



**DEPARTMENT OF THE NAVY**

TRAINING SQUADRON THIRTY-ONE (VT-31)  
501 BATAAN STREET SUITE B  
CORPUS CHRISTI TX 78419-5249

VT31INST 6110.1E  
3000

**13 SEP 2006**

TRARON THREE ONE INSTRUCTION 6110.1E

From: Commanding Officer

Subj: HEALTH AND PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1H  
(b) MILPERSMAN 6110-010, 1910-170  
(c) SECNAVINST 1920.6C

1. Purpose. To implement a program to assist TRARON THREE ONE personnel in maintaining a high level of health and physical readiness and to provide guidance for the classification and processing of substandard personnel.

2. Cancellation. VT31INST 6110.1D

3. Discussion. The need to maintain a high state of health and physical readiness is essential to ensure combat readiness and personal effectiveness. All members of the Navy, Air Force, Marines, and Coast Guard, except those excused for medical reasons, shall maintain a condition of health and physical readiness consistent with their duties and minimum standards required in reference (a).

4. Action. Each member of TRARON THREE ONE shall strive to maintain their health, physical readiness and weight within standards set forth in reference (a). TRARON THREE ONE will designate an Athletic Officer to assist command personnel in attaining and maintaining these standards.

a. The Athletic Officer Shall:

(1) Monitor the command's Health and Physical Readiness Program and implement activities within the command to promote recreational and physical fitness involvement for all personnel.

(2) Administer physical readiness test to all TRARON THREE ONE staff personnel in accordance with reference (a).

(3) Refer personnel who do not meet the physical fitness/weight control guidelines, prescribed in reference (a), to mandatory physical training (PT) level (I, II, III), and make PT recommendations to the Commanding Officer on all individuals.

(4) Document and publish the results of the physical readiness test, specifically noting outstanding performance or failure to show progress in meeting prescribed standards.

(5) Encourage and stimulate regular participation in physical activities to achieve and maintain satisfactory or higher levels of physical fitness. Keep all personnel advised of NAS Corpus Christi Intramural sports programs.

b. TRARON THREE ONE Department Heads Shall:

(1) Provide additional leadership to stimulate and promote increased levels of health and physical fitness.

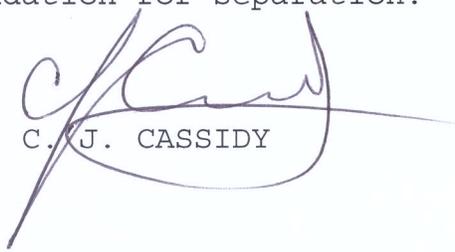
(2) When there are no limiting medical circumstances, include comments in evaluations and fitness reports of outstanding performance/failures of physical fitness testing. Remedial training is required for individuals who fall below standards prescribed in this instruction and reference (a).

5. Policy

a. Remedial PT (Level I). All staff personnel failing to meet established standards of Physical Fitness and Body Fat will be directed to participate in command sponsored remedial PT, which will be scheduled by the Athletic Officer. Personnel will be assigned remedial PT for a minimum of one month. Personnel in Remedial PT will be re-evaluated monthly, and after meeting all standards, may be released.

b. Administrative Action. Enlisted personnel and Officers who demonstrate a lack of interest and effort, or who are unsuccessful in maintaining acceptable standards, will be considered for administrative separation. References (b) and (c) contain the administrative procedures for processing enlisted and officer personnel for separation.

Remarks concerning individual substandard performance in this program will be appropriately documented in performance evaluations prior to a recommendation for separation.



C. J. CASSIDY

Distribution:  
VT31INST 5216.1V  
List I, Case II

Copy to:  
COMTRAWING FOUR