



Command Fitness Leader (CFL) Certification Course

Introduction



Who are you?

- Rank and Name
- Duty Station
- CFL or ACFL
- One goal you hope to achieve from attending this course

Course Objectives

- Train CFLs/ACFLs to implement a safe and effective Physical Readiness Program
- Provide the latest policy and programming developments
- Gather feedback on the OPNAVINST 6110.1 (Series)
- Provide reliable resources

40-hour Course Program

- Classroom briefs
- Gym sessions
- Hands on activities
 - Admin actions and medical waivers
 - BCA measurements
- Daily homework

Resources

- Classroom binders
 - 6110.1 (Series) and Operating Guides
 - Command PT/FEP Guide
 - Nutrition Resources
 - Decision Making Activity
- CFL Activity Packet
 - Course Activities
 - Homework Assignment
 - Quick Reference Guides
- Tape measure

OPNAV N17 Expectations

- Maintain all CFL qualifications
- Maintain a safe and robust program
- Educate, encourage, and motivate
- Maintain integrity of Physical Readiness Program
- Complete self-assessment
- Review Physical Readiness Program website
- Call the help line when needed
- Provide feedback

Course Expectations

- Safety first
- Must be present for all sessions
- Use proper military etiquette
 - Proper uniform
 - PTU for gym sessions
 - PTU or UOD for classroom
 - No profanity
 - No cell phones
- Have fun / Be motivated

Proper Wear of the Navy Physical Training Uniform

- **PTU is worn for PFA:**
 - Tucked into shorts
 - Length not passed top of knee
 - Running shoes
 - Athletic socks not past mid-calf
 - Compression shorts cannot be seen while standing
- **Optional:**
 - Command ball cap (Navy blue)
 - Navy sweatshirt and pants
 - Female hair restraint (black or Navy blue)



More Expectations

- Ask questions
- Class starts on time / ends on time
- Respect others
- Dead horse rule
- No side bars
- Breaks on time, every time
- Course feedback

CFL Qualifications

- E6 or above (preferred)
- CPR qualified
- Non-user of tobacco products
- PRT score of excellent or above
- Maintain 1% below age graduated BCA standards
- Complete OPNAV approved (5-day) CFL Certification course within three months of appointment

Course Requirements

- Meet CFL/ACFL PFA standards
- Attend all sessions
- Actively participate
- Complete homework assignments
- Design and demonstrate a fitness program
- Pass post-test (80% or better)

CFL Course - Staff

- OPNAV N17 Director
- Policy Guidance
- PRIMS Help
- Admin Support
- Nutritional Programs / Dietician
- CFL Program Manager / Exercise Physiologist
- CFL QA Manager
- CFL Seminar Manager

Physical Readiness Program Contact Information

- Mailing Address:
OPNAV N17
5720 Integrity Drive
Millington TN, 38053
901-874-2210
- NPC Call Center:
901-874-2229 option 2
DSN: 882-2229 option 2
- Web Address:
[www.public.navy.mil/bupers-npc/support/
21st_Century_Sailor/physical/](http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/)
- E-mail:
PRIMS@navy.mil

Questions?

