



## DEPARTMENT OF THE NAVY

COMMANDING OFFICER  
HELTRARON TWENTY EIGHT  
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IN REPLY REFER TO

HT-28INST 6100.2A

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22 Jun 11

### HELTRARON TWENTY-EIGHT INSTRUCTION 6100.2A

Subj: NAVY HEALTH AND PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1H  
(b) MCO 6100.3J  
(c) COMDINST M1020.8G

1. Purpose. To establish the Squadron's Navy Health and Physical Readiness Program per references (a) through (c). Provide guidelines for identification of those members not meeting the Navy Physical Readiness standards and to provide programs to ensure all members meet and maintain these standards.
2. Cancellation. HT-28INST 6100.2 has had multiple revisions; please review new instruction in its entirety.
3. Applicability. This instruction applies to all Navy Staff Officers, Officer Students and Enlisted Personnel assigned to HT-28. U.S. Marine Corps personnel shall comply with the standards and procedures per reference (b). U.S. Coast Guard personnel shall comply with standards and procedures per reference (c).
4. Background. Traditionally the strength and military proficiency of this country have been based primarily on its manpower. In order to maintain our ability to react to any requirement, every member of the Navy must be in an adequate state of health and physical condition to be able to immediately perform arduous duties for extended periods, sometimes under the most trying conditions. Those individuals not meeting the minimum standards hinder the Navy in the effective accomplishment of its mission. The Navy Health and Physical Readiness Program is designed to heighten the physical readiness of all personnel.
5. Policy
  - a. All Navy personnel will condition themselves to maintain a state of health and physical readiness as outlined in reference (a). Members will be tested semi-annually to ensure compliance with the minimum standards per reference (a). Members scoring outstanding overall shall be recognized in accordance with command policy. Weekly physical training shall be required of any individual who falls below the minimum standards of physical readiness or exceeds the percentage of body fat or height/weight requirements listed in reference (a) unless waived by a Medical Officer. Administrative processing is now mandatory for anyone who fails body fat standards or PT tests three times in a four year period, even if the failure is during a prior enlistment, and regardless of the duty station where the failures occur. A member is no longer eligible for reenlistment if they have three failures by definition they are "unsuitable" for further service.

b. The aerobics program outlined in reference (a) has proven to be a highly effective means of attaining and maintaining the desired level of military physical fitness. There is a basic calisthenics program for those who do not desire to utilize the aerobics program. In order to provide the individual with options there is also a warm-up routine to improve respiration and blood circulation prior to more strenuous physical activity. To meet physical conditioning requirements, all personnel should strive to earn the equivalent of at least 30 aerobics points per week.

c. Marine Corps and Coast Guard officers will continue to conform to their respective service requirements.

## 6. Definitions

a. Out of standards: If a male service member has a body fat measurement over 22% or if a female member has a body fat measurement over 33%, then they are considered out of standards and are considered a physical readiness failure for that cycle.

b. Physical Readiness/Physical Fitness: As noted in this instruction, physical readiness and physical fitness are synonymous. Physical readiness is the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to meet unforeseen emergencies. Physical readiness is not necessarily tied to cardiovascular fitness; however, of equal importance is maintenance of sufficient flexibility to avoid injury.

## 7. Remedial Physical Fitness/Weight Control

a. Reference (a) implements the Navy's Physical Readiness and Weight Control Program.

b. Personnel not meeting the standards of physical readiness, percentage of body fat or height/weight requirements of reference (a) shall participate in organized physical training until next PRT cycle, and are able to successfully pass the required standards.

(1) Organized physical training shall be from 0730 to 0830 Monday, Wednesday, and Friday unless otherwise arranged with command fitness coordinator.

(a) Failure to attend the three weekly sessions, unless on leave or on a light duty chit, shall be construed as lack of motivation and may result in administrative action.

## 8. Action

a. All members of the Navy shall regularly participate in a physical readiness program. Reference (a) can be used to assist in determining the level of activity required. One or more various physical activities can be used and an aerobic point system is provided for self-performance evaluation.

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b. If time and operational commitments permit, physical conditioning may be included as part of a normal workday. Achieving and maintaining physical fitness, however, is an individual responsibility.

c. Physical readiness testing shall be accomplished per reference (a).

d. Comments on program emphasis and support should be included in fitness reports of officers and enlisted evaluations of enlisted personnel.



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