**NOFFS Reporting Update**

NOFFS reporting is now integrated into NFDMS. All NOFFS activities should be scheduled in the **activities CATEGORIES**. The additional NOFFS and CFL/FEP sub-categories were made in the Physical Training (PT), Group Exercise and Education sections (located under the activity detail, sub-category). Fitness instructors with appropriate certifications will have to be scheduled for all new activities.

*\*\*\*Note: DO NOT INPUT PREVIOUS COURSES OR CHANGE ACTIVITY TYPES FOR PREVIOUS ACTIVITIES*

**All scheduled NOFFS activities should reflect the instructor certification level;**

**NOFFS Operational –** Teach the NOFFS Operational Short Course and lead the pre-designed NOFFS Operational Series.

**NOFFS Online –** Teach above classes to include the pre-designed Strength, Endurance and Sandbag Series and Labs.

**NOFFS SES –** Teach all the above to include designing custom NOFFS activities.

**Activity Category - Education**

**NOFFS Introductory Course** – two-hour introductory course designed review the NOFFS methodology and provide additional NOFFS opportunities aboard the installation.

**NOFFS Operational Short Course** – six-hour NOFFS course that provides the foundation behind the methodology and movements found throughout the Operational Series.

**NOFFS Lab Series**

**Strength Series Lab** – two-hour lab designed to educate and instruct participants on the movements in the Strength Series.

**Endurance Series Lab** – two-hour lab designed to educate and instruct participants on the movements in the Endurance Series.

**Sandbag Series Lab** – two-hour lab designed to educate and instruct participants on the movements in the Sandbag Series.

**NOFFS Regeneration Strategies** – workshop designed to educate and instruct participants on the regeneration tools/techniques found in NOFFS.

**NOFFS Fueling Strategies** – workshop designed to educate and instruct participants on the fueling strategies, to include the meal builder found in the each series.

**NOFFS Seminars, Lectures and Briefs** – formal communication to installation command’s and authorized patrons, promoting NOFFS courses, labs and workshops.

*Note: Additional instructors for NOFFS courses may be added by overriding the description section of the activity.*

**Activity Category - Physical Training**

**NOFFS Command PT/FEP** – pre-scheduled command PT/FEP sessions using the NOFFS methodology.

**NOFFS Personal Training** – personal training using one of the pre-designed NOFFS workouts or a custom workout based on the methodology.

**Command PT/FEP (MWR Led)** - pre-scheduled command PT/FEP sessions taught by an MWR Fitness professional.

*\*\*Note: To avoid the double booking error in fitness facilities, additional* ***SECTIONS*** *should be added to the fitness center for NOFFS Personal Training.*

**Activity Category – Group Exercise**

**NOFFS - Aquatics Aerobics Group Exercise –** NOFFS classes taught in the pool.

**NOFFS Energy System Development – Cardio/Step –** Cardio classes, excluding spin/cycle, designed to improve the energy systems.

**NOFFS Energy System Development – Spin/Cycle –** Spin/cycle classes designed to improve the energy systems.

**NOFFS Regeneration – Mind & Body –** Self myofascial release (i.e. foam rolling and trigger point), relaxation and other mind & body classes.

**NOFFS Strength/Circuit Training –** Custom NOFFS classes designed to elicit a strength adaptation.

**NOFFS Series – Operational, Strength, Endurance and Sandbag –** Pre-designed NOFFS Series.

**Note:** The T R X sub-category has been changed to Suspension Training. This sub-category would include any method that utilizes vector principles as a means of resistance.