

Navy Pfa Operating Guide

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Guide 9. Managing PFA Records for IA/OSA/GSA/PEP/Mobilized Reservist Guide 10- Alternate Cardio Options Procedures 2019 - MAY 19

Guide 11- Member's Responsibilities 2016.pdf Guide 12. Glossary of Physical Readiness Program Related Terms Guide 13- Command PT and FEP Guide (AUG19) Guide 14- Nutrition Resource Guide 2018 - UPDATED JUL 19

Guides - United States Navy

Organize PFA event schedule for ACFLs and PRT monitors. Discuss contingency plan with ACFLs, PRT monitors, and lifeguards, etc.

Distribute and explain personnel job descriptions and plan a personnel training session for select positions. Arrange for medical staff location and supplies when available.

2019 Guide 3 Physical Fitness Assessment (PFA) Checklist

Set the foundation to instill a Culture of Fitness that assists Sailors in developing their ability to complete tasks that supports the command mission and Navy operational readiness. Primary...

Navy Physical Readiness

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4. Meeting Physical Fitness Assessment (PFA) Standards In accordance with OPNAVINST 6110.1 series, postpartum Servicewomen are exempt from participating in a PFA for nine months following a QBE. At the conclusion of this nine-month period, Servicewomen are required to participate in the next PFA cycle, as

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minutes the CFL must record the calories burned in 12 minutes.

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e. Select Item (2) GO to start the PRT test. Upon completion of the 12-minute PRT test the CFL/ACFL must record the number of calories burned during the 12- minute test and record on the official PRT score sheet. 7. Treadmill

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