwear in fitness facilities. but NOT for intramural sports competitions (Softball, flag football, etc.)

k. Recommendations for CFL's

k. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 16.

(1) Recommendations for footwear requires a special skill set and medical expertise

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

- (2) Refrain from making recommendations!

12. Environmental Casualties

- a. Can occur due to prolonged exposure to extreme temperatures and acclimating to altitude.
- b. U.S. Navy Weather Flags Chart
 - (1) White, <80 WBGT (Wet-Bulb Globe Thermometer), Extremely intense physical output may precipitate heat injury. Caution should be taken
 - (2) Green, 80-84.9 WBGT, Heavy exercise for unacclimated personnel should be conducted with caution and under proper supervision

RELATED INSTRUCTOR ACTIVITY

- 12. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 17.

- b. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 18.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) Amber, 85-87.9 WBGT, Strenuous exercise and activity should be curtailed for all personnel with less than 3 weeks training in hot weather
- (4) Red, 88-89.9 WBGT, Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather
- (5) Black, 90 and up WBGT, Physical training and strenuous exercise suspended for all personnel (excluding operational commitments)

c. Weather "Show Stoppers"

- c. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 19.

- (1) Wind chill is 20 degrees F or below
- (2) "Black Flag" conditions

NOTE: Watch out for black flag condition in the gym.

- (3) Follow the rules and use common sense!

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

13. Preventing Dehydration in Hot and Cold Weather
 - a. Drink frequently!
 - b. Avoid excess caffeine and/or alcohol.
 - c. Start drinking fluids days before a major workout
 - d. The importance of proper hydration cannot be emphasized enough. Therefore, ensure water is present and accessible during all command PT, FEP, PRT sessions.
 - e. Although water fountains are a good source for hydration, I recommend you bring a couple of coolers to the site as well. The cooler can be used to soak clothing in cool liquid in the case of a heat related injury to help with the first aid necessary to lower body temperature.
 - f. Water must be available at the start and finish line of the PRT run, if they are in different locations.

RELATED INSTRUCTOR ACTIVITY

13. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 20.
- d. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 21.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

14. Hot Weather Injuries
 - a. Heat Cramps Signs / Symptoms: Dehydration, thirst, sweating, muscle cramps, and fatigue
 - b. Treatment:
 - (1) Rest, cool down, drink fluids
 - (2) Medical assistance
 - c. Heat Exhaustion Signs / Symptoms: Lightheadedness, nausea, vomiting, decreased coordination, exhaustion, and often fainting
 - d. Treatment:
 - (1) Remove excess clothing, rest, mist/fan, remove to cool shaded area, drink fluids
 - (2) Medical assistance

RELATED INSTRUCTOR ACTIVITY

14. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 22.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- e. Heat Stroke Signs / Symptoms: Altered level of consciousness; dry, red skin; seizures; coma; and possibly death
- f. Treatment:
 - (1) Remove clothing, douse with water, move to cool shade
 - (2) Medical assistance
- 15. Cold Weather Injuries
 - a. Frostbite Signs / Symptoms: Skin is white, numb, wooden feeling; deep frostbite may involve muscle/bone
 - b. Treatment:
 - (1) Re-warm only if refreezing will NOT occur
 - (2) Medical assistance

- 15. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 23.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- c. Hypothermia Signs / Symptoms: Inability to stop shivering, confusion, and lack of coordination
 - d. Treatment:
 - (1) Re-warm, drink fluids
 - (2) Medical assistance
16. High Altitude PT
- a. Altitude poses additional risks due to the lack of available oxygen to the working muscles. Regular bouts of exercise, with a gradual increase in exercise duration and intensity will help with acclimation. It typically takes roughly 30 days to fully acclimate to exercising at higher elevation.
 - b. If you or anyone under your supervision begins to hyperventilate, stop activity and rest until breathing normalizes.
16. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 24.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| <ul style="list-style-type: none">c. Remember, you will fatigue more quickly in high altitudes, adjust accordingly!
d. Acclimatization<ul style="list-style-type: none">(1) COs are authorized, with the AMDR's consultation, to set appropriate acclimatization periods for newly-reported personnel for participation in command or unit PT, PFAs, and FEP
(2) If the acclimatization periods extends into the next PFA cycle, the member can be excused from the PRT only
(3) The BCA still needs to be conducted
17. Cardio-respiratory Incidents<ul style="list-style-type: none">a. Heart Attack Signs / Symptoms include: | <ul style="list-style-type: none">d. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 25.

17. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 26. |
|--|--|

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">(1) Crushing, stabbing, burning, numbing, tingling, and/or cramping chest(2) Sweaty and/or bluish color(3) Left arm and/or jaw pain(4) Nausea/Vomiting <ul style="list-style-type: none">b. Summon medical assistancec. Provide CPR if needed and use Automated External Defibrillator (AED) if available | |
| 18. Safe Command PT Management Strategies | 18. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 27. |
| 19. Emergency Response Plan | 19. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 28. |
| <ul style="list-style-type: none">a. Develop a comprehensive but workable emergency response plan | |

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">b. Refer to Physical Readiness Program Operating Guide 5: Physical Readiness Test (PRT)c. May be more restrictive but not lessd. Practice your emergency response plan often. Staging an accident is a good way to practice and evaluate your response plan. Evaluate the command's response and make adjustments as needed. <p>20. Injury Reports and SITREPS</p> <ul style="list-style-type: none">a. If injuries do occur:<ul style="list-style-type: none">(1) Send/escort member to medical(2) Report injury and/or illness to command safety officer(3) Command safety officer notifies Naval Safety Center (if required) | <p>20. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 29.</p> |
|---|--|

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

21. Summary and Review
 - a. Injuries have an impact on readiness
 - b. Safety is our number one priority
 - c. Injuries can be minimized by using proper clothing, shoes, and equipment
 - d. Planning for environmental factors can help mitigate injuries
 - e. References
 - (1) Defense Safety Oversight Council (DSOC). DOD Military Injury Prevention Priorities Working Group: Leading Injuries, Causes, and Mitigation Recommendations. 1 Aug 2005 - 1 Jan 2006. Assistant Secretary of Defense (Health Affairs), Washington, DC.
 - (2) www.princeton.edu/oa/safety

RELATED INSTRUCTOR ACTIVITY

21. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 30.
 - e. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 31.
 - (1) Refer to DMIPPWG: Leading Injuries, Causes, and Mitigation Recommendations, www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/resources-for-providers-and-professionals.aspx, White Paper.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.8 Physical Readiness Program Safety and Injury Prevention

DISCUSSION POINT

- (3) Heat Index and Physical Exercise (Navy). Naval Safety Center:
www.safetycenter.navy.mil/ashore/articles/recreation/heatindex.htm
- (4) Krentz, M. J. Aviation Medicine
- (5) OPNAVINST 6110.1 (Series), Physical Readiness Program
- f. Any questions?

RELATED INSTRUCTOR ACTIVITY

- (3) Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 32.
- (5) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series).
- f. Display Physical Readiness Program Safety and Injury Prevention, CFL IMM 1-8, Slide 33.

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.9 Physical Readiness Test (PRT)

CLASS PERIODS: 1

LAB PERIODS: 1

PA PERIODS: 0

Enabling Objectives:

- 4.11 **DESCRIBE** the contents of the PRT safety plan using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 28)
- 4.12 **SELECT** the minimum number of CPR-certified individuals to monitor the PRT using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 46, 47)
- 3.15 **DEMONSTRATE** the proper procedures for performing sit-reach, curl-ups, push-ups, and the run using own words, in accordance with Physical Readiness Program Operating Guide 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 65)
- 3.16 **DESCRIBE** the proper procedures for performing the CO authorized cardio options using own words, in accordance with Physical Readiness Program Operating Guide 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 66)
- 4.16 **DEFINE** the safety regulations for pool swims using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 32)
- 3.17 **POINT** out what will disqualify a person if a PRT event is not completed properly using own words, in accordance with Physical Readiness Program Operating Guide 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 68)
- 3.18 **DESCRIBE** where and how to acquire approved timing and measuring devices using own words, in accordance with Physical Readiness Program Operating Guide 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 67)
- 3.19 **COMPUTE** an individual's overall PRT score when given PRT results, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 70)
- 3.20 **DETERMINE** a member's PRT category level using the member's computed average score, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 69, 71)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

Trainee Preparation Materials:

A. Trainee Support Materials:

1. None

B. Reference Publications:

1. None

2. IMI

- a. Physical Readiness Test (PRT), CFL IMM 1-9

3. Training Materials

- a. PFA Decision Making Activity

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

1. Physical Readiness Program, OPNAVINST 6110.1 (Series)
2. Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement

C. Training Materials Required:

1. Consumables
 - a. PFA Decision Making Activity Tracking Sheets

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

1. Introduction
 - a. Objectives
 - (1) Review the proper conduct of the PRT per OPNAVINST 6110.1
 - (2) Discuss PRT planning
 - (3) Provide tips on managing PRT
2. PRT Safety
 - a. Have safety plan in place before beginning events
 - b. Have qualified safety monitors at the 1.5 mile run site
 - (1) At least 2 CPR qualified members on the course at all times

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 1.
2. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 3.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) Monitors in sight of entire course
 - c. Allow only 2 to 15 minutes between events as determined by CFL
3. PRT Procedures
- a. Ensure all participants have been properly medically screened
 - b. Read all event procedures every time directly from the instruction **AND**
 - (1) Demonstrate proper form
 - (2) Explain what does not count, e.g. a "failed" repetition
 - (3) Explain what will cause event to end, e.g. hands removed from chest
4. PRT Event Sequence

3. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 4.
4. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 5.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. Pre-physical Activity Questions
 - b. Standardized PRT warm-up
 - c. Curl-up
 - d. Push-up
 - e. Cardio event
 - f. Cool-Down (5 min)
 - g. Have members verify scores and sign documentation
-
5. Curl-Up Procedures
-
- a. Curl-ups shall be performed on a firm or suitably padded, level surface
 - b. Participant shall start by lying flat on back with knees bent, heels about 10 inches from buttocks

5. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 6.

Instructor may demonstrate curl-up activity in the class.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

- c. Arms shall be folded across and touching chest with hands touching upper chest and shoulders

- d. Feet shall be held to floor by partner's hands

NOTE: If preferred, the partner may use their knees (on the side of the feet only) in addition to their hands to secure member's feet.

- e. Participant curls body up, touching elbows to thighs while keeping hands in contact with chest and shoulders
- f. After touching elbows to thighs, participant lies back, touching shoulder blades to deck
- g. Participant may rest in either up or down position
- h. What's wrong with the picture on this slide?
Do you count this curl-up?

RELATED INSTRUCTOR ACTIVITY

- e. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 7.
- h. Answers:
The feet are not on the mat and the hands are removed from the chest.
No, do not count this curl-up. In fact, end the curl-up event for that participant.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

6. Curl-up event is ended if participant:
 - a. Lowers legs
 - b. Lifts feet off deck
 - c. Lifts buttocks off deck
 - d. Fails to keep arms folded across and touching chest
 - e. Lowers arms
7. Push-up Procedures
 - a. Push-ups shall be performed on a firm, or suitably padded, level surface
 - b. Participant shall begin in "front-leaning rest" position, palms of hands placed on floor directly under shoulders or slight wider than shoulder width

RELATED INSTRUCTOR ACTIVITY

6. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 8.

7. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 9.

Instructor may demonstrate push-up activity.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

- c. Shoulders, back, buttocks, and legs shall be straight from head to heels and must remain so throughout event
 - d. Toes and palms of hands shall remain in contact with floor
 - e. Feet shall not be in contact with the bulkhead or other vertical support surface
 - f. Participant shall lower entire body until arms bend to at least 90 degrees, while keeping shoulders, backs, buttocks, and legs aligned and parallel to deck
 - g. Participant pushes entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows
 - h. Participant may rest in only the up position, while maintaining a straight line with shoulders, back, buttocks, and legs
8. Push-up event is ended if participant:

RELATED INSTRUCTOR ACTIVITY

- c. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 10.
 - f. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 11.
8. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 12.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. Touches deck with any part of body except hands and feet
 - b. Raises one hand or foot off deck
 - c. Fails to maintain proper body alignment (shoulders, back, buttocks, and legs in a straight line with head and heels)
9. 1.5-Mile Run/Walk Set-up
- a. Verify course length
 - b. Use approved measuring wheels (big orange wheel) from MWR. Do **NOT** use odometer readings (cars, motorcycles, etc.) or GPS units
 - c. Shall be conducted on a flat solid surface without sharp turns
10. Conducting the 1.5-Mile Run/Walk

9. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 13.
10. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 14.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. Any combination of running or walking is permitted
- b. Time is recorded with a stop watch to the nearest second
- c. Time starts when the last runner crosses the line
- d. If using a track (vice out and back distance), develop a system to track participants laps
- e. Do NOT run in inclement weather

NOTE: Inclement weather includes wind chill at 20F or lower, or "black flag" conditions exist.

11. Run/Walk event is ended if participant:

- a. Takes a short cut
- b. Does not complete the entire 1.5 mile course.
- c. Requires medical attention

11. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 15.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">d. Announces he/she quits (59:59 entry in PRIMS) <p>12. Treadmill must:</p> <ul style="list-style-type: none">a. Be motor-driven with emergency stop buttonb. Have adjustable speed and inclinationc. Have odometer that accurately measures distance in miles <p>13. Treadmill Setup and Rules</p> <ul style="list-style-type: none">a. Set incline to 1.0%b. Test is treated the same as runc. Time starts when belt starts moving and is recorded with stop watchd. Participant may set any speed | <p>12. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 16.</p>

<p>13. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 17.</p> |
|---|--|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

- e. Time or distance is never deducted or added
-
- 14. Treadmill Safety
 - a. If member needs to tie shoe: treadmill is paused, official time continues on the stop watch, press start to re-start belt
 - b. Member never "jumps on or off" a moving belt
 - c. Practice pausing a treadmill and resuming before conducting a treadmill run with a member
 - 15. Treadmill event is ended if participant:
 - a. Stops running or walking (other than tying shoelaces)
 - b. Changes treadmill inclination from 1.0
 - c. Supports body weight using arms, hands, torso, or any other device

RELATED INSTRUCTOR ACTIVITY

- 14. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 18.
- 15. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 19.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | | |
|-----|--|---|
| d. | Requires medical assistance | |
| 16. | Alternate Cardio Options | 16. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 20. |
| a. | 1.5 mile run is the standard | |
| b. | Only approved stationary bikes are authorized (see Physical Readiness Program website) | |
| c. | Elliptical Trainers are no longer authorized for PRT | |
| d. | Obtain CO's authorization | |
| e. | Verify that safety, setup/start/stop, and testing procedures work on each machine | |
| 17. | Alternate Cardio Machine Procedures | 17. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 21. |
| a. | Verify the clock accurately measures time on each machine | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Ensure member has practiced on the specific machine used for the test
- c. Goal is to maximize caloric output
- d. Enter caloric output into PRIMS to convert into runtime
- e. Stationary Bike Testing Procedures
 - (1) Manual program
 - (2) Member may vary resistance/load
 - (3) Hands must remain on handlebars when not adjusting resistance or level
 - (4) Must remain seated on the bike
 - (5) Set duration to 14 minutes to account for a 2 minute cool-down period

- e. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 22.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">(6) At 12 minute mark, CFL/ACFL records caloric output from machine(7) Member cools down before exiting <p>18. The Stationary Bike event is ended if participant:</p> <ul style="list-style-type: none">a. Stops the machine or quits operating before 12 minutes have elapsedb. Requires medical assistancec. Stands up on the cycled. Removes hands from handlebars (other than momentarily to adjust resistance, wipe off sweat, etc.)e. Announces he/she quits (10 entry in PRIMS) <p>19. Sample Run Time Conversion</p> | <p>18. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 23.</p> <p>e. This is similar to the 59:59 entry for the run and will be detailed in the next version of the instruction.</p> <p>19. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 24.</p> |
|---|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

- a. Based on a 190 pound male in age group 40 to 44
- b. Members must practice and should know appropriate calorie levels. There are too many variables to create a chart for all available combinations

CAUTION: Do not use apps or PRT.com. These are not official and may be inaccurate.

- c. Only use the charts in the instruction, on the Physical Readiness Program website, and in PRIMS

20. 500-yard or 450-meter Swim

- a. Use only 25 or 50 yard/meter pools
- b. Certified lifeguard on duty
- c. 2 CPR certified personnel on site
- d. No more than 3 swimmers per CFL/ACFL in the water at the same time

RELATED INSTRUCTOR ACTIVITY

- 20. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 25.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

- e. Swimmer begins in water
- f. CFL/ACFL signals start and calls out time intervals
- g. Record time with stopwatch
- h. Any swim stroke or turn allowed
- i. Swimmer may:
 - (1) Push off from sides
 - (2) Rest by treading water, holding to side of pool, or standing
 - (3) Use goggles, facemasks, swim caps, and/or earplugs
 - (4) NOT use fins, snorkels, flotation, wet suit, and propulsion devices

RELATED INSTRUCTOR ACTIVITY

- e. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 26.
- i. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 27.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

21. The swim event is ended if participant:
 - a. Receives or requires assistance from lifeguard, CFL, ACFL, or another person
 - b. Quits the test
22. Grading PRT
 - a. PRT is passed when member scores Satisfactory or better for
 - (1) Curl up, push up, and one cardio event
 - (2) Any 1 or 2 PRT events when remaining events are waived, which is considered a partial pass, and it is not scored

RELATED INSTRUCTOR ACTIVITY

21. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 28.
22. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 29.
 - (2) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 5: Physical Readiness Test (PRT), Paragraph 4f, Page 5.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

- b. If member attempts and fails a cardio-respiratory event, it is considered a PRT failure

23. Scoring

- a. Overall score is a category-level performance corresponding to the average points accumulated on PRT events
- b. Members must pass all 3 events to receive an overall score
- c. Members waived from 1 or more event cannot be assigned a score

24. Bad Day

- a. Member may have ONE additional opportunity to pass the PRT

RELATED INSTRUCTOR ACTIVITY

- b. Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 5: Physical Readiness Test (PRT), Paragraph 10c, Page 17.

23. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 30.

24. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 31.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. At the discretion of the CO
- c. Member must request a Bad Day within 24 hours of completing the PRT
- d. Retest must be administered within 7 days of the initial PRT and within the same Navy PFA cycle (Drilling Reservists must retest by the end of the following month)
- e. If Bad Day is approved and
 - (1) The member does not participate in the retest
 - (2) Becomes "medically waived" before the retest
 - (3) Transfers before the retest
- f. Then the initial test score is entered in PRIMS as the official PFA

- e. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 32.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

- 25. Injury or Illness During PRT
 - a. Medical determines if illness or injury was:
 - (1) Not due to member's failure to condition, in which case a medical waiver is authorized and the PRT may be graded or subsequent PRT taken within 7 days IAW Bad Day Policy Guidelines
 - (2) Due to member's failure to condition, in which case, the CO shall not authorize medical waiver and the results for the PFA stand
 - b. Report any injuries to the command safety officer

- 26. Summary and Review

RELATED INSTRUCTOR ACTIVITY

- 25. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 33.
 - a. Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 6: Physical Fitness Assessment (PFA) Medical Clearance/Waiver, Paragraph 13, Page 8.
- 26. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 34.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

- a. **Question:**
How much time can you allow between PRT events?
Answer:
Allow 2 to 15 minutes between events, as determined by the CFL
- b. **Question:**
What is the order of events for the PRT?
Answer:
Pre-physical Activity Questions
Dynamic Warm-up (5-10 minutes)
Curl-up
Push-up
Cardio event
Cool Down
*Verify Scores / members sign
- c. **Question:**
Who determines what alternate cardio options are authorized?
Answer:
OPNAV establishes options
CO determines which options are authorized for command members

RELATED INSTRUCTOR ACTIVITY

- a. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 35 to show the answer to the question.
- b. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 36 to show the question and Slide 38 to show the answer.
- c. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 37 to show the question and Slide 39 to show the answer.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

- d. Summary
 - (1) Discuss cardio options with CO
 - (2) Have safety plan and support ready
 - (3) Always read instruction to participants before PRT events begin
 - (4) Become familiar with alternate cardio testing procedures
- e. References
 - (1) OPNAVINST 6110.1 (Series)
 - (2) Physical Readiness Program Operating Guide 5: Physical Readiness Test (PRT)

RELATED INSTRUCTOR ACTIVITY

- d. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 40.
- e. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 41.
 - (1) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series).
 - (2) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 5: Physical Readiness Test (PRT).

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.9 Physical Readiness Test (PRT)

DISCUSSION POINT

- (3) Physical Readiness Program Operating Guide
6: Physical Fitness Assessment (PFA) Medical
Clearance/Waiver

27. PFA Decision Making Activity

NOTE: The trainees can complete this activity on their own
or in small groups.

- a. Review the BCA - PRT Results section to determine
who passed or failed the PRT and note the results on
your tracking sheets
- b. Discuss the results with all trainees and clarify any
misconceptions
- c. Any questions?

RELATED INSTRUCTOR ACTIVITY

- (3) Refer to Physical Readiness Program Guides,
OPNAVINST 6110.1 (Series) Supplement,
Guide 6: Physical Fitness Assessment (PFA)
Medical Clearance/Waiver.

27. Display Physical Readiness Test (PRT), CFL IMM 1-9, Slide 42.

Refer trainee to PFA Decision Making Activity materials.

- a. Refer trainee to PFA Decision Making Activity
Tracking Sheets.
- c. Display Physical Readiness Test (PRT), CFL IMM
1-9, Slide 43.

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.10 Gym Session 2: Strength Training

CLASS PERIODS: 0

LAB PERIODS: 2

PA PERIODS: 0

Enabling Objectives:

- 4.1 **DESCRIBE** how to ensure that personnel are using proper techniques to reduce risk of injury when participating in command PT, FEP, or PRT using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 39)
- 1.1 **PRACTICE** safety guidelines during exercise sessions in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 48, 97)
- 1.4 **LEAD** organized physical training (e.g. running, calisthenics) correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 76, 77, 98, 99, 100, 102)
- 1.2 **DEMONSTRATE** warm-up/cool-down, flexibility, and stretches exercises correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 87, 88, 95, 96)
- 1.9 **DEMONSTRATE** various exercises, e.g. circuit training, FEP for 5, Speed and Agility Training, Team building) correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 89)
- 1.10 **DEMONSTRATE** the three different levels of an exercise (for example, a push-up: Beginner (wall), Intermediate (on knees), Advanced (full/regular)) correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 90)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

Trainee Preparation Materials:

A. Trainee Support Materials:

1. None

B. Reference Publications:

1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

1. None

C. Training Materials Required:

1. Instruction Sheets
 - a. Strength Training Exercises, Diagram Sheet
1-10-1
2. Associated Curriculum Documents
 - a. S-562-0612-2, Strength Training

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

1. Introduction

RELATED INSTRUCTOR ACTIVITY

1. Use Gym Session S-562-0612-2, Strength Training, in the gym for easier reference to the lesson plan.

Establish Contact

Re-emphasize the importance of strength conditioning (as mentioned in the Exercise Physiology lecture earlier in the day.) Take a few minutes to show and name the major muscle groups of the body. Stress the importance of choosing exercises that work both the anterior/posterior aspects of the body when developing their strength routines. For example, one can have a strong bench press, but they must also be strong with a seated row. For strong abdominals, you must have a strong lower back, and so forth. For every primary mover, there is an assistor and it is important that they are all trained equally. There must be an equal emphasis placed on both anterior/posterior movements to maintain balance/symmetry as well as to avoid injury. Lastly, remind CFLs of the importance in incorporating all major muscle groups when developing a strength class for their commands.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

- a. The goal of the exercise session today is to show you numerous ways that you can teach strength exercises in a group session and how to incorporate it into a quick, yet effective workout for your commands. This session includes upper body, lower body, and core strength exercises with progressions for most exercises categorized into Level 1, 2, and 3.
 - b. A full-body strength circuit will be taught after demonstrating every exercise to show you how to put together a proper strength workout. You will be using your own bodyweight and resistance tubing to challenge the body in strength activities. With all of the exercises, I will demonstrate the correct technique, cueing, as well as show their respective progressions.
2. "Are You Ready?"

RELATED INSTRUCTOR ACTIVITY

2. Start off the gym session by asking the trainees: "Are You Ready?" They will respond "Always Ready". Then proceed to asking the Pre-physical Activity Questions.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

3. Warm-up Exercises
4. Upper Body Exercises
 - a. Chest (anterior)
 - (1) **Level 1:**
Push-up (Standard)
 - (2) **Level 2:**

RELATED INSTRUCTOR ACTIVITY

3. Break the class into groups of at least 4 people and have them practice the warm-up exercises taught on Day One for 10-15 minutes. Prior to beginning the Strength workouts, select 8 CFLs to teach one of the eight exercises of the Level One Dynamic Warm-up. Once the warm-up is complete, have everyone grab a tubing/mat (if available).
4. Introduce and demonstrate each exercise and then lead CFLs with 5 repetitions for each exercise. Ensure that CFLs demonstrate proper form and technique of the movement before proceeding to the repetitions.
 - (1) Start in front leaning rest position. Maintain a straight line from your knees to your ears throughout the movement.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

(a) Staggered Stance Push-up

(b) Negative Push-up (3 count down, 1 count up)

(3) **Level 3:**
Push-up Clock

b. Back/Shoulders (posterior)

(1) **Level 1:**

RELATED INSTRUCTOR ACTIVITY

(a) Describe how this is a functional push-up-when we fall, we don't carefully put our hands under our shoulders to push us away from the ground. This exercise is a good exercise for Sailors going on IA accounts. Also, since the hands are not directly below the shoulders, it alters the mechanical advantage of the arms and makes it more difficult.

(b) Discuss how this exercise is more effective for strength gains because the muscle is working eccentrically.

(3) Explain how this exercise improves shoulder stability and core strength by performing numerous push-ups in a "dynamic motion" - going from one push up to another - complete one full circle.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(a) Bent-over Y's (without band)

(a) Hinge at waist, back flat, and chest up. Glide shoulder blades back and down and raise your arms over your head to form a Y. Initiate movement with shoulder blades, not arms and keep thumbs up throughout. Lower arms back to start and repeat for reps.

(b) Bent-over T's (without band)

(b) Hinge at waist, back flat and chest up. Glide shoulder blades back and down and raise your arms to your sides to form a T. Lower arms back to start and repeat for reps. Initiate movement w/ shoulder blades, not arms and keep thumbs up towards ceiling throughout.

(c) Bent-over Rows (with band, bilateral)

(c) Stand hinged over at the waist, knees slightly bent with both feet standing on the band, holding handles in each hand. When rowing, slide shoulder blades toward your spine and then lift the handles to your body by driving elbows to the ceiling. Keep torso engaged and back flat during movement.

(2) **Level 2:**

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

- (a) Bent-over Y's (with band)
- (b) Bent-over T's (with band)
- (c) Bent-over Rows (with band, unilateral)
- (d) Overhead Press (½ kneeling)

RELATED INSTRUCTOR ACTIVITY

- (a) Hinge at waist, back flat and chest up. Glide shoulder blades back and down and raise your arms over your head to form a Y. Initiate movement with shoulder blades, not arms and keep thumbs up throughout.
- (b) Hinge at waist, back flat, and chest up. Glide shoulder blades back and down and raise your arms out to your sides to form a T. Initiate movement with shoulder blades, not arms, and keep thumbs up throughout.
- (c) Stand hinged over at waist with knees slightly bent. Wrap band on one foot, holding the handles in the opposite hand. Lift handles to your body by driving elbow to the ceiling. Keep torso engaged and back flat during movement.
- (d) Half kneel with back knee on deck, posture erect. Wrap the band on your front foot and hold handle in each hand. Press the bands straight overhead, keeping your arms in line with your body.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

- (3) **Level 3:**
Squat with Shoulder Press (with band)

- (4) Single Leg, Single Arm Bent-over Row (with band)

c. Arms (anterior/posterior)

- (1) **Level 1:**
 - (a) Bicep Curl (with band)

RELATED INSTRUCTOR ACTIVITY

- (3) Squat hips back and down until thighs are parallel with deck. Return to standing by pushing through your hips. At top of stance, press handles overhead. Keep weight on arches and do not let knees collapse during the movement.

- (4) Wrap the band on your foot. Stand, hinged over at the waist, holding the band in one hand. Move with your shoulder, not your arm, to initiate the row. Keep your back level - your shoulders should stay parallel to the deck. Keep your torso engaged and your back flat throughout the movement.

- (a) Stand feet shoulder width apart, with feet on top of tubing. Alternating arms, slowly contract the bicep muscle and release down slowly. Repeat for reps.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(b) Triceps Dips

(b) If available, use bleacher or steps to demonstrate a proper dip. Make sure that back stays in a straight line throughout the movement.

(2) **Level 2:**

(a) Triceps Extension (with tubing)

(a) Remind CFLs to step away or closer to the handle to provide the appropriate resistance for the exercise, ensuring full extension of the arm.

(b) Front/Side Raises (with tubing)

(b) Demonstrate alternating front raises for 5 repetitions and follow with 5 alternating side raises.

5. Lower Body Exercises

5. Complete 5 repetitions of each exercise.

a. **Level 1:**

(1) Calf Raises

(1) Standing tall, slowly elevate the body by lifting up on the toes. Use a 4-count cadence for 5 repetitions for this exercise.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(2) Wall Squats (30 second hold)

(2) Stand with back against the wall. Slowly bend the knees and allow the back to slide down the wall until the thighs are approximately parallel to the floor. Hold for 30 seconds.

(3) Bodyweight Squats

(3) Demonstrate a proper squat and an improper squat. Remind them to push hips back and down until thighs are parallel to the deck. Return to standing by pushing through the hips.

(4) Bodyweight Lunges (Forward/Reverse)

(4) Demonstrate both an alternating forward lunge for reps and follow with alternating reverse lunges for reps.

b. Level 2:

(1) Single Leg Wall Squat

(1) Stand with back against the wall. Slowly bend the knees and allow the back to slide down the wall until the thighs are approximately parallel to the floor. Lift one foot up off the deck and hold it up. Hold squat for 30 seconds.

(2) Squat (with tubing)

(2) Using tubing placed underneath both feet for resistance, proceed with a standard squat.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

- (3) Split Squat (with tubing)

c. Level 3:

- (1) Stationary Squat (with tubing)
- (2) Lateral Lunges
- (3) Walking Lunges

6. Core/Combo Exercises

RELATED INSTRUCTOR ACTIVITY

- (3) Stand in a tall split position with a band under your front foot holding the handles at your shoulders with elbows facing forward. Drop hips towards deck by bending your front knee without letting your back knee touch the deck. Return to tall split position by pushing up with your front hip.
- (1) Need Description!
- (2) Start with a good posture, hands at your side and feet shoulder width. Step to one side, keeping toes forward and feet flat. Squat through hip while keeping our opposite leg straight, push through your hip to return to start position.
- (3) Alternative forward lunges right and left, lunge the length of the basketball court and walk back.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

a. Abdominals Focus

- (1) **Level 1:**
Crunches

- (1) Lie face up with knees bent and hands across your chest. Lift chest up until shoulder blades are off the deck and rotate your pelvis towards your belly button. Slowly return to starting position and repeat for prescribed reps.

- (2) **Level 2:**

- (a) Bicycles

- (a) Remind CFLs to slow the movement down and focus on the lengthening of the legs as they alternate shoulder/elbow movement to opposite knees. Keep shoulders lifted off of the deck throughout the movement.

- (b) Oblique Twists

- (b) Sit on the deck with knees bent, feet flexed. Contract abdominals and sit at about a 45 degree angle. With or without a medicine ball, contract abdominals and slowly twist from your torso to the right and touch medicine ball to the floor. Quickly, but smoothly, twist to the left.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) **Level 3:**
Straight Leg Lowering Alternating

- (3) Slowly lower your straight leg down until you feel your pelvis about to start moving. Keep your torso engaged and back flat. Return to starting position and repeat to opposite side.

b. Glute Focus

- (1) **Level 1:**
Glute Bridge

- (1) With feet shoulder width, lift hips to create a line from knees, hips, and shoulders. Keep back flat and torso engaged throughout the movement.

- (2) **Level 2:**
Glute Bridge Leg Raise

- (2) Lift hips to create a line from knees, hips, and shoulders. Lift knee, fully extend leg, hold for 15 seconds. Slowly lower down and repeat on other side.

- (3) **Level 3:**
Glute Bridge Marching

- (3) Lift hips to create a line from knees, hips, and shoulders. Alternate extending knees-hold 2 seconds each. Keep back flat and torso engaged and head on the deck throughout the movement.

c. Lower Back/Erector Spinae Focus

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(1) **Level 1:**

(a) Bird Dog

(a) Starting in a quadruped position, knees under hips, hands under shoulders, extend one arm in front and opposite leg back. Hold for 2 sec and switch levers.

(b) Superman

(b) Starting in a prone position, neck neutral, arms/legs extended, slowly lift left arm and right leg slightly off the deck, hold for 2 sec and switch levers.

d. Combo

(1) **Level 1:**
Pillar Bridge

(1) Explain to trainees how this will help with core strength and shoulder stability and will prevent "sagging back" or the need to stretch out the back by sticking their buttocks in the air during push-ups. Complete a 30 hold.

(2) **Level 2:**

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|-----------------------------------|---|
| (a) Pillar Bridge with Arm Lift | (a) Keep shoulders and hips square to deck with arm reach. Keep torso engaged during moving, alternating reaching up and out with arms-hold 2 sec. each. |
| (b) Lateral Pillar Bridge | (b) Beginner on knees and advance version with T stance or using the legs and arms extended. Show trainees how they can stagger leg stance to help with balance. Hold for 30 seconds. |
| (c) Dynamic Lateral Pillar Bridge | (c) In side pillar bridge position, push your hips off the deck, creating a straight line from ear to ankle, hold for 1-2 sec and return to starting position. |
| (d) Single Leg Pillar Bridge | (d) Start in pillar bridge positions. Lift one leg off the deck, foot flexed, and hold for 30 seconds. Discuss pelvic tilt. |
- (3) **Level 3:**

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(a) Plank Running

(a) Start in push up position with hands beneath shoulders, one knee toward chest, one straight. Begin to alternate leg position while keeping torso engaged and hips still. Be sure to keep one foot in contact with the ground at all times and your back flat throughout the entire movement.

(b) Lateral Pillar Bridge to Push-up

(b) Start in front leaning rest position, complete one push-up and slowly move into a lateral pillar bridge position, holding for two seconds. Slowly bring the body back into front leaning rest to perform exercise on other side.

(c) Lateral Pillar Bridge with Leg Lifts

(c) Start in lateral pillar bridge position. Slowly lift top leg up and hold for two seconds. Lower leg down and repeat for reps. Ensure that CFLs maintain proper alignment throughout the movement.

7. Strength Circuits

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

- a. Now that we have shown you exercises for every major muscle group, as well as their progressions, we are going to demonstrate how you can put it together into a quick and effective workout.

- b. Circuit 1/Level 1
 - (1) Push-ups
 - (2) Bent-over Y's
 - (3) Bicep Curls
 - (4) Dips
 - (5) Bodyweight Squats

RELATED INSTRUCTOR ACTIVITY

- a. Depending on space availability, these circuits can be taught as stations or they can be taught all together as a group. See above for exercise descriptions. We have chosen one exercise from each muscle group in Level 1. For a Level 2/3 workout, any of the exercises we demonstrated today can be used.

Trainees will complete two circuits. The first circuit will consist of level 1 exercises. The second circuit will consists of level 2 exercises.

- b. 30 seconds each station/exercise.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(6) Crunches

(7) Glute Bridge

(8) Pillar Bridge

c. Circuit 2/Level 2

c. 30 seconds each station/exercise.

(1) Negative Push-up

(2) Bent-over Rows (unilateral)

(3) Triceps Extension (with tubing)

(4) Split Squat (with tubing)

(5) Bicep Curls (with tubing)

(6) Bicycles

(7) Glute Bridge with Knee Extension

(8) Pillar Bridge with Arm Lift

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.10 Gym Session 2: Strength Training

DISCUSSION POINT

8. Cool-down Exercises
9. Flexibility Exercises and Stretches
10. Summary and Review
11. Assignment

RELATED INSTRUCTOR ACTIVITY

8. End the class by having the trainees lead a cool-down session (5-10 minutes). Critique the trainees in their technique at this time.
9. Have the trainees demonstrate all 12 flexibility exercises taught the day before. Critique the trainees in their technique at this time.
10. Refer trainee to Diagram Sheet 1-10-1, Strength Training Exercises, for a list of the exercises covered in this session. This completes this gym session. Ask the trainees if they have any questions.
11. Review all homework assignments. Remind them of when class is starting tomorrow etc. Finish the sessions with: "CFLs, are you ready"? After they say "always ready," then yell: "dismissed!".

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

CLASS PERIODS: 1

LAB PERIODS: 0

PA PERIODS: 0

Enabling Objectives:

- 1.8 **DETERMINE** physical conditioning strategies to increase performance, when given a scenario, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 101, 103)
- 1.11 **DESCRIBE** how to develop a plan to increase the PRT score for individual command personnel using own words, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 78)

Trainee Preparation Materials:

- A. Trainee Support Materials:
1. None

B. Reference Publications:

1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

1. ACE Group Fitness Instructor Manual: A Guide For Fitness Professionals, ISBN-10: 1890720372
2. ACSM's Guidelines for Exercise Testing and Prescription, 9th Edition, 2013, ISBN-10: 1609139550
3. ACSM's Resources for the Personal Trainer, ISBN-10: 0781797721
4. NASM Essentials of Personal Fitness Training, ISBN-10: 1284036804
5. NSCA's Essentials of Strength Training and Conditioning, ISBN-10: 0736058036

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

C. Training Materials Required:

1. Instruction Sheets
 - a. Interval Training to Improve 1.5 Mile Run Time,
Diagram Sheet 1-11-1
2. IMI
 - a. Improving Physical Readiness Test (PRT)
Scores, CFL IMM 1-11

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

1. Introduction
 - a. Objectives
 - (1) Review the latest exercise guidelines
 - (2) Review ways to improve push-ups
 - (3) Review ways to improve curl-ups
 - (4) Review ways to improve the cardio-respiratory event
 - b. Twice a year you get the chance to see how physically fit you really are by completing the Physical Fitness Assessment (PFA). The PFA is a comprehensive health, physical fitness, and mission readiness tool. All Naval personnel shall strive to optimize fitness and readiness by exceeding minimum standards and achieving continual improvement

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 1.

 - a. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 2.
- b. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 3.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

2. Exercise Guidelines and Principles
 - a. Basic Exercise Guidelines
 - (1) You should prepare for the PFA throughout the year and not just in the two or three weeks leading up to the PRT. Per exercise guidelines (National Strength and Conditioning Association (NSCA): Essentials of Strength Training and Conditioning), it takes at least 6-8 weeks to notice any significant gains in cardio-respiratory or muscular endurance. For this reason, you should always be ready for the PRT
 - (2) Once you reach your PFA goal, maintain your current level by training for those events at least 3 times a week
 - b. ACSM Guidelines

RELATED INSTRUCTOR ACTIVITY

2. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 4.
 - a. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 5.
- b. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 6.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (1) Cardio-respiratory
 - (a) Frequency: = 5 d/wk of moderate exercise, or =3 d/wk of vigorous exercise, or a combination of moderate and vigorous exercise on =3-5 d/wk is recommended.
 - (b) Intensity: Moderate and/or vigorous intensity is recommended for most adults.
 - (c) Time: 30-60 min/day of purposeful moderate exercise, or 20-60 min/day of vigorous exercise, or a combination of moderate and vigorous exercise per day is recommended for most adults.
 - (d) Type: Regular, purposeful exercise that involves major muscle groups and is continuous and rhythmic in nature is recommended.

RELATED INSTRUCTOR ACTIVITY

- (1) Refer to ACSM's Guidelines for Exercise Testing and Prescription, 9th Edition, 2013, ISBN-10: 1609139550, Chapter 7, Table 7.5, page 180.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (e) Pattern: Exercise may be performed in one (continuous) session per day or in multiple session of =10 min to accumulate the desired duration and volume of exercise per day.
 - (f) Progression: A gradual progression of exercise volume by adjusting exercise duration, frequency, and/or intensity is reasonable until the desired exercise goal (maintenance) is attained.
- (2) Resistance
- (a) Frequency: Each major muscle group should be trained on 2-3 days per week.

RELATED INSTRUCTOR ACTIVITY

- (2) Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 7.

Refer to ACSM's Guidelines for Exercise Testing and Prescription, 9th Edition, 2013, ISBN-10: 1609139550, Chapter 7, Table 7.5, page 185.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (b) Intensity:
 - Moderate-to-vigorous intensity for novice to intermediate exercisers to improve strength.
 - Light-to-moderate intensity to improve muscular endurance.
- (c) Type:
 - Resistance exercises involving each major muscle group are recommended.
 - Multi-joint exercises affecting more than one muscle group and targeting agonist and antagonist muscle groups are recommended for all adults.
- (d) Repetitions:
 - 8-12 repetitions are recommended to improve strength and power in most adults.
 - 15-20 repetitions are recommended to improve muscular endurance.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <p>(e) Sets:</p> <ul style="list-style-type: none">• 2-4 sets are recommended for most adults to improve strength and power.• =2 sets are effective in improving muscular endurance. <p>(f) Pattern:</p> <ul style="list-style-type: none">• Rest intervals of 2-3 min. between each set of repetitions are effective.• A rest of =48 hours between sessions for any single muscle group is recommended. <p>(g) Progression: A gradual progression of greater resistance, and/or more repetitions per set, and/or increasing frequency is recommended.</p> <p>(3) Flexibility</p> | <p>(3) Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 8.</p> |
|---|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

Refer to ACSM's Guidelines for Exercise Testing and Prescription, 9th Edition, 2013, ISBN-10: 1609139550, Chapter 7, Table 7.7, page 188.

- (a) Frequency: 2-3 days per week with daily being most effective.
- (b) Intensity: Stretch to the point of feeling tightness or slight discomfort.
- (c) Time: Holding a static stretch for 10-30 sec. is recommended for most adults.
- (d) Type: A series of flexibility exercises for each of the major muscle-tendon units is recommended.
- (e) Volume: A reasonable target is to perform 60 sec. of total stretching time for each flexibility exercise.
- (f) Pattern: Repetition of each flexibility exercise 2-4 times is recommended.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

(4) Neuromotor

- (a) Type: Exercises involving motor skills (e.g. balance, agility, coordination, gait), proprioceptive exercise training, and multifaceted activities (e.g. tai ji, yoga) are recommended.
- (b) Frequency: 2-3 days per week is recommended.
- (c) Time: 20-30 min. per day may be needed.

c. Balanced Exercise Sequence

- (1) The ideal exercise program incorporates several different types of physical activity:
 - (a) Cardio-respiratory

RELATED INSTRUCTOR ACTIVITY

- (4) Refer to ACSM's Guidelines for Exercise Testing and Prescription, 9th Edition, 2013, ISBN-10: 1609139550, Chapter 7, Table 7.8, page 190.

c. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 9.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">(b) Muscular strength & endurance(c) Flexibility(d) Balance / Agility(2) Balance opposing muscle groups (e.g. chest and back)(3) Too often individuals neglect one area and do not receive optimal results in overall health and fitness
<ul style="list-style-type: none">3. Improving Your Curl-Ups<ul style="list-style-type: none">a. Anatomy of the Curl-up | <ul style="list-style-type: none">3. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 10.a. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 11. |
|---|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (1) The Navy curl-up uses the abdominal muscles (rectus abdominis) and hip flexors. The abdominal muscles help lift the shoulder blades off the ground (approximately first 30% of curl-up), while the hip flexors complete the exercise by bringing the elbows to the thighs.

NOTE: If you have poor core strength, you may experience some mild low back pain while doing the curl-up. This pain may be due to muscle imbalances, for example: powerful hip flexors with weak abdominals and low back muscles. If you have low back pain, and have been cleared by medical, you can start to condition these muscles by exercising them separately and then gradually progress to the curl-up.

- (2) The next few slides will introduce some exercises to target and strengthen these muscle groups.

b. Some basic exercises for the abdominals include:

RELATED INSTRUCTOR ACTIVITY

- b. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 12.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Basic crunch
 - (2) Crunches on an exercise ball
 - (3) Crunches with a medicine ball (shown)
 - (4) Decline sit-ups
 - (5) Cable pull (shown)
- c. To increase your hip flexor strength, perform a standing hip flexion or a knee block. To increase the difficulty of a standing hip flexion, use resistance by using one of the following options:
- (1) Plate weight (may need to hold onto wall for balance)
 - (2) Cable knee drives
 - (3) Resistance tubing

- c. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 13.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- d. Combination exercises utilize both the abdominals and the hip flexors. Combination exercises include:
 - (1) Hanging knee raises
 - (2) V-ups
 - (3) Bicycles
- 4. Improving Your Push-Ups
 - a. Anatomy of a Push-Up
 - (1) When you perform a push-up, you use the following muscles:
 - (a) Chest
 - (b) Triceps (backside of upper arm)
 - (c) Anterior shoulders (front of shoulder)

RELATED INSTRUCTOR ACTIVITY

- d. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 14.
- 4. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 15.
 - a. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 16.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (d) Core (abdominals, low back, and hip flexors)
- b. Depending on one's level of fitness, proper progressions/modifications may be needed to train for the push-up. Once a Sailor can successfully perform a standard push-up for 20 repetitions/30 seconds, he/she can add advanced movements to their training regimen that will further challenge their muscular endurance
- c. For individuals looking to increase their push-ups, use the 10% Progression rule each week.
- d. Gradually progress from:
 - (1) Push-ups on a wall, to
 - (2) Push-ups on a bench/step, to
 - (3) Toe-knee-toe push-ups, to
 - (4) The standard push-up, to

RELATED INSTRUCTOR ACTIVITY

- b. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 17.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (5) A push-up with 3 second isometric hold (hold in the down position)

- e. Your hand-stance will determine which muscle groups are targeted

- e. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 18.

- (1) Wide stance: Chest and shoulder

- (2) Narrow stance: Triceps

- f. Adding the variations will allow for you to strengthen all primary/assistor muscles that help perform the push-up.

- g. To further improve your push-up, vary your hand stance:

- (1) Wide push-up

- (2) Narrow or diamond push-up

- (3) Staggered hand stance

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (4) One hand on book or medicine ball
- (5) 5+ days per week of moderate exercise, or 3+ days per week of vigorous exercise, or a combination of moderate and vigorous exercise on 3-5 days. 30-60 minutes of purposeful moderate exercise or 20-60 minutes of vigorous exercise, or a combination of moderate and vigorous exercise per day in either one continuous session or in multiple sessions of 10+ minutes to accumulate the desired duration.
- (6) Use an exercise ball or BOSU:
 - (a) With ankles on the ball
 - (b) With both hands on a secured ball or BOSU

NOTE:

BOSU is an athletic training tool consisting of an inflated rubber half circle attached to a rigid platform. BOSU is an acronym for Both Sides Utilized. (BOSU is a registered trademark.)

RELATED INSTRUCTOR ACTIVITY

- (5) Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 19.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(7) Use resistance with tubing

h. Using the SAID principle, it is important to incorporate the actual exercise/movement that you will be doing for the PRT.

h. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 20.

i. Incorporate one of these sample workouts to your weekly workout plan 1-2 times a week.

(1) Beginner

(a) Take the number of push-ups you can complete in perfect form and divide in half

(b) Perform that number for 5 sets with a 60 second rest between sets

(2) Advanced

(a) 10 reps of each: Standard push-ups, Crunches, Triceps push-ups, Reverse crunches, Wide push-ups, Sit-ups

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (b) Rest for 30 seconds between each set
- (c) Repeat for a total of 10 sets
- j. Remember to rest at least 48 hours between workouts. Use any of the alternative options to create an advanced workout.
- k. Core Strength
 - (1) You need core strength to perform your job, as well as the activities of daily living. Good core strength may also help reduce low back pain. If you do not have good core strength, it will be difficult for you to maintain a straight back while performing push-ups.
 - (2) Typically when you have poor core strength, your back will sag or your buttocks will be in the air (to stretch out your low back region) while in the rest position of the push-up.

- k. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 21.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

1. Some basic exercises to improve your core strength include:
 - (1) Pillar bridge
 - (2) Lateral pillar bridge
 - (3) Glute bridges
 - (4) Glute marching
 - (5) Birddogs
- m. Remember: you are training for muscular endurance NOT strength. So use high repetitions (15-20 reps for 3-4 sets) and low weights. Your last 1-2 repetition/s should be difficult to lift, if not, increase the weight. Allow a 48-72 hours rest period between weight training sessions.
- n. Chest Exercises include:

RELATED INSTRUCTOR ACTIVITY

1. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 22.
 - (1) Top row, left picture.
 - (2) Top row, right picture.
 - (3) 2nd row, left picture.
 - (4) 2nd row, right picture.
 - (5) 3rd row picture.
- m. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 23.
- n. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 24.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

CAUTION:

Safety notes:

- Four-Point contact (head, shoulders, hips, feet)
- Have somebody spot your weight as you lift
- Do not bounce the bar off of your chest
- Do not go too deep into the press

- (1) Bench press - Place hands on the bar the same distance you use for the push up
- (2) Incline press
- (3) Decline press
- (4) Pectoral fly
- (5) Cable cross-overs

o. Triceps Exercises include:

RELATED INSTRUCTOR ACTIVITY

- o. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 25.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">(1) Dips or assisted dip machine(2) Triceps Cable Press Down(3) Triceps Kick Back(4) French Curl or "Skull Crusher" <p>5. Improving Your Cardio-respiratory Fitness</p> <p>a. Types of Cardio-respiratory Training</p> <ul style="list-style-type: none">(1) There are five primary types of cardio-respiratory training:<ul style="list-style-type: none">(a) Long Slow Distance(b) Pace/Tempo(c) Interval | <p>5. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 26.</p> <p>a. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 27.</p> |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (d) Repetition
- (e) Fartlek
- (2) Make sure to include several of these options in your cardio-respiratory training.
- b. Long Slow Distance
 - (1) Long slow distance running places an emphasis on time and/or distance, not speed. You should be running at a low to moderate pace, while still being able to talk and carry a conversation. (RPE: 4-6)
 - (2) An example of this is running for 3+ miles or 30+ minutes.
 - (3) This does not include formation running! Only run with people of your own pace.
- c. Pace / Tempo Training

- b. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 28.
- c. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 29.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (1) Pace / tempo training helps you develop a sense of pace, while increasing your ability to sustain that pace (RPE: ~7)
- (2) You should be running at or slightly faster than your race or 1.5 mile pace
- (3) How do you determine your desired pace for the 1.5 mile run?
- (4) Divide 90 by your 1.5 mile run time to get the miles per hour that you can use on a treadmill. You can use either your current time, or your target time (for example, use a target time that is 30 seconds less than your most recent PRT time).
- (5) For a 12:30 1.5 mile run time, this comes to a 7.2 mph speed.
- (6) These are the recommended miles per hour to use on a treadmill, depending on your current or target 1.5 mile run time.

RELATED INSTRUCTOR ACTIVITY

- (6) Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 30.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

d. Interval Training Example

d. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 31.

- (1) 5 - 10 minutes warm-up
- (2) 3 minutes moderate or high intensity followed by 3 minutes low intensity (repeat 3-5 times)
- (3) 5 - 10 minutes cool down
- (4) As fitness level improves, gradually switch to 4 minutes high intensity, 4 minutes low intensity; eventually progressing to 5 minutes high intensity, 5 minutes low intensity
- (5) This training can be easily adapted to runners, swimmers, as well as elliptical/stationary bike users

(4) Refer to Diagram Sheet 1-11-1, Interval Training to Improve 1.5 Mile Run Time.

e. Interval Training - Ladders

e. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 32.

- (1) Warm-up - 5 minutes walk/easy pace,

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) Run 400 meters (5K race pace), recover 400 meters (easy pace),
- (3) Run 800 meters (5K race pace), recover 400 meters (easy pace),
- (4) Run 1200 meters (5K race pace), recover 400 meters (easy pace),
- (5) Run 800 meters (5K race pace), recover 400 meters (easy pace),
- (6) Run 400 meters (5K race pace)
- (7) Cool down (5 minutes easy pace)

f. Repetition Training

- (1) Repetition training is high intensity, short duration (typically 30-90 seconds) training. Repetition training is best conducted on a flat surface, like a ball field, football field, or basketball court. (RPE: 9-10)

f. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 33.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (2) Benefits of repetition training include improved running speed and enhanced running economy.
- (3) Sample Repetition 1
 - (a) Sample repetition 1 is a cone drill.
 - (b) Run the pattern and jog back to the start.
 - (c) Repeat each pattern 2 to 7 times.

NOTE: You can mirror the pattern for more variety.

- (4) Sample Repetition 2
 - (a) Sample repetition 2 is a linear acceleration pattern.
 - (b) Set up the cones 10 yards apart and follow the running pattern for each stage to complete the pattern.

RELATED INSTRUCTOR ACTIVITY

- (3) Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 34.
- (4) Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 35.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (c) Run the pattern for 2 minutes and then rest for a minute.
- (d) Repeat 3 to 7 times.
- (5) Sample Repetition 3
 - (a) Sample repetition 3 uses cones to set up a 25 yards distance.
 - (b) Run 25 yards down and back 6 times (12 lengths), rest 3-5 minutes, and repeat.
- g. Fartlek Training
 - (1) Fartlek running is a type of interval training, where the runner varies the pace significantly during the run (see example diagram on the slide).

RELATED INSTRUCTOR ACTIVITY

- (5) Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 36.
- g. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 37.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) Fartlek training involves running at low/moderate intensity, race pace, with bursts of speed or sprints. You can do this type of running on base (on the road or cross-country), or on a treadmill.
- (3) Fartlek running can help reduce the boredom and monotony of running.

h. Running Economy

- (1) In order to get the best run-time, use the following tips to improve your running technique:
 - (a) Control your breathing-make sure you are not taking shallow breaths, which may lead to hyperventilation. Some individuals find it beneficial to use the cadence method (where they exhale every time their right foot hits the ground). With training, your breathing should become controlled and natural.

- h. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 38.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (b) Relax your arms-your arms should be in a relaxed position, by your sides, at a 90 degree bend at your elbow or lower (at the hip level).
- (c) Reduce unnecessary movement-avoid side-to-side motions with your arms. Your arms should be in sequence with the alternate leg; try not to bounce up and down more than necessary, and don't zigzag across the track.
- (d) Open your stride-do not over-reach, this should feel natural; by opening your stride you cover more distance per step. Combine this with an increase in the number of steps you take per minute, and you will finish the 1.5-mile run even faster.

RELATED INSTRUCTOR ACTIVITY

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) You should not participate in traditional formation runs. This forces you to over-stride (beyond your natural stride), which may put additional stress on the pelvis and lower extremities. Instead, run in ability groups, where members are placed into groups based on similar performance (running time) in the 1.5-mile run.

- i. Starting Out

- (1) If you have an increased body fat percentage (especially if you are significantly out of BCA standards), you should begin with low impact exercise and limit the amount of running for the first couple of weeks on FEP (Fitness Enhancement Program). This will reduce your injury rate because there is less impact on the joints.

- i. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 39.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (2) If you want to prepare for running, you can practice your form with aqua jogging, where you wear a foam vest and add resistance to your arms and legs. Many injured runners use this type of exercise to maintain their current cardio-respiratory level while recovering.
- (3) If you are just starting a running program, give yourself at least 48 hours in between training sessions. As you become conditioned, you can then begin to run on consecutive days, but for long-term injury prevention, you should not be running 7 days a week.

j. Sample Running Schedule

- (1) Monday-Pace/Tempo Run
- (2) Tuesday-Full-body strength training
- (3) Wednesday-Interval training (Ladders)
- (4) Thursday-Full-body strength training

RELATED INSTRUCTOR ACTIVITY

- j. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 40.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (5) Friday-Fartlek training/cross training
- (6) Saturday-Long slow distance run
- (7) Sunday-Off

6. Plyometrics

- 6. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 41.

- a. Plyometric exercises are defined as quick, powerful movements involving an eccentric contraction, followed immediately by an explosive concentric contraction
- b. The objective of plyometric exercises for runners is to produce greater power by training the muscles to contract more quickly and forcefully from an actively pre-stretched position
- c. With plyometric exercises, the muscle is loaded and contracted rapidly in a sequence known as the stretch-shortening cycle

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- d. Plyometric training focuses on increasing power output thereby enhancing the stretch-shortening cycle

- e. Benefits of plyometric exercises and running

- e. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 42.

- (1) One of the most important functions in running efficiency is the ability to store energy
- (2) It is during the impact of the foot where the energy is stored and provides the energy to propel forward
- (3) Think of a pogo stick, it is in the stored energy of the spring that allow the stick to propel higher off the ground
- (4) The same is true for the force propelled off of the foot when you push off the foot
- (5) The more efficient we become in storing that energy, the more efficient we become in maintaining a given pace for less overall energy

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

f. Incorporating plyometric exercises into your workouts

f. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 43.

(1) Due to the intensity of plyometric exercises, they should only be incorporated 1-2 times a week

(1) Refer to NASM Essentials of Personal Fitness Training, ISBN-10: 1284036804.

(2) Sessions should include 2-5 sets of 6-10 jumps per set

(3) For injury prevention, progression should be used when including them in your workout

(4) Beginners should start with no more than 80-100 jumps per session; 100-120 jumps for intermediates; and 120-140 jumps per session for more advanced runners

(5) Allow 2-3 minutes recovery between sets

g. Plyometric exercise examples

g. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 44.

(1) Squat jumps

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| <ul style="list-style-type: none">(2) Lateral bounding(3) Single-leg hops(4) Linear skips(5) Linear hops <p>h. Plyometric considerations</p> <ul style="list-style-type: none">(1) Due to the physical demands of plyometrics, ensure that a sufficient strength and conditioning base has been established.(2) To avoid injury, individuals over 250 lbs should avoid high volumes of plyometrics.(3) When doing plyometrics, proper footwear is vital. Ensure that shoes have ankle/arch support, lateral stability, and a non-slip sole. | <ul style="list-style-type: none">h. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 45. |
|--|--|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (4) Perform all movements on surfaces with good shock-absorbing properties to avoid excessive force to the joints.
- (5) A proper warm-up consisting of dynamic movements and stretching must be incorporated before beginning plyometrics.
- (6) Proper form and alignment must be used at all times to avoid injury.
- (7) When landing, land softly to absorb the shock.
- (8) Proper recovery between workouts is 48-72 hours.
- (9) Remember, the focus is on Quality, not quantity. Always maintain proper form and full range of motion for each repetition.

- (5) Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 46.

7. Summary and Review

- a. Latest exercise guidelines and principles

- 7. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 47.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| b. Ways to improve curl-ups | |
| c. Ways to improve push-ups | |
| d. Ways to improve the cardio-respiratory event | |
| e. For more information on how to get fit, see your Command Fitness Leader or MWR Fitness Specialist. The following link also provides additional information and links for physical readiness:
http://www.public.navy.mil/bupers-npc/support/physical/ | e. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 48. |
| f. The following items will provide more information on the topics that were covered in this lesson: | |
| (1) National Strength and Conditioning Association: Essentials of Strength Training and Conditioning (3rd Edition, 2008) | (1) Refer to NSCA's Essentials of Strength Training and Conditioning, ISBN-10: 0736058036. |
| (2) American Council on Exercise Group Fitness Instructor Manual: A Guide for Fitness Professionals (3rd Edition, 2011) | (2) Refer to ACE Group Fitness Instructor Manual: A Guide For Fitness Professionals, ISBN-10: 1890720372. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.11 Improving Physical Readiness Test (PRT) Scores

DISCUSSION POINT

- (3) ACSM's Resources for the Personal Trainer
(3rd Edition, 2009)
- (4) NASM Essentials of Personal Fitness Training
(4th Edition, 2013)

g. Any questions?

RELATED INSTRUCTOR ACTIVITY

- (3) Refer to ACSM's Resources for the Personal Trainer, ISBN-10: 0781797721.
- (4) Refer to NASM Essentials of Personal Fitness Training, ISBN-10: 1284036804.

g. Display Improving Physical Readiness Test (PRT) Scores, CFL IMM 1-11, Slide 49.

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.12 Foundational Nutrition

CLASS PERIODS: 1

LAB PERIODS: 0

PA PERIODS: 0

Enabling Objectives:

- 5.1 **DESCRIBE** concepts of healthy nutrition using own words, in accordance with Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 109, 113, 114, 121, 122)
- 5.2 **DESCRIBE** an unhealthy diet using own words, in accordance with Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 119)

Trainee Preparation Materials:

A. Trainee Support Materials:

- 1. None

B. Reference Publications:

- 1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

- 1. Choose My Plate, www.choosemyplate.gov, Website
- 2. Dietary Guidelines for Americans, 2015
health.gov/dietaryguidelines/default.asp
- 3. Healthy People 2020. Understanding and improving health, 017-001-001-00-550-9
- 4. Nutrition Resource Guide 2011, OPNAVINST 6110.1 (Series) Supplement
- 5. Perspectives in Nutrition, 7th Edition, 2006, ISBN-10: 0073228060

C. Training Materials Required:

- 1. IMI
 - a. Foundational Nutrition, CFL IMM 1-12

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

1. Introduction
 - a. With Nutrition being such an important part of a Sailors overall well being and job security, many Sailors will seek their CFL's input on diet strategy. It is extremely important for you to understand that as a CFL you cannot provide any individual guidance on nutrition strategies.
 - b. With that being said, it IS the CFL's responsibility to understand why people eat the foods they eat and to understand some basic nutrition information, but the most important job of the CFL is to know where reputable nutrition resources are located.
 - c. It is very important for the CFL to be aware of these reputable nutrition resources so that they can send their Sailors to them in their time of need rather than the Sailor seeking out less than qualified nutrition resources.

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Foundational Nutrition, CFL IMM 1-12, Slide 1.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">d. Objectives<ul style="list-style-type: none">(1) Define the role of the CFL(2) Provide overview of basic nutrition(3) Discuss the benefits of a healthy diet(4) Discuss the potential risks of an unhealthy diet(5) Familiarize you with reputable nutrition resources
2. Role of the CFL<ul style="list-style-type: none">a. Be familiar with resources like the Nutrition Resource Guide (NRG) contents, Local ShipShape facilitator(s), and Dietitian (Navy, Army, or AF) at MTFsb. Conduct FEP indoctrination and continue to monitor FEP participants | <ul style="list-style-type: none">d. Display Foundational Nutrition, CFL IMM 1-12, Slide 2.

2. Display Foundational Nutrition, CFL IMM 1-12, Slide 3. |
|---|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| <ul style="list-style-type: none">(1) Provide a copy/link for NRG(2) Collect nutrition option (1 of 4) within 14 days and enter in PRIMSc. Stay proactive and support training<ul style="list-style-type: none">(1) Be proactive - advertise classes/resources at the command(2) Communicate with Chain of command on importance of training earlier than later <p>3. Outside of CFL Role</p> <ul style="list-style-type: none">a. Provide or recommend "diets"/plans, instead recommend a balanced approach and refer the member to a registered dieticianb. Recommend calorie levels | <p>3. Display Foundational Nutrition, CFL IMM 1-12, Slide 4.</p> |
|--|--|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- c. Recommend supplements, instead refer to Operational Supplement Safety (OPSS) or a uniformed Registered Dietitian
- 4. Activity
 - a. Write down three reasons why people choose to eat the foods they do
 - b. Reasons why people eat
 - (1) Here are several reasons why people eat the foods they do. Energy and hunger are the only ones that are essential for survival. The rest are external cues for eating.
- 5. Benefits of Proper Nutrition

RELATED INSTRUCTOR ACTIVITY

- c. Refer to www.opss.org
- 4. Display Foundational Nutrition, CFL IMM 1-12, Slide 5.
 - a. Ask the class to write down three reasons why people eat or why they choose the foods they eat. (Allow a few minutes and then ask if anybody would like to share their reasons.).
 - b. Display Foundational Nutrition, CFL IMM 1-12, Slide 6.
 - (1) Ask the class if anybody has energy as one of their reasons?
- 5. Display Foundational Nutrition, CFL IMM 1-12, Slide 7.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. So now we know several reasons why people choose to eat the foods they do. What are some of the benefits of choosing a healthy diet?
 - b. For starters, a Sailor who makes healthy choices on a daily basis will feel more energized both physically and mentally, have an easier time maintaining a healthy weight, their performance will improve, over time they will be able to improve their immune system, thus have a reduced risk of many diseases.
6. Risks of Improper Nutrition
- a. The improved immune system will go a long way in preventing or recovering more quickly from short-term illnesses such as common colds and flu, but good nutrition also reduces the risk of suffering from diseases such as anemia, high blood pressure, cholesterol and triglycerides.

6. Display Foundational Nutrition, CFL IMM 1-12, Slide 8.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- b. Good nutrition also reduces the risk of developing diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, cancer, sleep apnea along with other respiratory diseases and several types of cancers.
-
- 7. Nutrition Foundation provides evidence-based guidelines for healthy eating.
 - a. Dietary Guidelines translate science into practices and are updated every 5 years by nutrition experts. They are used by all federal agencies including DoD and are the basis for nutrition programs.
 - (1) Build a healthy plate
 - (2) Cut back on foods high in solid fat , added sugar and salt
 - (3) Eat the right amount of calories for your height, weight, age, gender and physical activity level
 - (4) Be physically active your way

RELATED INSTRUCTOR ACTIVITY

- 7. Display Foundational Nutrition, CFL IMM 1-12, Slide 9.
 - a. Reference Dietary Guidelines for Americans, health.gov/dietaryguidelines/default.asp.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- b. ChooseMyPlate.gov is the visual picture of a healthy plate, while Dietary Guidelines are the details of selecting foods with in the groups.
 - (1) 1/2 of the plate is fruits and vegetables
 - (2) 1/4 of the plate is grain (whole gains)
 - (3) 1/4 of the plate is protein
(Lean chicken, fish, tofu, or beef)
- c. Sample 2000 Calorie Meal Plans from SuperTracker are available on ChooseMyPlate.gov
- 8. Go for Green is based on Dietary Guidelines and other evidence-based standards
 - a. DoD stoplight identification of food choices in the galley
 - b. Green: Eat often – Contain most nutrients and least added salt, sugar and fat

RELATED INSTRUCTOR ACTIVITY

- b. Reference Choose My Plate, www.choosemyplate.gov, Website.
- c. Display Foundational Nutrition, CFL IMM 1-12, Slide 10.
- a. Guides available on NPC nutrition web page – good training tool/resource even outside of eating in the dining facilities.
- b. Display Foundational Nutrition, CFL IMM 1-12, Slide 11.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">c. Yellow: Eat occasionally/watch portionsd. Red: Eat rarely - Least nutrients and/or most added sugar, salt and fat <p>9. m-NEAT - Military Nutrition Environment Assessment Tool</p> <ul style="list-style-type: none">a. DoD Nutrition Environment Assessment Toolb. Commander's report card on how supportive a command and/or base are of healthy eatingc. CFLs are a key stakeholder in changing the eating environment <p>10. Two recent fitness campaigns for you to be aware of:</p> <ul style="list-style-type: none">a. DoD: Operation Live Well "Making healthy living the easy choice and the social norm." <p>(1) Educate and inform key audiences about healthy behaviors.</p> | <p>9. Display Foundational Nutrition, CFL IMM 1-12, Slide 12.</p>

<p>10. Display Foundational Nutrition, CFL IMM 1-12, Slide 13.</p> <ul style="list-style-type: none">a. Refer to www.defense.gov/home/features/2012/0812_live-well. |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (2) Encourage healthy behaviors by providing accessible and actionable information and resources to key target audiences.
- (3) Enhance the resiliency of the force and support the DoD objectives of moving from health care to health.

- b. "OPNAV N170, 21st Century Sailor Office's goal is to provide our Sailors with the support network, programs, resources, training, and skills needed to overcome adversity and thrive," said Rear Adm. Sean Buck, Director of the 21st Century Sailor office. "Resilience is not one program or initiative, but a comprehensive effort to build life skills that not only ensure Navy readiness, but also fully develop the personal and professional talent of our force. The 21st Century Sailor office will drive policy and strategies that are responsive to our Sailors and their families."

11. Navy Nutrition Webpage

- a. Pages are broken up by different audiences to help locate items of interest more easily.

RELATED INSTRUCTOR ACTIVITY

- b. Refer to <https://health.mil/Military-Health-Topics/Operation-Live-Well?Type=Presentations>

11. Display Foundational Nutrition, CFL IMM 1-12, Slide 14.

- a. Display Foundational Nutrition, CFL IMM 1-12, Slide 15.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. The CFL page has the FEP nutrition options, Nutrition Resource Guide and the segment of the OPNAVINST 6110.1 (Series) relating to CFL and nutrition.
 - c. The Eater page has tips, PSAs, fact sheets and links to resources including the Military One Source counseling link.
12. Nutrition 101
- a. Energy 101
 - (1) Now that we have touched on why people eat and the importance of good nutrition, let us talk about energy and the macro-nutrients.
 - (2) First, what fuels us each day are calories. Calories or energy come from the foods we eat. Every move we make is fueled by the calories we eat. Our brain also works on calories. So, where do these calories come from?

12. Display Foundational Nutrition, CFL IMM 1-12, Slide 16.
- a. Display Foundational Nutrition, CFL IMM 1-12, Slide 17.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (3) They come from carbohydrates, protein, fat, and alcohol. These are the only things that can give a person energy.
- (4) Despite what supplement companies want you to believe, vitamins, minerals and caffeine do NOT provide energy. Vitamins are involved in the metabolism or breakdown of calories, but they do not provide energy.
- (5) If you have a vitamin deficiency and then replenish that vitamin, it assist in technically, it assist in providing energy.
- (6) Caffeine can block sleep receptors and decrease how hard we think we are actually working, but caffeine does not provide energy. Only food can provide calories.

RELATED INSTRUCTOR ACTIVITY

13. Essential Nutrients

13. Display Foundational Nutrition, CFL IMM 1-12, Slide 18.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. So let us start breaking down the nutrients. There are six nutrients we need each day. Carbohydrate, fat, protein, vitamins, minerals and water.

- b. Carbohydrates

- b. Display Foundational Nutrition, CFL IMM 1-12, Slide 19.

- (1) Carbohydrates are the #1 source of energy for your body including your muscles and brain.
- (2) If you consume whole wheat bread, white bread, pasta, fruit, chocolate or table sugar, the carbohydrate is absorbed into your intestines and travels to the liver where it is eventually converted to glucose.
- (3) Glucose then travels into your bloodstream to provide immediate energy. If you do not need immediate energy the glucose will convert to glycogen and store in your muscles and liver, to wait for your next burst of physical activity. And this process is fine.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| (4) If you have consumed more calories than you need your body will store the excess glucose as fat which is obviously not the desired goal for most people. | |
| (5) But do not be afraid to eat carbohydrates. Carbohydrates should make up 45-65% of one's diet. | (5) Display Foundational Nutrition, CFL IMM 1-12, Slide 20. |
| (6) They are essential for exercise recovery because they slow muscle breakdown and prepare us for our next workout. | |
| (7) The most nutritious carbohydrate choices are whole grain bread, pasta, oatmeal, beans, peas, corn, and potatoes. These choices, depending on how they are prepared, will provide steady energy and help to prevent high and low energy levels. | |
| (8) This graph shows some of the nutrients that are lost when compared to whole-grain wheat flour. Whole-grain wheat flour has dozens more nutrients than enriched flour. | (8) Display Foundational Nutrition, CFL IMM 1-12, Slide 21. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

c. Healthful Fats

- (1) Fats are an important source of energy during low to moderate intensity exercise.
- (2) Like carbohydrates break down to glucose, fat breaks down to fatty acids. Fat is absorbed into the intestines and is packaged in a protein coat and absorbed into the lymph system eventually going to the liver.
- (3) Unlike glucose, very little fat enters the bloodstream directly from the intestines. Fat overall gets a bad name. Yes we need to limit some fats, but there are different kinds of fats.
- (4) Although it is recommended that we reduce our fat intake for weight loss, heart disease, and other diseases, we do not want to eliminate fat completely from our diet.

RELATED INSTRUCTOR ACTIVITY

- c. Display Foundational Nutrition, CFL IMM 1-12, Slide 22.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (5) Fat has many roles in our body. It comprises part of the cell membranes, insulates us from heat loss, cushions and protects organs, provides fatty acids for skin and hair growth and facilitates the fat soluble vitamins ADE and K into the body.
- (6) The best sources of fats are from nuts, seeds, nut butters, such as peanut butter, almond butter, and macadamia nut butter. Fish, olive and canola oil are also great fat sources. These are loaded with healthy fats such as omega-3 fatty acids, mono-unsaturated, and poly-unsaturated fats.
- (7) These fats still pack 9 calories per gram, but do not cause heart disease and can even protect against heart disease. Unfortunately most Americans are not getting their fat from these healthier sources, so we are overweight and at risk for many diseases.

RELATED INSTRUCTOR ACTIVITY

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (8) These are the fats to avoid. Try to limit your saturated fats to less than 15-25 grams per day. These fats can increase your chances of heart disease by increasing your LDL (bad cholesterol) .
- (9) The partially hydrogenated fats have also received a lot of attention. As of 2006, food packaging companies have to label these Trans fats on their nutrition labels. These fats wreak havoc on our cholesterol profile. They increase our LDL (bad cholesterol) and decrease our HDL (good cholesterol).
- (10) Try to eliminate them or keep them to less than 1 or 2 grams per day. Even less for children.
- (11) You can check to see if Trans fats are in your foods by reading the ingredients list. Anything that states partially hydrogenated oil has some Trans fats. It could be partially hydrogenated soybean, Canola, or corn oil.

RELATED INSTRUCTOR ACTIVITY

- (8) Display Foundational Nutrition, CFL IMM 1-12, Slide 23.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

d. Protein

- (1) Protein has received a lot of press in the past few decades or so.
- (2) Protein is digested in the stomach and intestine into polypeptides where they are absorbed primarily as amino acids. Some dipeptides and tripeptides do cross the intestinal lining. These amino acids then enter the bloodstream and head to the liver. In the liver they are prepared for use as tissues, cells, hormones, and many other functions.
- (3) Proteins are responsible for many parts of our body. If we over-consume protein, they will be converted into carbohydrate via a process called gluconeogenesis . If this new carbohydrate is not used as energy it could be stored as fat.
- (4) Protein is essential every day. It is essential for building and repairing cells and tissue.

RELATED INSTRUCTOR ACTIVITY

- d. Display Foundational Nutrition, CFL IMM 1-12, Slide 24.

- (4) Display Foundational Nutrition, CFL IMM 1-12, Slide 25.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (5) It is important to note that protein will not enhance strength or speed. The exercise and resistance training will make us stronger and faster, while the protein will help us recover from our workouts.
- (6) Great choices of protein are low-fat choices of milk, cheese, cottage cheese, meats, beans, nuts, and seeds.

e. Vitamins and Minerals

- (1) Vitamins are essential, organic, substances needed in the diet for normal function, growth and maintenance of body tissues.
- (2) Minerals are just as vital to your well being as vitamins. They enable enzymes to carry out chemical reactions and are component of body compounds.

RELATED INSTRUCTOR ACTIVITY

- e. Display Foundational Nutrition, CFL IMM 1-12, Slide 26.

- (1) Reference Perspectives in Nutrition, 7th Edition, 2006, ISBN-10: 0073228060.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (3) Just like vitamins, taking more minerals is not better and definitely not safe. Speak to a doctor or registered dietitian about any supplementation of your diet.
- (4) It is important to restate that vitamins and minerals will not provide additional energy. They will only increase energy, if you have a deficiency in one.
- (5) As far as a vitamin supplements, it is not necessary if you are eating a well balanced, healthy diet. There may be some benefit for some people to take a multivitamin, but it is important for you to speak to your physician or a registered dietitian before taking any supplements. Even vitamins can be toxic when taken in excess or when taken with certain medications or health conditions.

f. Basic Daily Guidelines

RELATED INSTRUCTOR ACTIVITY

- (4) Display Foundational Nutrition, CFL IMM 1-12, Slide 27.

f. Display Foundational Nutrition, CFL IMM 1-12, Slide 28.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Finally, these are some basic good nutrition recommendations that anybody can make.
- (2) Consume 5-9 servings of fruits/veggies each day. Even though you have probably heard this a million times, when societies such as Okinawa's and Indians are studied because of their lack of Cancer and Heart disease, they always have a diet high in fruits, vegetables, whole grains and fish.
- (3) Fiber is also an important reason for eating these foods. It provides fullness which can promote weight loss or make it easier to manage a healthy weight.
- (4) Choosing lean meats, nuts and seeds as a protein source most of the time is always a goal. Limit fatty meats to occasional treats.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (5) Getting the 3 cups of milk will obviously get the Calcium we need. Calcium has been shown to possibly aid in weight loss, but really our concern should be to maintain healthy bone for later in life. Osteoporosis strikes about 20% of our older adults each year.
- (6) Also, consume whole grains. Whole grains have shown to reduce the risk of diabetes, obesity, and heart disease.
- (7) Finally, make your fats healthy too. Nuts, seeds and oils are great sources of fats! Nuts and seeds are also good protein substitutes, limiting meat consumption.

14. Characteristics of Healthy Eating Behaviors

- a. Blue Zones Study

RELATED INSTRUCTOR ACTIVITY

14. Display Foundational Nutrition, CFL IMM 1-12, Slide 29.

- a. Display Foundational Nutrition, CFL IMM 1-12, Slide 30.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) It is believed that 20% of our how long we live (and how well) is determined by our genes. 80% is contributed to our environment and lifestyle.
- (2) Blue Zone is a research project to determine characteristics of people around the globe living well. Five locations and nine primary characteristics were identified. See website for more detailed information on each characteristic.
 - (a) Move Naturally - environment encourages moving
 - (b) Purpose - have a purpose in life
 - (c) Down Shift - routines to shed stress
 - (d) 80% Rule - stop eating when 80% full
 - (e) Plant Slant - eat meat rarely (5 times per month)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (f) Wine @5 - drink 1-2 glasses of wine per day with friends and/or food
 - (g) Belong - attend faith-based services
 - (h) Loved Ones First - commit to life partner and children
 - (i) Right Tribe – social network with other healthy people
- (3) Note number 4 and 5 on this slide.
- (4) 80% rule refers to eating until content. The 20% gap is the difference between maintaining and gaining weight.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(5) The plant slant is a diet based primarily on fruit, vegetables and grains with meat intake limited. Quite a different contrast to the American diet. Researchers may argue which is the best diet (Okinawan, Mediterranean, DASH) in the world, but everyone pretty much agrees on the worst – The Western (aka American) Diet. Limited meat intake is linked to better health over and over again. Keep in mind protein is found in all plant based foods excluding fat and fruit (grains, beans, vegetables).

b. So what are some additional characteristics of healthy eating behaviors?

c. These are some characteristics of a healthy diet and healthy eating behaviors:

(1) Eat breakfast daily - Within an hour of awakening

(2) Eat when you are hungry - Stop eating when you are content (not stuffed)

b. Display Foundational Nutrition, CFL IMM 1-12, Slide 31.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (3) Choose whole grain carbohydrates - not avoiding, but choosing well
- (4) Eat 3+ servings of vegetables daily
- (5) Eat 2+ servings of fruit each day
- (6) Choose a variety of colors each day - Blue/purple, red, green, yellow/white, orange fruits and vegetables

d. These are some more healthy behaviors:

- (1) Choose low fat or 1% low fat dairy - Aim for 3-4 cups a day
- (2) Select low-fat and lean cuts of meat

RELATED INSTRUCTOR ACTIVITY

d. Display Foundational Nutrition, CFL IMM 1-12, Slide 32.

- (1) **Note:** Higher natural sources of fat appear to be OK when diet is low in highly processed foods (Highly processed foods: manufactured products that are designed to have a long shelf-life through the addition of preservatives, coloring, additives and flavorings).

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (a) Leaner veal and beef cuts have "loin" or "round" in their names
- (b) Lean pork cuts have "loin" or "leg" in their names
- (3) Drink plenty of non-alcoholic, non-sugar sweetened beverages each day - Urine should be the color of straw

RELATED INSTRUCTOR ACTIVITY

15. Nutrition Resources

- a. From a nutrition standpoint, one of the most important parts of a CFL's job is to be familiar with existing and RELIABLE nutrition resources and tools. There are many resources available, but you only want to send your Sailors to reliable information resources.
- b. Here are some of the more popular and reputable nutrition resources available to you, your Sailors and their family.

15. Display Foundational Nutrition, CFL IMM 1-12, Slide 33.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- c. Nutrition Resource Guide 2011
 - (1) You are probably already familiar with the Nutrition Resource Guide that came out in 2011.
 - (2) All members who fail the PFA regardless of BCA or PRT component must read a copy. You can download the document from the Physical Readiness Program website.
- d. Registered Dietitian (RD)
 - (1) Individual registered dietitian appointments are a resource that the CFL should be aware of
 - (2) They are usually available at the Medical Treatment Facility on your installation and can provide medical nutrition therapy, weight loss counseling and also follow up appointments for weight maintenance

RELATED INSTRUCTOR ACTIVITY

- c. Display Foundational Nutrition, CFL IMM 1-12, Slide 34.
 - (1) Refer to Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement.
- d. Display Foundational Nutrition, CFL IMM 1-12, Slide 35.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (3) The CFL should know how a Sailor can go about scheduling an appointment with a registered dietitian at their installation because some require a referral while others take direct appointments.
- (4) You can use the "Navy Registered Dietitian Locator" link on the Physical Readiness Program website for contact information

e. Navy Marine Corps Public Health Center

- (1) The Navy Marine Corps Public Health Center's website houses all the nutrition education created by The Navy Public Health Center
- (2) It is a great resource to provide general or more specific nutrition and health information to your Sailors

RELATED INSTRUCTOR ACTIVITY

e. Display Foundational Nutrition, CFL IMM 1-12, Slide 36.

- (1) Refer to www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) It is also where you will find more information on the Ship Shape program, which is the BUMED approved weight management program of the Navy

f. ShipShape

f. Display Foundational Nutrition, CFL IMM 1-12, Slide 37.

- (1) Ship Shape is a program that meets weekly for 8 weeks
- (2) It encourages a healthy and permanent approach to weight loss
- (3) Although Ship Shape is not a mandatory program, it is recommended for increased knowledge
- (4) You should visit your local medical treatment facility for more local Ship Shape information or CFL's can find referral letters on the website

(4) Refer to www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/shipshape.aspx.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- g. Navy Fitness Website
 - (1) The CNIC Navy Fitness website provides a plethora of practical information including the Navy Operational Fueling Series, which includes the Meal Builder
 - (2) The Meal Builder allows the active Sailor to create an individualized meal plan with healthy food choices
- h. Mission Nutrition Course
 - (1) Mission Nutrition is a two day course facilitated by trained MWR fitness specialists
 - (2) The curriculum covers topics such as basic and performance nutrition, supplements, mindless eating, fad diets and much more

RELATED INSTRUCTOR ACTIVITY

- g. Display Foundational Nutrition, CFL IMM 1-12, Slide 38.
 - (1) Refer to www.navyfitness.org/fitness/noffs/interactive_mealbuilder/.
- h. Display Foundational Nutrition, CFL IMM 1-12, Slide 39.
 - (1) Refer to www.navyfitness.org/nutrition/mission_nutrition/.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">(3) Be aware that although Mission Nutrition is an excellent course for anybody to attend to learn more about nutrition, it does not fulfill any requirements to visit a dietitian or attending a Ship Shape course | |
| <ul style="list-style-type: none">i. Operation Supplement Safety<ul style="list-style-type: none">(1) The Human Performance Resource Center (HPRC) also provides a plethora of performance related information including information on nutrition and supplements(2) Free access to the Natural Medicines Comprehensive Database is also available here for anybody with a CAC card(3) The Natural Medicines Comprehensive Database provides a detailed breakdown of supplement ingredients | <ul style="list-style-type: none">i. Display Foundational Nutrition, CFL IMM 1-12, Slide 40.<ul style="list-style-type: none">(1) Refer to hprc-online.org/dietary-supplements/dietary-supplements/opss. |
| <ul style="list-style-type: none">j. Military One Source offers a variety of counseling and health and wellness coaching. | <ul style="list-style-type: none">j. Display Foundational Nutrition, CFL IMM 1-12, Slide 41. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (1) These qualified experts can assist members with behavior changes in the comfort of their own home.
- (2) Free resource to military members and their families.

16. Summary and Review

- a. There are many resources available to members
- b. Always use science based nutrition resources – NMCPHC link
- c. Provide guidance and resources vice telling members what to eat
- d. References
 - (1) Dietary Guidelines for Americans 2015.
www.dietaryguidelines.gov

RELATED INSTRUCTOR ACTIVITY

- (1) Refer to www.militaryonesource.mil.

16. Display Foundational Nutrition, CFL IMM 1-12, Slide 42.

- d. Display Foundational Nutrition, CFL IMM 1-12, Slide 43.
 - (1) Refer to Dietary Guidelines for Americans, health.gov/dietaryguidelines/default.asp.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.12 Foundational Nutrition

DISCUSSION POINT

- (2) Healthy People 2020.
www.healthypeople.gov/2020/default.aspx
- (3) www.ChooseMyPlate.gov. United States
Department of Agriculture (USDA)
- e. Any questions?
- (1) In this lecture we touched on some fundamental
nutrition information. In the Weight
Management lecture, we will focus more on
weight loss and other helpful information.

RELATED INSTRUCTOR ACTIVITY

- (2) Refer to Healthy People 2010. Understanding
and improving health, 017-001-001-00-550-9.
- (3) Refer to Choose My Plate,
www.choosemyplate.gov, Website.
- e. Display Foundational Nutrition, CFL IMM 1-12,
Slide 44.

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.13 Weight Management

CLASS PERIODS: 1

LAB PERIODS: 0

PA PERIODS: 4

Enabling Objectives:

- 5.1 **EXPLAIN** the concept of portion control using own words, in accordance with Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 117, 118)
- 5.2 **DESCRIBE** healthy eating strategies using own words, in accordance with Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 105, 110, 115, 120)
- 5.3 **EXPLAIN** the two key components necessary for any weight loss program using own words, in accordance with Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 106)
- 5.4 **EXPLAIN** the risks and consequences involved with fad diets using own words, in accordance with Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 108)
- 5.5 **DESCRIBE** concepts and strategies of weight maintenance using own words, in accordance with Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 107)
- 5.6 **DEMONSTRATE** how to complete a food log when given a food log, in accordance with Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 111)
- 5.7 **CALCULATE** personal average caloric intake when given a completed food log, using www.ChooseMyPlate.gov, in accordance with Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 112)
- 5.8 **CALCULATE** how many calories are burned during physical activity when given a scenario, using www.ChooseMyPlate.gov, in accordance with Nutrition Resource Guide 2018, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 116)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

Trainee Preparation Materials:

A. Trainee Support Materials:

1. Complete Day 1 Homework, Assignment Sheet 1-13-1
2. Complete Day 2 Homework, Assignment Sheet 1-13-2
3. Complete Day 3 Homework, Assignment Sheet 1-13-3

B. Reference Publications:

1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

1. American Dietetic Association (ADA), www.eatright.org/Public/, Website
2. CDC: Behavioral Risk Factor Surveillance System (BRFSS), www.cdc.gov/brfss

3. CDC: U.S. Obesity Trends, www.cdc.gov/obesity/data/trends.html
4. Choose My Plate, www.choosemyplate.gov, Website
5. Clinical Guidelines on the identification, evaluation, and treatment of overweight and obesity in adults, NIH 98-4083
6. Dietary Guidelines for Americans, health.gov/dietaryguidelines/default.asp
7. Latest Department of Defense Survey of Health Related Behaviors Among Active Duty Military Personnel, Varies
8. NHANES Rates for Incidence of Overweight and Obesity, www.cdc.gov/nchs/nhanes.htm
9. Nutrition Facts Label Programs & Materials, www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm20026097.htm, Website
10. Prevalence of Obesity and Trends in the Distribution of Body Mass Index Among US Adults, 1999-2010, DOI:10.1001/jama.2012.39

C. Training Materials Required:

1. Instruction Sheets
 - a. Day 1 Homework, Assignment Sheet 1-13-1
 - b. Day 2 Homework, Assignment Sheet 1-13-2
 - c. Day 3 Homework, Assignment Sheet 1-13-3
2. IMI
 - a. Weight Management, CFL IMM 1-13

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

1. Introduction
 - a. This presentation will touch on some of the basic strategies and simple suggestions for helping an individual to understand how to promote fat loss or maintain a healthy weight
 - b. This presentation DOES NOT qualify you to teach nutrition, provide nutrition counseling, or make specific eating suggestions to anybody
 - c. Objectives
 - (1) Provide obesity statistics in the US
 - (2) Discuss evidence-based weight management strategies
 - (3) Provide Navy best practices
2. Prevalence of self-reported obesity among U.S. adults 2014

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Weight Management, CFL IMM 1-13, Slide 1.
- c. Display Weight Management, CFL IMM 1-13, Slide 2.
2. Display Weight Management, CFL IMM 1-13, Slide 3.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

- a. By state, obesity prevalence ranged from 20.5% in Colorado to 34.7% in Louisiana in 2012. No state had a prevalence of obesity less than 20%. 5 states and the District of Columbia had prevalence between 20-25%. Twenty-two (22) states (Alabama, Arkansas, Indiana, Iowa, Kentucky, Louisiana, Michigan, Mississippi, Ohio, Oklahoma, South Carolina, Tennessee, and West Virginia) had a prevalence equal to or greater than 30%.
- b. Higher prevalences of adult obesity were found in the Midwest (29.5%) and the South (29.4%). Lower prevalences were observed in the Northeast (25.3%) and the West (25.1%).
- c. The majority of military members are recruited from....the south.
- d. Self-reported Obesity in U.S. 2016
 - (1) More than one-third of U.S. adults (35.7%) are obese

RELATED INSTRUCTOR ACTIVITY

- a. Refer to CDC: Behavioral Risk Factor Surveillance System (BRFSS), www.cdc.gov/brfss.
- d. Display Weight Management, CFL IMM 1-13, Slide 4.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

NOTE: Unlike the figures on the previous slide, the figures on this slide are based on actual measurements of people, and not a telephone survey.

- (1) Obesity-related conditions are some of the leading causes of preventable death
- (2) In 2008, medical costs associated with obesity were estimated at \$147 billion; That's \$1,429 more per person for obese than non-obese

e. Side by side comparison 2014 vs 2016

f. Reasons for obesity epidemic?

The "Big Two"

a. Food practices

- i. Highly processed food/fast food: high calorie density, low nutrient density. Filling up on

RELATED INSTRUCTOR ACTIVITY

e. Display Weight Management, CFL IMM 1-13, Slide 5.

f. Display Weight Management, CFL IMM 1-13, Slide 6.

Listen to answers and expand on the potential reasons on the slide.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- junk. As well as fried food: popular where obesity rates are high.
 - ii. High calorie sugar-sweetened beverages - one of the single largest contributors to obesity - including soft drinks, sports drinks, "energy" drinks, specialty coffees.
 - iii. More high-calorie, low nutrient foods around us, everywhere, all the time, fast food/gas stations/convenience stores/vending machines are located on every corner.
- b. Reductions in physical activity
- i. Labor-saving mechanical devices
 - ii. The built-environment
 - iii. More sedentary/computer focused jobs
 - iv. Video games replaced recreation
- c. Other factors? Sleep, stress, ...

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

3. The Big Rocks
 - a. Lack of knowledge
 - (1) Evidence-based resources
 - (2) Many folks (not all) truly have very little knowledge about food and nutrition
 - (a) Label reading
 - (b) Calorie density
 - (c) Food groups
 - (d) Portion sizes
 - b. FEP nutrition options
 - (1) ShipShape: 8 week group class
 - (2) Registered Dietitian: Medical Nutrition Therapy visits
 - (3) Self-directed - Read NRG and develop plan with monitoring tools

3. Display Weight Management, CFL IMM 1-13, Slide 7.
 - a. Display Weight Management, CFL IMM 1-13, Slide 8.
 - b. Display Weight Management, CFL IMM 1-13, Slide 9.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

NOTE: Evidence-based is comprised of research findings derived from the systematic collection of data through observation and experiment. This excludes faddish diets and diet books. Members insisting on following plans that contradict current recommendations (Academy of Nutrition and Dietetics) may select the self-directed option. Please categorize correctly in PRIMS.

- (4) Evidence-based Commercial Programs, like Jenny Craig, Weight Watchers, Nutri-system
- (5) In accordance with the FEP Operating Guide and as listed on the page 13, each member on FEP has to choose from the four nutrition options within 14 days of signing the page 13. (The 14 day limit is spelled out on the page 13.)

- 4. Calories are always a hot topic. Let's review some basics and resources.

RELATED INSTRUCTOR ACTIVITY

- 4. Display Weight Management, CFL IMM 1-13, Slide 10.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

- a. Quick estimate of total needs

- b. Question

- (1) How many calories would a 36 year-old, who is moderately active and wants to loose weight, need?
- (2) Calories to maintain weight: 2,600 calories (from previous slide)
- (3) Hint, you should never eat less than:
 - (a) 1,600 calories for active men

RELATED INSTRUCTOR ACTIVITY

- a. Display Weight Management, CFL IMM 1-13, Slide 11.

Refer to
www.cnpp.usda.gov/Publications/USDAFoodPatterns/EstimatedCalorieNeedsPerDayTable.pdf.

Ask trainees: How many calories would a 36 year-old, who is moderately active and wants to loose weight, need?

- b. Display Weight Management, CFL IMM 1-13, Slide 12.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (b) 1,200 calories for active women
- c. Answer
 - (1) Anywhere from a minimum of 1,600 calories to something less than 2,600
 - (2) - 1000 (1,600 calories) will promote fat loss. Difficult!
 - (3) - 500 (2,100 calories) is achievable
 - (4) - 250 (2,350 calories) is relatively easy - ChooseMyPlate weight loss meal plan is based on a 250 calorie deficit per day
- d. 500 calorie deficit example
 - (1) This is an example of how you can create a 500 calorie deficit in a day. Remember, a 500 calorie deficit should lead to a one pound reduction in weight per week

- c. Display Weight Management, CFL IMM 1-13, Slide 13.
- d. Display Weight Management, CFL IMM 1-13, Slide 14.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

- (2) For example, eliminating a 20 ounce bottle of soft drink and a chocolate bar is a reduction of over 500 calories
- (3) A 25 minute run with a 20 minute weight training session can also burn over 500 calories, as can an 80 minute brisk walk

NOTE: Calorie burned during exercise will vary with size and age

e. Calories deficit for fat loss

- (1) Most people will not notice a 250 calorie deficit per day and will lose weight gradually and maintain it, which is why this approach is highly recommended.
- (2) A small calorie deficit 200-300 calories) combined with increased activity (100-300 calories) can easily promote 1 pound of fat loss per week.

RELATED INSTRUCTOR ACTIVITY

e. Display Weight Management, CFL IMM 1-13, Slide 15.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) Very low calories (less than 1000 per day) is never the right answer, however, this is frequently the case by the time a struggling member is seen and assessed by a RD.
- (4) RDs will also see fear of weight gain in members, especially females, that participate in multiple moderate to intense PT sessions per day coupled with the inability (fear) to meet basic needs with the new higher calorie requirement. The fix: Members need to ensure the gap between total energy needs (based on age, gender and activity) and total calorie intake is no greater than 1000 calories per day. Members may need to decrease intensity of exercise, number of sessions per day, or increase total daily calorie intake.

f. I thought we are not supposed to give out diet prescriptions?

f. Display Weight Management, CFL IMM 1-13, Slide 16.

- (1) Very good. You are not.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) But, you need to have an understanding of why active Sailors should never take in less than 1200 calories
- (3) It happens too often not to discuss
- g. "Is snacking OK?" - discretionary calories
- (1) Snacks (or mini-meals) provide nourishment to the next meal and can help fuel workouts.
- (2) ChooseMyPlate, mentioned in the Foundational Nutrition brief, has helped define the answer to a common question: "How much snacking is ok?" ChooseMyPlate refers to these calories as discretionary calories.
- (3) With ChooseMyPlate each person has an allowance for discretionary calories. Most discretionary calorie allowances are between 100-300 calories. If you're physically inactive you may want to target the lower end of the discretionary calorie range.

- g. Display Weight Management, CFL IMM 1-13, Slide 17.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

- (4) For many people the discretionary calorie allowance is used by the high fat and sugar foods they choose in each food group. Many people have used up this allowance before lunch-time.
- (5) Discretionary calories can be used for more healthy foods, or higher fat or sugar forms of foods including whole milk, cheese, sausage, biscuits, sweetened cereal, and sweetened yogurt. It also includes fats or sweeteners to foods such as sauces, salad dressings, sugar, syrup, and butter. And don't forget about beverages and snacks, such as alcohol, soda, wine, beer, and candy.
- (6) ChooseMyPlate empty calories
 - (a) Note the number of empty calories in foods. Entering foods in SuperTracker helps identify where empty calories are hidden. When replaced with wholesome foods, calorie levels decrease with no decrease in food volume. A great approach.

RELATED INSTRUCTOR ACTIVITY

- (6) Display Weight Management, CFL IMM 1-13, Slide 18.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (b) Notice whole wheat bread has no empty calories but a croissant has almost 50% of the calories coming from empty calories. Many foods that are touted as healthy have a lot of empty calories such as flavored yogurt with a lot of added sugar. This chart is helpful to increase awareness.

5. Volumetrics Diet

- 5. Display Weight Management, CFL IMM 1-13, Slide 19.

Refer to www.volumetricseatingplan.com.

- a. Volumetrics Diet is a science-based approach to weight loss. The idea is to focus on healthful food with high water or volume (air) foods that are more filling than more calorie dense foods.
- b. This approach will allow you the gratifying feeling of fullness without eating too many calories. Great approach for those who love to eat and do not want to feel deprived.

6. DASH diet - National Institute of Health

- 6. Display Weight Management, CFL IMM 1-13, Slide 20.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. DASH stands for Dietary Alternative to Stop Hypertension and is a fantastic eating plan.
- b. It was originally created by the National Institute of Health to help treat high blood pressure and has evolved into what many think is a model meal plan for anybody.
- c. The focus is on whole grains, lean meats, nuts, seeds, fruit, vegetables and low fat dairy. Sounds familiar?
- d. The pdf of the DASH Diet comes with a 7-day sample plan for 2,000 and 1,600 calories per day.

7. Studies/Research

9. Display Weight Management, CFL IMM 1-13, Slide 21.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

- a. National Weight Control Registry
 - (1) Now that we have covered some weight loss strategies, let us look at how thousands of people have succeeded at weight loss and keeping the weight off.
 - (2) The National Weight Control Registry is a large group of weight losers who maintained the loss. It is a study that has looked at over 5,000 adults who successfully lost 30 or more pounds and kept it off for more than a year.
 - (3) The average age of these folks is 44-49 years old, but there is a large variance of ages registered. The study includes mostly women, but many men are also registered. The average weight for women is 145 pounds and men is 190.
 - (4) Registry members have lost an average of 66 lbs and kept it off for 5.5 years. Weight losses have ranged from 30 to 300 lbs.

RELATED INSTRUCTOR ACTIVITY

- a. Display Weight Management, CFL IMM 1-13, Slide 22.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (5) The duration of successful weight loss has ranged from 1 year to 66 years! Some have lost the weight rapidly, while others have lost weight over as many as 14 years.
- (6) Many people can and have lost significant amounts of weight, but what is important about these registrants is that they have kept it off for more than a year.
- (7) Here are some of their secrets to successfully keeping the weight off.
 - (a) Most report continuing a low calorie and low fat diet and participating in high levels of activity.
 - (b) 78% eat breakfast every day
 - (c) 75% weigh themselves at least once a week
 - (d) 62% watch less than 10 hours of TV per week

- (6) Display Weight Management, CFL IMM 1-13, Slide 23.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

- (e) 90% exercise about 1 hour per day, on average

8. Secrets of Weight Loss: Keep a Food Journal

- a. The next tip for weight loss is to keep a food journal
- b. In this study dieters, who kept a journal, lost twice as much weight as those who did not in 6 months, 18 lbs vs. just 9 pounds
- c. The biggest weight losers also got the most involved with meetings and exercised the most: 300 minutes per week vs. 117 minutes
- d. Here is a good food and activity page that you can download from the National Institute of Health's website
- e. A simple notebook can be just as effective. Just write it down

RELATED INSTRUCTOR ACTIVITY

8. Display Weight Management, CFL IMM 1-13, Slide 24.

- d. Display Weight Management, CFL IMM 1-13, Slide 25.

Refer to http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/diary.pdf.

- e. Discuss Assignment Sheet 1-13-1, Day 1 Homework.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

Discuss Assignment Sheet 1-13-2, Day 2
Homework.

Discuss Assignment Sheet 1-13-3, Day 3
Homework.

9. What other aspects of our daily lives can lead to increased weight gain or hinder weight loss efforts?

a. Lack of Sleep → Excess Weight

- (1) In this North American Association for the Study of Obesity meeting, they found that people, who slept less than 4 hours per night, were 73% more likely to be obese, those who slept 5 hours per night had a 50% greater risk of being obese, and at 6 hours per night were just 23% more likely to be overweight.

- (2) The point is to try to get 7-9 hours of sleep every night.

9. Display Weight Management, CFL IMM 1-13, Slide 26.

a. Display Weight Management, CFL IMM 1-13, Slide 27.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) This may be very difficult for someone, who presently get 3-4 hours of sleep a night, so try to increase your sleep total gradually, by getting to sleep 15-20 minutes earlier and sleeping 15 or so minutes later in the morning.
- b. High Stress → Excess Weight
 - (1) In a study detailed in the American Journal of Epidemiology of 15 July 2009, they describe how heavier people are more prone to gain weight when stressed than normal weight individuals.
 - (a) Stress changes eating patterns and types of food
 - (b) Stress hormones can lead to weight gain
 - (2) Resources
 - (a) Operation Stress Control (OSC)
- b. Display Weight Management, CFL IMM 1-13, Slide 28.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (b) Chaplains, Mental Health Providers, FFSC
 - (c) Military One Source
 - (d) Self-help books/CDs, coaching, counselors
- c. Ways to hinder weight loss, or some don'ts of weight loss
- (1) Don't skip meals. Your body will start to breakdown protein in the form of your skeletal muscle. This goes against everything you want and need.
 - (2) Second, don't overdo PT. If you don't meet the increased calories needed, you can hinder your weight loss. On top of that, it also increases your risk of injury.

- c. Display Weight Management, CFL IMM 1-13, Slide 29.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) Third, avoid the very low calorie diets unless you are under the care of a physician. There may be some cases where a doctor puts a patient on a liquid diet or no food. No less than 1,600 calories for men and 1,200 for women each day is recommended. Otherwise you will be breaking down your priceless muscle.
- (4) Finally, avoid the high protein, low carbohydrate diets. These will also breakdown muscle, not to mention you will feel sluggish. There is also a very good chance you won't succeed at long term weight loss and maintenance. If you want to reduce carbohydrate then eliminate sugar from your diet. Do not eliminate whole grains, fruit, and vegetables.

5. Fad Diets

- a. Fad diets are not new. They have been around since the mid-1800's starting with the "letter of corpulence" by William Banting. He eliminated sugar, starch, root vegetables and pork from his diet to lose weight.

10. Display Weight Management, CFL IMM 1-13, Slide 30.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. These are a few of the more popular diets over the past decade or so: The "New" Atkins Diet, The Zone Diet, 17 Day Diet, Raw Food Diets, The Cabbage Soup Diet and Sugar Busters. etc... There are too many to cover.
- c. We can spend the entire class covering commercial and fad diets. What we covered here is just the tip of the iceberg
- d. To recognize a fad diet, ask yourself if the author is credible, then ask yourself the questions on this slide:
 - (1) What are the costs for membership, food, supplements?
 - (2) What are health risks?
 - (3) Does it fit your lifestyle?
 - (4) Does it avoid healthful foods such as fruits, vegetables, grains?
 - (5) Are there "good" and "bad" foods?

- c. Display Weight Management, CFL IMM 1-13, Slide 31.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (6) Is exercise considered?
- (7) Is it considered permanent or just a short period of time?

6. What to Take Away?

11. Display Weight Management, CFL IMM 1-13, Slide 32.

- a. So, after reviewing the previous studies, what additional things should you do to succeed at weight loss?
- b. Exercise the triple threat with resistance training (weights, bands, or body weight), cardio-respiratory training such as running, swimming or biking, and perform random daily physical activity, such as walking or yard work
- c. Next, you will want to eat breakfast on most days of the week. You will also want to snack a few times a day and eat 3 well balanced meals. Avoid going more than 4 or 5 hours without eating something
- d. Address stress and depression and seek mental health help as needed

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">e. Finally get sleep. Sleep effects many of our hormones especially appetite hormones. More and more science is supporting this
f. A lack of sleep negatively alters our ability to metabolize glucose and also alters our appetite hormones, making us crave comfort foods containing high amounts of fat and sugar
g. Sleep is also an important time to suppress stress hormones (cortisol) and an important time for an rise in growth hormone, which promotes growth and repair <p>7. CFL Nutrition Coaching Dos</p> <ul style="list-style-type: none">a. So what should you do as a CFL? Preventing obesity is the #1 weight loss program. You can be proactive by tracking the weight of all your Sailors regularly, whether they have had a weight issue or not and let them know when you see a weight fluctuation. Keep in mind, that significant weight loss is not always a good thing. Rapid weight loss could signify serious health issues including depression, eating disorders, or cancer. | <p>12. Display Weight Management, CFL IMM 1-13, Slide 33.</p> |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Next, refer all your Sailors to reputable nutrition resources, whether they have a weight problem or not. Good nutrition practices are not just for people who are concerned with weight. Good nutrition practices are important for disease prevention and performance, too.
- c. Ask thought provoking questions: What behavior you working on? What are your barriers? What do you think...
- d. Next, try to listen and sympathize. Losing weight is not easy. Listen to your Sailor without judgment and refer to the appropriate resources. Also, jot down some notes and follow up with them with some specifics of your previous conversations
- e. Lastly, keep your conversations between you and your Sailor. Do not share your conversations with anybody unless you are required to provide information to their leadership or to medical professionals
- f. Always keep positive-reinforce positive behavior and choices rather than only focusing on negative

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

8. CFL Nutrition Coaching Don'ts
 - a. Be sure to avoid making simplifying comments such as "well, just don't eat fast food" or "just stop drinking soda."
 - b. Next, try to avoid imposing your experiences and views of health on others. Everybody is different and not everybody will have the same experience as you
 - c. Do not provide individual planning. You have been trusted with some specific weight loss information, but this does not authorize you to do individual counseling
 - d. Finally, don't expect to have to know everything about nutrition and weight loss. Knowing basic resources and listening will take you a long way.

RELATED INSTRUCTOR ACTIVITY

13. Display Weight Management, CFL IMM 1-13, Slide 34.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

9. Summary and Review

Weight management is not easy

- b. Diet, activity, and behavior change are needed

CFL role in nutrition

- (4) Familiarize with nutrition resources
- (5) Refer members as needed
- (6) Do not recommend calorie levels, fad diets, or supplements

RELATED INSTRUCTOR ACTIVITY

14. Display Weight Management, CFL IMM 1-13, Slide 35.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

b. References

- (1) American Dietetic Association (ADA).
www.eatright.org
- (2) American Medical Association (AMA).
www.ama-assn.org
- (3) Behavioral Risk Factor Surveillance System (BRFSS). Center for Disease Control (CDC).
aps.nccd.cdc.gov/brfss

RELATED INSTRUCTOR ACTIVITY

- b. Display Weight Management, CFL IMM 1-13, Slide 36.
- (1) Refer to American Dietetic Association (ADA), www.eatright.org/Public/, Website.
 - (3) Refer to CDC: Behavioral Risk Factor Surveillance System (BRFSS), www.cdc.gov/brfss.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

- (4) National Institute of Health (NIH).
www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm
- (5) Dietary Guidelines for Americans 2010, U.S. Department of Agriculture (USDA),
health.gov/dietaryguidelines/default.asp
- (6) www.ChooseMyPlate.gov. United States Department of Agriculture (USDA)
- (7) Naval Health Research Center
- (8) National Health and Nutrition Examination Survey (NHANES) Rates for Incidence of Overweight and Obesity

RELATED INSTRUCTOR ACTIVITY

- (4) Refer to Clinical Guidelines on the identification, evaluation, and treatment of overweight and obesity in adults, NIH 98-4083.
- (5) Refer to Dietary Guidelines for Americans, health.gov/dietaryguidelines/default.asp.
- (6) Display Weight Management, CFL IMM 1-13, Slide 37.

Refer to Choose My Plate, www.choosemyplate.gov, Website.
- (8) Refer to NHANES Rates for Incidence of Overweight and Obesity, www.cdc.gov/nchs/nhanes.htm.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.13 Weight Management

DISCUSSION POINT

- (9) United States Food and Drug Administration (FDA).
www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/
- (10) U.S. Obesity Trends. Center for Disease Control (CDC).
www.cdc.gov/nccdthp/dnda/obesity/trend
- c. Any questions?

RELATED INSTRUCTOR ACTIVITY

- (9) Refer to Nutrition Facts Label Programs & Materials,
www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm20026097.htm, Website.
- (10) Refer to CDC: U.S. Obesity Trends,
www.cdc.gov/obesity/data/trends.html.
- e. Display Weight Management, CFL IMM 1-13, Slide 38.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

CLASS PERIODS: 1
LAB PERIODS: 2
PA PERIODS: 0

Enabling Objectives:

- 3.12 **DEMONSTRATE** the proper methods of taking BCA measurements for men and women in a team, until all team members have the same body fat results, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 61)
- 3.13 **DETERMINE** a person's percent of body fat when given circumference measurement values, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 62)
- 3.14 **DETERMINE** if a person has passed or failed the BCA when given a scenario, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 63)

Trainee Preparation Materials:

- A. Trainee Support Materials:
1. None

B. Reference Publications:

1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

1. Physical Readiness Program, OPNAVINST 6110.1 (Series)
2. Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement

C. Training Materials Required:

1. Consumables
 - a. BCA Practice Sheet
 - b. CFL BCA Score Sheet
 - c. PFA Decision Making Activity Tracking Sheets
2. IMI

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

- a. Body Composition Assessment (BCA), CFL
IMM 1-15
- 3. Training Materials
 - a. PFA Decision Making Activity

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

1. Introduction

a. Objectives

- (1) Discuss Body Composition Measurement Techniques
- (2) Discuss the Navy's 3-step process for completing BCA
- (3) Discuss and locate the abdominal circumference (AC) site to determine a proper AC measurement
- (4) Discuss and locate the body circumference sites to determine BCA
- (5) Discuss and locate the body circumference sites to determine BCA
- (6) Conduct AC and body fat percentage calculations

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 1.

- ###### a. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 2.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <p>2. Body Fat Measurement Techniques</p> <p>a. The most accurate way to measure body fat is during an autopsy.</p> <p>b. Other ways to measure body fat are:</p> <ul style="list-style-type: none">(1) Dual Energy X-ray Absorptiometry (DEXA)(2) Air Displacement Plethysmography (ADP) a.k.a (BOD POD)(3) Hydrostatic Weight(4) Circumference(5) Calipers(6) Height / Weight(7) Bio-Impedance(8) Near-Infrared | <p>2. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 3.</p> |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <p>3. Physical Readiness Standards</p> <p>a. Based on general health and fitness of the Sailor</p> <p>b. Body fat standards are NOT based on job performance or appearance in uniform</p> | <p>3. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 4.</p> |
| <p>4. Navy Body Composition Assessment (BCA) 3 Step Process</p> <p>a. Step 1: Weight for height screening; if member passes, proceed to PRT</p> <p>b. Step 2: If member exceeds weight for height maximum, single site abdominal circumference (AC) measurement is required. If member passes, proceed to PRT</p> <p>c. Step 3: If member exceeds AC maximum, body circumference (BC) measurement is required. If member passes, proceed to PRT. If member fails BC, refer to medical for PRT participation clearance</p> | <p>4. Display Body Composition Assessment (BCA) , CFL IMM 1-15, Slide 5.</p> |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

5. Instruction 1308.3
 - a. All DoD components shall measure body fat using only the circumference-based method with one set of measurements
 - (1) For males: neck and abdomen
 - (2) For females: neck, waist, and hips
 - b. DoN received a waiver from the Office of the Assistant Secretary of Defense (Human Affairs) to deviate from DODI 1308.3 and include the AC as step 2 of the BCA
6. Height-Weight Requirements
 - a. Only BCA measurements taken by a qualified CFL or trained ACFL will count for official PFA reporting. BCA measurements taken by MTF personnel or civilian equivalents cannot supersede those taken by the CFL/ACFL.

RELATED INSTRUCTOR ACTIVITY

5. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 6.
6. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 7.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. All measurements will be taken 45 days to no later than 24 hours out
- c. Drilling Reservists shall strive to comply with the BCA requirements, but have up to 31 days from the time they complete the BCA to conduct the PRT. Reservists shall not conduct a BCA less than 24 hours prior to the PRT.
- d. Measure personnel with shoes removed and in PTU or Uniform of the Day (UOD)

NOTE: UOD can only be worn for Height-Weight measurements. PTU shall be worn for circumference measurements.

- e. There is no deduction for clothing.
- f. Height
 - (1) Measure height each time
 - (2) Round up to nearest inch

- f. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 8.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

g. Weight

- (1) Calibrate the scale
- (2) Fractions of a pound shall be recorded to the nearest pound:
 - (a) Round down weight fractions less than $\frac{1}{2}$ pound, round up for greater than equal to $\frac{1}{2}$ pound
- (3) Again, there is no deduction for clothing.

RELATED INSTRUCTOR ACTIVITY

- g. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 9.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

7. Abdominal Circumference Measurement (AC)
 - a. The National Institute of Health (NIH) indicates that individuals are at increased risk for health problems if their abdomen exceeds a certain circumference
 - (1) Diabetes
 - (2) Heart Disease
 - (3) Hypertension
 - (4) Dyslipidemia
 - (5) Certain Cancer
8. BCA Technician Requirements
 - a. At least 2 personnel must be present, second member holds shirt and ensures tape is parallel to the deck
 - b. Must be a qualified CFL or trained ACFL to measure member

RELATED INSTRUCTOR ACTIVITY

7. Display Abdominal Circumference Measurement (AC), CFL IMM 1-15, Slide 10.
8. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 11.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none"> c. Do not need CFL/ACFL (measuring) of same gender as member, however, have someone of the same gender present | |
| <p>9. BCA Equipment & Personnel Requirements</p> | <p>9. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 12.</p> |
| <ul style="list-style-type: none"> a. Any non-stretch tape, not cloth | |
| <ul style="list-style-type: none"> b. Calibrate with yard stick to ensure tape is accurate | |
| <ul style="list-style-type: none"> c. CO's/OIC's should specify uniform of the day or Navy PTU for official and unofficial height and weight screening and circumference measurements | <ul style="list-style-type: none"> c. Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Enclosure (1), Paragraph 7.c., Page 7 and: |
| | <p>Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 4: The Body Composition Assessment (BCA), Page 3.</p> |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

10. BCA Measurement Requirements

- a. Feet: as appropriate for measurement
 - (1) AC: feet no further than shoulder width
 - (2) BC: feet together
- b. Ensure correct placement of tape
- c. Tape parallel to the deck
- d. All circumference measurements are to be taken two times
- e. Each set of measurements will be completed sequentially to discourage assumption of repeated measurements

RELATED INSTRUCTOR ACTIVITY

- 10. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 13.

Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 4: The Body Composition Assessment (BCA), Section 2.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <p>11. Measurement Discrepancy</p> <p>a. All circumference measurements are to be recorded to the nearest ½ inch. If one of the two measurements differs by more than <u>one-inch</u>, take an additional measurement and compute a mathematical average of the two closest measurements to the nearest ½ inch and record this value.</p> <p>12. Step #2: Abdominal Circumference Measurement (AC)</p> <p>a. AC measurement site is the same for females and males</p> <p>(1) Across the superior border of the iliac crest vertically in line with the mid-axillary line (armpit)</p> <p>b. Feet no more than shoulder width apart</p> <p>c. Tape parallel to the deck at the level of the iliac crest</p> | <p>11. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 14.</p> <p>12. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 15.</p> |
|---|---|

12.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|--|
| <p>13. Step #3:BC Estimation Method</p> <p>a. Height rounded up to the nearest half inch</p> <p>b. Male Circumference Value (CV): abdominal - neck = CV</p> <p>c. Female CV: (hips + natural waist) - neck = CV</p> <p>d. Refer to body fat estimate chart</p> | <p>13. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 16.</p> <p>d. Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 4: The Body Composition Assessment (BCA), Section 3.</p> |
| <p>14. BCA Key Points</p> <p>a. Male measurements</p> <p>(1) Neck under Adams apple</p> | <p>14. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 17.</p> |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(2) Abdominal across navel

b. Female measurements

(1) Neck at larynx (have member swallow)

(2) Natural waist at smallest portion

(3) Hips across largest protrusion of gluteal muscle

c. Always take 2 consecutive sets

15. Body Fat Estimate Chart

15. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 18.

a. Height and CV = body fat %

NOTE: Half inches differs from height-weight screen

b. Body Fat % Example

b. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 19.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(1) Male with a CV value of 19 and a height of 64.2 inches

(2) What is the body fat %?

(2) Answer: 20%, which is within BCA standards.

16. Common ways personnel may attempt to cheat the BCA

- a. Body Wraps - wait 72 hours before measuring
- b. Shoe inserts in socks
- c. Hair buns/extensions - measure top of head not hair
- d. Standing on toes

16. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 20.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

17. Maintaining Integrity

- a. If you are not comfortable measuring someone, have another qualified CFL/ACFL take the measurements
- b. You may use a CFL from another command
- c. Measurements must be made by a qualified CFL / trained ACFL

17. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 21.

18. BCA Pass

- a. Member meets height-weight standards, or
- b. Is outside of height-weight standards but meets single site AC measurement (Female: ≤ 35.5 inches; Male: ≤ 39 inches), or

18. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 22.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">c. Is outside of height-weight standards and AC, but meets DoD body fat % standards (Female: $\leq 36\%$; Male: $\leq 26\%$) <p>19. BCA Failure</p> <ul style="list-style-type: none">a. Member fails to meet height-weight standards, ANDb. Is outside of AC maximum allowable measurement (Female: > 35.5 inches; Male: > 39 inches), ANDc. Is outside of DoD maximum allowable body fat % (Female: $> 36\%$; Male: $> 26\%$) <p>20. Navy Graduated BCA Standards By Age</p> <ul style="list-style-type: none">a. Male Age:<ul style="list-style-type: none">(1) 18-21: 22%(2) 22-29: 23% | <p>19. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 23.</p> <p>20. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 24.</p> |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

Refer to NAVADMIN 178/15

(3) 30-39: 24%

(4) 40+: 26%

b. Female Age:

(1) 18-21: 33%

(2) 22-29: 34%

(3) 30-39: 35%

(4) 40+: 36%

c. Any Sailor that exceeds the Navy graduated body fat standards must be enrolled in FEP per NAVADMIN 178/15

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

21. Summary and Review

- a. **Question:**
Why does the Navy use body fat circumference measurements?
Answer:
DoD Instruction 1308.3 states all services shall...
- b. **Question:**
What personnel are authorized to take official BCAs?
Answer:
Only taken by CFL/ trained ACFL
- c. **Question:**
How many sets of measurements are required?
Answer:
Take all circumference measurements two times.
Take a third measurement if one of the two measurements differs by more than one inch from the other.

RELATED INSTRUCTOR ACTIVITY

- 21. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 25.
 - a. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 26 to show the answer to the question.
 - b. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 27 to show the question and Slide 28 to show the answer.
 - c. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 29 to show the question and Slide 30 to show the answer.

3.

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

- d. **Question:**
Do you take the lowest of the two?
Answer:
No, average the two measurement
- e. Summary
 - (1) Maintain accurate equipment
 - (2) 2 members must be present for all measurements
 - (3) Handle cheating immediately
- f. References
 - (1) Naval Health Research Center – Calipers
 - (2) OPNAVINST 6110.1 (Series)
 - (3) Physical Readiness Program Guide 4: The Body Composition Assessment (BCA)
 - (4) NAVADMIN 178/15

RELATED INSTRUCTOR ACTIVITY

- d. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 31 to show the question and Slide 32 to show the answer.
- e. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 33.
- f. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 34.
 - (2) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series).
 - (3) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 4: The Body Composition Assessment (BCA).

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

BCA
APPLICATION &
CLASS
ACTIVITY

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

22. Application

22. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 35.

- a. Live Demo
using two trainee volunteers, one male and one female.

- a. Demonstrate how to take the BCA measurements

- b. AC Check

- b. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 36.

(4) Were the members':

- (a) Hands/Arms not extended above shoulders?
- (b) Feet no more than shoulder width apart?

(5) Was the tape:

- (a) Parallel to the deck at the iliac crest?
- (b) In back and front?

(6) Were 2 sets taken?

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (a) At the superior border of the iliac crest vertically in line with the mid-axillary line (armpit)?

c. BC Check

- (1) Were the members':

- (a) Hands down at the side?

- (b) Feet together?

- (2) Was the tape:

- (a) Parallel to the deck?

- (b) In back and front?

- (3) Were 2 sets taken?

- (a) (Neck, abs) and (neck, abs) [Male]

- c. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 37.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (b) (Neck, waist, hips) and (neck, waist, hips) [Female]

d. BCA Practical Lab

- d. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 38.

- (1) Divide into PT team
- (2) Each person takes 2 sets of measurements on each group member
- (3) Include a female if possible
- (4) BCA Worksheet is in your CFL binder
- (5) Come to consensus among the group. Any person with different measurements must re-measured.

- (4) Refer to BCA Practice Sheet.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.15 Body Composition Assessment (BCA)

DISCUSSION POINT

- e. PFA Decision Making Activity

NOTE: The trainees can complete this activity on their own or in small groups.

- f. Review the BCA - Height and Weight and Measurements sections to determine who passed or failed the BCA and note the results on your tracking sheets.
- g. Discuss the results with all trainees and clarify any misconceptions.

- 23. Any questions?

RELATED INSTRUCTOR ACTIVITY

- e. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide 39.

Refer trainee to PFA Decision Making Activity materials.

- f. Refer trainee to PFA Decision Making Activity Tracking Sheets.

- 23. Display Body Composition Assessment (BCA), CFL IMM 1-15, Slide, 40.

Distribute and review

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

CLASS PERIODS: 1
LAB PERIODS: 1
PA PERIODS: 0

Topic 1.16 Fitness Enhancement Program (FEP)

Enabling Objectives:

- 1.15 **DESCRIBE** the components of FEP using own words, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 73)
- 1.16 **DESCRIBE** how to develop a plan for FEP personnel using own words, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 73)
- 1.17 **EXPLAIN** the ShipShape program and how it benefits the participant using own words, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 74)
- 1.3 **PLAN** a balanced exercise session, when given a scenario, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 79, 80, 81, 82, 83)

Trainee Preparation Materials:

- A. Trainee Support Materials:
1. None
- B. Reference Publications:
1. None

Instructor Preparation:

- A. Review Assigned Trainee Material
- B. Reference Publications:

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

1. Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement

C. Training Materials Required:

1. Instruction Sheets
 - a. Fitness Programming, Assignment Sheet 1-16-1
2. IMI
 - a. Fitness Enhancement Program (FEP), CFL IMM 1-16

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

1. Introduction
 - a. Objectives
 - (1) Provide an overview of FEP
 - (2) Discuss program challenges
 - (3) Review best practices
 - (4) Provide resources

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 1.

 - a. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 2.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| a. What is FEP? | a. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 3. |
| b. The FEP is a command-wide program to improve fitness and nutrition | |
| 2. Program participants | 2. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 4. |
| a. Members not meeting minimum PFA standards | |
| (1) PRT failure or probationary score for an event | |
| (2) Exceeds DoD maximum allowable body fat % | |
| (3) Exceeds Navy graduated body fat by age | |
| • a.k.a. Age-adjusted body fat standards (AAS) | |
| b. Spot-check failure | |
| c. Self-referrals | |
| d. Referred by chain of command | |
| 3. Program history | 3. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 5. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">a. Negative connotationb. Perceived as punishmentc. Stretch, push ups, sit ups, rund. Stretch, push ups, sit ups, rune. Lack of support | |
| <ul style="list-style-type: none">4. Creating a “Culture of Fitness”<ul style="list-style-type: none">a. Providing solid nutritional guidanceb. PFA pass ratesc. Motivated FEP membersd. CFLs that are encouraging, educating, and motivatinge. Fun, varied ways to improve fitness | <ul style="list-style-type: none">4. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 6. |
| <ul style="list-style-type: none">5. Program requirements | <ul style="list-style-type: none">5. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 7. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

- a. Written counseling for FEP enrollment (pg13/LON)
 - b. FEP sessions will be led by designated CFL's, trained ACFL's or MWR fitness specialist
 - c. FEP sessions will be held at least 3 times per week, and no more than 5 times per week, for a total of at least 150 minutes
 - d. FEP Nutrition
6. FEP Participation and Monitoring
 - a. Sailors are required to remain in FEP until passing the next official PFA and be within Age-Adjusted Body Fat Standards
 - b. If a Sailor is waived from the BCA and/or the same PRT event for which they failed, Sailor will remain on FEP until passing the next official PFA
 - c. Monthly mock PFAs, including BCAs, do not constitute an official PFA

RELATED INSTRUCTOR ACTIVITY

6. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 8.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

7. FEP Documentation Requirements

7. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 9.

- a. Weekly PT sessions
- b. Weekly body weight
- c. Monthly mock PFA (BCA + PRT)
- d. Nutrition education
 - FEP progress can now be tracked in PRIMS

8. FEP guidelines

8. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 10.

- a. Use appropriate progression
 - (1) Do not overload too quickly
 - (2) For members who failed the push-up portion, a realistic goal would be to try and improve their push-up by one repetition each week
- b. Structured to meet or exceed PFA
- c. Individualized goals - Member should actively participate in plan development for long term success

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

9. Individualized Plan
 - a. Provides
 - (1) Exercise prescription
 - (2) Nutrition guidance
 - (3) Progress monitoring
 - (4) Progress rewards
 - b. Partner with a MWR Trainer
10. Best practices
 - a. Communicate
 - (1) State expectations
 - (2) Provide resources

RELATED INSTRUCTOR ACTIVITY

9. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 11.
10. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 12.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(3) Page 13 counseling

b. Variety

(1) NOFFS

- Strength Series
- Endurance Series
- Sandbag Series

(2) Intervals

(3) Circuit training

(4) Avoid long or daily runs as the only means of cardio-respiratory conditioning

11. Group PT Guidance

11. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 13.

a. Develop training sessions specifically designed for member's training level and injury status

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">b. Use fitness test performance (run times) to place members in ability groups of similar fitness levels that provide each member with a more appropriate level of physiological stimulus to enhance fitness and minimize injury risk. (Running by time, not distance, allows the least fit to run shorter distances than the most fit, thus accommodating low and high fitness groups simultaneously.)c. Limit formation running as it over-trains the least fit and provides an inadequate training effect for the most fitd. Avoid remedial physical training programs that require the least fit members to do more training than fit members, since it significantly increases risk of overtraining and injury. (Gradual, progressive ability group training programs improve fitness with less risk of overtraining and injury.) | |
| <p>12. Acceptable fitness progression</p> <ul style="list-style-type: none">a. For BCA | <p>12. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 14.</p> |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">(1) Emphasis on decreasing body fat vs. weight loss(2) Adequate progression is 1% body fat per month or a weight loss of 1-2 lbs per week for Sailors on FEP(3) No more than 5 lbs per month(4) More than 5 lbs per week after the first month is a red flag for unsafe weight loss <p>b. For PRT</p> <ul style="list-style-type: none">(1) For push-ups or curl-ups increase reps by 10% of age-appropriate standard or 1 repetition per week(2) Ex: 18 yr old male, 36 push ups on PFA: 46 std
- $36 = 10 \times 10\% = 1 = \text{increase push ups per week}$(3) For run or swim decrease time by 10% of recent PFA - age-appropriate standard per week | <ul style="list-style-type: none">b. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 15. |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

13. FEP requires teamwork
14. FEP Nutrition Education Requirement
 - a. Direct Sailor to the Nutrition Resource Guide 2018 (OP Guide 14) on Physical Readiness or Nutrition website
 - b. Sailor must choose one of following nutrition education options:
 - (1) ShipShape at MTF locations
 - (2) Registered Dietitian at MTF locations
 - (3) Commercial weight loss program
 - (4) Nutrition Self-Study Course (via Official Navy PFA App)
 - c. Navy and Marine Corps Public Health Corps Healthy Eating website: www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/healthy-eating.aspx
 - d. ShipShape

RELATED INSTRUCTOR ACTIVITY

13. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 16.
14. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 17.
 - a. Refer to <http://www.public.navy.mil/bupers-npc/support/physical/>, click on the link under Physical Readiness Info / Nutrition Resources on the right.
- d. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 18.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) BUMED - Approved
- (2) Official Navy Weight Management Program
 - (a) Basic nutrition knowledge
 - (b) Healthy eating skills
 - (c) Behavior modification
 - (d) Exercise principles
 - (e) Stress management
- (3) Target population
 - (a) Sailors exceeding or in danger of exceeding BCA standards
 - (b) Anyone preparing for change
 - (c) Other military or family member

- (3) Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 19.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

- (4) ShipShape is based on the latest research
- (5) Provided by local MTFs for one hour per week for 8 consecutive weeks with ongoing self-monitoring
- (6) 1 year monitoring
- (7) Not mandatory, but highly encouraged if available
- (8) Program requirements
 - (a) CO's approval
 - (b) Screened for eating disorders and other disqualifying factors
 - (c) Completed Weight Loss Readiness Form
 - (d) Ready to change

RELATED INSTRUCTOR ACTIVITY

- (3) Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 20.
- (7) Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 21.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(9) CFL's role in ShipShape

(8) Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 22.

(a) Act as liaison with MTF Health Promotion Director

(b) Refer Sailors as needed

(c) Record monthly weigh-ins in PRIMS

(d) Be familiar with program to support your Sailors

(e) ShipShape is not mandatory because not everyone is ready to make permanent lifestyle changes. It should be offered, but, if a member declines, have them to sign a Page 13

e. Registered Dietician (RD)

e. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 23.

(1) Located at MTFs, may need PCM referral

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">(2) Classes or individual counseling(3) Bring 3-day food record to appointment(4) Follow-up visits per RD(5) Good idea for anyone not making progress <p>f. Nutrition Self-Study Course</p> <ul style="list-style-type: none">(1) Members can download the Official Navy PFA Mobile App (iOS and Android users)(2) Nutrition Self-Study course can be found under Downloadable Content(3) 5 weekly modules with quiz(4) Members must score 80% or higher to advance to the next module(5) Single course completion certificate after passing all modules with 80% or higher | <ul style="list-style-type: none">f. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, slide 24. |
|--|---|

LESSON PLAN

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

CHANGE 6
S-562-0612 Rev A

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

15. Make the difference
 - a. Assist member to
 - (1) Recognize needed changes
 - (2) Set obtainable goals
 - (3) Integrate fitness into daily routine
 - b. Inform leadership of
 - (1) Improved performance
 - (2) Declining trends for fitness failures

RELATED INSTRUCTOR ACTIVITY

15. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 25.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

16. Summary and Review

- a. **Question:**
Who may participate in FEP?
Answer:
Members not meeting minimum PFA standards
Self referrals
Those referred by chain of command
- b. **Question:**
FEP participation is required for a minimum of _____ days a week for a total of at least _____ minutes?
Answer:
3 days, 150 minutes
- c. **Question:**
What needs to be documented for FEP participants?
Answer:
Weekly weight and PT logs
Monthly BCAs and mock PRTs (entered in PRIMs)

RELATED INSTRUCTOR ACTIVITY

- 16. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 26 to show the question.
 - a. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 27 to show the answer.
 - b. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 28 to show the question and Slide 29 to show the answer.
 - c. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 30 to show the question and Slide 31 to show the answer.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

- d. Summary
 - (1) FEP is not a punishment
 - (2) Your support is needed
 - (3) Must incorporate physical activity and nutrition education
 - (4) Know and seek out available resources
- e. Resources
 - (1) Physical Readiness Program Command Fitness Guide: Command/Unit Physical Training (PT) And Fitness Enhancement Program (FEP) 2017
 - (2) BUMED Policy Letter, Feb 2007

RELATED INSTRUCTOR ACTIVITY

- d. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 32.
- e. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 33.
 - (1) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Command Fitness Guide: Command/Unit Physical Training (PT) And Fitness Enhancement Program (FEP) 2017.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

- (3) Navy and Marine Corps Public Health Center (NMCPH),
www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/healthy-eating.aspx
- (4) Physical Readiness links:
www.public.navy.mil/bupers-npc/support/physical/

f. Any questions?

17. Assignment

RELATED INSTRUCTOR ACTIVITY

- (3) Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 34.

f. Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 35.

17. Distribute Assignment Sheet 1-16-1, Fitness Programming, to the trainees as their homework assignment. This assignment asks them to develop a fitness program for Command PT and FEP in the groups they have been in throughout the week. Depending on the size of the class, individuals or groups will present their final products during the allotted time on Day #5.

Display Fitness Enhancement Program (FEP), CFL IMM 1-16, Slide 36.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. **Scenario 1:** Sailor McDonald has just completed his PFA. He scored Satisfactory on his run, Excellent on his Push-ups, and Satisfactory on his curl-ups with a BCA of 25%. Because of his satisfactory status on the run, he has asked to enroll in your FEP program. Using the FITT principle and proper progression, develop an 8-week fitness program that will meet his individualized needs. Along with the 8-week schedule, include one detailed workout including warm-up exercises, cardio and/or strength exercises, and cool-down exercises and flexibility.
- b. **Scenario 2:** Your command has just come off of a 6-month deployment with the next PFA cycle right around the corner. After conducting courtesy BCAs for your Division, you find a significant increase in failures and borderline failures. With the next PFA scheduled for 8 weeks, using the FITT principle and proper progression, develop an 8-week Command PT program that will best meet the needs of your Sailors. Along with the 8-week schedule, include one detailed workout including warm-up exercises, cardio and/or strength exercises, and cool-down exercises and flexibility.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- c. **Scenario 3:** YNC Peterson has been cleared to perform the PFA for the upcoming cycle after being medically waived for two consecutive cycles. She has been using the stationary bike but has not run outside for about 1 year. Her CO has mandated that all members will perform the 1.5mile run/walk only. YNC was given a courtesy BCA which indicates that she is at 35% body fat. With the PFA being 8 weeks away, the CFL has enrolled her into the FEP program. Using the FITT principle and proper progression, develop an 8-week fitness program that will meet her individualized needs. Along with the 8-week schedule, include one detailed workout including warm-up exercises, cardio and/or strength exercises, and cool-down exercises and flexibility.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- d. **Scenario 4:** Petty Officer Harris has consistently scored outstanding on his curl-ups and push-ups for the last five PFA cycles. He has also consistently scored satisfactory on his 1.5 mile run/walk. He is 73 inches tall and weighs 203 lbs. He has come to you requesting a workout program that will help improve his run time so that he scores excellent. Using the FITT principle and proper progression, develop an 8-week fitness program that will meet his individualized needs. Along with the 8 week schedule, include one detailed workout including warm-up exercises, cardio and/or strength exercises, and cool-down exercises and flexibility.

- e. Requirements:

- (1) Overview of a 8-week exercise program
- (2) Example of one detailed workout
- (3) Exercise presentation on day 5 (each group member must be ready to lead at least one exercise of the detailed workout)
- (4) Oral presentation on day 5

- e. Assign a scenario to each group (or individual).

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.16 Fitness Enhancement Program (FEP)

DISCUSSION POINT

- f. You will have an hour to work on this tomorrow. Any questions.

RELATED INSTRUCTOR ACTIVITY

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

CLASS PERIODS: 0

LAB PERIODS: 2

PA PERIODS: 0

Enabling Objectives:

- 4.1 **DESCRIBE** how to ensure that personnel are using proper techniques to reduce risk of injury when participating in command PT, FEP, or PRT using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 39)
- 1.1 **PRACTICE** safety guidelines during exercise sessions in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 48, 97)
- 1.4 **LEAD** organized physical training (e.g. running, calisthenics) correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 76, 77, 98, 99, 100, 102)
- 1.2 **DEMONSTRATE** warm-up/cool-down, flexibility, and stretches exercises correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 87, 88, 95, 96)
- 1.9 **DEMONSTRATE** various exercises, e.g. circuit training, FEP for 5, Speed and Agility Training, Team building) correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 89)
- 1.12 **DEMONSTRATE** aerobic exercises correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 91)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

- 1.13 **DEMONSTRATE** exercises that build coordination and agility correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 93)
- 1.14 **DEMONSTRATE** basic running techniques correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 94)

Instructor Preparation:

- A. Review Assigned Trainee Material
- B. Reference Publications:
 - 1. Navy Operational Fitness Series, NOFFS
- C. Training Materials Required:
 - 1. Instruction Sheets
 - a. Speed Training Exercises, Diagram Sheet 1-17-1
 - 2. Associated Curriculum Documents
 - a. S-562-0612-3, Cardio-respiratory Conditioning

Trainee Preparation Materials:

- A. Trainee Support Materials:
 - 1. None
- B. Reference Publications:
 - 1. None

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

1. Introduction
 - a. Your workouts today will encompass methods that allow a group to “push the limits” yet accommodate varying levels of conditioning
 - b. To that end, each drill can be progressed through multiple stages, each of which increases the intensity of the workout

RELATED INSTRUCTOR ACTIVITY

1. Use Gym Session S-562-0612-3, Cardio-respiratory Conditioning, in the gym for easier reference to the lesson plan.

Establish Contact

Today will involve quite a bit of running and the intensity builds throughout the workout culminating with competitions performed at the end which can elicit intense effort. Make sure to allow for ample recovery between segments and reduce quantity where necessary to accommodate your group. Model what you would like to see CFL's implementing in the field!

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- c. We will be performing drills that can only be performed where space allows, however, the same variable intensity methods can be applied on cardio equipment when that is the only alternative and/or a member chooses to train for an alternate cardio test. These options can be found at www.navyfitness.org under Fitness/NOFFS.
- d. It is important to monitor participants for signs of overexertion. Know what you are looking for so those in red zones can be accommodated appropriately (e.g. extended rest periods, transition from multi direction work to linear should body control be less than ideal, pace reduction or complete removal from the activity)
- e. Emphasize the need for quality over quantity. Greater fatigue and diminished body control can lead to injuries such as ACL tears, ankle sprains, and hamstring strains

2. Running Tips

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. Today's workout will focus on short duration bursts of speed as well as multidirectional movement. The following are some tips to aide your running mechanics when applying this type of training:
 - (1) Stride shortens
 - (2) Mid to forefoot strike
 - (3) Focus on turnover rate vs. stride length
 - (4) Head up with eyes straight ahead
 - (5) Positive shin angle
 - (6) Wear appropriate shoes (running shoes or court/cross training shoes are appropriate)
 - (7) Arms should be swinging forward and back not side to side
 - (8) Arms should remain relaxed (elbows at 90 degree bend or lower)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

- (9) Opposite arm and leg should be working in unison
- (10) Avoid side to side movements
- (11) Use controlled breathing

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| 3. "Are You Ready?" | 3. Start off the gym session by asking the trainees: "Are you ready?" They will respond "always ready." Then proceed to asking the Pre-physical Activity Questions. |
| 4. Trainee Warm-up Exercises | 4. Have the trainees perform the level 3 dynamic warm up. |
| 5. Fartlek run (Indian Style) | 5. After completing Level 3 Dynamic Warm-up, use the discussion points below to discuss their next exercise: Indian Run/Fartlek Training. |
| a. The Fartlek running technique intersperses periods of higher intensity within a slower run pace. This is especially useful in unit PT as it can be easily implemented in medium to large groups when conducted as an "Indian run". | |
| b. The Fartlek run is a great endurance building tool | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

- c. It is easily implemented, functional, team building, and a proven tool for enhancing run time
- d. It can be implemented in such a way to accommodate different ability levels
- e. It is important to monitor participants for “red zone” exercisers
- f. Run variables include overall time, pace, number of participants (increases recovery time but also sprint distance)
- g. Fartlek run

RELATED INSTRUCTOR ACTIVITY

- (1) Break into 10-15 person teams according to your PRT run times
- (2) One group at a time, start to run single-file around the gym, track, or field at a slow, comfortable jogging pace

- (1) Break the group into 10-15 person teams. This is a great opportunity to divide the group into ability groups according to the PRT run times you observed on Monday.
- (2) Ask the members of an assigned group to begin running around the gym, track or outdoor field in a slow comfortable jog in a single file line.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

- (3) The person at the end of the line sprints to the front while the team continues at a relatively slow pace. Once the person reaches the front of the line, the person at the back of the line does the same
- h. Allow for a short break while you prepare for the linear accelerations but ask participants to continue to walk and get some water
- 6. Linear Accelerations
 - a. Set up:
 - (1) Set up 5 cones or markers 10 yds apart for a total distance of 40 yds as shown in the diagram
 - (2) Set up the cones with room to spare after the last cone to allow you to run through the last cone on each sprint
 - b. Procedure:

RELATED INSTRUCTOR ACTIVITY

- (3) Continue repeating the sequence for 5-7 minutes. If the space available will accommodate more than one group at a time, space them out and let them all participate simultaneously.
- 6. Refer to Navy Operational Fitness Series, NOFFS, Large Deck Series, Level 1, Page 8 for a full description of the linear accelerations exercise.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

- (1) Select the appropriate pattern, work-to-rest ratio, and repeats for the stage you are on
- (2) Start with a light jog, back and forth, through the pattern for 2 minutes to warm up
- (3) During the Work interval run the pattern at the prescribed intensity
- (4) After passing the last cone in the pattern, turn around and repeat the pattern in the opposite direction. Continue to repeat for the duration of the work interval
- (5) During the Rest interval walk or jog between the two end cones

c. Coaching Keys:

- (1) Refer to the information at the top of page 8 to determine your work interval intensities based on RPE or HR

RELATED INSTRUCTOR ACTIVITY

- (3) Refer to Navy Operational Fitness Series, NOFFS, Large Deck Series, Level 1, Chart on Page 8.

- (1) Refer to Navy Operational Fitness Series, NOFFS, Large Deck Series, Level 1, How hard should I work? section on Page 8.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

- (2) Focus on distinct change of speeds between Moderate and Max Intensities
- (3) Keep your movement clean as you accelerate through the drill
- (4) When working in large groups, set up multiple sets of cones and divide the group appropriately
- you can start people at either end of the cones to increase numbers of people per cones

RELATED INSTRUCTOR ACTIVITY

- 7. 6 Cone Drills
 - a. Set up: Set up 6 cones or markers 5 x 10 yds apart as shown in the diagram on page 8
 - b. Procedure:
 - (1) Select the appropriate pattern, work-to-rest ratio, and repeats for the stage you are on

- 7. Use Navy Operational Fitness Series, NOFFS, Large Deck Series, Level 2, Page 8 for a full description of the 6 cone drill exercise.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) Start with a light jog, back and forth, through the pattern for 2 minutes to warm up
- (3) During the Work interval run the pattern at a HARD intensity (see chart on page 8)

c. Pattern 1:

- (1) Sprint diagonally and decelerate under control at the cone
- (2) Shuffle across to the next cone
- (3) Plant at the cone and sprint diagonally through the next cone
- (4) Jog around to start of the drill
- (5) If repeating pattern 1 alternate the start cone from right to left
- (6) If the next pattern is 2 (Stage C&D), start at same cone

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

d. Pattern 2:

- (1) Sprint diagonally and decelerate under control at the cone
- (2) Backpedal to cone behind you
- (3) Plant at the cone and sprint diagonally through the next cone
- (4) Jog around to start of the drill, alternating cones you start at and repeat pattern 1

e. Coaching keys:

- (1) Keep your movement clean as you accelerate and decelerate through the cones
- (2) Continue to run through the patterns for the duration of the "Work interval"
- (3) Recover during the "Rest Interval" by jogging around the cones

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (4) Accelerate HARD at each sprint
- (5) Decelerate under control by lowering your center of gravity and taking shorter steps
- (6) In stage C & D you will be alternating between the two patterns for the duration of the "Work Interval"

8. 300 Yard Shuttle Run

- 8. The trainees are already warmed-up and should be ready for team competitions. This exercise session is used to demonstrate how Sailors can still get a great workout by having fun. The groups will compete with each other to see who can get the most "wins" during the events. The only required event for this segment of the exercise session is the 300 yard shuttle run. Other team events can be incorporated as time and safety allow .

- a. Divide into teams and perform a 300 yard shuttle run

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. **Procedure:** Mark a start line (cone or end line on the basketball court). Mark a point 25 yards from the start point. First in line will begin with a blow of the whistle. They will sprint to the 25 yard marker, touch the ground or cone and return to the start line, touch the start line and return back to the 25 yard marker. This will be repeated until the participant completes 6 25 yd intervals at which time they will touch the next person in line's hand and they will begin. Continue until each team member has finished the drill.
 - c. **Alternative:** Objects to be carried can be placed at the start line and at the turn around point. Participant will carry the object through the sprints, exchanging the item at each turnaround point. Examples include med balls, sand bags, bean bags, eggs, volleyballs. Once a member completes the drill, they should hand off the item to the next participant.
9. Additional Drills (if time allows)
- a. Get-up and Go's
9. You can add other events if you like, however, maintaining quality in movement is essential and if the participants "put out" in the previous portions, they should be somewhat fatigued.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">(1) Start in push up position, do 10 push-ups, sprint down and back(2) Start supine, do 10 crunches, sprint down and backb. Jump rope down and backc. Set up cones in a straight line and:<ul style="list-style-type: none">(1) Dribble basketball in between(2) Run around the conesd. Basketball Caterpillar (trainees go in a line and pass basketball up and over and under the legs of the next individual)e. 90-100% effort 30 to 50 yards (allow enough space for deceleration) <p>10. Cool-down Exercises</p> | <p>10. Have the trainees practice the cool-down exercises for 10 minutes.</p> |
|---|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

11. Flexibility Exercises and Stretches
12. Summary and Review
 - a. Discuss with the class the following:
 - b. Today was an introduction to interval training, specific to the preparation of the run portion of the PRT
 - c. Interval training has proven to be a highly effective tool in developing cardio-respiratory conditioning and since it is generally performed while running, it is specific to the eventual activity to be performed. It is also specific to many of the tasks we perform on a daily basis, as they tend to be short in duration

RELATED INSTRUCTOR ACTIVITY

11. Have the trainees practice the flexibility exercises and stretches for 10 minutes.
12. Refer trainee to Diagram Sheet 1-17-1, Speed Training Exercises, for a list of the exercises covered in this session. This completes this gym session.
 - a. Discuss the following discussion point with the class.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.17 Gym Session 3: Cardio-respiratory Conditioning

DISCUSSION POINT

- d. It is also important to note that those preparing for the 1½ mile run should incorporate that distance into their training routine, especially as you get closer to the test date. The same holds true for those opting for alternative cardio tests. For instance, performing the drills we performed today 1-3 times a week should be coupled with at least a “mock” PRT run once every other week progressed to once a week within 4 weeks of the test
 - e. Any questions?
13. Assignment

RELATED INSTRUCTOR ACTIVITY

- e. Ask the trainees if they have any questions.
13. Review all homework assignments. Remind them of when class is starting tomorrow etc. Finish the sessions with: "CFLs, are you ready"? After they say "always ready," then yell: "dismissed!".

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.18 PRIMS

CLASS PERIODS: 2

LAB PERIODS: 0

PA PERIODS: 0

Enabling Objectives:

- 6.1 **DESCRIBE** how to manage the PFA data in PRIMS using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 12, 15, 18, 21)
- 6.2 **DESCRIBE** how to transfer a member in or out of the command in PRIMS using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 16)
- 6.3 **DESCRIBE** how to turn over the CFL/ACFL duties (upon relief or transfer) in PRIMS using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 17)
- 6.4 **DESCRIBE** how to document medical waivers in PRIMS using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 14)

- 6.5 **DESCRIBE** how to manage FEP and Nutrition in PRIMS, including required mock BCA and PRT results using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 13, 19)
- 6.6 **DESCRIBE** how to run reports in PRIMS using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 20)

Trainee Preparation Materials:

- A. Trainee Support Materials:
 - 1. None
- B. Reference Publications:
 - 1. None

Instructor Preparation:

- A. Review Assigned Trainee Material

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

B. Reference Publications:

1. Physical Readiness Program, OPNAVINST 6110.1
(Series)

C. Training Materials Required:

1. IMI
 - a. PRIMS, CFL IMM 1-18

- D. INSTRUCTORS NOTE: This is a capability brief on what PRIMS will be able to do for CFLs. Unfortunately the PRIMS practice application site (Peter Pan site) is no longer supported at this time. Instructors must teach this brief in its entirety, and refrain from having a local CFL with PRIMS access present a “live” tutorial. CFLs should be directed to download the “PRIMS v4 CFL Users Guide” from the Physical Readiness Program website. All remaining questions should be directed to the PRIMS Manager at: PRIMS@navy.mil , or call 901-874-2210.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

1. Introduction

a. Objectives

- (1) Provide PRIMS training resources. We will go over the basics of PRIMS and provide the resources where you can learn more
- (2) Provide an overview of PRIMS capabilities to expose you to the different features and how this can benefit your command
- (3) Discuss CFL responsibilities so that you know what is expected of the CFL and related OPNAV policies
- (4) Discuss record correction procedures. This is a common question and we want to provide this information so that you know what to do when this need arises

2. PRIMS Overview

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display PRIMS, CFL IMM 1-18, Slide 1.

a. Display PRIMS, CFL IMM 1-18, Slide 2.

2. Display PRIMS, CFL IMM 1-18, Slide 3.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

- a. PRIMS is an official reporting system. It is a legal document and will be treated as such. At times, members have attempted to use the FITREP/EVAL as a documentation of PFA records, however, PRIMS is the official document and will supersede any other documentation
- b. All data entries are traceable and auditable. You are responsible for all data entered under your name
- c. PRIMS Tracking Capabilities
 - (1) PFA data, including failures
 - (2) Medical information - PHA , PARFQ, and waivers
 - (3) FEP data, including BCA, and mock PFA progress
 - (4) Nutrition
 - (5) Command vs Navy trends

RELATED INSTRUCTOR ACTIVITY

- c. Display PRIMS, CFL IMM 1-18, Slide 4.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

3. CFL Responsibilities
 - a. OPNAV will grant CFL access only after receiving a letter of designation signed by the CO. CFL will grant ACFL access to a department or division and read-only access to your command suite (CO, XO, CMC), as well as other command members, as designated in writing by the CO. Have ACFLs designated in writing, too
 - b. Enter PFA data in 30 days. This is policy. Navy leadership makes decisions based on the PRIMS data. The data must be in PRIMS to accurately reflect the status of the fleet
 - c. Maintain the integrity of PRIMS. You will have access to your command's records. It is your job to collect the data and accurately enter it into the system. These records are reviewed and audited
 - d. Submit corrections paperwork in proper format. We will discuss later in this lesson

RELATED INSTRUCTOR ACTIVITY

3. Display PRIMS, CFL IMM 1-18, Slide 5.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">e. Maintain all records, i.e. rosters/score sheet, medical waiver forms, PARFQ's and any other supporting documentation, for at least five years <p>4. Learning PRIMS</p> <ul style="list-style-type: none">a. You will need to invest time to practice using PRIMS, so you are familiar with how to navigate through the various screensb. PRIMS v4 CFL User Guide available on the Physical Readiness Program and PRIMS websitesc. Recommend train-the-trainer with more experienced CFL/ACFLd. Do not use the actual PRIMS site to practice with unofficial data | <p>4. Display PRIMS, CFL IMM 1-18, Slide 6.</p> |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

- e. This is the welcome screen. There are notes from the administrator that are dated. Always read these for updates. When PRIMS is experiencing major difficulties, refer to the section "Message from Administrator" for updates
- 5. Working with the Command Screen
 - a. Command Screen reports - Right click on UIC under command structure and select Command Reporting to view the selection of reports listed on the slide

NOTE: The Commander's Report Card is now located on the Admin screen.

- b. Command Results reports - select from Command Reporting menu

RELATED INSTRUCTOR ACTIVITY

- e. Display PRIMS, CFL IMM 1-18, Slide 7.
- 5. Display PRIMS, CFL IMM 1-18, Slide 8.
 - a. Display PRIMS, CFL IMM 1-18, Slide 9.
- b. Display PRIMS, CFL IMM 1-18, Slide 10.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

- (1) All of the Command Results reports reflect the CFL's UIC. They do not include records from other UICs, even if the member is currently assigned to the CFL's UIC. This is the one place a CFL can go to retrieve results for their UIC regardless of where the members are now located
- (2) All of the other reports reflect the PFA results for the members currently attached to the command

6. Working with the Member Screen

a. Member menu options

- (1) If you want to search for a specific member, enter name and last 4 of member's SSN, then click search
- (2) Right click on member name to see the drop-down menu options
 - (a) Member

RELATED INSTRUCTOR ACTIVITY

6. Display PRIMS, CFL IMM 1-18, Slide 11.

a. Display PRIMS, CFL IMM 1-18, Slide 12.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 1) Edit Member Record (e-mail/phone number)
 - 2) Transfer Member Out of Command
 - 3) Update Member PHA
-
- (b) PARFQ
 - (c) Medical Waiver
 - (d) PFA
 - (e) Fitness Programs (FEP and ShipShape)
 - (f) Member Authorization
 - (g) Member Reporting

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

- b. These are the different reports available on the Member Screen. Right click on the member's name and select Member Reporting
 - (1) Admin Separation Waivers
 - (2) PFA Listing
 - (3) PFA Listing All Cycles
 - (4) BCA Listing
 - (5) BCA Listing All Cycles
 - (6) PRT Listing
 - (7) PRT Listing All Cycles
 - (8) LON (Officer)
 - (9) Medical Waivers
 - (10) FEP

RELATED INSTRUCTOR ACTIVITY

- b. Display PRIMS, CFL IMM 1-18, Slide 13.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

(a) FEP Results Summary

(b) FEP Progression

(11) Filled PARFQ NAVPERS 6110/3

(12) Filled Physical Fitness Assessment Medical
Clearance/Waiver NAVMED 6110/4

7. Medical Waivers and PFA Records

- a. Click the Medical Waiver tab and then the + button
- b. All fields are required except the Comment block.
The comment block is used to record generic
information about the waiver, not a member's
personal medical information. Once the medical
waiver is saved, it will create the PFA record
- c. Member PFA records

RELATED INSTRUCTOR ACTIVITY

7. Display PRIMS, CFL IMM 1-18, Slide 14.

- a. Display PRIMS, CFL IMM 1-18, Slide 15.
- c. Display PRIMS, CFL IMM 1-18, Slide 16.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Click on member tab and search for the member (member's last name, first name and last four of SSN) by UIC then click Search for Member(s)
- (2) When the grid populates, you will notice an arrow to the left of the member's name. Click the arrow and this will open the records. You will see the PFA records are defaulted
- (3) To add a PFA record, click the + button
- (4) The input screen appears. Select the cycle, enter the test date (required) and select the participation status (required). Enter the height and weight data and click calculate
- (5) If the member did not meet height/weight requirements, you will be required to enter the measurements and click calculate again

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

- (6) Once the BCA is entered, PRIMS will ask if you want to enter the PRT. It can either be entered at the same time as the BCA or a later time
- (7) To enter the PRT portion of the PFA record, just open the record and select the Edit (Pencil) link
- (8) If a member has a nonparticipation status, you have to click the calculate button

NOTE: You have 1 year to add a new PFA record and 3 months to edit a PFA record

NOTE: Medical waivers must be entered prior to adding a new record

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| 8. PARFQ | 8. Display PRIMS, CFL IMM 1-18, Slide 17. |
| 9. FEP and Nutrition | 9. Display PRIMS, CFL IMM 1-18, Slide 18. |
| a. PRIMS automatically enrolls members in the FEP, who fail either the BCA or PRT, or outside Age-adjusted body fat standards (AAS). | a. Display PRIMS, CFL IMM 1-18, Slide 19. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">b. You must manually enroll others
c. Once a member has completed the requirements to be removed from the FEP, fill in the end date and departure reason. This will dis-enroll the member from the FEP
d. You must enter monthly mock PFA data and Nutrition program attendance <p>10. Excel Spreadsheet</p> <ul style="list-style-type: none">a. Not recommended, but it can be useful for commands with limited internet access - Once the command has a good internet connection, it can be downloaded and uploaded to the database.<ul style="list-style-type: none">(1) This option is available only to CFLs at the UIC level(2) The spreadsheet cannot be manipulated in any way | <p>10. Display PRIMS, CFL IMM 1-18, Slide 20.</p> <ul style="list-style-type: none">a. Display PRIMS, CFL IMM 1-18, Slide 21. |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) Medical waivers cannot be entered on the spreadsheet. Anyone with a medical waiver will have to have their data entered directly in PRIMS
 - (4) Items are coded in the spreadsheet
 - (5) Not an official document - you must maintain paper copies
- b. From the Help link in PRIMS, select the PFA List Items file. This file will be used to enter some of the data into the spreadsheet
- b. Display PRIMS, CFL IMM 1-18, Slide 22.
- (1) For instance, the PFA Cycle will be entered as 19 (for Cycle 2 2011). If a member is a participant for the BCA and PRT, you will not enter "Participant" but the number 8 per the list
 - (2) The PRT standard is a 1 for the tables that are below 5,000 feet. Use a 4 when the command is above 5,000 feet and a 5 when the member tested using the USMC PFT

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

- (3) The cardio method must be selected. If the member used the bike or elliptical, the machine used must be specified

11. Reports, Notes, & Record Corrections

- a. PRIMS reports are available on the Command and Member Screens. To get a report for the entire command (or drill down to a department or division level), use the Command Screen. Use the Member Screen to print reports and forms for a selected member only
- b. Help manage your program
- c. Track PFA data to assist with admin responsibilities
- d. Create reports to provide to leadership
 - (1) Assist with medical screening compliance
 - (2) Show FEP progress

RELATED INSTRUCTOR ACTIVITY

11. Display PRIMS, CFL IMM 1-18, Slide 23.

- a. Display PRIMS, CFL IMM 1-18, Slide 24.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) Compare command against Navy

12. Notes

12. Display PRIMS, CFL IMM 1-18, Slide 25.

- a. All members need a PFA record for each cycle, even for non-participation (DEP/OP, TAD, etc.)
 - b. If a member does not complete the cardio portion of the test and doesn't incur a medical waiver, record 5959 as the cardio time
 - c. If a member does not finish the bike cardio option, record "20" in PRIMS
 - d. For high altitude or USMC PFA, select option in standard block.
- (1) High altitude will use the appropriate tables in PRIMS

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">(2) USMC will be recorded in PRIMS as USMC Pass.
Scores cannot be entered.
If a member fails the USMC PFT, they must take the Navy PFAe. Members not participating in the PFA without authorization are recorded as UA. Do not input scores or data to "make" them fail.f. Pregnant service women are excused from the PFA from the date they are confirmed as being pregnant until six months after the end of their convalescent leave. It is not a medical waiver. There is a "pregnant" status option for this situation <p>13. Record Corrections</p> <ul style="list-style-type: none">a. Timeline<ul style="list-style-type: none">(1) During the current cycle, CFL can make corrections for three months from the test date | <ul style="list-style-type: none">e. Display PRIMS, CFL IMM 1-18, Slide 26. <p>13. Display PRIMS, CFL IMM 1-18, Slide 27.</p> |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) While the member is at the command, a letter of correction (LOC) with supporting documentation is the requirement to make corrections to the PRIMS record
 - b. LOC must be in correct format, signed by CO, not CFL - comes from the command at fault
 - c. Work with the previous command's CFL to get the documentation needed to correct the PRIMS record, again, send a LOC signed by the CO to the PRIMS office
 - d. Contact the Board for Correction of Naval Records (BCNR) to have the PRIMS record corrected
 - e. All templates for this are located on the Physical Readiness Program website under Help
14. Troubleshooting
- a. PRIMS database errors
14. Display PRIMS, CFL IMM 1-18, Slide 28.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Some of the errors that occur during data manipulation in PRIMS can be corrected by deleting Temporary Internet Files and cookies and logging out and back into BOL
- (2) To delete these files go to: Tools/Internet Options/ Delete Temporary Internet Files, then close all Internet Explorer windows and try again
- (3) If these actions do not correct errors, contact the PRIMS Help Desk for further assistance

b. Letters of Corrections to PFAs from previous cycles

- (1) The Physical Readiness Program office requires the original PFA rosters, if the request is to change PFA results. If the request is associated with medical waivers, the office requires supporting documentation.
- (2) Remember, you are required to maintain PFA records for five years

b. Display PRIMS, CFL IMM 1-18, Slide 29.

- (2) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Paragraph 6.k.(7), Page 10.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- c. Number of CFLs
 - (1) Only one CFL is allowed per command
 - (2) You must submit a CFL designation letter to gain access to PRIMS. This will prevent CFLs from being inadvertently removed from PRIMS
- d. Medical Waivers
 - (1) Always enter medical waivers first, this will populate a PFA record for the cycle
 - (2) Then edit the PFA record to enter the rest of the PFA information
- e. Command Screen
 - (1) It is very important that you keep the information on the Command tab current

- c. Display PRIMS, CFL IMM 1-18, Slide 30.
- e. Display PRIMS, CFL IMM 1-18, Slide 31.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) The Physical Readiness Program office is no longer accepting mass transfer request. Therefore, gaining CFLs must rely on the Command screen to obtain CFL contact information of the previous command in order to import new check-ins, if they have not been released by the previous command's CFL

f. Physical Readiness Program Office Requests

f. Display PRIMS, CFL IMM 1-18, Slide 32.

- (1) Please submit requests only once to PRIMS@navy.mil

- (2) The office is receiving duplicate requests via email, creates a duplication of effort, when multiple staff members are working on the same request and slow the process down.

15. PRIMS POC

15. Display PRIMS, CFL IMM 1-18, Slide 33.

a. PRIMS Manager and PRIMS Assistant Manager

b. (901) 874-2210 or PRIMS@navy.mil

b. NOTE: PRIMS@navy.mil accepts encrypted email.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

- c. Other staff members assigned to OPNAV N17 are knowledgeable and can assist with PRIMS issues

16. Summary and Review

- a. **Question:**
Within how many days of the PFA must PFA data be entered into PRIMS?
Answer:
30 Days
- b. **Question:**
How does a CFL gain access into PRIMS?
Answer:
Forward designation letter signed by CO to OPNAV
- c. **Question:**
Who grants access to ACFLs, CO, XO, and CMC?
Answer:
The CFL
- d. **Question:**
Where do you find samples of all letters and waivers?
Answer:
PRIMS Website, under the "Help" Screen

RELATED INSTRUCTOR ACTIVITY

- 16. Display PRIMS, CFL IMM 1-18, Slide 34 to show the question.
 - a. Display PRIMS, CFL IMM 1-18, Slide 35 to show the answer.
 - b. Display PRIMS, CFL IMM 1-18, Slide 36 to show the question and Slide 37 to show the answer.
 - c. Display PRIMS, CFL IMM 1-18, Slide 38 to show the question and Slide 39 to show the answer.
 - d. Display PRIMS, CFL IMM 1-18, Slide 40 to show the question and Slide 41 to show the answer.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.18 PRIMS

DISCUSSION POINT

- e. Practice, Practice, Practice
 - (1) Log into PRIMS and practice navigating from screen to screen
 - (a) Command reporting
 - (b) Viewing records
 - (c) Help menu
 - (2) Do NOT use the actual PRIMS site to practice with unofficial data
- f. Any questions?

RELATED INSTRUCTOR ACTIVITY

- e. Display PRIMS, CFL IMM 1-18, Slide 42.

Stress to the class that the only way they will learn PRIMS is to use it often, just like any computer program.
- f. Display PRIMS, CFL IMM 1-18, Slide 43.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

CLASS PERIODS: 1
LAB PERIODS: 1
PA PERIODS: 0

Enabling Objectives:

- 2.6 **USE** the PFA Flow Chart to determine what specific CFL decisions are required for a given PFA situation, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 8)
- 2.7 **DETERMINE** what administrative actions are required for enlisted personnel who fail to meet BCA or PRT standards when given a scenario, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 7, 9)
- 2.8 **DETERMINE** what administrative actions are required for officers who fail to meet BCA or PRT standards when given a scenario, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 7, 10)

Trainee Preparation Materials:

- A. Trainee Support Materials:
 - 1. None

B. Reference Publications:

- 1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

- 1. Administrative Separation of Officers, SECNAVINST 1920.6 (Series)
- 2. Advancement Manual for Enlisted Personnel of the U.S. Navy and U.S. Navy Reserve, BUPERSINST 1430.16 (Series)
- 3. Department of the Navy (DON) Forms Management and Information Requirements (REPORTS) Management Programs, SECNAVINST 5210.16 (Series)
- 4. DoD Physical Fitness and Body Fat Programs Procedures, DoDI 1308.3 (Series)
- 5. Navy Military Personnel Manual, NAVPERS 15560 (Series)
- 6. Physical Readiness Program, OPNAVINST 6110.1 (Series)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

7. Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement
8. Promotion, Special Selection, Selective Early Retirement, and Selective Early Removal Boards for Commissioned Officers of the Navy and Marine Corps, SECNAVINST 1420.1 (Series)

C. Training Materials Required:

1. Instruction Sheets
 - a. PFA Flow Chart, Diagram Sheet 1-19-1
2. IMI
 - a. Administrative Actions, CFL IMM 1-19

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

1. Introduction
 - a. Objectives
 - (1) Discuss admin actions for PFA failure
 - (2) Discuss the ADSEP process for Officers
 - (3) Discuss CFL's role in admin actions and policy Supplements to the OPNAVINST 6110.1 J via NAVADMINs.
2. 1st PFA failures
 - a. Member is notified in writing
 - (1) Enlisted: Page 13

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Administrative Actions, CFL IMM 1-19, Slide 1.

 - a. Display Administrative Actions, CFL IMM 1-19, Slide 2.
2. Display Administrative Actions, CFL IMM 1-19, Slide 3.

Refer to Diagram Sheet 1-19-1, PFA Flow Chart.

 - a. Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Enclosure (2), Paragraph 1, Page 1.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (a) Generated via NSIPS for validation and ESR
- (b) Upload original page 13 with signatures via TOPS to be electronically transmitted to PSD for ESR
- (2) Officers: Letter of Notification (LON).
 - (a) 1st LON file at command &;
 - (b) Forward to PERS 313 & 834, Officer Performance and Separation Branch to delay promotion
- b. No advancement/promotion or frocking until a mock PFA is passed. Command sends message to PERS 48 to hold promotion or advancement until the promotion limiting cycle
- c. FEP enrollment until passing next official PFA
- d. Page 13 counseling
- d. Display Administrative Actions, CFL IMM 1-19, Slide 4.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

- e. Promotion cycle limiting dates for enlisted personnel
- f. Letter of Notification (LON) Counseling
- 3. 2nd Consecutive PFA failure
 - a. Adverse FITREP/EVAL
 - b. Member is NOT eligible for
 - (1) Reenlistment
 - (2) Advancement
 - (3) Tuition Assistance (TA)
 - (4) Short-term extension

RELATED INSTRUCTOR ACTIVITY

- e. Display Administrative Actions, CFL IMM 1-19, Slide 5.
- f. Display Administrative Actions, CFL IMM 1-19, Slide 6.
- 3. Display Administrative Actions, CFL IMM 1-19, Slide 7.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| c. FITREP/EVAL marks | c. Display Administrative Actions, CFL IMM 1-19, Slide 8. |
|
 | |
| (1) A grade no greater than 1.0 in "Military Bearing" | |
| (2) For enlisted: Marks of "Significant Problems" and "Retention Not Recommended", respectively | |
| (3) For officers: Marks of "Significant Problems" for Promotion Recommendation | |
|
 | |
| 4. ADSEP for PFA failures | 4. Display Administrative Actions, CFL IMM 1-19, Slide 9. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. Only applicable for Officers
- b. Submitted to PERS-834 for processing following Guidance of SECNAVINST 1920.6 series.
- c. If SECNAV determines Officer to be separated (or retired), this action will occur at PRD or at the determination of SECNAV, whichever is later.
- d. If an official PFA is passed prior to the decision of SECNAV, processing will cease and member will be retained upon notification to PERS-834.
- e. CFL Role in Officer ADSEP Processing
 - (1) Weekly PT logs
 - (2) Monthly mock PFAs
 - (3) Fitness and nutrition resources offered
 - (4) LON
 - (5) Other pertinent information

- e. Display Administrative Actions, CFL IMM 1-19, Slide 10.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- f. Board of Inquiry (BOI)
 - (1) Non-probationary officers (more than six years of commissioned service) are entitled to BOI
 - (2) If BOI recommends retention, officer must be retained on active duty. BOI recommendation to retain an officer cannot be overturned. The process takes approximately 6 to 9 months to complete.

- f. Display Administrative Actions, CFL IMM 1-19, Slide 11.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

- (3) For probationary officers (less than six years of commissioned service), the administrative separation process takes 4 to 6 months to complete. The report of a BOI that recommends separation shall be delivered to SECNAV, with any desired recommendations of CHNAVPERS or DC (M&RA), for final determination.

5. Detailing

- a. All personnel will be detailed according to program requirements for which they applied (i.e. Special Program screening).
- b. Detailers have PFA data in detailing system (EASIS and OASIS)
- c. Contact Community Detailer for more information.

RELATED INSTRUCTOR ACTIVITY

- (3) Reference Administrative Separation of Officers, SECNAVINST 1920.6 (Series),
Note:
CHNAVPERS: Chief of Naval Personnel
DC (M&RA): Deputy Commandant for Manpower and Reserve Affairs.

5. Display Administrative Actions, CFL IMM 1-19, Slide 12.

- b. OASIS: Office Assignments Information System
EASIS: Enlisted Assignments Information System.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <p>6. Individual Augmentation (IA)</p> <p>a. IA's may be designated in PRIMS as "IA" participation status, if either the BCA, PRT, or both were not completed due to conditions, location, or safety of assignment</p> <p>b. IA's shall be treated as newly reported personnel upon return, but must meet Navy standards</p> <p>7. NAVADMINs</p> <p>a. Superseding OPNAVINST 6110.1J:</p> <ul style="list-style-type: none">i. NAVADMIN 231/13ii. NAVADMIN 178/15iii. NAVADMIN 061/16iv. NAVADMIN 248/16v. NAVADMIN 141/17vi. NAVADMIN 304/17 | <p>6. Display Administrative Actions, CFL IMM 1-19, Slide 13.</p> <p>7. Display Administrative Actions, CFL IMM 1-19, Slide 14.</p> <p>a. Note: These NAVADMINs are policy superseding the OPNAVINST 6110.1J.</p> |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

b. NAVADMIN 231/13

b. Display Administrative Actions, CFL IMM 1-19, Slide 15.

- i. Deployment Health Assessment (DHA): Post Deployment Health Assessment (PDHA) or a Post Deployment Health Re-assessment (PDHRA)
Must be current to participate in the PFA
- ii. Days allowed to complete the PRT after the official BCA increased from 10 to 45 days
- iii. PARFQ is not required if the PRT will not be conducted (i.e. DEP/OP, IA, TAD, Pregnancy)

c. NAVADMIN 178/15

c. Display Administrative Actions, CFL IMM 1-19, Slide 16.

- (1) An updated PARFQ form (NAVPERS 6110/3 Rev. 11-2015) introduced to better assist medical providers in assessing a Sailors overall health

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) Introduction of a new Body Composition Assessment (BCA) Methodology consisting of a 3-step process. Step 1: apply current weight for height standards. If not within standards, process to Step 2. Step 2: Single Site Abdominal Circumference (AC) measurement taken at the level of the iliac crest parallel to the deck. Maximum measurements for Males = 39 inches; females = 35.5 inches. If over the AC maximum measurement, proceed to Step 3. Step 3: Body Circumference (BC) measurement (body fat percentage) utilizing the DoD maximum standards of 26% for males and 36% for females.
- (3) % Body Fat Standards increased to Department of Defense maximum
- Males \leq 26%
 - Females \leq 36%
- (4) Introduction of the new age graduated body fat standards. Sailors exceeding new age graduated body fat standards will be enrolled in the Fitness Enhancement Program (FEP).

- (4) Display Administrative Actions, CFL IMM 1-19, Slide 17.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| (5) All medically cleared Sailors shall participate in the PRT regardless of BCA outcome | |
| (6) Spot Checks: Commanding officers will conduct PFA spot checks. BCA and PRT failures incurred during a spot check will result in FEP enrollment. | |
| (7) Fitness Enhancement Program Enrollment | (7) Display Administrative Actions, CFL IMM 1-19, Slide 18. |
| <ul style="list-style-type: none">• Exceeding Age Adjusted Standards• Failing any portion of the PFA• Any probationary PRT event score | |
| d. NAVADMIN 061/16 | d. Display Administrative Actions, CFL IMM 1-19, Slide 19. |
| (1) Letter of Correction Policy | |
| (2) Abdominal Circumference (AC) Measuring Instructions | |
| (3) New PRT Performance Scoring Tables | |
| <ul style="list-style-type: none">• Probationary in any event = FEP enrollment | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(4) CFL Certification Requirements

- Re-certification minimum: every three years via 5-day CFL course or seminar.
- Maintain 1% below age adjusted standards body fat standards
- Maintain Excellent or better PFA score

(5) BCA Spot Checks

- Discretion of the Commanding Officer
- No administrative/punitive consequences other than FEP enrollment

(5) Display Administrative Actions, CFL IMM 1-19, Slide 20.

e. NAVADMIN 248/16

e. Display Administrative Actions, CFL IMM 1-19, Slide 21.

(1) PRP Guidance for Transgender Personnel

- No separate or distinct standards
- Must adhere to standards commensurate with gender marker currently reflected in DEERS
- Once gender marker changes in DEERS, Sailor is required to meet PFA standards of their preferred gender.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

f. NAVADMIN 141/17

f. Display Administrative Actions, CFL, IMM 1-19, Slide 22.

(1) PRT Performance Incentive (effective 01 Jan 2018)

- Sailors that pass the BCA, are within Navy age graduated (adjusted) body fat standards, and score Excellent Low or better, with no event lower than good low on the PRT will be exempt from participation in the following PRT cycle.
- All Sailors, regardless of PRT performance, will still be required to participate in the BCA each cycle.
- If Sailor is validated from taking the PRT, but fails the BCA, the Sailor is required to participate in the PRT if medically cleared.

(2) Elliptical trainers will no longer be authorized as an alternate cardio option for the PRT.

(2) Display Administrative Actions, CFL, IMM 1-19, Slide 23.

(3) Post-partum Sailors are exempt from participating in the PFA for 6 months following their maternity leave period (84 days).

- PFA participation status in PRIMS should be reflected as pregnant for all stages of the pregnancy and post-partum periods.
- Pregnant and post-partum Sailors are not required to complete a PARFQ while in the pregnancy status.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- g. NAVADMIN 304/17
- (1) All commands will discontinue processing members for separation as a results of PFA failures (effective immediately).
- (2) The following applies to Enlisted Sailors that fail one PFA:
- Be issued NAVPERS 1070/613 (Pg13) via Navy Standard Integrated Personnel System (NSIPS) to inform them of the PFA failure.
 - Be enrolled in FEP until pssing the next official PFA
 - Not be frocked or advanced. Members may regain eligibility for promotion by passing a command directed monthly FEP mock PFA. However, Sailor must still remain enrolled in FEP until passing the next official PFA.
- (3) Enlisted members that fail two or more consecutive PFAs will continue service until Soft End of Active Obligated Service (SEAOS). Additional these members:
- Will be ineligible for advancement
 - Will be ineligible to reenlist or extend

- g. Display Administrative Actions, CFL, IMM 1-19, Slide 24.

- (3) Display Administrative Actions, CFL, IMM-19, Slide 25.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- Will receive an adverse report that states “Significant Problem” on their Evaluation.
- Will be detailed as required. Changes to any program that has specific PFA requirements will be announced via revision to its governing instruction.
- May regain eligibility for advancement and reenlistment by passing one subsequent official PFA. Members must obtain recommendation of their Commanding Officer for advancement and retention on their most recent evaluation. This may require a special evaluation to restore retention or advancement recommendations after a member passes an official PFA.

(4) The following applies to all Officers that fail one PFA:

- Will not be eligible for promotion. Commands are Required to delay promotion and inform PERS-833. Members will regain eligibility for promotion by passing the next command-directed monthly FEP mock PFA.
- Be issued a Letter of Notification (LON) to inform them of the PFA failure.

(4) Display Administrative Actions, CFL, IMM 1-19, Slide 26.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- Be enrolled in FEP until passing the next official PFA.
- (5) Officers that fail two or more consecutive PFAs will be submitted to PERS-834 for administrative separation processing.
- (5) Display Administrative Actions, CFL, IMM 1-19, Slide 27.
- If SECNAV determines the officer is to be separated (or retired), this action will occur at the Projected Rotation Date (PRD) if the officer or upon the determination of SECNAV, whichever is later.
 - If an officer passes an official PFA prior to the decision of SECNAV on retention or separation, processing will cease and the member will be retained upon notification to PERS-834. A special Fitness Report may be submitted to document the officer's satisfactory physical readiness status.
 - Will receive an adverse report that states "Significant Problems" on their fitness report.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (6) Effective 01 January 2018: All PFA failures will reset to zero only for enlisted reenlistment policy and officer administrative separation policy. No other records will be changed such as PRIMS, Fitness Reports, or Evaluations.
- (7) All members must have a BCA competed within five work days of reporting to a new command. This BCA spot-check will not count as the official BCA for newly reported members during the command PFA cycle, regardless of the status of the official command PFA cycle. Members exceeding Age Adjusted Body Fat Standards (AAS) during spot-checks must be enrolled into Command FEP.
- (8) FEP enrollment and disenrollment determination: Upon either a BCA spot-check failure or PFA failure, members must participate in FEP until they pass an official PFA and are within AAS.

- (6) Display Administrative Actions, CFL IMM 1-19, Slide 28.

8. Command Fitness Leader (CFL)

- a. CFL and ACFLs must be appointed in writing

- 8. Display Administrative Actions, CFL IMM 1-19, Slide 29.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. CFL must be fully qualified within 3 months of appointment
- c. Complete 5-day CFL training course with an 80% or better and excellent or better PRT score

9. Echelon 3 Commander

9. Display Administrative Actions, CFL IMM 1-19, Slide 30.

- a. Shall appoint a collateral duty Physical Readiness Control Officer (PRCO) to liaison with OPNAV N17
- b. Provide assistance to subordinate commands on Physical Readiness Program policy
- c. Ensure PFA compliance reporting at least semi-Annual

10. Commanding Officer

10. Display Administrative Actions, CFL IMM 1-19, Slide 31.

- a. Request approval from ISIC to “DEP/OP” BCA for the entire command

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Request approval from ISIC to waive two consecutive PRT cycles for “DEP/OP”

11. Exceptions to PFA Participation

11. Display Administrative Actions, CFL IMM 1-19, Slide 32.

- a. Circumstances exist in which participation in the PFA may not be possible. The following are authorized non-participation reasons in PRIMS:
 - DEP/OP – whole unit, not for individual unit members
 - Excused – request must be submitted to OPNAV N170B
 - Isolated Duty – one of a kind duties (i.e. Embassy Duty)
 - Acclimatization – Commanding Officer will determined length with AMDR consultation (usually no more than 30 days.
 - Individual Augmentee (IA) – based on conditions of deployed location
 - Temporary Additional Duty (TAD) – on orders with no means of participation in PFA
 - Leave – convalescent or emergency ONLY

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

12. Bad Day
 - a. Commanding Officers / OICs may authorize ONE retest for the PRT portion of the PFA. A "Bad Day" exception for BCA is not authorized
 - b. Bad Day must be requested within 24 hours of a PFA failure and must be completed within seven working days
13. Unauthorized Absences (UA)
 - a. At the end of each PFA cycle, CO's have the authority to determine whether non-participation was authorized or unauthorized
 - b. All unauthorized non-participation shall be designated as "UA" in PRIMS and scored as a PFA failure
14. 10 Week PFA Notification Policy:

RELATED INSTRUCTOR ACTIVITY

12. Display Administrative Actions, CFL IMM 1-19, Slide 33.
13. Display Administrative Actions, CFL IMM 1-19, Slide 34.
14. Display Administrative Actions, CFL IMM 1-19, Slide 35.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

- a. Not receiving a PFA notification does not exempt members from taking the PFA as long as they are medically cleared and acclimatized
- b. If a member checks in after the command PFA, the member will be expected to complete an entire PFA during the next scheduled monthly mock PFA
- c. Every effort should be made to have every member participate in a PFA every cycle

RELATED INSTRUCTOR ACTIVITY

15. Physical Fitness Assessment

- a. Two PFAs are to be conducted per year
- b. There must be a minimum of four months between PFAs and only one per Navy cycle
- c. CO has authority over the schedule, conduct, safety, and medical waivers for the PFA

15. Display Administrative Actions, CFL IMM 1-19, Slide 36.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

16. Physical Training Uniform (PTU):

16. Display Administrative Actions, CFL IMM 1-19
Slide 37.

- a. Commanding Officers or Officers in Charge should specify the required uniform – uniform of the day or Navy PTU – that will be worn during the official and Unofficial height/weight screening and circumference measurements.

17. Altering Body Fat Measurements

17. Display Administrative Actions, CFL IMM 1-19,
Slide 38.

- (1) Any attempt by a member to temporarily alter their BCA measurements by using body wraps, extreme starvation diets, and/or sauna suits is prohibited
- (2) If temporary altering is detected by the command, the CFL, or ACFL, the member is required to wait a minimum of 72 hours before completing the official BCA measurement

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

18. PRT Categories

- (1) Maximum
- (2) Outstanding – High, Medium, Low
- (3) Excellent – High, Medium, Low
- (4) Good – High, Medium, Low
- (5) Satisfactory – High, Medium
- (6) Probationary: ***member enrolled in FEP***
- (7) One on one PRT's are not authorized

RELATED INSTRUCTOR ACTIVITY

- 18. Display Administrative Actions, CFL IMM 1-19, Slide 39.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| 19. Members serving with the USMC may not be mandated to participate in the Physical Fitness Test (PFT) or Combat Fitness Test (CFT). Members may volunteer; if they fail, they must be allowed to retest with the Navy PRT | 19. Display Administrative Actions, CFL IMM 1-19, Slide 40. |
| 20. Summary and Review | 20. Display Administrative Actions, CFL IMM 1-19, Slide 41. |
| a. Discussed CFLs role in administrative actions for PFA failures | |
| b. Discuss the ADSEP process for Officers | |
| c. Discuss CFLs role in administrative actions and policy Supplements to the OPNAVINST 6110.1J via NAVADMINs | |
| 21. References | 21. Display Administrative Actions, CFL IMM 1-19, Slide 42. |
| (1) OPNAVINST 6110.1 (Series) | (1) Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series). |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

- (2) BUPERSINST 1430.16 (Series)
- (3) Command policy
- (4) DODI 1308.3
- (5) Impact of PFA Failures on the Navy. Navy Manpower Requirements System
- (6) MILPERSMAN Articles 1220, 1300, 1160-030, 1160-040, and 1910-170
- (7) SECNAVINST 1420.1 (Series)

RELATED INSTRUCTOR ACTIVITY

- (2) Refer to Advancement Manual for Enlisted Personnel of the U.S. Navy and U.S. Navy Reserve, BUPERSINST 1430.16 (Series).
- (4) Refer to DoD Physical Fitness and Body Fat Programs Procedures, DoDI 1308.3 (Series).
- (6) Refer to Navy Military Personnel Manual, NAVPERS 15560 (Series).
- (7) Display Administrative Actions, CFL IMM 1-19, Slide 43.

Refer to Promotion, Special Selection, Selective Early Retirement, and Selective Early Removal Boards for Commissioned Officers of the Navy and Marine Corps, SECNAVINST 1420.1 (Series).

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

- (8) OPNAVINST 1900.4 (Series), Para 8
- (9) SECNAVINST 5210.16 (Series)
- (10) Physical Readiness Program Guide 1, Command Fitness Leader (CFL) Administrative Duties and Responsibilities
- (11) Physical Readiness Program Guide 4, Body Composition Assessment (BCA)

RELATED INSTRUCTOR ACTIVITY

- (8) Refer to Separation Pay for Involuntary Separation from Active Duty, OPNAVINST 1900.4 (Series).
- (9) Refer to Department of the Navy (DON) Forms Management and Information Requirements (REPORTS) Management Programs, SECNAVINST 5210.16 (Series).
- (10) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 1, Command Fitness Leader (CFL) Administrative Duties and Responsibilities.
- (11) Display Administrative Actions, CFL IMM 1-19, Slide 44.

Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 4, Body Composition Assessment (BCA).

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.19 Administrative Actions

DISCUSSION POINT

- (12) Physical Readiness Program Guide 5, Physical Readiness Test (PRT)
- (13) Physical Readiness Program Guide 6, Physical Fitness Assessment (PFA) Medical Clearance/Waiver
- (14) Physical Readiness Program Guide 11, Member's Responsibilities

22. Any questions?

RELATED INSTRUCTOR ACTIVITY

- (12) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 5, Physical Readiness Test (PRT).
- (13) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 6, Physical Fitness Assessment (PFA) Medical Clearance/Waiver.
- (14) Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 11, Member's Responsibilities.

22. Display Administrative Actions, CFL IMM 1-19, Slide 45.

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

CLASS PERIODS: 0

LAB PERIODS: 2

PA PERIODS: 0

Enabling Objectives:

- 4.1 **DESCRIBE** how to ensure that personnel are using proper techniques to reduce risk of injury when participating in command PT, FEP, or PRT using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 39)
- 1.1 **PRACTICE** safety guidelines during exercise sessions in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 48, 97)
- 1.4 **LEAD** organized physical training (e.g. running, calisthenics) correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 76, 77, 98, 99, 100, 102)
- 1.2 **DEMONSTRATE** warm-up/cool-down, flexibility, and stretches exercises correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 87, 88, 95, 96)
- 1.9 **DEMONSTRATE** various exercises, e.g. circuit training, FEP for 5, Speed and Agility Training, Team building) correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 89)
- 1.12 **DEMONSTRATE** aerobic exercises correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 91)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

- 1.18 **DEMONSTRATE** exercises that can be accomplished in confined spaces correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 92)
- 1.13 **DEMONSTRATE** exercises that build coordination and agility correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 93)

Instructor Preparation:

- A. Review Assigned Trainee Material
- B. Reference Publications:
 - 1. Navy Operational Fitness Series, NOFFS
- C. Training Materials Required:
 - 1. None

Trainee Preparation Materials:

- A. Trainee Support Materials:
 - 1. None
- B. Reference Publications:
 - 1. None

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

1. Introduction
2. "Are You Ready?"
3. Warm-up Exercises
4. NOFFS: Submarine Series, Level 2

RELATED INSTRUCTOR ACTIVITY

1. Use Gym Session S-562-0612-4, Navy Operational Fitness and Fueling System (NOFFS), in the gym for easier reference to the lesson plan.

Establish Contact [This is the gym session for Day 4.](#)
2. [Start off the gym session by asking the trainees: "Are you ready?" They will respond "always ready." Then proceed to asking the Pre-physical Activity Questions.](#)
3. [Have the trainees practice the dynamic warm-up exercises for 10 minutes.](#)
4. Refer to Navy Operational Fitness Series, NOFFS, Submarine Series - Level 2, for a full description and pictures of the exercises. Once the trainees have finished their practice, lead them into a brief introduction of NOFFS and the selected workout that they will be completing, paraphrasing the following.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. The exercises in NOFFS are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. NOFFS contains four specialized series tailored for use on submarines, surface ships, large decks, and for group physical training. These four categories provide Sailors three different levels of exercises that are based on current fitness and capability. Today, we will be using the Submarine Series, Level 2, Stage C for our workout. This workout is tailored for confined spaces and limited equipment.
5. Pillar Preparation
 - a. Your Pillar- which consists of your hips, torso, and shoulders- represents the foundation for all your movement. "Pillar Prep" primes these critical muscles to prepare your body for the work ahead- helping to protect you from injury and boost your performance during your training session.

5. ***Complete 8 repetitions of each exercise*.**

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. **Pillar bridge with arm lift:** Assume pillar position with feet wider than shoulder width apart. Engage torso and alternate reaching up and out with arms—hold 2 seconds each. Keep shoulders and hips square to deck with arm reach.
- c. **Glute bridge marching (knee extension):** Lift hips to create a line from knees, hips, and shoulders. Alternate extending knees—hold 2 seconds each. Keep back flat and torso engaged and head on the deck throughout the movement.
- d. **Y's bent over:** Hinge at waist, back flat, and chest up. Glide shoulder blades back and down and raise your arms over your head to form a Y. Initiate movement with shoulder blades, not arms and keep thumbs up throughout. Lower arms back to start and repeat for reps.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- e. **90/90 stretch - legs crossed:** Lie with left knee bent 90 degree, your right leg crossed over the left. Roll onto left side knee and the deck. Keep hips stationary, rotate chest and arm trying to place back on the deck. Hold 2 seconds. You should feel a stretch through your torso and your mid/upper back. Complete repetitions, repeat on opposite side.
- 6. Movement Preparation
 - a. Lengthen, strengthen, and stabilize your body. Movement Prep consists of a series of active and dynamic stretches, which help to prepare your body to move.
 - b. **Mini-band - bent knee lateral walk:** Stand in quarter-squat position with feet hip width and band just above knees. Take small side steps, lead elbows drive back, with each step. Push with back leg. Don't reach with front leg. Keep mild tension on band at all times.

- 6. ***Complete 6 repetitions of each exercise*.**

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- c. **Reverse lunge, elbow to instep - in place:** Place right hand on deck and left elbow inside of left foot. Hold for 2 seconds. Place left hand outside foot and push hips to the sky. Keep back knee off deck and contract rear glute. Alternate sides each rep.
- d. **Lateral squat - low alternating:** Stand with feet wider than shoulder width apart, shift hips to the side and down. Keeping our hips low the entire time, push through your hip to shift your weight onto the opposite leg. Move with control and keep your chest up throughout the movement. Alternate sides each rep.
- e. **Reverse lunge with reach:** Contract your back glute at the bottom of the lunge. Reach your one hand overhead, reaching other hand toward the deck-hold for 2 seconds. Keep chest up; don't let your back knee touch the deck. Alternate sides each rep.
- f. **Drop lunge - alternating:** Reach one foot behind, square hips forward and sit back and down into a squat. Maintain weight primarily on front leg, keep your chest up, torso engaged, and sit hips back. You should feel a stretch in the outsides of both hips. Alternate sides each rep.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- g. **Inverted hamstring:** Keep straight line from ear to ankle, hinge at waist and elevate your leg behind you. When you feel a stretch, return to the standing position by contracting glute and hamstring. Keep stance leg slightly unlocked, back flat and shoulders and hips parallel to deck. Complete reps, repeat on opposite side.

7. Strength

- a. These strength training exercises are desired to improve your performance in real-world (on-the-job) type movements, i.e., pushing, pulling, lifting, and carrying. Pay close attention to the quality of your movement. Select a resistance that you feel challenged with for the number of reps prescribed. This strength options takes advantage of the Fit Kit equipment using bands and body weight as the primary source of resistance.

- b. For this workout, you will be completing two different strength circuits.

- c. Circuit 1

- b. ***Complete 2 sets of each circuit, 12 repetitions for each exercise*.**

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) **Glute bridge:** 2 legs up, 1 leg down: With feet shoulder width, lift hips to create a line from knees, hips and shoulders. Hold the top position while lifting your left knee towards your chest, and then slowly lower your hips to the starting position with the right leg. Keep back flat and torso engaged throughout the movement. Complete reps, repeat on opposite side.
- (2) **Push-up standard:** Assume a push up position with hands and feet on the deck. Maintain a straight line from your knees to your ears as you complete the push up. Push your sternum away from your hands at the top of the movement .
- (3) **Split squat (bands):** Stand in a tall split position with a band under your front foot holding the handles at your shoulders with elbows facing forward. Drop hips towards deck by bending your front knee without letting your back knee touch the deck. Return to tall split positions by pushing up with your front hip. Complete reps, repeat on opposite side.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (4) **Bent over rows (bands):** Stand hinged over at the waist, knees slightly bent with both feet standing on the band, holding handles in each hand. When rowing, slide shoulder blades toward your spine and then lift the handles to your body by driving elbows to the ceiling. Keep torso engaged and back flat during movement.

d. Circuit 2

- (1) **Squat to overhead press (bands):** Squat hips back and down until thighs are parallel with deck. Return to standing by pushing through your hips. At top of stance, press handles overhead. Keep weight on arches and do not let knees collapse during the movement.
- (2) **T's bent over (bands):** Hinge at waist, back flat, and chest up. Glide shoulder blades back and down and raise your arms out to your sides to form a T. Initiate movement with shoulder blades, not arms, and keep thumbs up throughout.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) **Dynamic lateral pillar bridge:** Lie on your side with your forearm on the deck under your shoulder-feet stacked together. Push your hips off the deck, creating a straight line from ear to ankle, hold for 1-2 seconds and return to starting position. Repeat for reps and repeat on opposite side.
- (4) **Crunches:** Lie face up with knees bent and hands across your chest. Lift chest up until shoulder blades are off the deck and rotate your pelvis towards your belly button. Slowly return to starting position and repeat for prescribed reps.

8. Metabolic Circuit

- a. Perform each movement for the prescribed amount of time then quickly move to the next movement. Continue this cycle for the duration of the work interval. Recover during the allotted rest interval and repeat. Proper form and technique are essential for exercise effectiveness and injury prevention, so pay careful to the trainees' form and technique throughout.

- 8. ***20 seconds per movement, 1 minute rest between circuits, 3 Circuits*.**

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. **Reverse lunge alternating:** Contract your back glute at the bottom of the lunge. Return to standing by pushing through your front hip. Keep chest up; don't let your back knee touch the ground. Alternate sides each rep.
- c. **Pillar bridge with arm lift:** Assume pillar position with feet wider than shoulder width apart. Engage torso and alternate reaching up and out with arms- hold 2 seconds each. Keep shoulders and hips square to deck with arm reach.
- d. **Lateral lunge alternating:** Step to the right with your right foot, keeping your toes forward and your feet flat. Squat through hip while keeping your opposite leg straight. Keep your back flat and your chest up. Push through your hip to return to standing and alternate sides each rep.
- e. **Forward lunge, elbow to instep with rotation:** Place left hand on ground and right elbow inside of right foot. Hold for 2 seconds. Rotate your right arm and chest to the sky. Hold for 1 to 2 seconds and return. Place right hand outside foot and push hips to the sky. Keep back knee off ground and contract rear glute.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- f. **Plank running:** Start in push up position with hands beneath shoulders, one knee toward chest, one straight. Begin to alternate leg position while keeping torso engaged and hips still. Keep your back flat throughout the entire movement.
- g. **Single leg balance - alphabet:** Sit your hips down and back into a quarter squat. With floating foot spell the alphabet in small letters for the prescribed amount of time. Keep your torso and hip engaged throughout the movement. Alternate legs every 5 seconds until working time elapsed.
- h. **Split squat - alt. 5 second holds:** Take a low split position with your weight primarily supported on your front leg. Keep your torso engaged, tall posture, and don't let knee touch the deck. Alternate legs every 5 seconds until working time elapsed.
- i. **Drop lunge - alternating:** Reach one foot across and behind, square hips forward, and sit back and down into a squat. Maintain weight primarily on front leg, keep your chest up, torso engaged and sit hips back. You should feel a stretch in the outsides of both hips. Alternate sides each rep.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.20 Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)

DISCUSSION POINT

9. Recovery Exercises
10. Cool-down Exercises
11. Summary and Review

RELATED INSTRUCTOR ACTIVITY

9. After you are finished with the workout, use the NOFFS recovery exercises to show additional stretches.
10. Have the trainees practice the cool-down exercises and stretches for 10 minutes.
11. This completes today's gym session. Ask the trainees if they have any questions.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

CLASS PERIODS: 1

LAB PERIODS: 0

PA PERIODS: 0

Enabling Objectives:

- 2.7 **DETERMINE** what administrative actions are required for enlisted personnel who fail to meet BCA or PRT standards when given a scenario, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 7, 9)
- 2.8 **DETERMINE** what administrative actions are required for officers who fail to meet BCA or PRT standards when given a scenario, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 7, 10)
- 3.9 **DETERMINE** if a given medical waiver is valid when given a scenario, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL item # 58)
- 6.1 **DESCRIBE** how to manage the PFA data in PRIMS using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 12, 15, 18, 21)

- 3.5 **DESCRIBE** the “bad day” option and how it can be implemented by the CO using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 51, 52)
- 6.5 **DESCRIBE** how to manage FEP and Nutrition in PRIMS, including required mock BCA and PRT results using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series) (CTTL items # 13, 19)

Trainee Preparation Materials:

- A. Trainee Support Materials:
 - 1. None
- B. Reference Publications:
 - 1. None

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

Instructor Preparation:

- A. Review Assigned Trainee Material
- B. Reference Publications:
 - 1. Administrative Separation of Officers, SECNAVINST 1920.6 (Series)
 - 2. Article 86. Absence without leave, 10 USC Sec. 886.
 - 3. Article 92. Failure to obey order or regulation, 10 USC Sec. 892
 - 4. Chapter 18 of the Manual of the Medical Department, NAVMED P-117
 - 5. Navy Guidelines Concerning Pregnancy and Parenthood, OPNAVINST 6000.1 (Series)
 - 6. Navy Military Personnel Manual, NAVPERS 15560 (Series)
 - 7. Physical Readiness Program, OPNAVINST 6110.1 (Series)
 - 8. Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement
- C. Training Materials Required:
 - 1. IMI
 - a. Frequently Asked Questions, CFL IMM 1-21

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

1. Introduction
 - a. Objectives
 - (1) Review answers to commonly asked questions
 - (2) Provide resources for your questions
2. What are the consequences for enlisted members after one PFA failure?
 - a. Issued Page 13 (NAVPERS 1070/613) which should be signed and uploaded via TOPS to be electronically transferred to member's ESR.
 - b. FEP enrollment until passing the next official PFA.
 - c. Sailor cannot be frocked or advanced
 - d. May regain eligibility for promotion by passing

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Display Frequently Asked Questions, CFL IMM 1-21, Slide 1.

 - a. Display Frequently Asked Questions, CFL IMM 1-21, Slide 2.
2. Display Frequently Asked Questions, CFL IMM 1-21, Slide 3 & Slide 4.
 - a. TOPS: Transaction Online Processing System, which allows the transmission of personally identifiable information from individual units to PSD for processing.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

command directed monthly FEP mock PFA. However, member must remain in FEP until passing the next official PFA.

3. What are the consequences for enlisted members that fail two or more consecutive PFAs?

3. Display Frequently Asked Questions, CFL IMM 1-21, Slide 5 & Slide 6.

- a. Will continue service until Soft End of Active Obligated Service (SEAOS)

- (1) Will be ineligible for advancement
- (2) Will be ineligible to reenlist or extend
- (3) Will receive an adverse report (Significant Problems)
- (4) Will be detailed as required

- b. May regain eligibility for advancement and reenlistment by passing one subsequent official PFA **and** must obtain recommendation of their Commanding Officer for advancement and retention on their most recent evaluation.

- May require special evaluation to restore retention or advancement recommendation after member passes an OFFICIAL PFA.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

4. What are the consequences for officers that fail one PFA?
 - a. Will not be eligible for promotion
 - Commands are required to delay promotion and inform PERS-833.
 - May regain eligibility for promotion by passing a command-directed monthly FEP mock PFA.
 - b. Issued a Letter of Notification (LON)
 - c. Enrolled in FEP until passing next **OFFICIAL** PFA
5. What are the consequences for officers that fail two or more consecutive PFAs?
 - a. Will be submitted to PERS-834 for administrative separation processing.
 - If SECNAV determines separation (or retired), action will occur at PRD, unless specified otherwise.
 - If the officer passes an **OFFICIAL** PFA prior to SECNAC decision, processing will cease and the member will be retained upon notification PERS-834

4. Display Frequently Asked Questions, CFL IMM 1-21, Slide 7 & Slide 8.
5. Display Frequently Asked Questions, CFL IMM 1-21, Slide 9 & Slide 10.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

- ❖ A Special Fitness Report may be submitted to note officers satisfactory physical fitness status.
- Will receive an adverse report (Significant Problems) on FITREP

RELATED INSTRUCTOR ACTIVITY

6. What are the requirements for granting BCA waivers?
 - a. Must be granted on NAVMED 6110/4 (PFA Medical Waiver/Clearance Form)
 - b. May be granted for one PFA cycle only
 - c. Must have two signatures (AMDR & CO)

6. Display Frequently Asked Questions, CFL IMM 1-21, Slide 11 & Slide 12.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| d. BCA Waiver Requirements? | d. Display Frequently Asked Questions, CFL IMM 1-21, Slide 13. |
| (1) Non-elective surgery to the area to be measured (i.e. tracheotomy, or appendectomy, or caesarian) | |
| (2) Pregnancy or IVF treatment, and aftercare followings the delivery / termination of the pregnancy | (2) Refer to Navy Guidelines Concerning Pregnancy and Parenthood, OPNAVINST 6000.1 (Series). |
| (3) Conditions (i.e., cancer) or medications (i.e., steroids) known to cause weight gain | |
| 7. Can members be issued permanent medical waivers? | 7. Display Frequently Asked Questions, CFL IMM 1-21, Slide 14 & Slide 15. |
| a. Permanent medical waivers are not valid | |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

- b. Member must be sent back to MEB for valid waiver or PEB or LIMDU Status
 - c. If a waiver is questionable, contact OPNAV N17 for review
8. Is a LD Chit valid during a PFA?
- a. Only, if the expiration date of the chit is prior to the end date of the Command PFA Cycle
 - b. Once expired, member is required to participate in PRT or obtain PFA medical waiver
 - c. Is a member in LIMDU Status exempt from the BCA and PRT?
 - (1) The LIMDU message must specifically state that the member is exempt from the BCA and or PRT

RELATED INSTRUCTOR ACTIVITY

- b. Refer to Physical Readiness Program Guides, OPNAVINST 6110.1 (Series) Supplement, Guide 6, Physical Fitness Assessment (PFA) Medical Clearance/Waiver, Section 2, Paragraph 5, Pages 10-11.
8. Display Frequently Asked Questions, CFL IMM 1-21, Slide 16 & Slide 17.
- a. Refer to Chapter 18 of the Manual of the Medical Department, NAVMED P-117.
 - c. Display Frequently Asked Questions, CFL IMM 1-21, Slide 18 & Slide 19.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

- d. What qualifies a member for a PFA medical board review?

- (1) Two consecutive medical waivers for the same condition for the BCA, or cardio event and push-ups and/or curl-ups
- (2) Three or more medical waivers for any condition in a four-year period with waivers for the BCA, or cardio event and push-ups and/or curl-ups
- (3) CO determines the member is not mission ready due to multiple medical waivers

RELATED INSTRUCTOR ACTIVITY

- d. Display Frequently Asked Questions, CFL IMM 1-21, Slide 20 & Slide 21.

Refer to Physical Readiness Program,
OPNAVINST 6110.1 (Series), Paragraph 5.d., Page 3.

Refer to Physical Readiness Program Guides,
OPNAVINST 6110.1 (Series) Supplement, Guide 6, Physical Fitness Assessment (PFA) Medical Clearance/Waiver, Section 2, Paragraph 3, Page 10.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

9. What if a member refuses to take the PFA? Is this a failure?

- a. At the end of each PFA cycle, the CO has authority to determine whether non-participation was authorized or unauthorized
- b. All unauthorized non-participation shall be designated as “UA” in PRIMS and scored as a PFA failure

NOTE: Uniform Code of Military Justice - UA, failing to comply with lawful order

RELATED INSTRUCTOR ACTIVITY

9. Display Frequently Asked Questions, CFL IMM 1-21, Slide 22 & 23.

Refer to Article 86. Absence without leave, 10 USC Sec. 886.

Refer to Article 92. Failure to obey order or regulation, 10 USC Sec. 892.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

10. How can a CFL correct and error in PRIMS?
 - a. Current cycle:
 - (1) CFL can edit records up to 3 months
 - (2) CFL cannot change BCA participant status to non-participant
 - (3) There is no time limit on entering a missing record
 - b. Previous cycle(s): up to one year
 - (1) Command must submit a Letter of Correction (LOC) signed by CO along with supporting documents to OPNAV N17 (include original hand written PFA sheets)
 - (2) The forms are on the Physical Readiness Program website
 - (3) CFL may not sign LOC by direction

RELATED INSTRUCTOR ACTIVITY

10. Display Frequently Asked Questions, CFL IMM 1-21, Slide 24 & Slide 25.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| 11. Do PFA results apply if a member transfers to or from Navy Reserve or commissioning program?

a. Yes

b. PFA data is still valid for three calendar years | 11. Display Frequently Asked Questions, CFL IMM 1-21, Slide 26 & Slide 27. |
| 12. How are PFAs tracked?

a. Day for day | 12. Display Frequently Asked Questions, CFL IMM 1-21, Slide 28 & Slide 29. |
| 13. Are PFAs required during deployments?

a. If official PFA notification has been provided and CO supports it, go for it

b. If due to operational commitments, a PFA would not be feasible

(1) Participant status is "DEP/OP" in PRIMIS | 13. Display Frequently Asked Questions, CFL IMM 1-21, Slide 30 & Slide 31. |

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (2) BCA is still completed
 - (3) ISIC approval required for any BCA DEP/OP or more than two PRTs DEP/OP in a row
 - (4) Keep a memo for the record.
12. What is the Bad Day rule?
- a. CO may authorize one retest to pass the PRT portion of the current PFA cycle
 - b. Member must request a “Bad Day” within 24 hours of completing the PRT
 - c. If approved, the retest must be administered within 7 days of the initial PRT failure and within the same PFA cycle for which the "Bad Day" was requested (Drilling reservists must retest by the end of the following month)
14. Display Frequently Asked Questions, CFL IMM 1-21, Slide 32 & Slide 33.
- a. Refer to Physical Readiness Program, OPNAVINST 6110.1 (Series), Enclosure (2), Paragraph 1.a., Page 1.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">d. Member must retake all components of the PRTe. “Bad Day” option does not apply to the BCAf. If the individual is approved for a “Bad Day” but:<ul style="list-style-type: none">(1) does not participate in the retest,(2) becomes “medically waived” before the retest, or(3) transfers to another assignment before the retestg. Enter the initial test score into PRIMS as the official PFA <p>13. Who can I enroll in FEP?</p> <ul style="list-style-type: none">a. Members, who fail the PFA, are automatically enrolled in FEPb. Spot-check failurec. Members exceeding Age-Adjusted Body Fat Standards | <ul style="list-style-type: none">f. Display Frequently Asked Questions, CFL IMM 1-21, Slide 34. <p>15. Display Frequently Asked Questions, CFL IMM 1-21, Slide 35 & 36.</p> |
|---|--|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|--|---|
| <ul style="list-style-type: none">e. Any member may self-enroll with their CFLf. Discuss with CO for local policy<ul style="list-style-type: none">(1) Borderline PFA performance?(2) Check-in BCA failures?(3) UA?g. Document process for non-failure enrollment to avoid discrimination <p>14. What local Command Policies should be published regarding the Physical Readiness Program?</p> <ul style="list-style-type: none">a. Command PT during working hours?b. Days and times for FEP?c. Managing UA for FEP or PFA?d. Check-in BCA for all personnel?e. Enroll in FEP for a check-in BCA failure? | <p>16. Display Frequently Asked Questions, CFL IMM 1-21, Slide 37 & 38.</p> |
|--|---|

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

17. In PRIMS how do I...?
 - a. PRIMS training manual is available on Physical Readiness Program website and under the HELP link in PRIMS and has screen shots to walk you through each process
18. How do I gain CFL access to PRIMS?
 - a. Submit CFL transfer letter to Physical Readiness Program office via e-mail or fax (901-874-2054)
 - b. Template is on Physical Readiness Program website
 - c. Must list current CFL and new CFL
 - d. Transfer access from_____to _____
 - e. If multiple UICs, list everyone with current access

RELATED INSTRUCTOR ACTIVITY

17. Display Frequently Asked Questions, CFL IMM 1-21, Slide 39 & 40.
18. Display Frequently Asked Questions, CFL IMM 1-21, Slide 41 & 42.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

19. Summary and Review

a. Additional resources

- (1) Physical Readiness Program website
 - a. Policy and all NAVADMINS
 - b. OPNAVINST 6110.1 (Series) references
 - c. FAQ
 - d. E-grams published quarterly
- (2) Physical Readiness Program help desk

b. Points of contact

- (1) Enlisted Separations: (901) 874-4333
- (2) Officer Separations: (901) 874-3185

- a. Display Frequently Asked Questions, CFL IMM 1-21, Slide 43.

- b. Display Frequently Asked Questions, CFL IMM 1-21, Slide 44.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.21 Frequently Asked Questions

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|--|
| <ul style="list-style-type: none">(3) PERS 313 (Page 13 master copies):
(901) 874- 3352
(4) PERS 4 (transfer waivers) : (901) 874-2216 | |
| <ul style="list-style-type: none">c. Summary | <ul style="list-style-type: none">c. Display Frequently Asked Questions, CFL IMM 1-21, Slide 45. |
| <ul style="list-style-type: none">(1) Become familiar with OPNAVINST 6110.1 (Series), NAVADMINS, and related references
(2) Visit the Physical Readiness Program website for program resources
(3) Call Physical Readiness Program help desk for policy interpretations | |
| <ul style="list-style-type: none">d. Any questions? | <ul style="list-style-type: none">d. Display Frequently Asked Questions, CFL IMM 1-21, Slide 46. |

LESSON PLAN

CHANGE 6

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

S-562-0612 Rev A

Topic 1.22 Gym Session 5: Circuit Training / Group Presentations

CLASS PERIODS: 0

LAB PERIODS: 2

PA PERIODS: 0

Enabling Objectives:

- 1.1 **PRACTICE** safety guidelines during exercise sessions in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 48, 97)
- 1.4 **LEAD** organized physical training (e.g. running, calisthenics) correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 76, 77, 98, 99, 100, 102)
- 1.2 **DEMONSTRATE** warm-up/cool-down, flexibility, and stretches exercises correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL items # 87, 88, 95, 96)
- 1.9 **DEMONSTRATE** various exercises, e.g. circuit training, FEP for 5, Speed and Agility Training, Team building) correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 89)
- 1.12 **DEMONSTRATE** aerobic exercises correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 91)
- 1.18 **DEMONSTRATE** exercises that can be accomplished in confined spaces correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 92)

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.22 Gym Session 5: Circuit Training / Group Presentations

1.13 **DEMONSTRATE** exercises that build coordination and agility correctly, with proper vocal and visual cues and motivation in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement (CTTL item # 93)

C. Training Materials Required:

1. Associated Curriculum Documents
 - a. S-562-0612-5, Circuit Training / Group Presentations
2. Consumables
 - a. CFL Exercise Program Design Presentation Check Sheet

Trainee Preparation Materials:

A. Trainee Support Materials:

1. None

B. Reference Publications:

1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

1. None

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.22 Gym Session 5: Circuit Training / Group Presentations

DISCUSSION POINT

1. Introduction
 - a. Circuit training is an effective workout for CFLs to use for Command PT and FEP. This format incorporates multiple stations that are navigated sequentially and continuously for the allotted time as determined by the instructor. Stations can consist of exercises that focus on strength, cardio, balance/agility or any combination of the three. Depending on space and time limitations, circuits generally consist of 5-12 stations at 30 seconds to 2 minutes per station.
2. Use the following guidelines when developing your circuit training workout:
 - a. Provide a 5-8 minute warm-up

RELATED INSTRUCTOR ACTIVITY

1. Use Gym Session S-562-0612-5, Circuit Training / Group Presentations, in the gym for easier reference to the lesson plan.

Establish Contact.

- a. The goal of this gym session is to show CFLs one of the easiest and most effective exercise programming tools to use for their command Physical Readiness Program. This workout will consist of exercises/techniques that they have learned throughout the week. Before starting the gym session, paraphrase the discussion points on the left.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.22 Gym Session 5: Circuit Training / Group Presentations

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Ensure that stations are balanced by choosing exercises that focus equally on push/pull, anterior/posterior movements
 - c. Ensure you are not working the same muscle groups in consecutive exercises
 - d. Provide modifications when/where needed for various fitness levels or fatigue
 - e. Alternate emphasis between stations to allow recovery (i.e. upper body followed by lower body, strength followed by cardio)
 - f. Provide cool-down and stretch
3. Benefits of Circuit training include:
- a. Easily adapted to various fitness levels
 - b. Minimal equipment is needed
 - c. Adapts to all spaces limitations

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.22 Gym Session 5: Circuit Training / Group Presentations

DISCUSSION POINT

- d. Can be used for small and large class sizes
 - e. Easily modified to meet fitness levels of individuals
 - f. Easy to teach and FUN!
- 4. "Are You Ready?"
 - 5. Warm-up Exercises
 - 6. Review circuit exercises:
 - a. Bicep Curl (with tubing)
 - b. Mini-Cone Drill (1/ 2 court, 6 cones, 5X10 yards, sprint-shuffle-sprint-shuffle)
 - c. Triceps Dips

RELATED INSTRUCTOR ACTIVITY

- 4. Start off the gym session by asking the trainees: "Are you ready?" They will respond "always ready." Then proceed to asking the Pre-physical Activity Questions.
- 5. Have selected CFLs lead the warm-up prior to beginning the Gym Session using Warm-up Level 3.
- 6. Demonstrate every exercise of the planned circuit before beginning the workout. Ask CFLs if there are any questions and address any modifications that may be needed.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.22 Gym Session 5: Circuit Training / Group Presentations

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- d. Jumping Jacks
 - e. Bent-over Row (with tubing)
 - f. Mini-Shuttle Run (1/2 court and back repeated)
 - g. Push-ups
 - h. Jump Rope (with or without rope)
 - i. Squat with Overhead Press
 - j. Pillar Bridge
7. Strength/Cardio Conditioning Circuit Instructions:

7. Participants will do a lap around the gym or field after each station before proceeding to the next station. As soon as they arrive at the next station, they will engage in an exercise activity (led by a selected CFL) until all participants have arrived at the station. The instructor will then signal to start that station's exercise event, which will last for up to one minute. Circuit can be completed twice if time allows, but ensure that CFLs have time to hydrate. Watch for signs of fatigue and remind CFLs to maintain proper form for every station.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.22 Gym Session 5: Circuit Training / Group Presentations

DISCUSSION POINT

- a. 10 station circuit with 1 minute per station
 - b. Do lap around the gym or field after each station, before proceeding to the next station
 - c. One CFL will lead exercise at each station until everyone arrives at the station
-
8. Cool-down Exercises
 9. Summary and Review
 10. CFL Presentations – Part 1
 11. Break

RELATED INSTRUCTOR ACTIVITY

- a. ***USE MUSIC IF AVAILABLE*.**
 - c. Ensure the CFLs designate who will lead the exercise at each station (should be a different CFL each time).
-
8. Have the trainees practice the cool-down exercises for 10 minutes.
 9. Ask the trainees if they have any questions about any of the exercises learned during the week.
 10. Refer to CFL Exercise Program Design Presentation Check Sheet Exercise Presentation for the scoring information for the presentations of the exercises. Each group will present/lead a part of the workout they designed, with each person leading at least one exercise in each group.
 11. Upon the conclusion of the cool down, CFLs will break for shower, refueling, and then report to the classroom to present their course assignment.

LESSON PLAN

CHANGE 6
S-562-0612 Rev A

Unit 1. MANAGE THE COMMAND PHYSICAL READINESS PROGRAM

Topic 1.22 Gym Session 5: Circuit Training / Group Presentations

DISCUSSION POINT

12. CFL Presentations - Part 2

RELATED INSTRUCTOR ACTIVITY

12. Refer to CFL Exercise Program Design Presentation Check Sheet [for the scoring information for the presentations.](#)