

**FORCE FITNESS INSTRUCTOR COURSE**

Date Signed: 9/7/2016

MARADMIN Active Number: 460/16

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MARADMIN 460/16

MSGID/GENADMIN/CG TECOM QUANTICO VA//

SUBJ/FORCE FITNESS INSTRUCTOR COURSE//

REF/A/MSGID: DOC/CMC WASHINGTON DC/YMD: 20160119//

REF/B/MSGID: DOC/CMC WASHINGTON DC/YMD: 20160901//

NARR/REF A IS FRAGO 01/2016, ADVANCE TO CONTACT, CMC GUIDANCE TO THE FUTURE OF THE MARINE CORPS. REF B IS CMC WHITE LETTER 2-16 WITH CMC FORCE FITNESS INSTRUCTOR GUIDANCE TO ALL UNIT COMMANDERS. POC/GYSGT WILLIAM J. CALLEN/ OPERATIONS CHIEF, MARTIAL ARTS INSTRUCTOR SCHOOL OF EXCELLENCE/TEL: 703-432-6470/6471/EMAIL: WILLIAM. J.CALLEN (at) USMC.MIL//

GENTEXT/REMARKS/1. In order to ensure common understanding of the policies supporting the Force Fitness Instructor (FFI) Course, this MARADMIN reiterates and promulgates guidance, intent, and solicits nominations for the initial FFI Course. References (a) and (b) are background info supporting FFI Course.

2. Training and Education Command (TECOM) is designing a Service wide physical fitness program that incorporates a positive and holistic approach to physical training. Utilizing the latest in scientifically-based techniques, modern technology, and the sports medicine field, the Marine Corps Physical Fitness Program (MCPFP) will first and foremost seek to establish a Corps-wide culture of total fitness. Toward this end, the Program will strive to optimize our Marines health and physical fitness, contributing to increased unit readiness throughout the operating forces.

3. The centerpiece of the MCPFP and key to its success is the creation of a cadre of force fitness instructors (FFI) who will be assigned throughout the operating forces down to the company level. An FFI will serve as the commanders subject matter expert on physical fitness and sports-related injury prevention. This Marine will advise the commander on the design and implementation of a

structured, progressive METL-based physical fitness training program that is uniquely tailored to the units training and exercise employment plan. An FFI will also be capable of integrating available resources to support the commander's physical fitness training program.

4. FFI Course Intent. The FFI Course is designed to train and certify Marines to serve as unit physical fitness instructors capable of designing individual and unit level programs. The course will produce FFIs that will leverage total fitness enablers such as nutrition, injury prevention, and sports medicine in addition to managing the daily physical fitness regimen of the unit. The FFI Course targets leaders who exhibit motivation, leadership, maturity, and natural talent at the small unit level.

5. FFI Course Overview.

a. All active component Sergeants and above with any primary military occupational specialty (PMOS) are eligible to apply for the FFI Course.

b. The FFI Course is a 5 week program of instruction and will be conducted at the Force Fitness Readiness Center (FFRC) aboard MCB Quantico, VA.

c. A minimum of 6 FFI courses will be conducted per year, at the Quantico FFRC and, ultimately, via Mobile Training Teams (MTT) at home station.

d. Each course will consist of 50 students with seat allocations provided across the operating forces and supporting establishment.

6. FFI Pilot Course.

a. The initial FFI course will be conducted beginning on 3 Oct 16 at the FFRC aboard MCB Quantico.

b. IAW CMC guidance, this initial course will be conducted for SNCOs only, with the intent to provide certified SNCO FFIs to units in advance of subsequent course graduates consisting of Sergeants and above.

c. For the 3 Oct Course, the course seat allocation is as follows:

(1) Operating Forces

(a) I MEF: 12 SNCOs

(b) II MEF: 12 SNCOs

(c) III MEF: 12 SNCOs

(2) Supporting Establishment

(a) TECOM: 14 SNCOs

7. Commander Responsibilities.

a. In order to sustain physical fitness readiness and enhance small unit leadership in the OpFor, commanders should select FFI candidates who exhibit superior attributes to serve as the units FFI. Specific qualifications and attributes are contained in para 8 and 9 below.

b. Upon completion of the FFI Course, an additional MOS 0919 will be awarded to FFI graduates. Commanders will ensure proper secondary MOS reporting into MCTFS and verify the appropriate administrative actions.

8. Applicant Attributes.

a. Recognized leadership. FFI applicant motivates subordinates to perform at the highest levels through initiative, enthusiasm, MOS proficiency, and personal example.

b. Performance. FFI applicant produces results that surpass expectations and creates immediate impacts wherever assigned demonstrates ability to think critically and creatively, and operate autonomously.

c. Intellect. FFI applicant has demonstrated ability to solve complex problems despite friction and anticipate mission requirements to formulate viable solutions.

9. Student Course Prerequisites.

a. Must be an active duty Sergeant or above at the time of application with at least one year of service remaining at the completion of FFI Course.

b. Must have a PFT score of 250 or higher, 1st class CFT, and be on full duty status for last six months.

c. Previous formal instruction experience, i.e. Martial Arts Instructor Trainer, Martial Arts Trainer, Formal Learning Center Instructor, is recommended but is not a pre-requisite.

10. Coordinating Instructions.

a. Funding. CG, TECOM, Formal Schools Training Support (FSTS), will fund travel and per diem to include lodging, meals, and incidental expenses for active duty Marine participants. All travel orders for Marines selected to participate must be processed via the Defense Travel System (DTS). All travel authorizations must be routed using the unit's World Wide Travel (WWT) routing list and

must be approved by an FSTS Approving Official (AO). All Marines must enter "Attending the Marine Corps Force Fitness Instructor Program" in the trip description. The DTS Line of Accounting (LOA) will be applied by an FSTS AO upon approval. Government quarters and messing are directed. Attendees must check in to Quantico BOQ (Liversedge Hall) at DSN 278-3148/9 or COML 703-784-3148/9 for non-availability of government billeting prior to making any commercial lodging reservations.

b. Reporting Instructions. FFI Course will convene on 3 October 2016. Students are required to report in the seasonal MARPAT uniform NLT 2359 02 October to Director, Marine Corps Martial Arts Program, Raider Hall, 24191 Gilbert Road, Quantico, Virginia, 22134-5019. During working hours report to Martial Arts Center of Excellence, Building 24191, Raider Hall, DSN 378-6465/6464.

c. This MARADMIN is applicable to the active component only.

d. Marines are encouraged to consult references contained in this MARADMIN or commander for specific questions regarding FFI Course. Additional points of contact are listed at the top of this MARADMIN.

11. Commanding Officers will ensure widest dissemination of this MARADMIN.

12. This MARADMIN is cancelled 30 September 2017.

13. Release authorized by Major General, James W. Lukeman, Training and Education Command.//