

FITNESS AND HEALTH

TERMINAL LEARNING OBJECTIVE(S)

1. Without the aid of references, describe the physical fitness standards of naval officers.
2. Without the aid of references, describe the physical fitness standards of Marine officers.

ENABLING LEARNING OBJECTIVE(S)

1. Without the aid of references, identify the purpose of physical training.
2. Without the aid of references, identify the purpose of the physical readiness test and describe its components.
3. Without the aid of references, identify the purpose of the physical fitness test and its components.
4. Without the aid of references, identify the requirements of the body composition test.
5. Without the aid of references, identify the expectations towards physical training while part of the ROTC program.
6. Without the aid of references, identify the Buccaneer Battalion's weekly physical training schedule.
7. Without the aid of references, identify the components of a healthy lifestyle.
8. Without the aid of references, identify the food groups and the benefits each provides.
9. Without the aid of references, identify the purpose of proper hydration.
10. Without the aid of references, identify the purpose of proper sleep habits.
11. Without the aid of references, identify the Navy and Marine Corps' policy towards the use of illegal drugs (zero tolerance).
12. Without the aid of references, identify the causes of stress and the steps to prevent and eliminate stress.
13. Without the aid of references, identify the importance of naval officers having healthy and fit lives.

1. **INTRODUCTION.** Fitness and Health are critical to the success of naval officers. The job of naval officers is physically demanding and as a result the Navy and Marine Corps requires its officers to maintain a high level of physical fitness. Officers are expected to continually develop their level of physical conditioning. Also, just as important as physical training, naval officers are expected to eat balanced diets and make healthy decisions. Combined, these habits have a positive impact on performance and readiness.

2. **PHYSICAL READINESS TEST (PRT).**

a. **Pull Ups.** There is no time limit for this evaluation. Proper position begins in a dead hang on the bar before starting. One rep consists of pulling up until your chin is over the bar and then lowering your body until arms are fully extended.

b. **Crunches.** You will be given two minutes to complete as many crunches as possible. Proper position is lying flat on your back with knees bent and arms folded across your chest and placed on the upper chest. One rep consists of the body coming up until elbows touch the thighs and then the body going down until the shoulder blades touch the deck.

c. **3 Mile Run.** This evaluation consists of running three miles and being scored for time. The faster your runtime, the better your score will be on this evaluation.

3. **BODY COMPOSITION.** All midshipmen are required to pass weight for height standards. All midshipmen must be within the maximum and minimum weight standards.

4. **PHYSICAL CONDITIONING.** All midshipmen are expected to uphold and exceed the physical requirements of this training program. Midshipmen must also attend all organized unit PT sessions.

5. **PHYSICAL TRAINING SCHEDULE.** Monday PT will begin at 0550 for Marine options and those on Fitness Enhancement Program (FEP) only. Tuesday PT will begin at 0550 for both Marine and Navy options. The first Tuesday of every month will be Battalion PT. Thursday PT will be at 0550 for both Navy and Marine options.

6. **A HEALTHY LIFESTYLE.** A healthy lifestyle includes eating a balanced diet, drinking plenty of water, getting plenty of sleep, avoiding drugs, and practicing proper stress management.

7. **NUTRITION.** Nutrients are necessary for our bodies to function. Nutrients provide our bodies with energy to build and repair tissues. The food we eat provides us with carbohydrates, fats, proteins, vitamins, and minerals.

- a. **Grains**: Provide us majority of our carbohydrates. Includes pasta, breads, crackers, cereal, oatmeal, rice.
- b. **Vegetables**: Contain the majority of the vitamins and minerals we need. Different veggies have different vitamins. Eat a wide variety. Includes broccoli, carrots, spinach, tomatoes, etc.
- c. **Fruits**: Full of vitamins and minerals needed and are a good source of natural sugar and fiber. Includes apples, oranges, bananas, watermelon, etc.
- d. **Meat and Beans**: Rich in protein. Includes chicken, turkey, and fish. Alternatives include beans, nuts, eggs, tofu, and peanut butter.
- e. **Dairy**: Great source of protein and calcium. Avoid dairy products high in saturated fats. Includes low-fat milk, yogurt, and cheese.
- f. **Fats and Oils**: Are essential, but only need small amounts. Best sources are in fish, olive oil, nuts, and avocados.

8. **HYDRATION**. Hydrate constantly (with water). Your body functions better when you are hydrated. Sharper brain, better weight control, and removing toxins are all benefits of staying hydrated. Note, avoid drinking alcohol, energy drinks, and soda because these cause dehydration. Dehydration can lead to degraded motor skills and coordination. At a minimum, you should be drinking 64 ounces of water a day. If conducting PT or physical activity in the heat, increase water intake. Listen to your body.

9. **SLEEP**. Sleep is necessary for recovery, attentiveness, and memory. Aim for 7 to 8 hours each night. 8 hours with our ROTC, work, and school schedules will be difficult so take naps when possible. Naps should be between 15 and 20 minutes. Naps over 30 min involve pulling you out of deep sleep which makes you more tired.

10. **ALCOHOL/DRUGS**. The Navy's policy towards illegal drugs is zero tolerance. You are forbidden from using illegal drugs and drugs that are expired or not prescribed for you. Automatic punishment will result if caught. Underage drinking is also unacceptable. For those over 21 years of age, drinking will be done in moderation.

11. **STRESS MANAGEMENT**. Being overstressed can hurt our performance physically and academically. It is important to avoid stressors and find proper ways to cope with stress. The key to successful stress management is making a schedule and taking control of your environment.

12. **CONCLUSION**. As future leaders, you must lead by example. You cannot expect your subordinates to do the right things if you do not do them yourself. ROTC is the time to begin and strengthen smart and healthy habits. If you have any questions, feel free to ask.

References:

1. USF NROTC unit website
2. OPNAV INSTRUCTION 6110.1J MARINE CORPS ORDER 6100.13
3. www.Navy.com
4. www.Marines.com
5. <http://www.slideshare.net/adoniseffectworkout/the-food-pyramid-explained>
6. <http://www.health.com/health/gallery/0,20459221,00.htm>
7. <http://www.navy.com/inside/fitness/physical-training.html>
8. http://www.helpguide.org/mental/stress_management_relief_coping.htm