



DEPARTMENT OF THE NAVY
NAVAL RESERVE OFFICERS TRAINING CORPS
HOUSTON CONSORTIUM
HOUSTON, TEXAS 77005-1827

NROTCHOUCONINST 6110.1
AMOI
5 Nov 18

NROTC HOUSTON CONSORTIUM INSTRUCTION 6110.1

From: Commanding Officer, Naval Reserve Officer Training Corps, Houston Consortium

Subj: PHYSICAL FITNESS PROGRAM

Ref: (a) OPNAVINST 6110.1J
(b) MCO 6100.13A
(c) NSTC M-1533.2C W/CH 1
(d) NROTCHOUCONNOTE 3100

Encl: (1) Notification of Physical Readiness Warning and Assignment to the Fitness Enhancement Program

1. Purpose. The purpose of this instruction is to establish procedures, guidelines, and responsibilities concerning the physical fitness program at the Naval Reserve Officer Training Corps (NROTC) Houston Consortium. The principal goal of the Physical Fitness Program is to create a culture of fitness to enhance a member's ability to complete tasks that support the command's mission.

2. Cancellation. NROTC Houston Consortium Fitness Enhancement Program dtd 29 Jan 18

3. Background. Physical training (PT), swim qualification, and the body composition assessment (BCA), are physical fitness areas in which consortium personnel are assessed on their health and fitness level. As potential future, or current, leaders of Marines and Sailors it is imperative that each consortium member strives to maintain the highest physical fitness standards.

4. Requirements

a. All students are expected to improve their level of physical readiness as they progress through the program. The effort and initiative shown in this regard is a direct measure of aptitude for service as a commissioned officer.

b. All students will be evaluated on their physical fitness three times a semester in accordance with references (a) and (b), and are expected to meet the standards set forth in reference (c).

c. All personnel within the Consortium are required to PT a minimum of three times a week. Some or all of this requirement may be fulfilled at Consortium provided PT sessions as described below.

(1) Unit PT. This PT is designed to increase morale, esprit de corps, and camaraderie.

(a) Held once a month.

(b) Attendance is required by all unit personnel.

5 Nov 18

(2) Navy/Marine PT. This PT is designed to promote physical fitness and aid in improved scores during evaluations and/or Officer Candidates School (OCS). The Navy/Marine PT program will be designed and coordinated by the respective unit or Marine Physical Training Officer (PTO).

(a) Held weekly.

(b) Attendance is required for all Navy and Marine option midshipmen and MECEPs respectively.

(c) Attendance by consortium staff members is optional but encouraged when possible.

(3) Remedial PT. This PT is designed to correct physical fitness deficiencies noted during evaluations. Remedial PT sessions will be conducted in accordance with reference (a).

(a) Held twice a week.

(b) Required for all personnel assigned to Fitness Enhancement Program (FEP).

(c) Unless required, attendance by consortium staff shall be optional but encouraged when possible.

5. FEP. FEP is designed to meet the needs of all personnel striving for improved fitness; not only those who do not meet the standards. It is designed to increase cardio respiratory fitness, muscular strength, endurance, and flexibility while reducing excess body fat.

a. Any midshipman, MECEP/OC, or consortium staff member who fails to meet the physical fitness standards set forth in references (a), (b), and (c) shall be assigned to FEP and will participate in remedial PT. Marine PT can be substituted for remedial PT.

b. Any midshipman, MECEP/OC, or consortium staff member assigned to the FEP will remain in the program until they meet the physical fitness standards in references (a), (b), and (c) on an official final PRT/PFT/CFT.

6. Responsibilities

a. Command Fitness Leader (CFL)

1. Be designated in writing by the Commanding Officer.
2. Complete the CFL course within 90 days of assuming the duties and responsibilities set forth in the appointment letter.
3. Ensure midshipmen obtain a qualified or waived status on their DoDMERB physical. If not qualified, or waived prior to the start of the first unit-directed physical conditioning session, midshipmen must submit a recent (within 90 days) civilian sports physical to the CFL. Under no circumstances shall unit-directed PT commence without proper documentation of a physical examination.

4. Document PRT/PFT/CFT scores electronically and distribute to the consortium staff via email.

5. Provide FEP assignment roster to the unit PTOs. Notify Commanding Officer if any consortium staff members require assignment to FEP.

6. Maintain oversight of this program in its entirety.

7. Approve PT plans developed by unit and Marine PTOs.

8. Provide FEP assignment attendance roster to unit PTOs for use during remedial PT.

b. Class Advisors

1. Complete student FEP assignment letter utilizing enclosure (1).

2. Maintain copies of FEP assignment letters in the student performance file.

3. Ensure midshipmen who are assigned to FEP due to their body composition, receive proper nutritional guidance per reference (c).

4. Ensure midshipmen who are assigned to FEP due to their physical fitness deficiencies obtain medical clearance to participating in FEP per reference (c).

c. Unit PTO. The unit PTO is a midshipman billet assigned every semester.

1. Develop PT plan to accomplish unit, Navy, and remedial PT as described in this instruction. Dates and times for PT are at the discretion of the PTO, and approved by the CFL, but shall be established to allow maximum participation. Remedial PT should include:

(a) Run. Physically train at a minimum of three sessions each week, with each session including at least 30-45 minutes of aerobic, muscular, endurance and flexibility exercises.

(b) Push-ups/Pull-ups. Incorporate upper body development exercises into physical training (PT) in order to increase muscular endurance.

(c) Crunches. Incorporate core exercises into PT in order to increase core strength.

2. Route PT plan to CFL for approval.

3. Ensure proper warm-up and cool down for each PT session.

4. Assign a first or second class midshipman to lead the Navy, remedial, and unit PT sessions.

5. Ensure all safety equipment is accounted for, functioning properly and accessible prior to each PT session.

6. Ensure PT leaders maintain accountability for all midshipmen during remedial PT sessions utilizing the FEP attendance roster.

7. Ensure PT locker is in a good state of police at all times.

8. Publish semester PT plan to unit personnel no later than two weeks prior to the first scheduled session.

b. Marine PTO

1. Develop PT plan to prepare personnel for OCS.
2. Route PT plan to CFL for approval.
3. Ensure proper warm-up and cool down for each PT session.
4. Assist Unit PTO in keeping the PT locker is in a good state of police at all times.
5. Publish semester PT plan to unit personnel no later than two weeks prior to the first scheduled session.



T. E. SYMONS

1533
Ofc Code
dd Mmm yy

From: Commanding Officer, Naval Reserve Officer Training Corps, Houston Consortium
To: Rank First M. Last, Service, DODID Number
Subj: NOTIFICATION OF PHYSICAL READINESS WARNING AND ASSIGNMENT TO THE FITNESS ENHANCEMENT PROGRAM (FEP)
Ref: (a) OPNAVINST 6110.1J
(b) MCO 6100.13A
(c) NSTC M-1533.2 W/CH 1
(d) NROTCHOUCONINST 6110.1

1. You are advised that that you failed to meet the minimum standards for the Physical Fitness Assessment (PFA)/Physical Fitness Test (PFT)/Combat Fitness Test (CFT) as outlined in the references. You are hereby placed on Physical Readiness Warning, and assigned to the Fitness Enhancement Program (FEP). The following deficiencies in your performance were identified:

a. Failure to meet PFA/PFT/CFT standards:

Date of PRT/PFT/CFT:

- (1) Push-ups/Pull-ups:
- (2) Crunches:
- (3) Run (min:sec):
- (4) Score:
- (5) Body Composition:

2. The following minimums are required to achieve a score of "good low" or first class PFT/CFT and remain in good standing with the program.

- (1) Navy option males: 58 Curlups, 47 Pushups, 12:00 mile and a half run.
- (2) Navy option females: 58 Curlups, 21 Pushups, 14:15 mile and a half run.
- (3) Marine option PFT/CFT: 235
- (4) Body Composition Assessment:
 - (a) Navy option males: 26%
 - (b) Navy option females: 36%
 - (c) Marine option males
 - (1) Ages 17-25: 18%
 - (2) Ages 26-35: 19%

Enclosure (1)

(d) Marine Option females

(1) Ages 17-25: 26%

(2) Ages 26-35: 27%

3. The following corrective actions are required:

a. Mandatory participation in the FEP is directed. You shall remain on FEP until you pass an official PRT/PFT/CFT.

b. Read and complete NAVPERS 15602A, Navy Nutrition and Weight Control Self-Study Guide.

c. Establish a healthy diet.

4. Assistance is available through your Chain of Command, Medical Department, Assistant Marine Officer Instructor, and the Command Fitness Leader.

5. Administrative actions for "failure" of a final PRT/PFT/CFT while assigned to the NROTC program can include leave of absence or disenrollment from the program.

6. This counseling is based upon known deficiencies in your compliance with the Physical Fitness Program and designed to afford you an opportunity to undertake the recommended corrective actions. As stated above, your failure to meet appropriate physical fitness standards may result in adverse administrative actions.

F. M. LAST

1533
Ofc Code
dd Mmm yy

FIRST ENDORSEMENT

From: Rank First M. Last, Service, DODID Number
To: Commanding Officer, Naval Reserve Officer Training Corps, Houston
Consortium

Subj: NOTIFICATION OF PHYSICAL READINESS WARNING AND ASSIGNMENT TO THE
FITNESS ENHANCEMENT PROGRAM (FEP)

1. I acknowledge this is my formal notification for placement on Physical Readiness Warning and my assignment to the Fitness Enhancement Program.
2. Since this letter can be considered adverse and placed in my student record, I have the right to submit a statement in response.
3. I do/do not intend to submit a statement. My statement must be submitted within 10 days of this date.

F. M. LAST